



Spring Summer

March-July 2014

Therapeutic Recreation Services

CITY OF SPOKANE PARKS & RECREATION



509.625.6200
spokaneparks.org

Customer Involvement Policies & Important Information

Customer Involvement Policies

- Arrive to the activity / meeting location on time. Under most circumstances TRS will not wait longer than fifteen minutes for participants to arrive. This will prevent a delay in transportation and tardiness of any reservation.
- Leave the activity on time. TRS will wait until transportation comes. If additional supervision is required the participant will be billed \$4.00 for every 15 minutes or \$16.00 for every hour you're transportation is late or you arrive too early. (Please refer to the additional supervision form).
- Bring the appropriate amount of money for activity. TRS staff do not carry additional funds to pay for activities. If you do not have sufficient funds for the activity, you may be sent home. Via home site, bus or taxi.
- Bring the appropriate clothing / gear for activity. i.e.; helmets/gloves, swimsuit/cap, pillow/sleeping bag, extra layers in cold weather etc.
- Respect people, place and things around you.
 - a. Stay with the group.
 - b. Follow instructions of TRS staff.
 - c. No smoking permitted except in designated areas upon approval of TRS staff.
 - d. No food or drink allowed on the vans or other transport vehicles.
 - e. No stealing

Absolutely No Sexual Harassment or Assaultive behavior will be tolerated. We reserve the right to send participants home if displaying inappropriate behaviors or not abiding by the TRS Customer Involvement Policies.

We strive to provide a safe and enjoyable experience for everyone in a Therapeutic Recreation Services activity.

Other Parks Programs Available to Special Populations

The programs in this brochure are designed for persons with developmental and physical disabilities. All other Park Department programs are available to persons with disabilities. Please look through the Spokane Parks and Recreation Department Class & Activity Guide to see if a program is of interest to you. Then call Alice Busch at 509.625.6245 and she will help you get started by notifying the instructor who will make preparations or adaptations, if needed.

Important Information

Service Philosophy

Primary goal is to make recreational activities available to a broad spectrum of people with developmental and/or physical disabilities. Our purpose is to assist people to have positive experiences and develop appropriate leisure and social skills they can use throughout their lifetime. Mastery of leisure skills often leads to an increase in self-esteem and the ability to tackle other obstacles in life.

Volunteer/Staff

Volunteers are vital to our programs. Parents/careproviders, siblings, and students are encouraged to volunteer. If you are interested in volunteering, call 509.625.6245. Paid positions also available.

Participant Personal Needs

Therapeutic Recreation staff provides leadership for the activity and are unable to provide attendant care (feeding, toileting assistance, giving medications, transfers, etc.). Careproviders should accompany participants who need personal care. Participants who have behavioral issues may be asked to participate with a careprovider in attendance. Registration fees for careproviders may be waived or will vary depending on the activity.

Medication Policy

Participants who take medication during a Therapeutic Recreation program must complete a MEDICATION INFORMATION AND WAIVER form and return it before start of class. Participants must be self-medicating. Program staff can take custody of medication and remind participants when to take medication. Program staff cannot administer medication. All medication must be packaged according to program instructions. Participants should have a current medical coupon/medical insurance card, and identification with current address and phone number.

Miscellaneous Information

Participants will be notified of class changes. Classes held in Spokane school facilities do not meet on holidays, vacation & curriculum days.

Program Fees

Limited scholarship funds are available should a participant be unable to afford a class. Donations are tax deductible and assist us to better serve the leisure needs of people with disabilities. Therapeutic Recreation Services is a registered contractor with DSHS and is eligible to accept DDD respite funds for payment of activities. Contact your local DDD case manager for more information.

Refund Policy

Participants will be notified if a class or program is canceled due to lack of enrollment and will be offered an alternate choice, full refund or credit on account. Participants who wish to cancel enrollment must notify Therapeutic Recreation at least seven days prior to the program date to be considered for a refund. Refund amount will be based on the number of students enrolled and any supply costs incurred on the participant's behalf. Careproviders may not substitute participants. Every participant must be pre-registered. Requests for refunds must be made in writing and approved by Therapeutic Recreation supervisor. Refunds will not be made after the first session or for missed sessions. Trip deposits are non-refundable unless cancellation is made at least 30 days before trip departure date.

Transportation/Paratransit Users

The Spokane Transit Authority offers both fixed route and para-transit services to the public. For fixed route service, call 509.328.7433; para-transit service, call 509.328.1552. STA will not wait for instructors or buildings to open. Our instructors arrive fifteen minutes prior to the start of the class. In order to prevent participants from being dropped off too early please give a "no earlier than drop" time of 15 minutes before the class starts. Do not use a "no later than" time as it causes problems of too early of an arrival. Care providers must accompany participants who cannot find the class location independently or wait appropriately for the instructor. Therapeutic Recreation works with STA and care providers to identify early and late arrivals and make changes in schedules as needed. *Another suggestion is to use subscription trips. After attending a class three weeks in a row the rider qualifies. With this ride you won't need to call in each week- just call when need to cancel. Schedule rides early. If participants need additional supervision while waiting for transportation after program hours a bill will be sent to cover staff expenses. Para-transit is not recommended for those activities involving a flexible return time - i.e. trips.

Registration Procedure:

- Advance registration is necessary for all programs except where noted.
- Registration is processed on first paid, first served basis. Payment can be accepted over the phone with Visa/MC/Discover only. No verbal reservations over phone.
- Mail in, phone in, walk in, or fax 509.625.6205 registrations.
- Medication Information & Waiver form filled out as necessary.



Funshine ☀️ Day Camp

Funshine Day Camp is for people with developmental and/or physical disabilities. We encourage siblings and/or friends without disabilities to attend as well. Recreation activities include swimming, sports, games, inclusion playground, water activities, crafts, walks, field trips and more.

Meet at Mission Park South Shelter, Sharp & Superior. **\$149**

Call 625.6245 or email abusch@spokanecity.org or visit website at spokaneparks.org for registration form after April 1, 2014.



March & April Events

SPORTS: for softball, swimming and powerlifting
see Sports page 12.

Friday/Saturday Fun

1 day | Ages 18+ If your Friday/Saturday nights are dull check out these fun nights. Participants are responsible to bring the suggested amount of money listed. Sign up fee covers transportation, staff, tickets and sometimes food. Staff ratio is 1:4-6. Participants will have the opportunity to practice socialization skills such as making choices, handling money, following directions and getting along within a group. Fee and meeting location varies.

Gonzaga Baseball

We will watch the Gonzaga baseball team play Loyola Marymount at the **Patterson baseball complex, corner of Spokane Falls Blvd and Cincinnati. \$19**

28522 Su 3/30 11:30am-2:45 PM

Bicycle Ride Centennial Trail

1 day | Ages 16+ Enjoy the afternoon cruising along the beautiful Centennial Trail. If you have a poor balance and would like to be in a sitting position we do have handcycles available upon advanced request. Helmets are mandatory. Please notify us if you need to borrow ours. We will meet at the **Mission Park parking lot, Mission & Perry. \$17**

28741 Su 4/20 1:00-4:00 PM

Cat Tales

1 day | Ages 18+ Lions and tigers and bears, oh my...but wait there is more...leopards and jaguars and servals and pumas and reptiles and...We will take a tour with zoo staff. **Sinto Senior Activity Center, 1124 W. Sinto, parking lot. \$17**

28493 Sa 4/12 1:00-5:00 PM

Classy Crafts

4 weeks | Ages 16+ Explore your creative side and make a variety of beautiful and meaningful crafts each week. Participants will have the opportunity to improve skills such as fine motor, socialization and communication. **Sinto Senior Activity Center, 1124 W. Sinto, dining room. \$37**

28495 Th 4/17-5/8 7:00-8:15 PM

Day at the Theatre

1 day | Ages 16+ Come with us as we delight in the entertaining theatre productions put on by our local Spokane Childrens Theatre(SCT) and Christian Youth Theatre(CYT) Spokane.

Stuart Little - This is the endearing classic about a mouse who is born into an ordinary family. All the charm, wisdom, and joy of the E.B. White original are captured in this tale. The many adventures, both big and small, of Stuart Little are brought to life in this story theatre presentation of a mouse trying to survive in a "real people's world". **SCT, 2727 N. Madelia St #5. \$21**

27121 Su 4/13 12:30-3:15 PM

Fine Dining

1day | Ages 18+ Do you like getting dressed up and going out? Come with us and experience the culinary delights of Spokane's finest restaurants! Staff will help in the selection and purchase of a meal. Participants will have the opportunity to improve social, communication, and etiquette skills. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto. \$15**

Red Lobster - Seafood famous cheesy biscuits

28502 W 4/16 6:00-9:00 PM

Olive Garden - Italian

28503 Th 4/24 6:00-9:00 PM

Shrine Circus

This is the 59th Shrine Circus which features quality family entertainment with an upgraded new circus and variety of shows. We have purchased reserved seating so will be closer to the action. **Valley Mall 14700 E Indiana Ave. Parking lot. \$25**

28525 Sa 4/19 2:45-6:00 PM

Friday Night Jam

1 day | Ages 18+ Come rock and swing at Spokane's oldest on-going nightclub for people with developmental disabilities. If participants require direct supervision then care providers need to attend. Second Friday each month. **West Central Community Center, 1603 N. Belt. \$6** April- Fiesta Dress in red, green and yellow.

28512 F 4/11 7:00-9:00 PM

Gentle Nia® Dance

3 weeks | Ages 14 + Whether from a sitting position or standing upright, let your body move with this gentle dance technique that includes ideas from martial arts, dance arts, and healing arts. Learn to pay attention to your body, sense joy in your movements and exercise your mind as well as your body. Participants should wear comfortable clothing and shoes. **Meet at West Central Community Center, 1603 N. Belt, Mason Rm. \$19**

28491 M 4/14-4/28 6:30-7:30 PM

Hiking

1 day | Ages 16+ Discover the beauty of local Spokane areas. Participants must be able to follow directions, stay with a group, and be in good physical condition to do 3-6 miles of strenuous hiking. Bring a lunch. **Sinto Senior Activity Center, 1124 W. Sinto, parking lot. \$14**

Riverside State Park

We will be exploring the Bowl and Pitcher Area which includes crossing a suspension bridge over the Spokane River.

28533 Su 4/27 9:00AM-2:00 PM

Musical Production

6 weeks | Ages 15 + This year's musical will be *Willy Wonka to a Different Beat*. Participants will have the opportunity to improve communication and socialization skills by being attentive, listening, working with others and developing self-esteem. **Ridgeview Elementary, 5610 N. Maple. \$39**

28694 M/W 4/14-5/7* 6:30-8:00 PM

***Dress Rehearsals**

at North Central High School, 1600 N. Howard

M/W 5/12-5/14 6:45-8:45 PM

Night of Performance

at North Central High School, 1600 N. Howard (actual show 7-8:30 PM)

F 5/16 6:30-9:00 PM

Sundancers Square Dancing

7 weeks | Ages 15+ Do you want to learn how to square dance or improve your existing skills? Participants should know left and right, ability to follow simple directions, and have a good attention span. **Shaw Middle School, Cafeteria, 4106 N. Cook. \$26** Beginners- meet 4/22, 4/29, 5/13, 5/27, *6/3

28699 T 4/22-6/3* 6:30-8:00 PM

Performers - meet the first and third Tuesday of each month. They are welcome to come the second and fourth Tuesday to help with the beginners. We will meet the 5th Tuesday of April. Performance night is the 3rd Tuesday of the month. Pick up time is 9 PM.

28700 T 4/15-6/3* 6:30-8:00 PM

***6/3 is the end of year BBQ held at Mission Park North Shelter 6-8pm**

Walking – Let's Get Moving

6 weeks | Ages 14+ If you enjoy the outdoors, exercise and socializing with friends a weekly stroll in the Mission Park Neighborhood is for you. We will divide the group into slow and fast walkers. Please wear comfortable, loose clothing such as sweats and sturdy walking shoes. **Meet at Mission Park parking lot, Mission & Perry. \$35**

28732 W 4/16-5/21 4:30-5:30 PM

What's Cooking

4 weeks | Ages 16+ Tired of eating at home? Sign up for this class and you will prepare a meal, practice table manners, visit with friends, and take part in clean-up duties. Participants will have the opportunity to practice skills such as following directions, socialization, and hygiene required when in the kitchen. **Southside Senior Activity Center, 3151 E. 27th Ave.-kitchen. \$46**

28734 T 4/8-4/29 4:00-6:00 PM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
March 30 Gonzaga Baseball	31	April 1 Powerlifting	2	3 Powerlifting	4	5
6 Swimming Learn to Swim	7	8 Cooking	9	10	11 Friday Night Jam Fiesta	12 Cat Tales
Spring Break →						
13 Day at the Theatre Stuart Little Swimming Learn to Swim	14 Gentle Nia® Musical	15 Powerlifting Cooking Square Dancing	16 Musical Walking Fine Dining - Red Lobster	17 Crafts Powerlifting	18	19 Shrine Circus
20 Centennial Trail Bike Ride No Swimming	21 Gentle Nia® Musical	22 Powerlifting Cooking Square Dancing	23 Musical Walking	24 Crafts Powerlifting Fine Dining - Olive Garden	25	26
27 Hiking - Riverside State Park Swimming Learn to Swim	28 Gentle Nia® Musical	29 Powerlifting Cooking Square Dancing	30 Musical Walking			

May Events

SPORTS: for softball, swimming and powerlifting
see Sports page 12.

Classy Crafts

4 weeks | Ages 16+ Explore your creative side and make a variety of beautiful and meaningful crafts each week. Participants will have the opportunity to improve skills such as fine motor, socialization and communication. **Sinto Senior Activity Center, 1124 W. Sinto, dining room. \$37**
28496 Th 5/15-6/5 7:00-8:15 PM

Day at the Theatre

1 day | Ages 16+ Come with us as we delight in the entertaining theatre productions put on by our local Spokane Childrens Theatre(SCT) and Christian Youth Theatre(CYT) Spokane.
Beauty and the Beast
CYT puts on a great rendition of the classic Beauty and the Beast story. **901 W Sprague – Bing Cosby Theatre. \$21**
28500 Sa 5/24 2:30-5:30 PM

Dessert Delight

1 day | Ages 16+ If you have a sweet tooth and enjoy desserts come with us as we visit a variety of Spokane eateries. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto, parking lot. \$12.**
Dairy Queen - Blizzards ,chocolate and icecream
28744 W 5/21 7:00-9:00 PM

Fine Dining

1 day | Ages 18+ Do you like getting dressed up and going out? Come with us and experience the culinary delights of Spokane's finest restaurants! Staff will help in the selection and purchase of a meal. Participants will have the opportunity to improve social, communication, and etiquette skills. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto. \$15**
Outback Steakhouse - steak
28506 W 5/7 6:00-9:00 PM
Fat Daddy's Pizza - pizza and pasta
28505 W 5/28 6:00-9:00 PM

Friday/Saturday Fun

Friday/Saturday Fun

1 day | Ages 18+ If your Friday/Saturday nights are dull check out these fun nights. Participants are responsible to bring the suggested amount of money listed. Sign up fee covers transportation, staff, tickets and sometimes food. Staff ratio is 1:4-6. Participants will have the opportunity to practice socialization skills such as making choices, handling money, following directions and getting along within a group. Fee and meeting location varies.
Bowling & Pizza
Meet us for an afternoon of bowling and pizza. Fee includes everything so extra money is not required for this outing
North Bowl, 125 W. Sinto. \$24
28528 Sa 5/10 1:30-4:00 PM
TRS Musical Willy Wonka to a Different Beat
Our evening will start out with dinner at McDonalds. Then we will head to North Central High School to watch the annual TRS musical. **Meet at Sinto Senior Activity Center, 1124 W. Sinto. \$16**
28524 F 5/16 6:00-10:00 PM

Spokane Shock Arena Football

The Shock will be playing San Jose. There will be action and entertainment packed with wall-to-wall, high scoring, non-stop action of professional football and sports dance team performance. **Meet at Spokane Arena, main entrance-Boone & Howard. \$29**
28520 F 5/23 6:30-9:30 PM

Gentle Nia® Dance

3 weeks | Ages 14 + Whether from a sitting position or standing upright, let your body move with this gentle dance technique that includes ideas from martial arts, dance arts, and healing arts. Learn to pay attention to your body, sense joy in your movements and exercise your mind as well as your body. Participants should wear comfortable clothing and shoes. **Meet at West Central Community Center, 1603 N. Belt, Mason Rm. \$19**
28492 M 5/5-5/19 6:30-7:30 PM

Hiking

1 day | Ages 16+ Discover the beauty of local Spokane areas. Participants must be able to follow directions, stay with a group, and be in good physical condition to do 3-6 miles of strenuous hiking. Bring a lunch. **Sinto Senior Activity Center, 1124 W. Sinto, parking lot. \$14**
Little Spokane River
We will start our hike at the Painted Rocks trail head. We will hike along the Little Spokane River. This area is full of wildlife.
28534 Su 5/25 9:00AM-2:00 PM

Musical Production

Musical Production

6 weeks | Ages 15 + This year's musical will be *Willy Wonka to a Different Beat*. Participants will have the opportunity to improve communication and socialization skills by being attentive, listening, working with others and developing self-esteem. **Ridgeview Elementary, 5610 N. Maple. \$39**
28694 M/W 4/14-5/7 6:30-8:00 PM

Riverside State Park Overnight

2 days | Ages 18+ Early season overnight campout at Riverside State Park is something you won't want to miss! We'll sleep in tents, roast hot dogs, play volleyball and frisbee, go for hikes, and relax while enjoying the outdoor scenery. A tasty outdoors dinner and breakfast is included. **Meet at Riverside State Park Bowl and Pitcher group site area. \$44**
28764 Sa 5/17 arrive 1:00 PM
Su 5/18 depart 11:00 AM

Sundancers Square Dancing

7 weeks | Ages 15+ Do you want to learn how to square dance or improve your existing skills? Participants should know left and right, ability to follow simple directions, and have a good attention span. **Shaw Middle School, Cafeteria, 4106 N. Cook. \$26**
Beginners - meet 4/22, 4/29, 5/13, 5/27, *6/3
28699 T 4/22-6/3* 6:30-8:00 PM
Performers - meet the first and third Tuesday of each month. They are welcome to come the second and fourth Tuesday to help with the beginners. We will meet the 5th Tuesday of April. Performance night is the 3rd Tuesday of the month. Pick up time is 9 PM.
28700 T 4/15-6/3* 6:30-8:00 PM
***6/3 is the end of year BBQ held at Mission Park North Shelter 6-8pm**

Walking – Let's Get Moving

6 weeks | Ages 14+ If you enjoy the outdoors, exercise and socializing with friends a weekly stroll in the Mission Park Neighborhood is for you. We will divide the group into slow and fast walkers. Please wear comfortable, loose clothing such as sweats and sturdy walking shoes. **Meet at Mission Park parking lot, Mission & Perry. \$35**
28732 W 4/16-5/21 4:30-5:30 PM

What's Cooking

4 weeks | Ages 16+ Tired of eating at home? Sign up for this class and you will prepare a meal, practice table manners, visit with friends, and take part in clean-up duties. Participants will have the opportunity to practice skills such as following directions, socialization, and hygiene required when in the kitchen. **Southside Senior Activity Center, 3151 E. 27th Ave.-kitchen. \$46**
28735 T 5/6-5/27 4:00-6:00 PM

GOT E-MAIL!

If you have e-mail and are interested in receiving brochures and letters through e-mail, let us know. You can call 509.625.6245 or e-mail it to us at: TRS2@spokanecity.org

City of Spokane Parks and Recreation - Therapeutic Recreation Services

May 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Crafts Powerlifting	2	3 East Regionals @ EWU Swimming, Powerlifting
4 Bloomsday Swimming Learn to Swim	5 Gentle Nia® Musical	6 Powerlifting Cooking Square Dancing	7 Musical Walking Fine Dining - Outback Steakhouse	8 Crafts Powerlifting	9 Playball No Dance	10 Bowling & Pizza
11 Swimming Learn to Swim	12 Gentle Nia® Musical @ NC Dress Rehearsal	13 Powerlifting Cooking Square Dancing	14 Walking Musical @ NC Dress Rehearsal	15 Crafts Powerlifting	16 Playball Friday Fun - TRS Musical Willy Wonka @ North Central HS 7pm	17 Riverside State Park Campout →
18 Riverside State Park Campout ←	19 Gentle Nia®	20 Powerlifting Cooking Square Dancing	21 Walking Desert Delight Dairy Queen	22 Crafts Powerlifting	23 Friday Fun - Shock Arena Foot- ball	24 Day at the Theatre - Beauty and the Beast
25 Hiking Little Spokane River	26	27 Powerlifting Cooking Square Dancing	28 Fine Dining- Fat Daddy's Pizza	29 Crafts Powerlifting	30 Playball	31 Fort Lewis - S.O. Summer Games Swimming, Powerlifting →

June Events

SPORTS: for softball, swimming and powerlifting see **Sports** page 12.

Bicycle Ride Macho Mountain

1 day | Ages 16+ Come join us for an exciting summer day of trail riding at Riverside State Park. Be ready for bumps and puddles. Participants need to be in good physical condition and used to shifting and riding on trails. A hearty lunch will be served. **Riverside State Park Bowl & Pitcher, 4427 W. Aubrey White Parkway. \$16**

28750 Su 6/22 9:30AM-2:30 PM

Classy Crafts

4 weeks | Ages 16+ Explore your creative side and make a variety of beautiful and meaningful crafts each week. Participants will have the opportunity to improve skills such as fine motor, socialization and communication. **Sinto Senior Activity Center, 1124 W. Sinto, dining room. \$37**

28496 Th 5/15-6/5 7:00-8:15 PM

Day at the Theatre

1 day | Ages 16+ Come with us as we delight in the entertaining theatre productions put on by our local Spokane Childrens Theatre(SCT) and Christian Youth Theatre(CYT) Spokane.

Enchanted Sleeping Beauty

A musical version of the ever popular "Sleeping Beauty". The king and queen of Never Nod have a new baby, princess Briar Rose. The witch Evilina sets a terrible curse upon the child. It is up to Prince Alexander to come to the rescue sixteen years later for the princess and the court.. for they are all asleep! **2727 N. Madelia St #5. \$21**

28499 Sa 6/7 12:30-3:00 PM

Dessert Delight

1day | Ages 16+ If you have a sweet tooth and enjoy desserts come with us as we visit a variety of Spokane eateries. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto, parking lot. \$12.**

Blu Berry Frozen Yogurt - create your own yummy dessert

28745 Th 6/12 7:00-9:00 PM

Fleece Throw Pillow Workshop

1 day | Ages 14+ Spruce up your bedroom with a cozy colorful fleece throw pillow. A variety of colors and pattern fabric will be available. No sewing experience required. **Sinto Senior Activity Center, 1124 W. Sinto. \$17**

28760 M 6/16 6:00-8:00 PM

Friday/Saturday Fun

1 day | Ages 18+ If your Friday/Saturday nights are dull check out these fun nights. Participants are responsible to bring the suggested amount of money listed. Sign up fee covers transportation, staff, tickets and sometimes food. Staff ratio is 1:4-6. Participants will have the opportunity to practice socialization skills such as making choices, handling money, following directions and getting along within a group. Fee and meeting location varies.

Movie & Burger

We will head to Northtown Mall or Riverpark Square, eat dinner, and see a movie. Be sure to bring \$10 for dinner. . **Meet at Sinto Senior Activity Center, 1124 W. Sinto. \$24**

28526 F 6/6 5:30-10:00 PM

Friday Night Jam

1 day | Ages 18+ Come rock and swing at Spokane's oldest on-going nightclub for people with developmental disabilities. If participants require direct supervision then care providers need to attend. Second Friday each month. **West Central Community Center, 1603 N. Belt. \$6**

June-Western Roundup

Dress in your favorite western outfit....flannel shirts, boots, and cowboy hats or buckles. See ya'll there.

28514 F 6/13 7:00-9:00 PM

Rafting-Upper Spokane

1 day| Ages 14+ See our own Spokane River as it winds through the Valley. This trip operated by Wiley Waters has a touch of Whitewater and is a great introduction to rafting. Participants should be comfortable in the water. Registration deadline: Jun 13. Meet at **Sinto Senior Activity Center, 1124 W. Sinto. \$46**

28759 Sa 6/21 12:30-5:00 PM

Sundancers Square Dancing

7 weeks | Ages 15+ Do you want to learn how to square dance or improve your existing skills? Participants should know left and right, ability to follow simple directions, and have a good attention span. **Shaw Middle School, Cafeteria, 4106 N. Cook. \$26**

Beginners- meet 4/22, 4/29, 5/13, 5/27, *6/3

28699 T 4/22-6/3* 6:30-8:00 PM

Performers- meet the first and third Tuesday of each month. They are welcome to come the second and fourth Tuesday to help with the beginners. We will meet the 5th Tuesday of April. Performance night is the 3rd Tuesday of the month. Pick up time is 9 PM.

28700 T 4/15-6/3* 6:30-8:00 PM

***6/3 is the end of year BBQ held at Mission Park North Shelter 6-8pm**

What's Cooking

4 weeks | Ages 16+ Tired of eating at home? Sign up for this class and you will prepare a meal, practice table manners, visit with friends, and take part in clean-up duties. Participants will have the opportunity to practice skills such as following directions, socialization, and hygiene required when in the kitchen. **Southside Senior Activity Center, 3151 E. 27th Ave.-kitchen. \$46**

28736 T 6/3-6/24 4:00-6:00 PM



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Fort Lewis - S.O. Summer Games Swimming, Powerlifting	2	3 Cooking Square Dancing BBQ	4	5 Crafts	6 Playball Friday Fun - Movie & Burger	7 Day at the Theatre - Enchanted Sleeping Beauty
8 Hiking Turnbull	9 Adult Softball	10 Cooking	11 Adult Softball	12 Dessert Delight - Blu Berry Frozen Yogurt	13 Playball Friday Night Jam Western Roundup	14 Challenged Kids Softball
15	16 Adult Softball Fleece Throw Pillow Workshop	17 Cooking	18 Adult Softball	19	20 Playball	21 Rafting Upper Spokane Challenged Kids Softball
22 Macho Mountain Bike Ride	23 Adult Softball	24 Cooking	25 Adult Softball	26	27 Playball	28 Challenged Kids Softball
29	30 Adult Softball					

Funshine Day Camp - Staff Training

Funshine Day Camp - Kids #1

NO Funshine Day Camp THIS WEEK

July Events

SPORTS: for softball, swimming and powerlifting
see **Sports** page 12.

Bicycling

6 weeks | Ages 16+ Enjoy Spokane's natural beauty by bicycle. Participants need to be in physical condition and ride a bike safely. Make sure your bike is in good working order and helmet fits. **Meet us at Argonne Library Parking lot, 4322 N. Argonne. \$35**

28803 W 7/9-8/13 6:00-8:00 PM

Bicycle Ride Trail of the Coeur D' Alene's

1 day | Ages 14+ This beautiful and historic trail follows the abandoned Union Pacific Railway. Our biking begins in Plummer, Idaho. We will go 14 miles on flat pavement through a canyon and alongside Lake Coeur D'Alene. Lunch and ice cream will be in Harrison and then we'll ride back to Heyburn State Park. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto. \$31**

28804 Su 7/20 8:30 AM-5:30 PM

Classy Crafts

4 weeks | Ages 16+ Explore your creative side and make a variety of beautiful and meaningful crafts each week. Participants will have the opportunity to improve skills such as fine motor, socialization and communication. **Sinto Senior Activity Center, 1124 W. Sinto, dining room. \$37**

28497 Th 7/3-7/24 7:00-8:15 PM

Friday Night Jam

1 day | Ages 18+ Come rock and swing at Spokane's oldest on-going nightclub for people with developmental disabilities. If participants require direct supervision then care providers need to attend. Second Friday each month. **Meet at Mission Park South Shelter, Sharp & Superior. \$7**

July Picnic and Dance

Wear your favorite red, white and blue. Contribute to the picnic by bringing salad, dessert or rolls.

28515 F 7/11 6:00-9:00 PM

Friday/Saturday Fun

1 day | Ages 18+ If your Friday/Saturday nights are dull check out these fun nights. Participants are responsible to bring the suggested amount of money listed. Sign up fee covers transportation, staff, tickets and sometimes food. Staff ratio is 1:4-6. Participants will have the opportunity to practice socialization skills such as making choices, handling money, following directions and getting along within a group. Fee and meeting location varies.

Spokane Shock Arena Football

The Shock will be playing Tampa Bay. There will be action and entertainment packed with wall-to-wall, high scoring, non-stop action of professional football and dance team performance. **Main Entrance-Boone & Howard. \$29**

28518 F 7/18 6:15-9:30 PM

Hiking

1 day | Ages 16+ Discover the beauty of local areas of Spokane. Participants must be able to follow directions, stay with a group, and be in good physical condition to do 3-6 miles of strenuous hiking. Bring a lunch. **Meet at Sinto Senior Activity Center, 1124 W. Sinto, parking lot. \$14**

Dishman Hills

This is Spokane's wilderness version of New York's Central Park, with rocks, landforms, & vegetation. Enjoy ponds, cliffs, ravines, and numerous high points with views. You could see deer, raccoon, coyotes, and 100 species of birds

28536 Sa 7/5 9:00 AM -2:00 PM

More events to be announced in the next
Summer brochure coming in May.



City of Spokane Parks and Recreation - Therapeutic Recreation Services

July 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Adult Softball	3 Classy Crafts	4	5 Hiking - Dishman Hills Challenged Kids Softball
NO Funshine Day Camp THIS WEEK						
6	7 Adult Softball	8 Bicycling	9 Adult Softball	10 Classy Crafts	11 Playball Friday Night Jam Patriotic Picnic & Dance	12 Challenged Kids Softball
Funshine Day Camp - Kids #2						
13	14 Adult Softball	15 Bicycling	16 Adult Softball	17 Classy Crafts	18 Playball Friday Fun - Spokane Shock	19 Challenged Kids Softball
Funshine Day Camp - Kids #3						
20 Bike Ride - Trail of the Coeur d'Alene's	21 Adult Softball	22 Bicycling	23 Adult Softball	24 Classy Crafts	25 Playball	26 Challenged Kids Softball
Funshine Day Camp - Adult Week						
27	28 Adult Softball	29 Bicycling	30 Adult Softball	31		
Funshine Day Camp - Kids #4						

Sports

Challenged Kids Softball

8 weeks | Ages 7-18 Any children with physical or developmental challenges that have an interest in softball are welcome. We want to meet each player's unique abilities and make this a fun and safe sport. Parent volunteers run this program so we are requesting a parent, sibling or friend to come along to assist their player on the field. **Meet at Chief Gary Park, Mission & Regal. Field C. \$25**

28805 Sa 6/14-8/9 6:30-8:00 PM

Play Ball

14 weeks | Ages 12-18 This program is for those who are ready for more of a challenge. They will work on preparation and skill development in actual game situations. We are looking for parents/adults to play to enhance the game. **Meet at Chief Gary Park, Mission & Regal. Field C. \$50**

28761 F 5/9-8/8* 6:00-8:00 PM

* no class 5/23, 7/4

* 7/25 will meet at Liberty Park

Adult Softball

9 weeks | Ages 18+ This program brings together developmentally disabled people and their non-disabled siblings, parents, and friends to play on the same team. **Meet at Shadle Park, northwest corner of Shadle High off of Ash. \$39**

28763 M/W 6/9-8/6* 6:30-8:00 PM

*End of Year BBQ August 6, 6-8 PM at Shadle Park Shelter

Special Olympics Information

If competing in Special Olympics you will need a current AFP (Application for Participation) physical on file with TRS by April 15, 2014. Form can be found at: sowa.org, email Alice at abusch@spokaneacity.org or call 625-6245.



Swimming

8 weeks | Ages 8+ For people with developmental disabilities who want to swim competitively or for a good workout. Ability to swim 75 yds without assistance and with rhythmic breathing. **Whitworth University Aquatic Center, 300 W. Hawthorne. \$49**

Blue Dolphin Swim Team

26892 Su 3/2-5/11* 3:00-4:30 PM

* no class 3/9, 3/30, 4/20

* Regional Special Olympics competition Saturday May 3, Cheney, WA

* Washington State Special Olympics Summer Games, May 30-June 1, Ft. Lewis, Tacoma WA

Swimming - Learn to Swim

8 weeks | Ages 8+ Learn to swim while having fun in the water. A fun way for kids of all ages with disabilities to learn good swim technique, especially if they want to be competitive later. Each swimmer is requested to have a helper get in the water to help with games and activities. There will be two levels. **Whitworth University Aquatics Center, 300 W.Hawthorne. \$49**

Beginner

Individuals will learn how to face float, back float, kick with floats and learn the crawl stroke with rotary breathing. Elementary back stroke and back crawl will be taught with the goal to be able to do for 20 yards.

27364 Su 3/2-5/11* 3:00-3:45 PM

*no class 3/9, 3/30, 4/20

Intermediate

Individuals who have mastered the Beginner skills and are ready to move on Skills worked on will be distance swimming, breast stroke, butterfly, diving, simple turns and deeper water experience.

27365 Su 3/2-5/11* 3:45-4:30 PM

*no class 3/9, 3/30, 4/20

Powerlifting

21 weeks | Ages 17+ For persons with developmental disabilities who are serious about lifting free weights and universal gym equipment. Ability to stay on task and follow directions with minimal assistance. We currently are not enrolling new lifters. **North Central High School 1600 N. Howard. \$92**

27190 M/W 1/7-5/29* 6:30-7:30 PM

* No class 4/8, 4/10

* Regional Special Olympics competition Saturday May 3, Cheney, WA

* Washington State Special Olympics Summer Games, May 30-June 1, Ft. Lewis, Tacoma WA



Please Print & Fill Out Completely

**Spokane Parks and Recreation Department
Therapeutic Recreation Services**

Name _____ Sex M F Date of Birth _____

Phone _____ Email _____ City _____ State _____ Zip _____

Address _____ Parent/Guardian/Care Provider _____ Phone _____

Emergency Contact Person _____ Phone _____

Check One: Group Home/Institution In Own Home/Apartment Private Home With Parent _____

Disability (Be Specific) _____

Is it okay to use your photo/video image taken during activities for publicity purposes? Yes No

Check and explain if any or all apply:

- ADHD/ADD Easily Disoriented/Wanders Shunt: Type _____
- Uses a Wheelchair Needs Own Staff Attendant one-on-one Restriction to Walking more the 1/2 mile
- Seizures Need Feeding Assistance Allergies or Serious Reactions _____
- Heart Problems Need Toilet Assistance Bee/Wasp Stings _____
- Diabetes Use Sign Language Drugs: LIST _____
- Hearing Impairment Sunburns Easily Swimming/Water Restriction _____
- Visual Impairment Non-Verbal Food _____
- High Blood Pressure Easily Fatigued Other _____

Explanations/Other Information _____

Dietary Precautions _____

Foods to Avoid _____

***PLEASE FILL OUT MEDICATION INFORMATION & WAIVER FORM**

Medications Taken _____

Will you (your child) need to be reminded to take medication during program hours? Yes No

Activity Limitations/Physical Problems (if any) _____

Adaptive Equipment (if any) _____

Behavior Problems (if any) _____

Will you be using Paratransit? Yes No If yes, what is your rider number? _____

Generally supervision is provided 15 min. prior to start of class time and 15 min. at end of class. If additional supervision is required by TRS outside of these times there will be additional fees imposed.

Activity Number	Activity Name	Fee	Form of Payment	Total Fees:
			Check One	
			<input type="checkbox"/> 1 Cash	
			<input type="checkbox"/> 2 Check	
			<input type="checkbox"/> 3 Money Order	
			<input type="checkbox"/> 4 Credit Card	
			Scholarship Donation:	
			Total Enclosed:	

Credit Card Information

Holder's Name: _____

Type: _____ Exp. Date: _____

Card Number: _____

LIABILITY WAIVER, RELEASE & INDEMNITY AGREEMENT

I agree to release, indemnify, and hold the City, its agents, officers, and employees, and School District 81, harmless from any and all liability claims, actions, judgments, damages or injuries of every kind and nature whatsoever to the participant and/or his property arising from participation in activities for which the participant is registering. I further acknowledge that I have familiarized myself with the description of the activities, understand the hazards and the participant's personal limitations and knowingly assume all risks. I acknowledge I have read and understand this Liability Waiver, Release and Indemnity Agreement, and understand that I am waiving any claim I might have against the City or School District 81 for any harm sustained as a result of any activity for which I am registering a minor child.

*I/We acknowledge I/we have read and understand this Liability Release and Indemnity Agreement.

MAKE CHECKS OR MONEY ORDERS PAYABLE TO
SPOKANE PARKS & RECREATION

Mail to:

Spokane Parks and Recreation Department
Class Registration - Therapeutic Recreation Services
808 W Spokane Falls Blvd

Spokane, WA 99201-3317

Email: abusche@spokaneclty.org
Phone: 509.625.6245
Fax: 509.625.6205

MEDICATION INFORMATION AND WAIVER

Participant _____ Name Activity _____

If you require medication while attending a City of Spokane activity please complete the following information:

MEDICATION:	Type: _____	Dosage: _____	Time/s: _____
	Type: _____	Dosage: _____	Time/s: _____
	Type: _____	Dosage: _____	Time/s: _____

List any special instructions/precautions/side effects: _____

I understand and agree to follow the City policies: _____

1. I have informed the City of all medication, which I will be taking during the program, the side effects of the medication, and what first aid would be appropriate.
 2. The staff may take custody of the medication, but I am still responsible for my own medication. I will provide the medication packaged in prescription packages, by dosage, labeled by a physician or pharmacist. The label shall include the student's name, physician's name, dosage-amount, time taken, name and phone number of pharmacy. Each dosage will be packaged separately in tiny zip lock bags. Only medication for duration of the activity will be included.
 3. I acknowledge that the instructions on the pharmaceutical container are accurate. Furthermore, I agree to allow the City of Spokane staff to assist, if necessary, in the administration of my medication. I acknowledge that no medical staff will be provided and staff will not make any decisions about dosage of medication.
- I promise not to sue or present a claim for personal injury or wrongful death against the City of Spokane, its officers, employees an- agents regarding medication.
- THIS DOCUMENT RELIEVES THE CITY OF SPOKANE FROM LIABILITY FOR PERSONAL INJURY OR WRONGFUL DEATH RELATING TO MY MEDICATION. I HAVE READ THIS DOCUMENT, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT VOLUNTARY.

Signature: _____ Date: _____

If the participant is under 18 years of age, the parents or guardians must execute the following:

I am the parent or guardian of the participant and acknowledge that I have read this document and understand its contents and agree to each item noted above. I understand that, to the extent allowed by law, I am waiving my child's rights.

Name: _____ Signature: _____ Date: _____

Therapeutic Recreation Services Medication Policy

The Therapeutic Recreation Services has a Medical Information and Waiver form to be completed by all participants who will take medications while participating in our activities. The procedure will help us to better assist you with medications both safely and efficiently. We very much need your cooperation to complete the form and package your medications as described below.

Please complete the Medication Information & Waiver form even if you will not take medication while at the activity.

Please package medication by dose in individual extra small zip lock bags or blister cards labeled by the pharmacy to include: 1) name of participant; 2) name of physician; 3) name of pharmacy; 4) dosage and amount; and 5) time to take. For example, if you take six different medications at dinner time there should be six small zip lock bags or blister cards, each with the label information listed above. Then put all bags in a larger zip lock bag labeled with your name, date, day and time to take: e.g. Sam Jones, Saturday, June 15, 6:00 pm. Send only the amount of medication needed for the dates of the activity. Do not send excess dosages. Please see the examples below of the small zip lock bag, label, and blister card.

The following pharmacies will package medications this way: Evergreen Pharmacy East, 622 E. 2nd, 838-4826 if you live in a group home. Inland Pharmaceutical Services at 1328 N. Ash, 326-8001, or Walgreen's Express, call 921-0659 for locations. will package medication in small individual blister cards. They do packaging for all clients. Please ask for a Pharmacist. If you purchase medication from them there is no fee for this packaging. If you have a different pharmacy that will package medications please let us know and we will add it to the list.

Participants must be able to take their own medications while at the activity. The activity leaders will provide reminders to take medications and to safely secure them when not in use. If you have medical coupons, please bring them with you in case there is an emergency and you need medical treatment.

Thank you for your assistance!!!!

Upcoming Event

Farragut State Park – Silverwood

4 days| Ages 18+ Farragut State Park & Silverwood adventure includes camping, campfire, ranger shows, great food, nature trail walks, beaches, frisbee, a tour of Naval Museum, visit to Bayview and a full day at Silverwood Theme Park. **Sinto Senior Activity Center, 1124 W. Sinto, parking lot. \$389**

28826 Thu 8/17
Sun 8/20

Depart 1:00 PM
Return 3:00 PM



Winter Highlights



Thank You

Winter Quarter Volunteers & Supporters

Powderhound Ski & Snowboard Program

Mt. Spokane Ski & Snowboard Resort
Sinto Senior Activity Center
Corbin Community Center
Burke's Distributing

Roger Schramm
coordinator
Galena Anderson
Rachel Atwood
Bethany Bogensberger
John Bogensberger
Vanessa Bogensberger

Doug Burke
Patty Burke
Calen Busch
Naomi Busch
Steve Busch
Kristen Comer
Joanne Comer
Tim Comer
Mike Diedesch
Jessica Dropulich
Curtis Graham
Deilyn Graham
Austin Hagel
Shaina Johnson
Matt Jones
Deanna Kazemba
Mike Keliher
Caryn Kelly
Melanie Larson
Gary Lewis
Jonnie Lewis
Paul Lopez
Adam Manson
Joshua Marro
Michael Marro
Marnie McCoy
Patrick McGee
TJ Merrell
Carl Nelson
Sherry Rizzuto
Eric Sahlin

Janet Sahlin
Kim Schafer
Mark Schafer
Brian Shearer
Joanie Sloan
Dave Smith
Dee Smith
Dennis Smith
Eric Tevlin
Jennifer Underwood
Kathy VanAken
Ron Vierra
Chris Wainsley
Jeff Whitney
Kristy Whitney
Jim Wilson
Carolyn Wright
Clay Wright

Blue Waxers - Nordic Skiing

Dave Bentz coordinator
Don Bell
Yvonne Fisher
Kurt Kracher
Loretta Kracher
Julia Parry
Randy Schueneman
Michael Shepard
Dave Tewel

Adaptive Ski/Snowboard

Sara Dunbar coordinator
Zac Barber
Alicia Bourke
John Cadagan
Samantha Case
Carlyle Harris
Clint Hastings
Ammie Hatch
Caleb Hatch
Jeff Hlte
Laurie Hite
Samantha Jensen
Matt Johnson
Alia Kennedy

Ellie Matz
Art Nichols
Jill Nichols
Kendra Powers-Engdahl
Jason Ruzicka
Bill Silverthorne
Rick Tappan
Philip Travis
Tracy Vrablik
Liz Vogel
Aaron Young

Ice Skating

Steve Ripley coordinator
Spokane Blades
Madie Cortright
Kelsey Doyle
Trudy Forsberg
Richard Makovsky
Rebecca Mortensen
Gary Poole
Glendia Plott

Powerlifting

Pat Gray - coordinator
Jerry Nelson

Swimming

Bill Johnson
Blue Dolphins coordinator
Loretta Moon
Learn to Swim coordinator
Bert Caldwell
Lisa Caldwell
Pat Garvin
Brian Williamson

Other Activities

Galena Anderson
Tamra Avery
Alli Chapin
Karolynn Clark
Andrew Downing
Margot Freed
Pat Garvin
Liz Gelhaus
Lori Hadley

Jake Howell
Glen Landby
Suzanne Landby
Patrick McKinney
Nora McKinney
Joel Orchard
Molly Peitzman
Kristin Pearson
Anthony Roy
Eleanor Schiffner
Kathleen Turncott

East Central
Community Center
First Transit
Riverfront Park Ice Palace
Spokane Public Schools
Southside Senior
Activity Center
West Central
Community Center

Financial gifts from

Jack & Helen Leighton
Knights of Columbus-
Fatima Parish thanks to
Bob Parry
Kyle Tabbert
Robert & Sandra Spears –
In Memory of Bill Holcomb
Rose Nelson
Tyler Lewis
Joy Moody



hold your
breath
make a
wish
count to
three



Willy Wonka
to a different beat

Friday, May 16th
7:00-8:30 pm

North Central High School, 1600 N. Howard

\$5 donation

*Come see our
Musical Production!*

Look for more
exciting activities
coming this summer:

- Cheney Rodeo
- Gardening
- Golf
- Highland Games
- Indians Baseball
- Kayaking
- Movie in the Park
- Splash Down
- Tea Time
- Water Aerobics

Therapeutic Recreation Services

The programs in this brochure are designed for persons with developmental and physical disabilities. All other Parks Department programs are available to persons with disabilities. Please look through the Spokane Parks and Recreation Department Class & Activity Guide to see if a program is of interest to you. Then call Alice Busch at 509.625.6245 and she will help you get started by notifying the instructor who will make preparations or adaptations, if needed.



509.625.6200
spokaneparks.org

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\$5 donation

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to a different beat

Friday, May 16th

7:00-8:30 pm

North Central High School, 1600 N. Howard



808 West Spokane Falls Boulevard
Fifth Floor - City Hall
Spokane WA 99201-3317
509.625.6200

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