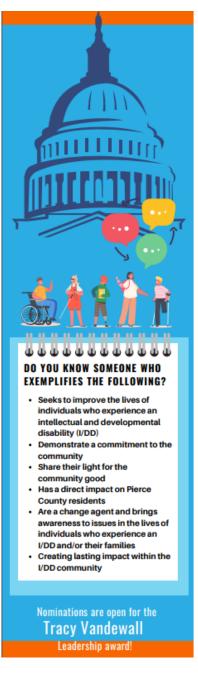




PC2 for Developmental Disabilities Fall, 2023 ~ Volume 29, Issue 1



#### Pierce County Developmental Disability Online Legislative Forum

#### WHAT IS THIS FORUM ALL ABOUT?

The Pierce County Legislative Forum offers individuals with I/DD (Intellectual and Developmental Disabilities) and their families an opportunity to share information and advocate for their needs by speaking directly with Pierce County Legislators.

#### WHEN?

Tuesday, November 14, 2023 6:30 pm - 8:30 pm

#### PROPOSED AGENDA:



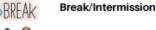
Welcome / Gathering

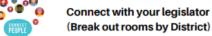




Legislator introductions







#### TO REGISTER, NOMINATE & INFORMATION

www.piercelegislativeforum.org







To register or for more information, please visit:

https://www.piercelegislativeforum.org/

The "FOCUS" newsletter is a publication of the Pierce County Coalition for Developmental Disabilities (PC2) and is produced four times each year. It is available to view and download by visiting <a href="https://www.pc2online.org">www.pc2online.org</a>.

PC2 is comprised of both individuals & organizations of parents, guardians, professionals, & other partners interested in the well-being of individuals with developmental disabilities. Opportunities to

gain information, education, & networking are available through our newsletter, website at <a href="www.pc2online.org">www.pc2online.org</a>, topical meetings/forums, & our Resource Guide.

PC2 provides education on the legislative process regarding policies & funding which allow families & individuals choice, control, & flexibility.

The PC2 office is open are Monday-Thursday, 9 a.m.-4:30 p.m., and Friday 9 a.m.-1 p.m. Please visit anytime for information, resources, brochures, or help with Internet searches.

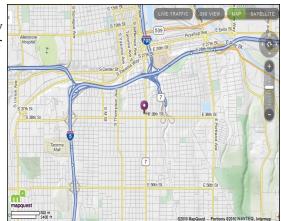
If you have info on classes, conferences, or events, or other items to share, please submit to:

PC2

3716 Pacific Avenue #A Tacoma, WA 98418-7836

253-564-0707 (T) | 253-564-0702 (F) | 1-877-DD-LINKS (T/F)

E-mail: <u>info@pc2online.org</u> Web: <u>www.pc2online.org</u>



#### PC2 Board

DR. ALAN GILL, Board Chair JASON CLAPP, Board Treasurer LAVON FRAZIER, Board Member NANCY LEE, Board Member KRISTINE NELSON, Board Member JO SIMMS, Board Member JEFFREY SNYDER, SR., Board Member MELODY SNYDER, Board Member SARAH TREMBLAY, Board Member

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CARY VAZQUEZ, Asistente del Programa LINKS

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DOANH CHANG, Parent
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CAROLYN JONES, Parent
FRANCIE PELTIER, Parent
MICHAEL RAYMOND, Self Advocate
VIKRAM SHAH, Parent
ROBERT WARDELL, Self Advocate

Fall, 2023

#### From the Director's Desk . . .

Dear Families & Friends of PC2:

As the trees are turning colors and the leaves are starting to fall, it is time to start thinking about this year's legislative season.



The first legislative event will be the Legislative Forum on Tuesday, November 14th, 6:30 p.m. (Please see the front page for event details and registration link.) This will be a virtual event again this year. Please put the date on your calendar.

PC2 would like to encourage you to share your story with legislators as a way for them to understand the complicated needs of your loved one. If you are interested, please give PC2 a call (253.564.0707) and we will assist you in planning and connecting you with PAVE, who will be video recording all family stories to be shared at the Forum.

PC2 has an additional request that will take you approximately six minutes! We have posted our yearly survey (link below) and would greatly appreciate you taking the time to give us your feedback. We want to understand what areas you need more information about and how you want that information provided. As always, we want to understand your needs to help you better advocate for your loved one.

Please check out all of the exciting events and activities included in this issue. If you need any help contacting providers or registering for an activity, please give us a call (253.564.0707) and we would be happy to assist you.

We look forward to seeing you at the Forum.

Beth.Ann



Please take a few minutes and help PC2 with our programming / planning by completing our 2023 Fall Survey: <a href="https://www.surveymonkey.com/r/pc2fall2023">https://www.surveymonkey.com/r/pc2fall2023</a>

The Pierce County Coalition for Developmental Disabilities (PC2) invites you to our



Fall, 2023 Legal Series presented by James Bates, Attorney at Law

Guardianships for Individuals with Developmental Disabilities on Wednesday, October 4, 6 p.m.

Estate Planning / Wills & Trusts for Families of Individuals with Developmental Disabilities on Wednesday, October 11, 6 p.m.

Special Needs Trusts & ABLE Accounts for Families of Individuals with Developmental Disabilities on Wednesday, October 25, 6 p.m.



This Legal Series will be held in-person. Please call or email PC2 to RSVP and for meeting specifics. 253.564.0707 or info@pc2online.org

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# SOCIAL GATHERINGS

#### FRIENDSHIP CLUB

3RD THURSDAY OF THE MONTH, 10 A.M. NO CLUB ACTIVITIES JUNE-SEPTEMBER.

#### SENIOR FAMILIES

MONTHLY COMMUNITY ACTIVITIES CALL FOR OUR SCHEDULE

#### **ACTIVITY CLUB**

LAST THURSDAY OF THE MONTH, 10 A.M. NO CLUB ACTIVITIES JUNE-SEPTEMBER.



3716 PACIFIC AVENUE #A TACOMA, WA 98418 ADVANCE REG. REQ'D. CALL 253.564.0707 OR EMAIL INFO@PC2ONLINE.ORG



Get up to \$150,000 in down payment assistance

with IDD.

contact: Dale Golder Housing Program Manager Dale@pc2online.org or Kristin Loos Housing Program Assistant Kristin@pc2online.org

For more information,

Phone: 253.564.0707 www.pc2online.org www.facebook.com/PCCDD Fall, 2023 7







#### ALL HALLOWS EVE

Friday, Oct. 27, 2023 5-9:30 p.m.

A 'Just Like You' annual event

Lakewood Elks Lodge #2388 6313 75th St. W, Lakewood

MIXER

AUCTION

DJ/DANCING

WINE PULL

ALASKA AIR TICKET RAFFLE

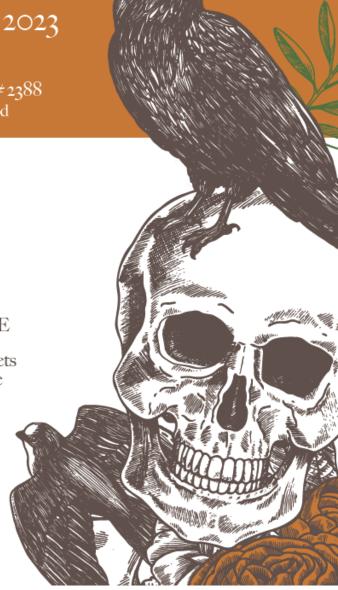


Purchase tickets via OR code

\$45

More information: Board chair Kevin Carpenter at 314-971-1526

centerforce.net



Fall, 2023



FOR IMMEDIATE RELEASE

Contact: Debby Graham Phone: 253-426-1860

Email: debbyg@centerforce.net

#### All Hallows Eve: A Spooktacular Mixer and Auction to Benefit Centerforce

**Lakewood, WA, Sept. 6** — Don your spookiest or most fun Halloween costume and support a great cause at the same time as Centerforce hosts **All Hallows Eve: A Just Like You mixer and auction, presented by KeyBank,** on Friday, Oct. 27.

Wine and beer will be available, along with some hors d'oeuvres, while you browse the silent auction and dance while the DJ spins tunes. You also can grab a bottle of wine from the wine pull or try your chance at winning 2 tickets for travel valid on Alaska Airlines! Tickets are \$45 each for our 21-and-older event at Lakewood Elks Lodge #2388, 6313 75th St. W, Lakewood, WA 98499. Doors open at 5 p.m. Costumes are welcome but not required. Purchase your tickets today at <a href="https://centerforce.salsalabs.org/allhallowseve2023/index.html">https://centerforce.salsalabs.org/allhallowseve2023/index.html</a>

For 55 years as a local not-for-profit 501 (c)(3), social service organization, Centerforce provides employment training, volunteer opportunities and assistance for individuals with intellectual and developmental disabilities to move toward inclusion in their community. The 200 individuals we serve in south King, Pierce and Thurston counties have a wide range of disabilities and a number of barriers to traditional employment. With this event, our goal is to raise \$40,000 to support our programs that assist individuals with intellectual and developmental disabilities find jobs, and be able to engage and participate in their communities.

As with everyone, Centerforce services have been significantly impacted by the pandemic and other economic forces. We serve those with intellectual and developmental disabilities who are among the most vulnerable and, as a result, are still impacted by the pandemic.

When you attend our event, it supports clients like **John B.**, who has been employed at Safeway for 18 years; **Chris J.**, who is now on his eighth year working for the Ram Brewery and Restaurant; **Joe O.**, who transitioned from a 13-year job at the ARC to working for MOD Pizza; **Tyler K.**, as a school-to-work client, secured a job with OnTrac five months before he graduated; and **Deacon C.**, with our help before his high school graduation, transitioned from school to working his first job at Red Robin.

Would you like to sponsor our event or donate silent auction items? <u>Contact us here.</u> For more information regarding Centerforce and its services, contact Debby L. Graham, M.A., Executive Director, at 253-426-1860.

Hello Pierce County Parks Specialized Recreation Participants, Families, & Friends!

Please click the link below to view Pierce County Parks Specialized Recreation Q4 Guide for programs October – December.

We've added an additional BINGO party each month, board game nights, winter sports/clinics, holiday outings and more!

PCSR website www.piercecountywa.gov/pcsr

Direct link to PCSR Q4 Guide <u>23PCSR-Q4-Guide-Digital</u> (piercecountywa.gov)

Reminder - you must call 253-798-4199 to use DDA funds for payment.

You can also email our Office Assistant @Paula Selfridge the programs you would like to register for using DDA funds. Once completed she will send a digital receipt with the programs you've been registered for.

If you would like to pay online our guide is linked, which means if you click on the program you're interested in on the digital guide it will bring you to the online registration option.

We need more bowling coaches for Special Olympics! If you're interested in coaching Special Olympics bowling, please reachout to @Grant Hampton, Recreation Coordinator 253-798-4074.

Special Olympics Athlete Medical Forms are good for 3 years. If you're unsure if you have current forms on file, please reach out - 253-798-2997.

Thank you.

Jen Spane, Recreation Supervisor
PIERCE COUNTY PARKS | EVERYDAY ADVENTURES

P: 253-798-4753 | C: 253-617-8636

she/her/hers

Connect: Web | Facebook | Instagram | YouTube



PC2 will attach a copy of the current event catalog at the end of this issue.



## 3rd Friday Dance

ADMISSION \$5.00

(Formerly The GLADD Dance)

2023-2024

6:00-8:00

Doors open

At 5:45 pm

Only DD adults 18 and older

We reserve the right to refuse service to anyone

April 21, 2023

May 19, 2023

June 16, 2023

July - No dance

August - No dance

September 15, 2023

October 20, 2023

November 17, 2023

December 15, 2023

January 19, 2024

February 16,2024

March 15, 2024

April 19, 2024

May 17, 2024

Crazy Hat Contest

Beach Ball Dance Contest

Prince Charming and Cinderella Prom

Welcome Back Hoe Down
Halloween Costume Contest
Turkey Trot Dance Contest
Santa Claus Is Coming To Town
Football Fan Dance
Be My Valentine Dance
Green Day Dance
Crazy Hat Contest

Prince Charming and Cinderella Prom



#### NEW LOCATION

Tacoma FireFighters Hall 1109 So. 50th St. Tacoma, WA 98408

If you need extra care or assistance,

please bring supervision.

Our mission is to meet needs for social interactions, community building, recreation, fun and kindness for adults with developmental disabilities 18 and older.

The 3rd Friday Dance WILL NOT be held if Tacoma Schools are closed for inclement weather.

Contact: Geri Lavin 253-223-4800

Information On Back

Fall, 2023



Register at www.sequoiatr.org







#### About Us

Sequoia Therapeutic Recreation (STR), a 501(c)3 non-profit corporation founded in Aug 2021 cultivates confidence, friendships, joy and respect by providing recreation and therapeutic recreation in the community for people with intellectual and developmental disabilities and their families.

Want to help?

Please consider volunteering or making a financial contribution. Donate online: sequoiatr.org/donate

#### Connect

sequoiaTR.org kodi@sequoiatr.org facebook.com/Sequoiatr @sequoiatr253/

#### Social Activities

#### SEQUOIA SOCIAL

Have fun Monday afternoons playing games, creating crafts, and more in this 10 week session. We have moved locations. Please bring a caregiver to assist you with your personal care needs.

No meeting on Sept 25

September 11 - November 13 Mondays 12:30-2:30pm

\$264.60 Registration | \$130 with scholarship 1250 Emerson St. Fircrest, WA 98466

#### BOWLING

Meet up and bowl 2 games each Wednesday for 10 weeks at Bowlero Lanes of Lakewood. Recreational bowling, no lane switching, all skill levels welcome. Please tell us if you would like to bowl with a friend. Registration fee includes shoe rentals and games. End of season party and awards

September 13 - November 15 Wednesdays 4:00-5:30pm \$174.40 Registration | \$88 with scholarship 3852 Steilacoom Blvd SW, Lakewood, WA 98499



Fall, 2023





#### **Events & Activities**

#### ALL HALLOW'S EVE

Dance with your friends to your favorite tunes brought to you by DJ Matty K.
Celebrate the fall season by wearing a fun community appropriate costume for this dance. Refreshments will be served, but no food. Please meet at Roy H.
Murphy Fircrest Community Center.
Saturday October 14, 2023 5:30 - 7:30pm \$43.60 | \$20 with scholarship
555 Contra Costa, Fircrest, WA 98466



#### REGISTER

- · Complete registration form online.
- · Must be pre registered, no drop-ins
- · STR staff cannot provide personal care.
- Cancellations for full refund please cancel within 5 days of event or activity
- · DDA accepted.

Reach out if you have any questions!

#### BIRDABILITY

Meet your friends at from Sequoia TR and new friends from the Tahoma Audubon Society to learn about birds and their habitats. These are flat paved loops, perfect for all abilities. Naturalists teach us about the birds we see or hear. Please dress appropriately for the weather. t 30 and Nov 4th

Sat Sept 30 10-11:30AM Wapato | \$16 Sat Nov 4 10-11:30am Waughop Lake | \$16

#### PUTT PUTT & DINNER

Meet your friends at Tower Lanes this winter for some putt putt mini golf followed by dinner. We encourage you to wear your festive holiday attire! Bring \$25 for dinner

Wednesday Nov 29 4:00 - 6:00pm \$27.25 | \$15 with scholarship Wednesday Dec 13 4:00 - 6:00pm \$27.25 | \$15 with scholarship 6323 6th Ave, Tacoma, WA 98406



#### **BOWLING & DINNER**

Wear a holiday sweater, bring a \$15 white elephant gift and meet us at Bowlero Lanes of Lakewood for a fun evening of bowling, dinner, and gift exchange. Pizza dinner included!

Wednesday Dec 6 4:00 - 6:00pm

\$32.70 | \$20 with scholarship 3852 Steilacoom Blvd SW., Lakewood, WA 98499

#### Individual Services

Sequoia Therapeutic Recreation is a vendor providing DDA individual services to help folks meet their individual goals in the community as listed in their Person Centered Services Plan (PCSP).

Ask your Developmental Disabilities Administration case resource manager if you qualify!

#### Specialized Habilitation

Specialized Habilitation provides individualized client centered opportunities to learn skills in:

- · Self-Empowerment
- Safety awareness & self advocacy
- Interpersonal skills and effective communication
- Coping strategies regarding typical life challenges
- Learning how to manage daily tasks and gain new adaptive skills.

#### What does that look like?

For some this is learning how to cook foods for a new doctor recommended diet. Shopping, menu planning, and learning how to prepare foods. It also looks like learning how to access the local gym safely and independently. It is also learning how to use devices to learn how to communicate with the folks in your life.



#### Community Inclusion

January 1, 2023 Washington determined folks were eligible for dual services - which means they could have Employment services AND Community Inclusion (previously Community Access)!

Community Inclusion activities are

- · Individualized based on individual interest.
- Are offered in an integrated community setting.
- Provide opportunities to develop relationships and increase independence
- And offer connections and contribution to the local community

#### **Community Engagement**

Community Engagement connects participants to activities, resources, events, and services in the community that the participant is interested in exploring as indicated in their personal goals in their person centered services plan PCSP.

- · Connects clients to community supports.
- Supports clients natural abilities to communicate, socialize, and interact with others increasing their confidence to engage in events without ongoing support through experiential learning.

#### PenMet Opportunities

Did you know Sequoia TR offers programs for Peninsula Metropolitan Park District (PenMet) in Gig Harbor twice a month?

Check out their website for more information and to register with them! penmetparks.org/

#### Check out the About Page!

We have new friends at Sequoia TR. Read their bios to learn more about them. Want to join our team? Fill out a volunteer or employment application.



Fall, 2023







#### FALL FUNDRAISING

Sequoia TR is a 501(c)3 nonprofit organization. We are able to offer programs thanks to generous donations and fundraising efforts. Fundraisers help offset the unseen costs of business like; insurance, rent, business fees, and admin time. Please consider making a financial donation and/or helping with Fall Fundraisers.

VOLUNTEERS make it possible for SequoiaTR to serve more people. THANK YOU! Volunteers, please register for the activities you will help with (there is no charge). This will help Sequoia provide the best communication.

#### CAR WASH

Saturday September 16, 2023 10:00am - 1:00 pm Bowlero 3852 Steilacoom Blvd SW, Lakewood, WA 98499 Register online if you are interested in helping or receiving more information about how you can help

#### SELL 50/50 RAFFLE TICKET AT THUNDERBIRD HOCKEY GAMES

Sell raffle tickets in the concourse during the game.

Game dates TBA - email Kodi@sequoiatr.org to express interest and to learn more. It's FUN!

Donations www.sequoiatr.org/donate

#### DANIEL BALA FUND - SEQUOIA SCHOLARSHIP

The Daniel Bala Fund supports those who may need financial support. Complete online application annually to reduce the financial barrier to participating with your friends! This scholarship is generously funded by individual donors. Please consider making a tax deductible donation: www.sequoiatr.org/scholarship-donation



Fall, 2023

#### NOT FORGOTTEN MINISTRIES

### JOIN US EVERY 3RD SUNDAY AT 1PM WHERE: 2001 SOUTH J STREET, TACOMA, WA 98405

(Inside Boles Chapel of St John TMI, entrance & parking is opposite of main sanctuary side)

Welcome to our ALL inclusive worship service for all ages of families who have those special individuals living with health care challenges, special needs, different abilities and sensory issues.



The next service is October 15th, 1 p.m. both in-person and online.

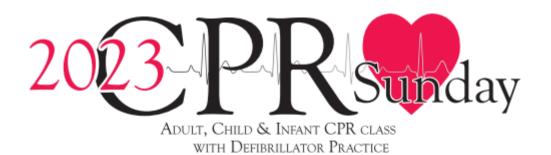
Service held inside of Boles Chapel. Wheelchair lift access is available.

Church website: <a href="www.tmitacoma.org">www.tmitacoma.org</a>
Ministry Facebook:

https://m.facebook.com/profile.php/?id=100066718059567

Any questions can be sent directly to Carl Brooks at: lelande1977@gmail.com

Transformation Ministries International office phone number: 253-572-7055.



#### **FREE CLASSES!**

WHEN? Sunday, October 8, 2023

8am, 10am, Noon, and 2pm

WHERE? Henry Foss High School 2112 South Tyler Street

CPR card upon successful completion of course.
Pre-registration is recommended.
Please call 253-594-7979 or log on to
www.CPRSunday.net to make your reservation.



Sponsored by



MultiCare 🚹







*s*tryker







Contributors

Costco of Fife - Krispy Kreme & Buffalo Wild Wings Tacoma Mall Papa John's on 6th Ave. - Tacoma Boys on 6th Ave. - Tacoma Rainiers



creating a community space for our families and friends. With your help, this year's Buddy Walk will take us to our goal!!!

For more info: 321BuddyFundraising.com 321BuddyFundraising@gmail.com

Sign up TODAY!



Please take this survey and let us know where you most need support and advocacy for people with intellectual and developmental disabilities.

https://www.surveymonkey.com/ r/7TNYZD3

The Arc of Washington and the Washington State Developmental Disabilities Council will use the survey results to plan advocacy days for 2024 and prepare advocacy resources.

The survey results will be shared with the Community Advocacy Coalition, which includes a mix of advocacy groups and service providers working collectively to promote dignity and respect for people with intellectual and developmental disabilities (IDD) and to ensure people get the supports they need live a quality life.

If you need support with languages other than English or Spanish, please contact Ramona Hattendorf at <a href="mailto:rhattendorf@arcofkingcounty.org">rhattendorf@arcofkingcounty.org</a>.

Versión en español:

#### ¿Qué necesitas?

Encuesta para las personas con discapacidad intelectual y del desarrollo y sus familias

https://www.surveymonkey.com/r/LK9NXCF

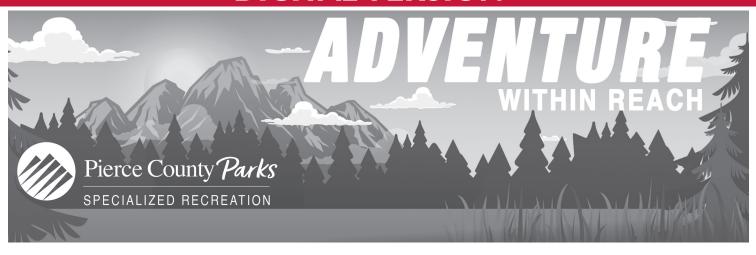
# ADVENTURE WITHIN REACH

QUARTERLY GUIDE | OCTOBER, NOVEMBER, DECEMBER 2023 | Q4

Inclusive programs and events for individuals of all ages and abilities.

#### DIGITAL VERSION





#### Welcome

Pierce County Parks Specialized Recreation - Adventure Within Reach offers a variety of inclusive programs and events for participants of all ages and abilities throughout Pierce County.

All Pierce County families are encouraged to register for any program at any location.

#### **Participating Jurisdictions:**









#### **Ride the Shuttle**





#### PIERCE TRANSIT Shuttle Service

To Contact SHUTTLE:

- 1. Dial (253) 581-8000
- 2. Press 1 for SHUTTLE/ Fixed Route Customer Service
- 3. Then Press 2 for SHUTTLE
- 4. Then Press 1 for RESERVATIONS

Toll-Free outside local calling area: 1-800-841-1118 TTY for individuals with a hearing impairment: 711

The for maintaid and a meaning impairment.

Fax: (253) 984-8154

Website: www.piercetransit.org/shuttle/



Office: Lakewood Community Center

9112 Lakewood Dr SW Lakewood, WA 98499

**Program Information:** (253) 798-2997 **Program Registration:** (253) 798-4199

Email: pcsr@piercecountywa.gov

**Facebook Community:** 

www.Facebook.com/PierceCountyParks



On the Cover: Speciali Olympics Flag Football Athletes & Volunteers



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Fitness & Sports	pg 15
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#### **Program Locations**

We use the @ symbol and abbreviations in the calendars to let you know which of the following locations the programs are located:

#### **BOWLERO**-

Bowlero Lanes of Lakewood 3852 Steilacoom Blvd SW Lakewood WA 98499

#### DB-

Daffodil Bowl 1624 E Main St Puyallup WA 98372

#### LCC-

Lakewood Community Center 9112 Lakewood Dr SW Lakewood WA 98499

#### MHP---

Meridian Habitat Park 14422 Meridian E Puyallup WA 98375

#### PLU-

Pacific Lutheran University Memorial Gym, located in Names Fitness Center 12180 Park Ave S Tacoma WA 98447

#### PLEC-

Paradise Lanes Entertainment Center 12505 Pacific Ave S Tacoma WA 98444

#### PC-

People's Center 1602 M.L.K. Jr Way Tacoma WA 98405

#### PRC-

Puyallup Recreation Center 808 Valley Ave NW Puyallup WA 98371

#### PVSC-

Puyallup Valley Sports Complex 808 Valley Ave NW Puyallup WA 98371

#### REGAL-

Regal South Hill Cinema 3500 S Meridian Puyallup WA 98373

#### ROCK-

The Rock Wood Fire Pizza 4301 S Meridian Puyallup, WA 98373

#### SERA-

SERA Multipurpose Field 6002 S Adams St Tacoma WA 98409

#### SOUNDER-

Puyallup Sounder Train Station 131 West Main Ave Puyallup WA 98371

#### SRC-

Sprinker Recreation Center 14824 C St S Tacoma WA 98444

#### SSC-

Sumner Senior Center 15506 62nd St Ct E Sumner WA 98390

#### STAR-

STAR Center 3873 S 66th St Tacoma WA 98409

#### YMCA-

Sumner YMCA 16101 64th St E Sumner WA 98390

#### **ZOOM**—

Virtual login online: https://zoom.us





**REGISTRATION OPENS SEPT 1:** Pre-Registration is required. Class sizes are limited. To register online, visit our website at **www.piercecountywa.gov/PCSR**. To register by phone, please call **(253) 798-4199**. Register in person at the **Lakewood Community Center**, 9112 Lakewood Drive, Lakewood, WA 98499, 8:30 a.m. to 5:00 p.m. Monday through Friday.



**DDA:** Pierce County Parks Specialized Recreation programs are supported by DDA funding; respite money may be used. If using DDA funds to register please have the participant's case manager contact information on-hand.



**GENERAL BILLING INFO:** Case managers will be billed monthly, using the hourly reimbursement rate based on the quarter hour.



**CANCELLATION POLICY:** You must request cancellation, and receive confirmation, from Pierce County Parks staff at least 5 business days before an activity begins for a refund. Refunds will not be made for missed or forgotten sessions, or late cancellations.



**VIRTUAL PROGRAMS:** For virtual activities, access to an internet capable computer/laptop/tablet/cell phone provided by the participant's parent/guardian is required for participation. A ZOOM link will be sent to the email address listed on the registration prior to the program's scheduled meeting.



**ACCOMODATION:** To request accomodations, please call (253) 798-2997.

#### **Unexpected Absences**

You will not be billed out of pocket for any illness or behavioral related issues as long as we are notified prior to the absence.

If you/the participant is sick or experiencing:

- Behavioral issues: If for any reason you feel you/the participant is not able to safely attend classes, please call and inform us at your earliest convenience. Safety is of our utmost concern.
- If you have any type of contagious illness: Please do not attend classes until you have not had symptoms for 72 hours.

#### **Unattended Classes / No-Shows**

If for any reason, you/the participant does not show up for registered classes or is absent for any reason other than illness or behavioral related issues, you will be required to pay the published rate for those classes. We cannot excuse absences related to caregiver or transportation issues, appointments or trips. Because we are unable to bill DDA for services not rendered, you will be required to pay out of pocket, and invoiced at the end of the month for the amount due.

#### One to One Assistants, Care Providers, and Chaperones

We want everyone to have the opportunity to fully and independently participate in our activities, and we realize that some of our participants need assistance to make that possible. We allow for two different types of assistance, both of which require passing a background check before attending.

One to One (1:1) assistants and care providers may attend a program or activity at no additional cost with a registered participant when that person needs assistance with feeding, toileting, behavioral support, or ambulation. Our staff may evaluate and determine the need for a 1:1 assistant at any time.

There may be times when the space in the busses for transportation is limited and staff evaluate who needs a 1:1 riding on the bus with us. In those cases, program staff will call the families and work out a plan that will have the 1:1 driving separate behind the bus. Priority would be for 1:1 assistants who need to constantly be with their clients due to behavioral needs or medical needs.

Chaperones may accompany registered participants as program support for ease of mind for an additional fee. Chaperones will need to provide their own transportation when we travel into the community.

To communicate an absence or for SCHEDULING QUESTIONS please contact us at 253-798-2997 | pcsr@piercecountywa.gov

# OCTOBER 2023



SUNDAY	MONDAY	TUESDAY	WEDESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	9:00 Club Pierce @PRC	11:30 Weekly Art @LCC	9:00 Club Pierce @SRC	9:00 The Hangout @LCC	9:30 Low Aerobics @LCC	1:00 Beg Pilates @STAR
	9:30 Manic Mon @zoom	3:30 Rec Bowling @DB	9:30 Wacky Wed @zoom		9:30 Fri-Yay @zooм	1:00 SO Young Athletes
	5:00 GC Peers Crew@LCC	6:00 Scrap & Cook @STAR	3:30 SO Bowling @DB		1:00 Crafts Cocoa @SRC	@LCC
			5:30 SO Flag Football @SERA		3:30 SO Bowling @PLEC	
8	9	10	11	12	13	14
	-					-
12:00 Pumpkin Patch & Paint @LCC	9:00 Club Pierce @PRC 9:30 Manic Mon @ZOOM	11:30 Weekly Art @LCC 3:30 Rec Bowling @DB	9:00 Club Pierce @SRC 9:30 Wacky Wed @ZOOM	9:00 The Hangout @LCC	9:30 Low Aerobics @Lcc 9:30 Fri-Yay @ZOOM	1:00 Beg Pilates @STAR 1:00 SO Young Athletes
1:00 Pumpkin Patch &	5:00 GC Peers Crew@LCC	6:00 Scrap & Cook @STAR	3:30 SO Bowling @DB		1:00 Crafts Cocoa @SRC	@LCC
Paint @ssc	3.00 GO I COIS OICHIGECO	0.00 Ochap a Oook @STAK	5:30 SO Flag Football @SERA		3:30 SO Bowling @PLEC	5:00 Bingo Party @Lcc
15	16	17	18	19	20	21
20	9:00 Club Pierce @PRC	11:30 Weekly Art @LCC	9:00 Club Pierce @SRC	9:00 The Hangout @LCC	9:30 Low Aerobics @LCC	NO Beg Pilates
	9:30 Manic Mon @zoom	3:30 Rec Bowling @DB	9:30 Wacky Wed @zoom	6:00 Board Game @PRC	9:30 Fri-Yay @ZOOM	1:00 SO Young Athletes
	5:00 GC Peers Crew@LCC	6:00 Scrap & Cook @STAR	3:30 SO Bowling @DB		1:00 Crafts Cocoa @SRC	@rcc
			5:30 SO Flag Football @SERA		3:30 SO Bowling @PLEC	5:00 Bingo Party @LCC
22	23	24	25	26	27	28
1:30 R, Set, Cook! @STAR	9:00 Club Pierce @PRC	11:30 Weekly Art @LCC	9:00 Club Pierce @SRC	9:00 The Hangout @LCC	9:30 Low Aerobics @LCC	NO Beg Pilates
	9:30 Manic Mon @zoom	3:30 Rec Bowling @DB	9:30 Wacky Wed @ZOOM	4:00 Haunted Head-	9:30 Fri-Yay @zooм	1:00 SO Young Athletes
	5:00 GC Peers Crew@LCC	6:00 Scrap & Cook @STAR	3:30 SO Bowling @DB	lights & Dinner @SRC	1:00 Crafts Cocoa @SRC	@LCC
			5:30 SO Flag Football		3:30 SO Bowling @PLEC	
			@SERA		6:00 Boo Bash Dance @STAR	
29	30	31	1	2	3	4
	NO Club Pierce @PRC	NO Weekly Art				
	9:30 Manic Mon @zoom	NO Rec Bowling				
	NO GC Peers Crew	NO Scrap & Cook				
SO Bowling Regional	6:00 Costume Party - Bingo & Dancing @Lcc					
Competition @BOWLERO						



KEY @ Locations - complete list on page 3. Special Olympics (SO)

BOWLERO—Bowlero Lanes of Lakewood, 3852 Steilacoom Blvd SW, Lakewood WA 98499

**DB**——Daffodil Bowl, 1624 E Main St, Puyallup WA 98372

LCC ——Lakewood Community Center, 9112 Lakewood Dr SW, Lakewood WA 98499

PLEC ——Paradise Lanes Entertainment Center, 12505 Pacific Ave S, Tacoma WA 98444

PLEC ——Paradise Lanes Entertainment Center, 12505 Pacific Ave S, Tacoma WA 98444

PRC——Puyallup Recreation Center, 808 Valley Ave NW, Puyallup WA 98371

SERA Multipurpose Field, 6002 S Adamas St, Tacoma WA 98409

SRC———Sprinker Recreation Center, 14824 C St S, Tacoma WA 98444

SSC——Sumner Senior Center, 15506 62nd St Ct E, Sumner WA 98390

STAR——STAR Center, 3873 S 66th St, Tacoma WA 98409 ZOOM——Virtual login online: https://zoom.us

Special Olympics (SO)

# NOVEMBER 2023



SUNDAY	MONDAY	TUESDAY	WEDESDAY	THURSDAY	FRIDAY	SATURDAY
NO REC IN BOWLING IN	30	31	9:00 Club Pierce @src 9:30 Wacky Wed @zoom 3:30 SO Bowling @db 5:30 SO Flag Football @SERA	9:00 The Hangout @LCC	9:30 Low Aerobics @Lcc 9:30 Fri-Yay @ZOOM 1:00 Crafts Cocoa @SRC 3:30 SO Bowling @PLEC	1:00 Beg Pilates @STAR NO SO Young Athletes  SO Flag Football Regional Competition @PVSC
5	9:00 Club Pierce @PRC 9:30 Manic Mon @ZOOM 5:00 GC Peers Crew@LCC	7 11:30 Weekly Art @LCC 6:00 Scrap & Cook @STAR	8 9:00 Club Pierce @SRC 9:30 Wacky Wed @ZOOM 3:30 SO Bowling @DB 5:30 SO Flag Football @SERA	9:00 The Hangout @Lcc	9:30 Low Aerobics @Lcc NO Fri-Yay 1:00 Crafts Cocoa @SRC NO SO Bowling	11 1:00 Beg Pilates @STAR 1:00 SO Young Athletes @Lcc 5:00 Bingo Party @Lcc
12 11:15 Sumner Swim Social @LCC 12:00 Sumner Swim Social @YMCA	9:00 Club Pierce @PRC 9:30 Manic Mon @ZOOM 5:00 GC Peers Crew@LCC	14 11:30 Weekly Art @LCC 6:00 Scrap & Cook @STAR	9:00 Club Pierce @SRC 9:30 Wacky Wed @ZOOM 3:30 SO Bowling @DB 5:30 SO Flag Football @SERA	9:00 The Hangout @LCC 6:00 Board Game @PRC	9:30 Low Aerobics @Lcc 9:30 Fri-Yay @ZOOM 1:00 Crafts Cocoa @SRC 3:30 SO Bowling @PLEC 6:00 Ugly Sweater Dance @STAR SO Bowling & Flag Football State Competitions Nov 17-19	18 1:00 Beg Pilates @STAR 1:00 SO Young Athletes @LCC 5:00 Bingo Party @LCC  SO Bowling & Flag Football State Competitions Nov 17-19
SO Bowling & Flag Football State Competitions Nov 17-19	9:00 Club Pierce @PRC 9:30 Manic Mon @ZOOM 5:00 GC Peers Crew@LCC	21 11:30 Weekly Art @LCC 6:00 Scrap & Cook @STAR	NO Club Pierce NO Wacky Wed NO SO Bowling NO SO Flag Football	THANKSGIVING DAY HOLIDAY Office Closed NO PROGRAMS	24 THANKSGIVING DAY AFTER HOLIDAY Office Closed NO PROGRAMS	25 1:00 Beg Pilates @STAR
26 1:30 R, Set, Cook! @STAR	9:00 Club Pierce @PRC 9:30 Manic Mon @ZOOM 5:00 GC Peers Crew@LCC	28 11:30 Weekly Art @LCC 6:00 Scrap & Cook @STAR	9:00 Club Pierce @SRC 9:30 Wacky Wed @ZOOM NO SO Bowling NO SO Flag Football 4:30 Dinner & Movie: TBD @REGAL	30 9:00 The Hangout @Lcc 3:30 D & Movie: Trolls Band Together @Lcc	1	2

KEY @ Locations - complete list on page 3.

-Daffodil Bowl, 1624 E Main St, Puyallup WA 98372 LCC -Lakewood Community Center, 9112 Lakewood Dr SW, Lakewood WA 98499 PLEC Paradise Lanes Entertainment Center, 12505 Pacific Ave S, Tacoma WA 98444 PRC--Puyallup Recreation Center, 808 Valley Ave NW, Puyallup WA 98371 PVSC -Puyallup Valley Sports Complex, 808 Valley Ave NW, Puyallup WA 98371 REGAL -Regal South Hill Cinema, 3500 S Meridian, Puyallup WA 98373 -SERA Multipurpose Field, 6002 S Adamas St, Tacoma WA 98409 SERA-SRC-Sprinker Recreation Center, 14824 C St S, Tacoma WA 98444 STAR -STAR Center, 3873 S 66th St, Tacoma WA 98409 YMCA--Sumner YMCA, 16101 64th St E, Sumner WA 98390 -Virtual login online: https://zoom.us ZOOM-



Special Olympics (SO)

# **DECEMBER**

23



SUNDAY	MONDAY	TUESDAY	WEDESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1	2
					9:30 Low Aerobics @LCC	NO Beg Pilates
					9:30 Fri-Yay @zooм	2:00 SO Basketball Clino
					1:00 Crafts Cocoa @LCC	with PLU @PLU
					3:30 Rec Bowling @PLEC	
3	4	5	6	7	8	9
	9:00 Club Pierce @PRC	11:30 Weekly Art @LCC	9:00 Club Pierce @LCC	9:00 The Hangout @LCC	9:30 Low Aerobics @LCC	1:00 Beg Pilates @STAR
	9:30 Manic Mon @zooм	6:00 Scrap & Cook @STAR		o.oo mo nangoat @200	9:30 Fri-Yay @ZOOM	5:00 Bingo Party @LCC
	5:00 GC Peers Crew@LCC	oloo colap a cook @cmik	5:30 SO Cheerleading		1:00 Crafts Cocoa @LCC	
			@MHP		3:30 Rec Bowling @PLEC	
					6:00 Let it Snow Dance @STAR	
10	11	12	13	14	15	16
2:00 Family & Friends Art	9:00 Club Pierce @PRC	11:30 Weekly Art @LCC	9:00 Club Pierce @LCC	9:00 The Hangout @LCC	9:30 Low Aerobics @LCC	1:00 Beg Pilates @STAR
Class @ssc	9:30 Manic Mon @zooм	6:00 Scrap & Cook @STAR	9:30 Wacky Wed @ZOOM	5:00 Lights & Delights	9:30 Fri-Yay @zooм	1:00 SO Basketball @LCC
	5:00 GC Peers Crew@LCC		5:30 SO Cheerleading	@LCC	1:00 Crafts Cocoa @LCC	2:00 SO Basketball @LCC
	6:30 SO Basketball @PC		@MHP		3:30 Rec Bowling @PLEC	3:00 SO Basketball @LCC
			6:30 SO Basketball @LCC		6:30 SO Basketball @Lcc	5:00 Bingo Party @Lcc
17	18	19	20	21	22	23
1:00 NFL Game Day	9:00 Club Pierce @PRC	11:30 Weekly Art @LCC	9:00 Club Pierce @LCC	9:00 The Hangout @LCC	9:30 Low Aerobics @LCC	1:00 Beg Pilates @STAR
@ROCK	9:30 Manic Mon @zoom	6:00 Scrap & Cook @STAR		6:00 Board Game @PRC	9:30 Fri-Yay @zoom	1:00 SO Basketball @LCC
	5:00 GC Peers Crew@LCC		5:30 SO Cheerleading		1:00 Crafts Cocoa @LCC	2:00 SO Basketball @LCC
	5:00 Santa Sounder		@MHP		3:30 Rec Bowling @PLEC	3:00 SO Basketball @LCC
	@SOUNDER		6:30 SO Basketball @LCC		6:30 SO Basketball @LCC	
	6:30 SO Basketball @PC					
24	25	26	27	28	29	30
	OUDIOTAAO DAY	NO Weekly Art	NO Club Pierce	9:00 The Hangout @LCC	NO Low Aerobics	1:00 Beg Pilates @STAR
	CHRISTMAS DAY	NO Scrap & Cook	NO Wacky Wed	3:30 D & Movie:	NO Fri-Yay	1:00 SO Basketball @LCC
	HOLIDAY		5:30 SO Cheerleading	Migration @LCC	NO Crafts Cocoa	2:00 SO Basketball @LCC
	Office Closed		@MHP		NO Rec Bowling	3:00 SO Basketball @LCC
	NO PROGRAMS		6:30 SO Basketball @LCC		4:00 Art Gallery @LCC	
					6:30 SO Basketball @LCC	

KEY @ Locations - complete list on page 3.

LCC——Lakewood Community Center, 9112 Lakewood Dr SW, Lakewood WA 98499

MHP——Meridian Habitat Park, 14422 Meridian E, Puyallup WA 98375

PC——People's Center, 1602 M.L.K. Jr Way, Tacoma WA 98405

PLEC ——Paradise Lanes Entertainment Center, 12505 Pacific Ave S, Tacoma WA 98444

**PLU**——Pacific Lutheran University Memorial Gym, 12180 Park Ave S, Tacoma WA 98447

PRC——Puyallup Recreation Center, 808 Valley Ave NW, Puyallup WA 98371 ROCK——The Rock Wood Fire Pizza, 4301 S Meridian, Puyallup, WA 98373

**SOUNDER**—Puyallup Sounder Train Station, 131 West Main Ave, Puyallup WA 98371 **SSC**—Sumner Senior Center, 15506 62nd St Ct E, Sumner WA 98390

STAR——STAR Center, 3873 S 66th St, Tacoma WA 98409

ZOOM—Virtual login online: https://zoom.us

Special Olympics (SO)



#### **ART & LEISURE**

#### **WEEKLY ART CLASS**

Reduce stress, promote creativity, and build fine motor skills through art! Step by step instructions and materials are provided for each art project. We'll take a quick break to snack, socialize, and fuel our creativity during this 2-hour class. Please bring a packed snack/lunch with you. All levels of artists ages 12+ are encouraged to join!

**AGE:** 12+ **FEE:** \$15/person

LOCATION: Lakewood Community Center / Shuttle - Yes

CODE	DAY	DATE	TIME	REGISTER BY
18773	Tues	Oct 3	11:30 am-1:30 pm	Oct 1
18774	Tues	Oct 10	11:30 am-1:30 pm	Oct 8
18775	Tues	Oct 17	11:30 am-1:30 pm	Oct 15
18776	Tues	Oct 24	11:30 am-1:30 pm	Oct 22
18778	Tues	Nov 7	11:30 am-1:30 pm	Nov 5
18779	Tues	Nov 14	11:30 am-1:30 pm	Nov 12
18780	Tues	Nov 21	11:30 am-1:30 pm	Nov 19
18781	Tues	Nov 28	11:30 am-1:30 pm	Nov 26
18783	Tues	Dec 5	11:30 am-1:30 pm	Dec 3
18784	Tues	Dec 12	11:30 am-1:30 pm	Dec10
18785	Tues	Dec 19	11:30 am-1:30 pm	Dec17

NO CLASS DATES: Oct 31, Dec 26

#### **FAMILY & FRIENDS ART CLASS**

Come express yourself through art! Bring your family and friends each month to create a seasonal project together. Register as a group for one registration fee (up to four people). Step by step instructions and materials are provided for each art project. This is an inclusive family activity for all ages and abilities!

AGE: All Ages FEE: \$45/up to 4 people | \$15/add on fee

LOCATION: Sumner Senior Center / Shuttle - NO

CODEDAYDATETIMEREGISTER BY18927SunDec 102:00-4:00 pmDec 3



This is an opportunity to highlight Pierce County Parks Specialized Recreation participants wonderful artwork. The art pieces will vary from painting, drawing, clay, and many other creative projects.

**AGE:** All Ages **FEE:** FREE

**LOCATION:** Lakewood Community Center / Shuttle - Yes

CODEDAYDATETIMEREGISTER BY18928FriDec 294:00-6:30 pmDec 22



#### **GRIT CITY PEERS CREW**

Come see old friends and meet new ones each Monday while we play games, craft, hang out, and chat. All program supplies provided.

**AGE:** 12+

**FEE:** \$35/person in Oct & Nov | \$27/person in Dec **LOCATION:** Lakewood Community Center / Shuttle - Yes

CODE	DAY	DATES	TIME	REGISTER BY
18790	Mon	Oct 2-23	5:00-6:30 pm	Sept 29
18791	Mon	Nov 11-27	5:00-6:30 pm	Oct 3
18792	Mon	Dec 4-18	5:00-6:30 pm	Nov 3

NO CLASS DATES: Oct 30, Dec 25

#### THE HANGOUT

Participants will enjoy personally enriching activities each day, including enhancing socialization with peers and increasing independence skills by participating in crafts, sports, cooking and other activities. Please wear comfortable clothing suitable for movement activities.

AGE: 18+ FEE: \$25/person

**LOCATION:** Lakewood Community Center / Shuttle - Yes

CODE	DAY	DATE	TIME	REGISTER BY
18798	Thurs	Oct 5	9:00 am-2:00 pm	Oct 2
18799	Thurs	Oct 12	9:00 am-2:00 pm	Oct 9
18800	Thurs	Oct 19	9:00 am-2:00 pm	Oct 16
18801	Thurs	Oct 26	9:00 am-2:00 pm	Oct 23
18803	Thurs	Nov 2	9:00 am-2:00 pm	Oct 30
18804	Thurs	Nov 9	9:00 am-2:00 pm	Nov 6
18805	Thurs	Nov 16	9:00 am-2:00 pm	Nov 13
18806	Thurs	Nov 30	9:00 am-2:00 pm	Nov 27
18808	Thurs	Dec 7	9:00 am-2:00 pm	Dec 4
18809	Thurs	Dec 14	9:00 am-2:00 pm	Dec 11
18810	Thurs	Dec 21	9:00 am-2:00 pm	Dec 18
18811	Thurs	Dec 28	9:00 am-2:00 pm	Dec 25

NO CLASS DATES: Nov 23

#### **ART & LEISURE**



#### **SCRAPBOOK & COOK**

Each week we'll make a simple dish that you can recreate at home. We'll also provide paper, scissors, and all the supplies you need to create some amazing scrapbook pages. You just bring the pictures! Recipes and scrapbooking themes will be determined based on registered participants and will be emailed prior to the start of the class each month.

**AGE:** 18+

**FEE:** \$40/person in Oct & Nov | 30/person in Dec

LOCATION: STAR Center / Shuttle - Yes

CODE	DAY	DATES	TIME	REGISTER BY
18794	Tue	Oct 3-24	6:00-7:30 pm	Sept 29
18795	Tue	Nov 7-28	6:00-7:30 pm	Nov 1
18796	Tue	Dec 5-19	6:00-7:30 pm	Dec 1

NO CLASS DATES: OCT 31, Dec 26

#### **CRAFTS & COCOA**

Get crafty with us on Friday afternoons. Each day we'll provide all the materials for a craft and hot chocolate or apple cider beverage (sugar/dairy free options available). Each participant will create their own coffee mug to use each Friday.

AGE: 12+ FEE: \$35/person in Oct & Dec | \$27/person in Nov

CODE	DAY	DATES	TIME	REGISTER BY
18786	Fri	Oct 6-27	1:00-2:30 pm	Oct 4
18787	Fri	Nov 3-17	1:00-2:30 pm	Nov 1
18788	Fri	Dec 1-22	1:00-2:30 pm	Nov 29

NO CLASS DATES: Nov 24, Dec 29

#### LOCATION

Sprinker Recreation Center / Shuttle - Yes Sprinker Recreation Center / Shuttle - Yes Lakewood Community Center / Shuttle - Yes

NEW NEW LOCATION LOCATION



#### **READY, SET, COOK!**

Learn basic kitchen safety, food preparation skills, and hygiene while making easy dishes. Cooks will learn to prepare a simple meal that can be made at home as well.

AGE: 18+ FEE: \$30/person

LOCATION: STAR Center / Shuttle - Yes

 CODE
 DAY
 DATE
 TIME
 REGISTER BY

 18813
 Sun
 Oct 22
 1:30-3:00 pm
 Oct 18

 18814
 Sun
 Nov 26
 1:30-3:00 pm
 Nov 22

NO CLASS DATES: December

#### BOARD GAMENIGHT

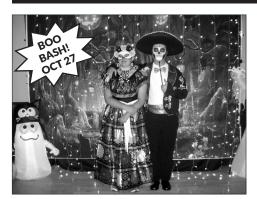
Join us for great social interaction, a fun evening with friends, and games. Board games will be provided but participants are also welcome to bring personal games to share with the group as well. Don't know much about board games? No problem, Pierce County staff will be happy to teach you if you join us.

AGE: Ages 8+ FEE: \$10/person

LOCATION: Puyallup Recreation Center / Shuttle - Yes

١	CODE	DAY	DATE	TIME	REGISTER BY	I
١	18816	Thurs	Oct 19	6:00-7:30 pm	Oct 11	I
			Nov 16	6:00-7:30 pm	Nov 8	١
k	18818	Thurs	Dec 21	6:00-7:30 pm	Dec 13	
į	7	9	) /	В	STAZIONE SUD	

#### SPECIAL EVENTS







#### MONTHLY DANCE PARTIES!

Each month we'll be hosting a themed dance party, so dig out your dancing shoes and prepare to dance the night away with us! Light snacks and a themed photobooth will be available at each dance, now at a reduced price!

AGE: 13+ FEE: \$10/person ALL LOCATIONS: STAR Center / Shuttle - Yes

CODE	THEME	DAY	DATE	TIME	REGISTER BY
18870	Boo Bash! (wear a costume)	Fri	Oct 27	6:00-8:00 pm	Oct 26
18871	<b>Ugly Sweater!</b> (wear your favorite ugly sweater)	Fri	Nov 17	6:00-8:00 pm	Nov 16
18872	Let it Snow! (wear blue, white, or silver)	Fri	Dec 8	6:00-8:00 pm	Dec 7





#### SUMNER SWIM SOCIAL



Join us at the largest YMCA in the state of Washington for a swim social! Sumner YMCA is not on the Pierce Shuttle line, but we are offering transportation from Lakewood Community Center to Sumner for an additional fee.

Please complete the swim waiver at www.ymcapkc.org/join/guest-pass.

Email completed waiers to: grant.hampton@piercecountywa.gov

COD	E AGE	DAY	DATE	TIME	REGISTER BY	FEE	LOCATION
1892	9 10+	Sat	Nov 12	12:00-2:00 pm	Oct 30	\$10/person	Sumner YMCA / Shuttle - NO
1888	2 10+	Sat	Nov 12	11:15 am-2:45 pm	Oct 30	\$15/person	Lakewood Community Center / Shuttle - Yes

#### **SPECIAL EVENTS**



#### **BINGO PARTIES!**

Let's play some BINGO!!! Each month we'll host a fun, themed bingo party the 2nd and 3rd Saturday of the month. We'll play multiple games each night, and winners of each game will receive a prize. Bingo cards and daubers will be provided.

AGE: 13+ FEE: \$10/person

LOCATION: Lakewood Community Center Gym / Shuttle - Yes

CODE	THEME	DAY	DATES	TIME	REGISTER BY
18874	Pajama Party	Sat	Oct 14	5:00-7:00 pm	Oct 3
18875	Pajama Party	Sat	Oct 21	5:00-7:00 pm	Oct 20
18876	Tasty Treats	Sat	Nov 11	5:00-7:00 pm	Nov 10
18877	Tasty Treats	Sat	Nov 18	5:00-7:00 pm	Nov 17
18878	Holiday	Sat	Dec 9	5:00-7:00 pm	Dec 8
18879	Holiday	Sat	Dec 16	5:00-7:00 pm	Dec 15





#### COSTUME PARTY -

#### **BINGO & DANCING!**

Trick or Treat! You're invited to a costume party at Lakewood Community Center. Wear your favorite costume and come play some frightfully fun BINGO with friends. After the BINGO we'll turn on songs like *Monster Mash* and *Time Warp* to dance the rest of the night away. Costumes encouraged. Please make sure your costumes are appropriate and not too scary for this event.

AGE: 13+ FEE: \$10/person

**LOCATION:** Lakewood Community Center / Shuttle - Yes

 CODE
 DAY
 DATE
 TIME
 REGISTER BY

 18880
 Mon
 Oct 30
 6:00-8:00 pm
 Oct 27



#### NFL GAMEDAY SOCIAL

Football season is upon us! We will host a game day experience at a local restaurant. Wear your favorite NFL team's jersey, enjoy some food and have a good time with your friends while watching an NFL game.

This is an inclusive event, so families and friends are invited to join us! Each person who attends must register, except for individuals that are assisting with 1:1 care.

AGE: 10+ FEE: \$25/person

LOCATION: The Rock Wood Fire Pizza

CODEDAYDATETIMEREGISTER BY18883SunDec 171:00-5:00 pmDec 15

#### **COMMUNITY**

#### **PUMPKIN PATCH & PAINT**

Fall is here and what better way to celebrate than a trip to the pumpkin patch with friends? Choose from two locations to meet and then travel to the pumpkin patch on our Pierce County Parks shuttle busses with staff and friends. Once everyone has picked out their pumpkin, we'll travel to Sumner Senior Center and paint them together. A light snack will be provided while we paint festive fall pumpkins.

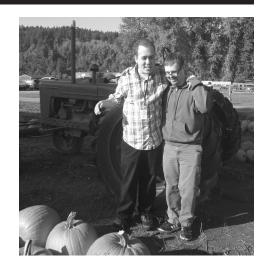
**Please note:** The pumpkin patch will not be accessible for those who use mobility devices.

AGE: 13+ FEE: \$35/person REGISTER BY: Oct 4

CODE DAY DATE TIME LOCATION

18865 Sun Oct 8 12:00-5:00 pm Lakewood Community Center / Shuttle - Yes

18864 Sun Oct 8 1:00-4:00 pm Sumner Senior Center / Shuttle - NO





#### **DINNER & A MOVIE -** Meet at the theater

We're going to the movies! The movie title will be a surprise until the week before we go but we promise it'll be great and it will be rated G to PG-13. Before the movie, we'll chow down on an all-you-can-eat buffet at the Golden Corral. Registered participants will meet at the entrance to the movie theater at the South Hill Mall. Participants can then be picked up at the same location (South Hill Mall movie theater entrance) at the end of the activity.

**Please note:** Participants may bring up to \$25 in cash to purchase snacks for themselves at the movie. Due to dietary and safety concerns, participants may not purchase snacks for anyone else or share their snacks.

AGE: 13+ FEE: \$45/person LOCATION Regal South Hill Cinema / Shuttle-Yes
CODE MOVIE DAY DATE TIME REGISTER BY

18832 TBD Wed Nov 29 4:30-8:30 pm Nov 22



#### **DINNER & A MOVIE -** Meet at the community center

Meet us at a community center and ride our accessible shuttle buses to dinner and a movie. Registered participants will be notified of our final dinner and movie plans the Friday before each movie. (Movie is subject to change based on availability, if the movie does change participants will be notified). Please review the movie's rating and read the movie's description online to ensure that the movie is a good choice for your participant.

**Please note:** Participants may bring up to \$25 in cash to purchase snacks for themselves at the movie. Due to dietary and safety concerns, participants may not purchase snacks for anyone else or share their snacks.

AGE: 13+ FEE: \$45/person LOCATION Lakewood Community Center / Shutt-

le-Yes

CODE MOVIE DAY DATE TIME REGISTER BY

 18828
 Trolls Band Together
 Thurs
 Nov 30
 3:30-8:30 pm
 Nov 22

 18831
 Migration
 Thurs
 Dec 28
 3:30-8:30 pm
 Dec 21

#### **COMMUNITY**

#### **CLUB PIERCE**

Participants will take part in personally enriching activities within the community including volunteering, visiting other organizations, and taking fun field trips. They will enhance socialization with peers and community members, increase independence skills, and build their resumes.

When not out in the community, attendees will participate in crafts, sports, cooking and other activities.

**Due to Club Pierce's popularity, registration is limited to one location/day per week.** Participants are encouraged to join the waitlist for full dates so that they can be contacted if there is an opening.

AGE: 18+ FEE: \$25/person

LOCATION: Puyallup Recreation Center / Shuttle - Yes

CODE	DAY	DATE	TIME	REGISTER BY
18834	Mon	Oct 2	9:00 am-2:00 pm	Sept 25
18836	Mon	Oct 9	9:00 am-2:00 pm	Oct 2
18837	Mon	Oct 16	9:00 am-2:00 pm	Oct 9
18838	Mon	Oct 23	9:00 am-2:00 pm	Oct 16
18840	Mon	Nov 6	9:00 am-2:00 pm	Oct 30
18841	Mon	Nov 13	9:00 am-2:00 pm	Nov 6
18842	Mon	Nov 20	9:00 am-2:00 pm	Nov 13
18843	Mon	Nov 27	9:00 am-2:00 pm	Nov 20
18845	Mon	Dec 4	9:00 am-2:00 pm	Nov 27
18846	Mon	Dec 11	9:00 am-2:00 pm	Dec 4
18847	Mon	Dec 18	9:00 am-2:00 pm	Dec 11

NO CLUB DATES: Oct 30, Dec 25

**LOCATION:** Sprinker Recreation Center / Shuttle - Yes

CODE	DAY	DATE	TIME	REGISTER BY
18849	Wed	Oct 4	9:00 am-2:00 pm	Sept 27
18850	Wed	Oct 11	9:00 am-2:00 pm	Oct 4
18851	Wed	Oct 18	9:00 am-2:00 pm	Oct 11
18852	Wed	Oct 25	9:00 am-2:00 pm	Oct 18
18854	Wed	Nov 1	9:00 am-2:00 pm	Oct 25
18855	Wed	Nov 8	9:00 am-2:00 pm	Nov 1
18856	Wed	Nov 15	9:00 am-2:00 pm	Nov 8
18857	Wed	Nov 29	9:00 am-2:00 pm	Nov 22

NO CLUB DATES: Nov 22

**LOCATION:** Lakewood Community Center / Shuttle - Yes

CODE	DAY	DATE	TIME	REGISTER BY		
18861	Wed	Dec 6	9:00 am-2:00 pm	Nov 29		
18862	Wed	Dec 13	9:00 am-2:00 pm	Dec 6		
18863	Wed	Dec 20	9:00 am-2:00 pm	Dec 13		
NO CLUB DATES: Dec 27						



#### **HAUNTED HEADLIGHTS & DINNER**

Ride in style through Haunted Headlights, one of Pierce County's most popular Halloween events! Participants will gather in the Rainier Room at Sprinker Recreation Center and ride in our shuttle busses to dinner, then drive through Haunted Headlights in Graham and return to Sprinker Recreation Center for pick-up.

Haunted Headlights Description: Graham is casting a ghastly glow with ghouls and goblins as Haunted Headlights returns to Frontier Park for four days of family-friendly Halloween fun. Families can expect to creep along a path of eerie lights and encounter slightly scary characters. This festive Halloween drive-through experience is the perfect addition to your October calendar.

AGE: 13+ FEE: \$30/person

**LOCATION:** Sprinker Recreation Center / Shuttle - Yes

CODEDAYDATETIMEREGISTER BY18866ThursOct 264:00-8:30 pmOct 11



#### LIGHTS & DELIGHTS

Tour Fantasy Lights, the largest drive-through display of lights in the Northwest in one of our holiday party buses! Our Pierce County accessible buses will have the best seats in town with their giant windows. Fantasy Lights display features nearly 300 elaborate displays with thousands of sparkling lights. When we've finished oohing and ahhing over the lights we'll head back to the community center for a tasty dessert together. Yum!

AGE: 13+ FEE: \$20/person

LOCATION: Lakewood Community Center / Shuttle - Yes

CODEDAYDATETIMEREGISTER BY18868ThursDec 145:00-8:00 pmDec 12



#### **SANTA SOUNDER**

SANTA'S COMING! Board the Sounder Train in Puyallup and make the round-trip to Seattle with us. We'll have fun holiday activities with a special Ho-Ho-Holiday guest while we're onboard the train. We'll catch the last northbound train from Puyallup to Seattle, remain onboard, and return to Puyallup on the last southbound train, arriving in Puyallup around 7:15pm. Upon our return to the station, each family will have special time with Santa! This will be the perfect opportunity to tell Santa about any last minute gifts you'd like!

All aboard our Santa Sounder! This is an inclusive event, so families and friends are invited to ride with us! Each person who rides the train must register.

AGE: All Ages FEE: \$15/person

CODE DAY DATE TIME LOCATION REGISTER BY

18867 Mon Dec 18 5:00-8:00 pm Puyallup Sounder Train Station / Shuttle - Yes Dec 15

# VIRTUAL

#### **MANIC MONDAY**

Register once for all of the Manic Monday Meet Up sessions this month! Hang out with us at the beginning of the week - virtually! Fill your cup with coffee, tea, juice, or water, log in, and let's chat!

**AGE:** All Ages **FEE:** FREE **LOCATION:** Virtual - ZOOM!

NO MEET DATE: Dec 25, Jan 1

CODE	DAY	DATES	TIME	REGISTER BY
18904	Mon	Oct 2-30	9:30-10:00 am	Sept 28
18905	Mon	Nov 6-27	9:30-10:00 am	Oct 27
18906	Mon	Dec 4-18	9:30-10:00 am	Nov 28

#### **WACKY WEDNESDAY**

Register once for all of the Wacky Wednesday Meet Up sessions this month! Hang out with us at the middle of the week - virtually! Fill your cup with coffee, tea, juice, or water, get your lunch, log in, and let's chat!

**AGE:** All Ages **FEE:** FREE **LOCATION:** Virtual - ZOOM!

CODE	DAY	DATES	TIME	REGISTER BY
18908	Wed	Oct 4-25	9:30-10:00 am	Oct 1
18909	Wed	Nov 1-29	9:30-10:00 am	Oct 30
18910	Wed	Dec 6-20	9:30-10:00 am	Nov 28

NO MEET DATE: Nov 22, Dec 27

#### **FRI-YAY**

It's finally Friday! Join friends virtually to chat about your week and what you have planned for the weekend. Fri-Yay!

**AGE:** All Ages **FEE:** FREE **LOCATION:** Virtual - ZOOM!

DAY	DATES	TIME	REGISTER BY
Fri	Oct 6-27	9:30-10:00 am	Oct 3
Fri	Nov 3-17	9:30-10:00 am	Nov 1
Fri	Dec 1-22	9:30-10:00 am	Nov 30
	Fri Fri	Fri Oct 6-27 Fri Nov 3-17	Fri Oct 6-27 9:30-10:00 am Fri Nov 3-17 9:30-10:00 am

NO MEET DATES: Nov 10, 24, Dec 29



#### **LOW IMPACT AEROBICS & FIT5**

Raise your heart rate and keep your joints happy with our low impact aerobic exercise class. It includes a variety of exercises designed to improve cardiovascular efficiency (efficiency with which the human body can distribute blood and oxygen). Some examples of low aerobic exercises include walking, marching, and rolling shoulders.

This program also incorporates Special Olympics Washington Fit5 program! Fit5 is a flexible program that provides tips and information to lead a healthy lifestyle. Fit5 is based on the three simple goals of exercising 5 days per week, eating 5 total fruits and vegetables per day, and drinking 5 water bottles of water per day. Staff will guide participants in tracking their exercise, nutrition, and hydration. At the end of summer quarter, participants that have participated will receive prizes from Special Olympics!

<b>AGE:</b> 16+	<b>FEE:</b> \$35/per			
CODE DAY	DATES	TIME	LOCATION	REGISTER BY
18886 Fri	Oct 6-27	9:30-11:00 am	Lakewood Community Center / Shuttle - Yes	Oct 1
18887 Fri	Nov 3-17	9:30-11:00 am	Lakewood Community Center / Shuttle - Yes	Nov 1
18888 Fri	Dec 1-22	9:30-11:00 am	Lakewood Community Center / Shuttle - Yes	Dec 1

#### **BEGINNER PILATES**

NO CLASS DATE: Nov 24, Dec 29

This class is designed for individuals who are wanting to increase strength, flexibility, and balance.

<b>AGE:</b> 13+ <b>FEE</b>			FEE: \$35/pers	<b>EE:</b> \$35/person in Nov & Dec   \$17.50 in Oct					
	CODE	DAY	DATES	TIME	LOCATION	REGISTER BY			
	18895	Sat	Oct 7-14	1:00-2:00 pm	STAR Center / Shuttle - Yes	Oct 2			
	18896	Sat	Nov 4-25	1:00-2:00 pm	STAR Center / Shuttle - Yes	Nov 1			
	18897	Sat	Dec 9-30	1:00-2:00 pm	STAR Center / Shuttle - Yes	Dec 1			
	NO CLASS DATE: Oct 21, 28, Dec 2								



#### RECREATIONAL BOWLING

Come bowl 2 relaxed games and have a fun time with your bowling partner at Daffodil Bowl in Puyallup or Paradise Lanes in Tacoma. To bowl with a specific friend, please register and email grant.hampton@piercecountywa.gov. Price includes shoe rental & 2 games. We will not offer Recreational Bowling in the month of November. We will offer Special Olympics Bowling mid-September through mid-November at both Daffodil Bowl and Paradise Lanes from 3:30-5:00pm. All abilities welcome!

AGE: 8+ FEE: \$45/person			rson				
CODE	DAY	DATES	TIME	LOCATION	REGISTER BY		
18890	Tues	Oct 3-24	3:30-5:00 pm	Daffodil Bowl / Shuttle - Yes	Oct 1		
18893	Fri	Dec 1-22	3:30-5:00 pm	Paradise Lanes Enertainment Center / Shuttle - Yes	Dec 1		
NO PRACTICE DATES: Oct 31, November (see Special Olympics Bowling on page 17), Dec 29							

#### SPECIAL OLYMPICS

# Special Olympics Washington

All athletes must have an updated Athlete Medical Form before the first practice. If the athlete medical is not up-to-date, athletes WILL NOT be able to participate. Unfortunately, there are no exceptions to this rule. For required forms, visit us online at www.piercecountywa.gov/sowapcsr.

If you need transportation to and from competitions, please make sure to select the transportation price fee, if you do not need transportation select only the base fee.

#### www.piercecountywa.gov/sowapcsr



# DIGITAL VERSION SPECIAL OLYMPICS: FALL

#### **FALL: BOWLING**

Did you know bowling is one of the fastest growing Special Olympics sports? Come join the competitive fun by registering for Pierce County Alley Cat's Special Olympics bowling team! We'll meet each week at either Daffodil Bowl in Puyallup or Paradise Lanes in Tacoma for practice. Pick the day/location that works best for you!

**Please note:** Special Olympics Bowling Regionals will be October 29 at Bowlero Lanes in Lakewood. Washington State Games will be November 17-19 at a location yet to be determined.

This registration includes practices and regional competitions, it does not include state competition. If a team qualifies for state competition there will be a separate registration fee. Pierce County Parks will provide shirt. Athletes are responsible for all other athletic apparel.



Unified partner teammate positions available!

<b>AGE:</b> 8+		-	FEE: \$100/person			
C	ODE	DAY	DATES	TIME	LOCATION	REGISTER BY
18	3563	Wed	Sept 13-Nov 15	3:30-5:00 pm	Daffodil Bowl / Shuttle - Yes	Sept 1
18	3564	Fri	Sept 15-Nov 17	3:30-5:00 pm	Paradise Lanes Enertainment Center / Shuttle - Yes	Sept 1

NO PRACTICE DATES: Nov 10, 22, 24, 29

# Washington

#### **FALL: FLAG FOOTBALL**

Fall is upon us and that means football! Join us for Flag Football, a great non-contact activity that will teach basic skills such as catching, throwing accuracy, contactless defense, and even field goal kicking - along with a healthy dose of cardio! All ability levels are welcome and remember to wear active clothing and bring

Please note: Special Olympics Flag Football Regionals will be November 4 at Puyallup Valley Sports Complex. Washington State Games will be November 17-19 at a location yet to be determined.

This registration includes practices and regional competitions, it does not include state competition. If a team qualifies for state competition there will be a separate registration fee. Pierce County Parks will provide shirt. Athletes are responsible for all other athletic apparel.

#### Unified partner teammate positions available!

**AGE:** 8+

FEES: \$90/person (includes transportation to Regionals)

\$70/person (does NOT include transportation to Regionals)

LOCATION: SERA Multipurpose Field / Shuttle - Yes

CODE DAY DATES TIME **REGISTER BY** 

18565 Wed Sept 13-Nov 15 5:30-7:00 pm Sept 11

NO PRACTICE DATES: Nov 22, 29

#### SPECIAL OLYMPICS: FALL





SIGN UP TODAY!

#### JOIN THE FUN!

**Unified partners** (individuals without intellectual disabilities) train and compete as a teammate alongside Special Olympics athletes.

Unified partners do not have to pay a registration fee and will accrue volunteer hours for attending practices and competitions. This is a wonderful opportunity for students looking for a fun worth-while way to earn volunteer hours.

#### FALL SEASON

#### WINTER SEASON

- FLAG FOOTBALL
- BASKETBALL
- CHEERLEADING

#### **CONTACT US TO GET STARTED**



253-798-4074 grant.hampton@piercecountywa.gov

#### **FALL: YOUNG ATHLETES**

Young Athletes is an inclusive sports program for children 2 -7 with and without intellectual or developmental disabilities. It's comprised of research based activities that build social and motor skills while engaging young children of all abilities.

Young Athletes introduces basic sport skills, like running, kicking and throwing. Siblings and friends encouraged to join! This is a pilot program, so the first 6 weeks are at no cost to the participant.

**DAY:** Sat TIME: 1:00-2:00 pm **AGE:** 2-7

FEE: \$0 - FREE

LOCATION: Lakewood Community Center / Shuttle - Yes

CODE **DATES REGISTER BY** 

18899 Oct 7-Nov 18 Oct 5

**NO PRACTICE DATE:** Nov 4



#### WINTER: BASKETBALL **CLINIC WITH PLU**

Improve your basketball skills by attending the pre-season Special  $\S$ Olympics basketball clinic hosted by Pacific Lutheran University SAAC students. After the clinic athletes and Pierce County Staff will watch the first half of the PLU women's basketball game and  $\S$ then be recognized during half time!

General Day of Schedule:

Basketball Clinic 2:00-3:30 pm.

Snack/break 3:45-4:30 pm.

PLU women's basketball game/recognized at halftime 4:45 pm.

The clinic will conclude at 5:00 pm. Those who traveled independently and wish to stay for the remainder of the game are welcome to but no Pierce County staff will be onsite after 5:00 pm.

AGE: 8+ DAY: Sat TIME: 2:00-3:30 pm

FEE: \$10/person

LOCATION: PLU Memorial Gym / Shuttle - Yes

**REGISTER BY** CODE DATE

18902 Dec 2 Dec 1

#### SPECIAL OLYMPICS: WINTER

\*\*\*Special Olympics is implementing a new athlete registration portal for the Winter season called Dynamics. This system will replace ARF forms and require new Medical Forms to be completed. All new athletes, and any athletes with expiring ARF forms, will need to have ALL forms completed prior to the first practice. Any athlete that has not completed their forms will not be able to participate in any practice or competitions.\*\*\*



#### WINTER: CHEERLEADING

Athletes will learn the fundamentals of cheerleading and dance. Coaches will teach the technical elements of motions, jumps, and dance routines. Pierce County Parks will offer cheer practice on Wednesday evenings in Puyallup. All abilities welcome!

This registration includes practice, sub-regional, and regional competitions if offered by Special Olympics Washington. It does not include state competition. If a team qualifies for state competition there will be a separate registration fee.

Pierce County Parks will provide cheer uniform. Athletes are responsible for all other athletic apparel (black shorts, white socks, and sneakers must be worn).

#### Unified partner teammate positions available!

**AGE:** 8+ **DAY:** Wed **TIME:** 5:30-7:00 pm

FEES: 110 - Transportation to and from Regionals competitions

PROVIDED

\$90 - Transportation to and from Regionals competitions

NOT PROVIDED

**LOCATION:** Meridian Habitat Park / Shuttle - Yes

CODE DATES REGISTER BY

18901 Dec 6-Feb 28 Dec 1

#### **WINTER: BASKETBALL**

Pierce County Parks will offer basketball practice on Monday, Wednesday and Friday evenings, either at the People's Center or Lakewood Community Center. There will be an additional Saturday practice option for teams this year. Program offerings include 5-on-5 Team (full court) and team skills.

**Please note tentative dates:** Sub-regionals Jan 20, 2024. Regionals Feb 10, 2024. Winter State Games March 1 – 3, 2024.

Registration includes one weekday practice, plus an additional Saturday practice, sub-regional and regional competitions. It does not include state competition. If a team qualifies for state competition there will be a separate registration fee.

Pierce County Parks will provide athletes with a basketball jersey. Athletes are responsible for all other athletic apparel (shorts, socks, and sneakers must be worn).

#### Unified partner teammate positions available!

**AGE:** 8+ **DAY:** Wed **TIME:** 6:30-8:30 pm

**FEES:** \$100 - Transportation to and from Regionals competitions

PROVIDED

\$80 - Transportation to and from Regionals competitions

NOT PROVIDED

**LOCATION:** Lakewood Community / Shuttle - Yes

People's Center / Shuttle - Yes

CODE DATES REGISTER BY

18900 Dec 11-Feb 28 Dec 1

NO PRACTICE DATE: Dec 25





9112 Lakewood Dr SW Lakewood, WA 98499



Info: 253-798-2997 | Register: 253-798-4199 | Email: pcsr@piercecouuntywa.gov Facebook Community: www.Facebook.com/PierceCountyParks