


DIGITAL VERSION 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.

AGE: 13+ DAY: Fri TIME: 6:00-8:00 pm FEE: \$10 LOCATION: STAR Center / Shuttle - Yes



Monster Mash!
It's Monster Mash Bash Time! But don't worry, we like cute monsters around here! Wear your Halloween costume to get into the Halloween spirit.

CODE	DATE	REGISTER BY
19982	Oct 25	Oct 24



Friendsgiving!
November is a time to be grateful and celebrate those around us which is why this month's theme is Friendsgiving!

CODE	DATE	REGISTER BY
19983	Nov 8	Nov 7



Gingerbread Dance!
Our Gingerbread themed dance is sure to be a holiday hit! Dress up in ugly sweaters or any festive wear you would like.

CODE	DATE	REGISTER BY
19984	Dec 13	Dec 12



Costume Party! - BINGO & DANCING

Trick or Treat! You're invited to a scare-tastic costume party. Wear your favorite costume and get ready for some eerie-sistible BINGO with friends. After the BINGO fun, we'll crank up the tunes with hits like *Monster Mash* and *Time Warp* to dance the night away. Don't miss out on the frightfully fun time!

Costumes encouraged! Please make sure your costumes are appropriate and not too scary for this event.

CODE	AGE	DAY	DATE	TIME	FEE	LOCATION	REGISTER BY
19991	13+	Sat	Oct 12	6:00-7:30 pm	\$10	PenMet Administrative Headquarters / Shuttle - NO	Oct 28
20035	13+	Sat	Oct 12	5:00-8:30 pm	\$15	Lakewood Community Center / Shuttle - Yes	Oct 28
Includes accessible PCSR bus ride with staff to PenMet Administrative Headquarters							
19992	13+	Wed	Oct 30	5:00-7:00 pm	\$10	Lakewood Community Center / Shuttle - Yes	Oct 28

www.piercecountywa.gov/pcsr | 253-798-4199

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Pierce County Parks, Specialized Rec

DIGITAL VERSION
SPECIAL EVENTS



Pumpkin Spice Decorating Social!

Fall is here, and what better way to celebrate than with a pumpkin spice-themed social with friends? Choose from two convenient meeting locations. Enjoy pumpkin spice-themed snacks as we get creative with our festive fall pumpkins.

This year, we're bringing the pumpkin patch to you! Each participant will select a pumpkin from our PCSR Pumpkin Patch at the Sumner Senior Center (no trip to off-site pumpkin patch this year).

AGE: 13+ DAY: Sun DATE: Oct 6

LOCATION: Lakewood Community Center / Shuttle - Yes
Includes accessible PCSR bus ride with staff to Sumner Senior Center

CODE	TIME	FEE	REGISTER BY
19994	12:30-4:30 pm	\$35	Oct 4

LOCATION: Sumner Senior Center / Shuttle - NO

CODE	TIME	FEE	REGISTER BY
19993	1:30-3:30 pm	\$25	Oct 4



BINGO PARTIES

Join us for themed BINGO!!! We'll play multiple games each night, and winners will receive a prize. Bingo cards and daubers will be provided.

AGE: 13+ FEE: \$10 TIME: 5:00-7:00 pm

LOCATION: Lakewood Community Center Gym / Shuttle - Yes

CODE	THEME	DAY	DATE	REGISTER BY
19986	<i>Pajama Party</i>	Sat	Oct 19	Oct 18
19987	<i>Cozy Autumn</i>	Sat	Nov 9	Nov 8
19988	<i>Thanksgiving</i>	Sat	Nov 16	Nov 15
19989	<i>Holiday Characters</i>	Sat	Dec 14	Dec 13
19990	<i>Festive Favorites</i>	Sat	Dec 21	Dec 20



HOLIDAY

Gift Wrapping & Cookie Decorating

EXTRAVAGANZA!

Celebrate the season with our holiday gift wrapping & cookie party! Select your gifts from a list during registration, then join us to wrap them with creative flair with the support of PCSR staff.

Afterward, have a jolly time decorating festive cookies with friends. It's the perfect chance to spread holiday cheer, enjoy fun activities, and indulge in sweet treats (sugar free/dairy free options available).

AGE: 13+ DAY: Sat DATE: Dec 7

LOCATION: Lakewood Community Center / Shuttle - Yes
Includes accessible PCSR bus ride with staff to Sumner Senior Center

CODE	TIME	FEE	REGISTER BY
19995	12:30-4:30 pm	\$45	Dec 4

LOCATION: Sumner Senior Center / Shuttle - NO

CODE	TIME	FEE	REGISTER BY
19996	1:30-3:30 pm	\$35	Dec 4



DIGITAL VERSION FITNESS & SPORTS



Low Impact Aerobics

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-impact aerobic exercises include walking, marching, rolling shoulders and dancing. This program will also incorporate a different core strength practice each week, such as yoga and Pilates.

CODE	AGE	DAY	DATES	TIME	FEE	LOCATION	REGISTER BY
20003	13+	Fri	Oct 4-25	9:30-11:00 am	\$40	Lakewood Community Center / Shuttle - Yes	Oct 5
20004	13+	Fri	Nov 1-22	9:30-11:00 am	\$40	Lakewood Community Center / Shuttle - Yes	Nov 5
20005	13+	Fri	Dec 6-20	9:30-11:00 am	\$30	Lakewood Community Center / Shuttle - Yes	Dec 5

NO CLASS DATES: Nov 29, Dec 27



Let's Play Sports!

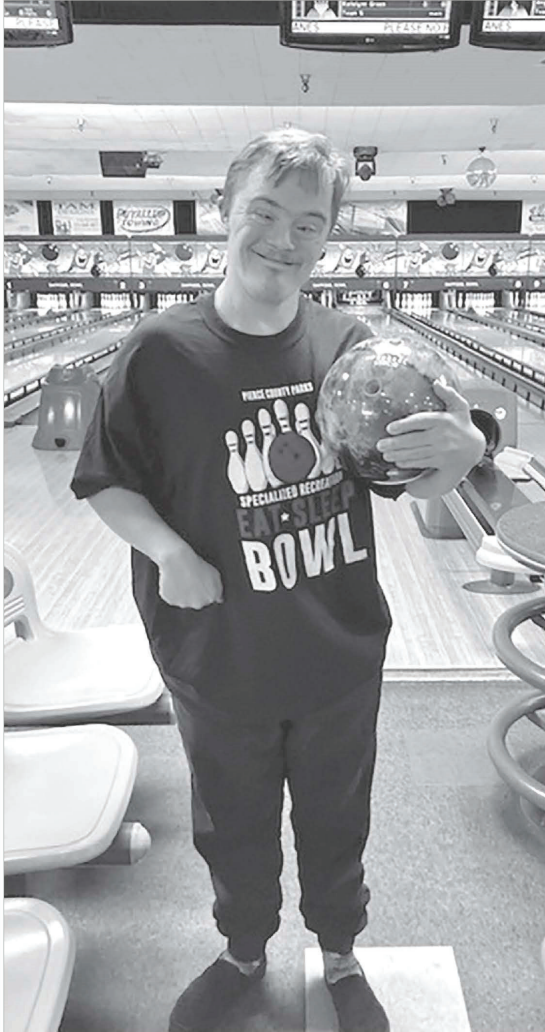
Play court sports such as basketball, floor hockey, kickball and more! This activity provides a wonderful opportunity to compete with your peers and have fun. You'll also learn a variety of exercises designed to improve your knowledge and skills of each sport.

Join Let's Play Sports! after Club Pierce or before Grit City Peers Crew for a full day of activities on Mondays.

CODE	AGE	DAY	DATES	TIME	FEE	LOCATION	REGISTER BY
20010	8+	Mon	Oct 7-28	3:30-4:30 pm	\$25	Lakewood Community Center / Shuttle - Yes	Oct 5
20011	8+	Mon	Nov 4-25	3:30-4:30 pm	\$18.75	Lakewood Community Center / Shuttle - Yes	Nov 5
20012	8+	Mon	Dec 2-16	3:30-4:30 pm	\$18.75	Lakewood Community Center / Shuttle - Yes	Dec 5

NO PLAY DATES: Nov 11, Dec 23, 30

DIGITAL VERSION
FITNESS & SPORTS



Recreational Bowling

Come bowl two 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@piercecounitywa.gov. Price includes shoe rental and two games. All abilities welcome!

AGE: 8+ FEE: \$45/Nov, \$33.75/Dec

LOCATION: Paradise Lanes Entertainment Center / Shuttle - Yes

CODE	DAY	DATES	TIME	REGISTER BY
20007	Fri	Nov 1-22	3:30-5:00 pm	Nov 5
20008	Fri	Dec 6-20	3:30-5:00 pm	Dec 5

NO PRACTICE DATES: October, Nov 29, Dec 27

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Join us at the largest YMCA in the state for a swim social! Sumner YMCA is not on the Pierce Transit Shuttle line, but we are offering transportation from Lakewood Community Center to Sumner for an additional fee. Please complete the swim waiver online at www.ymcapkc.org/join/guest-pass then email it to grant.hampton@piercecounitywa.gov once completed.

AGE: 10+ FEE: \$20

LOCATION: Lakewood Community Center / Shuttle - Yes
Includes accessible PCSR bus ride with staff to Sumner YMCA

CODE	DAY	DATE	TIME	REGISTER BY
20015	Sun	Nov 10	11:15 am-2:45 pm	Nov 7

AGE: 10+ FEE: \$10

LOCATION: Sumner YMCA / Shuttle - NO

CODE	DAY	DATE	TIME	REGISTER BY
20013	Sun	Nov 10	12:00-2:00 pm	Nov 7



Basketball Clinic with PLU

Improve your basketball skills by attending the pre-season Special Olympics basketball clinic hosted by Pacific Lutheran University SAAC students.

AGE: 8+ FEE: \$10

LOCATION: Pacific Lutheran University Gym / Shuttle - Yes

CODE	DAY	DATE	TIME	REGISTER BY
20034	Sat	TBD	TBD	TBD

DIGITAL VERSION SPECIAL OLYMPICS

**Special
Olympics**
Washington



SPORTS SEASON CHANGES

As we head into our 50th anniversary in 2025, the Special Olympics Washington staff is working hard to imagine what the next 50 years of Special Olympics Washington will look like and how program offerings will continue to evolve. To this end, we are excited to announce a new structure for our sports and competitions seasons. Beginning in July 2024, we will transition from four seasons to three seasons: Fall, Winter and Spring.

Please visit Special Olympics Washington's website for full release statement at:

<https://specialolympicswashington.org/sport-season-changes/>

PLEASE NOTE:

Special Olympics is implementing a new online registration portal called Dynamics. This system will replace ARF forms and require new Medical Forms to be completed online. Every athlete 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.

Visit us online at:

WWW.PIERCECOUNTYWA.GOV/SOWAPCSR

WE'RE LOOKING FOR COACHES!

We need coaches to make this program a success. Please reach out to Grant Hampton if you're interested in coaching.

SPECIAL OLYMPICS: WINTER SEASON

Special Olympics has not released the dates or locations for Sub-Regional and Regional Tournaments. Please provide a reliable email during registration, as all scheduling and regional information will be communicated via email. For those that qualify at the Regional Tournament, Winter State Games will be in Wenatchee and are scheduled for March 1-3. *If you require transportation to and from regional and state competitions, please contact Grant Hampton. There will be an additional fee for transportation to competition events.*

This registration includes weekly 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).

If you require transportation to and from regional and state competitions, please contact Grant Hampton. There will be an additional fee for transportation to competition events.

www.piercecountywa.gov/pcsr | 253-798-4199

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Pierce County Parks, Specialized Rec

DIGITAL VERSION SPECIAL OLYMPICS



S.O. Basketball Competitive 5v5

Pierce County Parks will offer competitive 5v5 basketball practices on Monday evenings at the People's Center and Thursday at Lakewood Community Center. This requires high level basketball skills and conditioning. Athletes should be in good to great physical shape and be able to run continually up and down the court. They'll be expected to run plays on offense, commit to playing high effort on defense, and understand more advanced basketball terminology. Roster spots are limited to 20 athletes (10 per team). Athletes will be evaluated to SOWA standards and are subject to being moved to a Traditional Basketball team on Wednesdays.

CODE	AGE	DAY	DATES	TIME	FEE	LOCATION	REGISTER BY
19998	8+	Mon	Nov 21-Feb 27 & Thurs	6:30-8:30 pm	\$100	People's Center / Shuttle - Yes Lakewood Community Center / Shuttle - Yes	Dec 10

NO PRACTICE DATES: Nov 18, 25, Dec 2, 23, 26, 30, Jan 2, 20, Feb 17

S.O. Basketball Traditional 5v5

Pierce County Parks will offer traditional 5v5 basketball practices on Wednesday evenings at Lakewood Community Center. Traditional 5v5 basketball will have a range of intermediate to basic level basketball skills and conditioning. Athletes should be in decent to good physical shape and be able to run up and down the court. They will be also be expected to execute basic plays on offense, give their best effort on defense, and understand basic basketball rules and terminology. Roster spots are limited to 40 athletes (10 per team). Athletes will be evaluated to SOWA standards and are subject to move to Team Skills or Individual Skills on Tuesdays.

AGE: 8+ FEE: \$100

LOCATION: Lakewood Community Center / Shuttle - Yes

CODE	DAY	DATES	TIME	REGISTER BY
19999	Wed	Nov 20-Feb 26	6:00-8:00 pm	Dec 10

NO PRACTICE DATES: Nov 27, Dec 25, Jan 1

S.O. Basketball Team Skills & Individual Skills

Pierce County Parks will offer team skills and individual skills basketball practices on Tuesday evenings at Lakewood Community Center. Team Skills is a great option for athletes transitioning out of traditional 5v5 basketball or athletes that have never played basketball before. Athletes will be expected to pass to teammates, move to different spots on the court and shoot a basket. Individual skills practice is a great way to learn skills to develop into team skills and traditional 5v5 basketball. Athletes will learn how to pass, dribble and shoot. There are no team concepts to individual skills. Athletes will be evaluated to SOWA standards. If roster spots are available, athletes may elect to move to traditional 5v5 basketball.

AGE: 8+ FEE: \$100

LOCATION: Lakewood Community Center / Shuttle - Yes

CODE	DAY	DATES	TIME	REGISTER BY
20000	Tues	Nov 19-Feb 25	6:00-7:30 pm	Dec 10

NO PRACTICE DATES: Nov 26, Dec 24, 31

DIGITAL VERSION

SPECIAL OLYMPICS



Pierce County Parks, Specialized Rec

S.O. Cheerleading

Athletes will learn the fundamentals of cheerleading and dance. Athletes and coaches will collaborate and create cheer routines for competitions. Pierce County Parks will offer cheer practice on Tuesday evenings at Lakewood Community Center. All abilities welcome!

AGE: 8+ FEE: \$110

LOCATION: Lakewood Community Center / Shuttle - Yes

CODE	DAY	DATES	TIME	REGISTER BY
20001	Tues	Dec 3-Feb 25	6:00-7:30 pm	Dec 1

NO PRACTICE DATES: Dec 24, 31



SCHOLARSHIPS AVAILABLE

Pierce County residents participating in recreational programs may be eligible for scholarship funds based on income and family size.

Learn more and apply online
www.PierceCountyWA.Gov/ParkScholarship

www.piercecountywa.gov/pcsr | 253-798-4199

DIGITAL VERSION



Pierce County Parks

SPECIALIZED RECREATION - ADVENTURE WITHIN REACH

9112 Lakewood Dr SW
Lakewood, WA 98499



YOUR NEXT ADVENTURE IS CALLING! | WWW.PIERCECOUNTYWA.GOV/PCSR

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



Pierce County Parks, Specialized Rec

PenMet
COSTUME PARTY
BINGO & DANCING

Eerie-sistible BINGO & dancing to hits like Monster Mash and Time Warp! Costumes encouraged!
 (Please keep them appropriate.)



October 12th

6:00 - 7:30pm Meet at PenMet Administrative HQ
 5:00 - 8:30pm Meet at Lakewood Community Center
 to travel to PenMet together!



PenMet Parks
 Parks For All. Parks For Life.



Parks

SPECIALIZED RECREATION

CALL 253-798-2997 TO REGISTER OR VISIT
WWW.PIERCECOUNTYWA.GOV/PCSR

Lakewood COSTUME PARTY BINGO & DANCING

Eerie-sistible BINGO & dancing to hits like Monster Mash and Time Warp! Costumes encouraged!
(Please keep them appropriate.)



October 30th

Lakewood Community Center

5:00 - 7:00pm

\$10 per person

CALL 253-798-2997 TO REGISTER OR VISIT

WWW.PIERCECOUNTYWA.GOV/PCSR



Pierce County *Parks*

SPECIALIZED RECREATION

Pierce County Parks, Specialized Rec

Pierce County Parks, Specialized Rec


Pierce County Parks
SPECIALIZED RECREATION

*Friendsgiving
Dance!*

FRIDAY, NOVEMBER 8
6:00 - 8:00PM
STAR CENTER

MUSIC | PHOTOS | REFRESHMENTS

 PCSR 253-798-2997
 www.piercecountywa.gov/pcsr



**Mary Bridge Children's
Physical Medicine & Rehab Clinic Presents**

A WIDER LENS

A film celebration of stories and perspectives from and about individuals with intellectual, physical, and/or developmental disabilities.

**SATURDAY
November 2nd
2 0 2 4**


**The Grand Cinema
606 Fawcett Ave.
Tacoma, WA 98402**

TWO DIFFERENT VIEWING OPTIONS



11:30am-2:00pm or 2:30pm-4:45pm

Experience a powerful lineup of films that inspire, educate, and promote understanding. Engage in meaningful conversation with healthcare providers, community members, parents, caregivers, and advocates.

Scan here for tickets:



Let's come together to foster inclusivity and celebrate diverse voices. We hope to see you there!

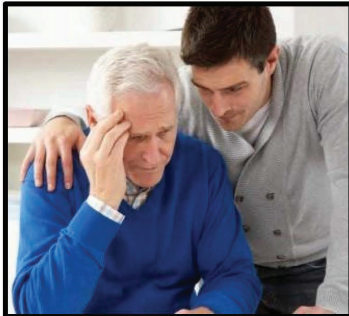
MultiCare  Mary Bridge Children's 

Mary Bridge Movie Night

Know it before you need it...



Oh My Gosh – Now What?



There's no diagnosis like an Alzheimer's or Dementia diagnosis. More and more families are facing the long road of caring for a loved one with dementia. There is a lot of uncertainty before the diagnosis and in the early stages after the diagnosis. Examine the questions and discover the answers in this 6-part series for families and individuals beginning the journey.

Lakewood City Hall
Council Chambers
6000 Main Street SW
Lakewood, WA 98499

(Park and use the building
entrance by the ballot box)

In-Person Workshop Series

Fridays from Noon – 1 PM
No RVSP needed to attend.

October 11, 2024

“What is Dementia? What are the warning signs?”

October 18, 2024

“How does the disease progress? What should I expect?”

October 25, 2024

“How do I start the conversation? How do I cope with the shock?”

November 1, 2024

“What are the typical behaviors? How do I manage them?”

November 8, 2024

“How do I pay for care? What are the legal things I should do?”

November 15, 2024

“Where can I turn for help? What are the resources I can rely on?”

Sponsored by:

Pierce County Aging & Disability Resources

Call (253) 798-4600 or 800-562-0332 for more information



“Oh My Gosh – Now What?” series provides guidance to caregivers

Adults typically keep an eye out for changes in behavior or memory loss in their parents. Older adults worry about remembering names, appointments, directions – even what they had for breakfast this morning. Even though such concerns may not mean someone has Alzheimer’s or dementia, it is wise to be aware.

The numbers are staggering. Almost 6 million Americans are living with Alzheimer’s today. In 30 years, that number is expected to rise to 14 million. But when a family member is diagnosed, that one person becomes the most important individual in the world for that family.

“About 500,000 more Americans are diagnosed with dementia every year,” said Aaron Van Valkenburg, manager of Pierce County Aging and Disability Resources. “Most family caregivers are unprepared to manage the daily challenges that take place in supporting someone suffering with dementia. Learning how to provide proper care for your family member, while maintaining care for yourself, are necessary components to managing such a difficult situation.”

Pierce County Aging and Disability Resources hosts a new series of the popular “Oh My Gosh – Now What?” seminar beginning Friday, October 11, 2024. The 6-part series of discussions is designed for individuals with Alzheimer’s disease or another dementia, families, caregivers, and others focusing on the initial journey of memory loss. Attendees will learn the warning signs and symptoms, managing behaviors, the disease progress, legal concerns, financial issues, and local resources. All sessions are held live and in-person from Noon to 1 PM at the Lakewood City Hall, Council Chambers, located at 6000 Main St SW, Lakewood, WA 98499. People can attend one or all the discussions. Sessions are free and open to all with no RSVP needed to attend.

- Oct 11 – “What is Dementia? What are the warning signs?”
- Oct 18 – “How does the disease progress? What should I expect?”
- Oct 25 – “How do I start the conversation? How do I cope with the shock?”
- Nov 1 – “What are the typical moods and behaviors? How do I manage them?”
- Nov 8 – “How do I pay for care? What are the legal things I should do?”
- Nov 15 – “Where can I turn for help? What are the resources I can rely on?”

Sessions are led by Jessica Girard and Kris Dowling, expert case managers with Aging and Disability Resources, who specialize in providing practical help to individuals and families coping with memory loss.

“Oh My Gosh – Now What?” is sponsored by the Pierce County Aging and Disability Resource Center. For more information, call the Aging and Disability Resource Center at (253) 798-4600.

Media Contact: Matt Santelli, Outreach & Education Specialist
Pierce County Human Services, Aging and Disability Resources
matthew.santelli@piercecounitywa.gov or 253-348-1065



Fall 2024

Sept 9 - December 20

Vol. 15

Featured Functions

ORNAMENT CREATION

Meet us at SPUN clay and pottery studio downtown Tacoma to create homemade clay ornaments. Consider them as gifts for the season, or keep them for yourself to enjoy. SPUN is located at 2310 A St. B, Tacoma, WA 98402. Please register as a volunteer if you are a caregiver attending to provide support.

Saturday, November 2nd

9:30 - 11:00 am

\$33 Registration | \$16 with scholarship

SPUN Pottery & Clay: 2310 A St b, Tacoma, WA 98402, USA

Contact Us!

Follow our Instagram:
@sequoiatr253

Follow our Facebook:
facebook.com/Sequoiatr

Check out our website:
www.sequoiatr.org

Call Us:
(253) - 203 - 6111

Email Executive Director
kodi@sequoiatr.org

Our main office:
6613 S. Cheyenne St, Tacoma, WA
98409

Inside the Issue:

Registration info for:

- Sequoia Social
- Mini Golf & Dinner
- Bowling & Dinner (and White Elephant)
- Birdability@ Outings
- Bowling
- Fall Fest
- Cards, Cocoa, and Christmas Karaoke



Halloween costumes for Fall Fest



Jeff says hi!

BOWLING & DINNER

Wear an ugly holiday sweater, bring a \$15 white elephant gift to exchange, and meet us at Bowlero Lanes of Lakewood for a fun evening of bowling dinner, and gift exchange. Pizza dinner included! Please wrap your White Elephant gifts and be prepared for a frenzied exchange. Numbers will be given at the party to determine the order of choosing presents. When it is your turn, you can either choose a gift from the pile, or steal someone else's! Only two steals allowed per gift.

Volunteers please register to help with this event.

Wednesday, December 11th

4:00 - 6:00 pm

\$33 Registration | \$15 with scholarship

Bowlero Lanes: 3852 Steilacoom Blvd SW, Tacoma, WA 98499, USA



Meghan showing off her STR T-shirt



Art at the Sequoia Social



Sharon says hi!



Everyone rocking their ugly sweaters and festive wear

WINTER BREAK December 21 - January 5
No Programs during this time

SEQUOIA SOCIAL

Have fun Monday afternoons playing games, creating seasonal crafts, and more in this 10-week session. Please bring a caregiver to assist you with your personal care needs. It's ok to bring a snack.

September 9 - November 18

Mondays 12:30 - 2:30 pm

\$264.00 Registration | \$130 with scholarship

Fircrest Presbyterian Church, 1250 Emerson St. Fircrest, WA 98466

BOWLING

Meet up and bowl 2 games each Wednesday for 7 weeks in groups. Recreational and social bowling, no lane switching, all skill levels welcome. Registration fee includes shoe rentals and games. Let Sequoia TR staff know if you have friends you'd specifically like to bowl with.

September 11 - November 20

Wednesdays 4:00 - 5:30 pm

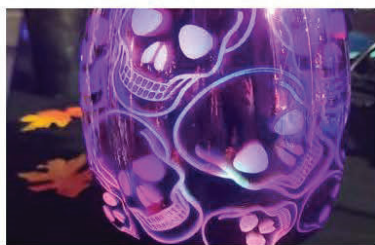
\$207.00 Registration | \$100 with scholarship

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

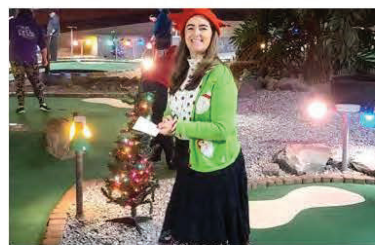
Sequoia Therapeutic Rec.



Creating with clay



STR can't wait for spooky season



Festive outfit at Mini Golf and dinner

CARDS, COCOA, & CHRISTMAS KARAOKE

Gather together and sip on cocoa or tea while we create holiday cards for your friends and family. Sing songs or just listen happily, optional Christmas Karaoke. Each person will create at least 5 holiday cards. Optional: send a list and we will help address!

Monday, December 2nd

12:30 - 2:30 pm

\$33.00 Registration | \$15 with scholarship

Fircrest Presbyterian Church: 1250 Emerson St, Fircrest, WA 98466, USA

BUNCO HOLIDAY PARTY

Join us for a fun social dice game, dinner, and holiday cheer! Beginners welcome, and those who don't want to play Bunco but want to share dinner and the holiday spirit are welcome too. Festive outfits encouraged.

Tuesday, December 17

4:30 - 7:00 pm

\$32 Registration | \$15 with scholarship

Roy H. Murphy Fircrest Community Center: 555 Contra Costa Ave, Fircrest, WA 98466, USA

MINI- GOLF & DINNER

Meet your friends at Tower Lanes on 6th Ave this fall for a round of mini golf followed by dinner. We encourage you to wear your festive holiday attire! Please bring \$25 for dinner. Volunteers please register to help with this outing.

Wednesday December 4th

Tuesdays 4:00 - 6:00 pm

Wednesday December 18th

Tuesdays 4:00 - 6:00 pm

\$33.00 Registration | \$15 with scholarship

Tower Lanes: 6323 6th Ave, Tacoma, WA 98406, USA

BIRDABILITY®

Meet your friends from Sequoia TR and new friends from the Tacoma Bird Alliance (previously Tahoma Audubon Society) at different local outdoor parks to explore and to learn about birds and special habitats on this Birdability® walk. This experience is perfect for all abilities. Naturalists and Birdability® Captains will point out and teach us about the birds we see or hear. Please wear proper clothing for the weather.

Saturday, September 21st

10:00 am - 12:00 pm

\$16.00 Registration | \$8 with scholarship

Titlow: 8425 6th Ave, Tacoma, WA 98406, USA

Saturday, October 19th

10:00 am - 12:00 pm

\$16.00 Registration | \$8 with scholarship

Wapato Lake Park: 6500 S Sheridan Ave, Tacoma, WA 98408, USA

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 Individual Plans. Ask your Developmental Disabilities Administration Case Resource Manager if you qualify for Specialized Habilitation, Community Engagement, or Community Inclusion. See our website for more information.

Community Partners & Supporters

THANK YOU to the Names Family Foundation, Tahoma Bird Alliance, Tacoma Lawn Bowling Club, SAMi/TPS, Meadow Park Golf Course, Washington Trails Association, Spun, Manitou Park Presbyterian Church, Fircrest Presbyterian Church, Meadow Park Golf Course, Bowlero Lanes of Lakewood, Tower Lanes and special thanks to all our volunteers and Sequoia supporters, We love our community!

Donate!

Consider supporting our programs and our scholarship fund by making a monetary donation on our donorbox.

Thank you!

<https://donorbox.org/sequoia-tr-support>

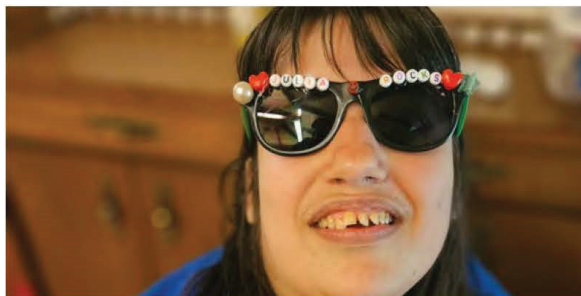
About Us

Founded in Aug 2021, Friends of Sequoia Therapeutic Recreation (DBA Sequoia Therapeutic Recreation) is a 501(c)3 nonprofit charitable organization providing inclusive community based therapeutic recreation activities one on one and in small groups for people with intellectual and developmental disabilities (I/DD) and their families

Our Mission: Cultivating confidence, friendships, joy, and respect.

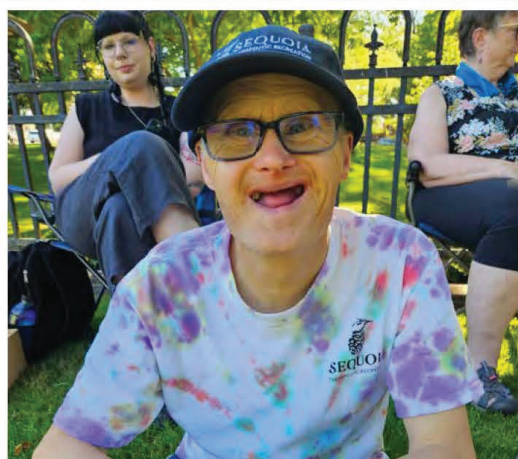
Vision: To be well-respected and trusted

Values: Sincerity, Honesty, Long-term relationships, Mutual Respect, Community



Julia's "Julia Rocks" sunglasses

Sequoia TR is able to provide services and activities for the community thanks to grants, supporters, and donations. Special thank you to the **Names Family Foundation**. Every donation of time and financial contributions helps! Thank you. Follow our socials and check our website for the online Sequoia Spirit Wear store, open now!!



Ruag's smiling big!

Sequoia Therapeutic Rec.