



FOCUS

*PC2 for Developmental Disabilities
Summer, 2023 ~ Volume 28, Issue 4*



"JUST FOR FUN!"

SUMMER, 2023 EDITION

LOOKING FOR SOMETHING FUN! TO DO THIS SUMMER?

CHECK INSIDE FOR EVENTS + ACTIVITY IDEAS



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 www.pc2online.org. The Summer FUN! issue is printed with funding from Pierce County DD.

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 www.pc2online.org, 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 on 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:

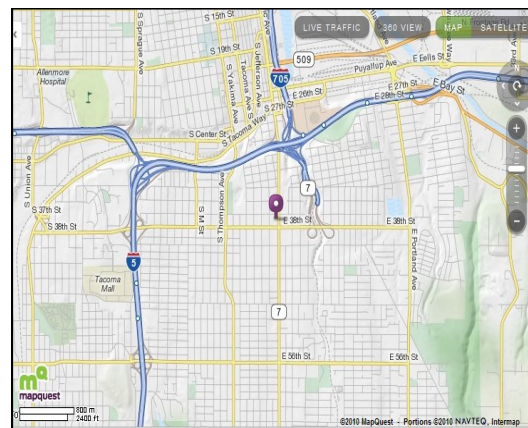
PC2

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FOLLOW US ON **facebook**



From the Director's Desk . . .

Dear Families & Friends of PC2:

The warm, wonderful sunshine we have all been enjoying over the past several days is a good reminder - SUMMER IS ON THE WAY!!

This newsletter is full of activity ideas and programs for you and your family to take advantage of during the next few months. You will find links and contact information for pools, museums, libraries, the zoo, Northwest Trek, Wild Waves, and more! Additionally you will find the activity schedules for Pierce County Specialized Rec / Parks & Rec and Sequoia Therapeutic Recreation. We hope that all of this information will help you find fun things to do with your family. If you have any questions, please don't hesitate to contact PC2 for additional information or assistance (253-564-0707).

We recommend that you contact program providers as soon as possible as spaces can fill up quickly. It can be disappointing when you find something you feel would be appropriate and then it's not available, so pick up the phone or click on the link and get your son / daughter registered!

We'd like to thank Pierce County Human Services, Developmental Disabilities, for their support with the funding to print this issue for all our Pierce County Special Ed students. If PC2 is new to you, please call us to find out more information about the services and supports we provide here in Pierce County (253-564-0707). And if you'd like to receive our e-blasts of news and events throughout the year, please send your contact information to info@pc2online.org.

We hope this issue helps you and your family get out and about and enjoy a happy, healthy Summer break here in our community of Pierce County.

Take care! Be well!

Beth Ann & the PC2 Staff

*Mark your calendars and save the date for the
2023 Legislative Forum, a virtual event behind held on
Tuesday, November 14th.
(More information will be shared in future issues.)*

PC2 events & activities



Are you interested in learning more about the housing options available for your loved one who experiences a developmental disability? Are you interested in meeting other families with similar needs & interests?

Please join PC2 on Thursday, June 22, at 6:30 p.m.

FOR AN IN-PERSON GATHERING TO SHARE THOUGHTS & IDEAS MOVING FORWARD & TO CHAT ABOUT WHAT WE'VE LEARNED SO FAR

Contact Nancy B. to register
or for more info - 253.564.0707
or nancy@pc2online.org




2023 ACTIVITIES

FRIENDSHIP CLUB
3RD THURSDAY OF THE MONTH, 10 A.M.

SENIOR FAMILIES
MONTHLY COMMUNITY ACTIVITIES ; CALL FOR OUR SCHEDULE

ART CLASS
LAST THURSDAY OF THE MONTH, 10 A.M.



3716 PACIFIC AVENUE #A TACOMA, WA 98418

ADVANCE REG. REQ'D. CALL 253.564.0707 OR EMAIL INFO@PC2ONLINE.ORG

Partners + Housing

Partners4Housing
The journey home starts here

Home About Us Learn More Our Products Log in Contact

Housing... the foundation of a good life
Creating innovative shared living solutions for adults with disabilities

FREE TO WA RESIDENTS READ MORE

Get Started

- I'm exploring options for my loved one
[Explore Your Options](#)
- I need help with roommates
[Take the Next Step](#)
- I'm just checking out the site
[Learn More](#)

Partners4Housing
The journey home starts here

Home About Us Learn More Our Products Log in Contact

Residential Assessment
What do they need to live in their own home?

Residential Assessment
Our person-centered process is for any family exploring housing options for their Loved One with a disability. In the course of answering 126 questions, you'll begin to clarify your family's housing vision and articulate what will define "home" for your Loved One ... their support needs, the benefits and services they are eligible for, where they will live, and how their new home will support their lifestyle preferences and social activities.

Roommate Matching Pool
The assessment is also used to identify gaps in your Loved One's benefits and services. It is a required first step to joining our Roommate Matching Pool, where you'll go to find compatible roommates and partnering families to create a shared living solution.

For more information or to complete your free Residential Assessment, please visit:
<https://signup.partners4housing.com/checkout/information>

PEN MET PARKS



- Social Club Walks** ⓘ **\$5.00**

#5815 / Category Specialized and Adaptive Pro... / Age 15 and up / Openings 15 **Enroll Now**

📍 Locations TBA

📅 June 2, 2023 to June 30, 2023 ⌚ Fri 10:30 AM - Noon ❤️
- Specialized Recreation: The Harbor Social Club** ⓘ **\$5.00**

#5845 / Category Specialized and Adaptive Pro... / Age 15 and up / Openings 10 **Enroll Now**

📍 Sehmel Homestead Park

📅 June 7, 2023 to June 21, 2023 ⌚ Wed 10:30 AM - Noon ❤️
- Social Club Walks** ⓘ **\$5.00**

#5816 / Category Specialized and Adaptive Pro... / Age 15 and up / Openings 15 **Enroll Now**

📍 Locations TBA

📅 July 7, 2023 to July 28, 2023 ⌚ Fri 10:30 AM - Noon ❤️
- Social Club Walks** ⓘ **\$5.00**

#5817 / Category Specialized and Adaptive Pro... / Age 15 and up / Openings 15 **Enroll Now**

📍 Locations TBA

📅 August 4, 2023 to August 25, 2023 ⌚ Fri 10:30 AM - Noon ❤️

To register or for more information, please visit:
https://anc.apm.activecommunities.com/penmetparks/activity/search?onlineSiteId=0&activity_select_param=2&activity_category_ids=27&viewMode=list

SEQUOIA THERAPEUTIC RECREATION



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.

This newsletter includes our group activities. Visit our website to learn more about [individual services](#) offered through DDA and Pierce County Human Services.

Want to help?

Consider volunteering or making a financial contribution. [Donate Online](#)

Connect

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

Social Activities

BOWLING

Meet up and bowl 2 games each Wednesday at Bowlero Lanes. Recreational bowling, no lane switching, all skill levels welcome. Please specify if you have a team in mind. Registration fee includes shoe rentals and games.

July 12 - August 23 Wednesdays 4:00-5:30pm
\$118 per session | \$60 with scholarship
3852 Steilacoom Blvd SW, Lakewood, WA 98499

SEQUOIA SOCIAL

Have fun Monday afternoons playing games, creating crafts, and more. This is an indoor social program with limited capacity. Please bring a caregiver to assist you with your personal care needs.

July 10 - August 21 Mondays 12:30-2:30pm
\$175 per session | \$88 with scholarship
6613 S Cheyenne St., Tacoma, WA 98409

SEQUOIA THERAPEUTIC RECREATION



Events & Activities

FOOTGOLF

Meet your friends from Sequoia TR at Meadow Park Golf Course to play golf OR footgolf on the William's Nine. New to footgolf? It's a fun mix of golf and soccer. Use your foot and a soccer ball instead of a club and a golf ball. No experience or gear required. Golfing? Bring your favorite clubs, or let us know you need to borrow some by answering a few questions. Each Tuesday evening we will tee off on the William's Nine at 5:30, 5:40, and 5:50. You choose to play footgolf or golf each week, no commitments required. Try them both we think you'll like it.

June 20 & 27

\$30 | \$15 with scholarship

July 11, 18, 25

\$45 | \$25 with scholarship

August 1, 8, 15, 22

\$60 | \$15 with scholarship

Tuesdays 5:15 - 7:00pm
Meadow Park, 7108 Lakewood Dr W,
Tacoma, WA 98467



SEQUOIA SCHOLARSHIP

The Daniel Bala Fund supports folks who have financial need. Please complete an annual application to remove the financial barrier to participating with your friends!

Application

This scholarship is generously funded by individual donors. Ask us how to make a tax deductible financial contribution.

SEQUOIA THERAPEUTIC RECREATION



Events & Activities

LAWN BOWLS

Who is ready for Lawn Bowls? The season runs June - August and you are welcome to join in any month you wish. Meet us for practice at Wright Park with support from Tacoma Lawn Bowling Club! Due to the fickle nature of the green in spring walker and wheelchair users will need to hold off joining until later in the season when the green is harder.

June 19 & 26

\$30 | \$15 with scholarship

July 17, 24, 31

\$45 | \$25 with scholarship

August 7, 14, 21

\$45 | \$25 with scholarship

Mondays 5:00 - 7:00pm

Wright Park corner of 6th/ S. Yakima

REGISTER

- Complete annual registration form online.
- Must be pre registered, no drop ins
- STR staff cannot provide personal care.
- DDA accepted.

Reach out if you have any questions!

BEACH PARTY

Please meet your friends from Sequoia TR at Owen Beach Pavilion ready for some fun in the sun! Enjoy yard games, picnic food, dancing, and a cold water plunge. The registration fee is for each person attending - includes: participants, care givers, and parents. Please dress appropriately for weather, including sunscreen, sunglasses, & hat.

Sunday July 30, 2023

2:00-4:00pm

\$27 | \$15 with scholarship

5605 Owen Beach Rd, Tacoma, WA 98409

BIRDABILITY

Meet your friends from Sequoia TR and new friends from the Tacoma Audubon Society at Fort Steilacoom Park to learn about birds and their habitats. This flat paved loop is perfect for all abilities. Naturalists teach us about the birds we see or hear. Please dress appropriately for the weather, including sunscreen, sunglasses, and hat.

Thursday June 22, 2023

10:00am-11:30am | \$16

Waughop Lake 8714 87th Ave SW,

Lakewood, WA 98499

PIERCE COUNTY PARKS SPECIALIZED REC

COMMUNITY



Our popular Dinner & A Movie program is back! Meet us at a community center in Pierce County and ride our accessible shuttle buses to dinner and a movie.

Check below for community center and movie information. As movie release dates and times are subject to change, so are our plans.

Registered participants will be notified of our final plans the Friday before each movie. Please look up the movie's rating and read the movie's description online to ensure that the movie is a good choice for your participant.

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+ **DAY:** Thursday **TIME:** 3:30 - 8:30 pm
FEE: \$40/day

LOCATION: Meridian Habitat Park / Shuttle - Yes

CODE	DATE	MOVIE	REGISTER BY
18270	Apr 20	The Super Mario Bros	Apr 12

LOCATION: Lakewood Community Center / Shuttle-Yes

CODE	DATE	MOVIE	REGISTER BY
18271	Jun 1	The Little Mermaid	May 24

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/day

LOCATION: Puyallup Recreation Center / Shuttle - Yes

CODE	DATE	DAY	TIME	REGISTER BY
18241	Apr 3	Mon	9:00 am - 2:00 pm	Mar 27
18242	Apr 10	Mon	9:00 am - 2:00 pm	Apr 3
18243	Apr 17	Mon	9:00 am - 2:00 pm	Apr 10
18249	Apr 24	Mon	9:00 am - 2:00 pm	Apr 17
18251	May 1	Mon	9:00 am - 2:00 pm	Apr 24
18252	May 8	Mon	9:00 am - 2:00 pm	May 1
18253	May 15	Mon	9:00 am - 2:00 pm	May 8
18259	May 22	Mon	9:00 am - 2:00 pm	May 15
18261	Jun 5	Mon	9:00 am - 2:00 pm	May 22
18262	Jun 12	Mon	9:00 am - 2:00 pm	Jun 5
18263	Jun 26	Mon	9:00 am - 2:00 pm	Jun 12

NO CLUB DATES: May 29 & Jun 19

AGE: 18+ **FEE:** \$25/day

LOCATION: Sprinker Recreation Center / Shuttle - Yes

CODE	DATE	DAY	TIME	REGISTER BY
18245	Apr 5	Wed	9:00 am - 2:00 pm	Mar 29
18246	Apr 12	Wed	9:00 am - 2:00 pm	Apr 5
18247	Apr 19	Wed	9:00 am - 2:00 pm	Apr 12
18248	Apr 26	Wed	9:00 am - 2:00 pm	Apr 19
18255	May 3	Wed	9:00 am - 2:00 pm	Apr 26
18256	May 10	Wed	9:00 am - 2:00 pm	May 3
18257	May 17	Wed	9:00 am - 2:00 pm	May 10
18258	May 24	Wed	9:00 am - 2:00 pm	May 17
18266	Jun 7	Wed	9:00 am - 2:00 pm	May 24
18267	Jun 14	Wed	9:00 am - 2:00 pm	Jun 7
18268	Jun 21	Wed	9:00 am - 2:00 pm	Jun 14
18269	Jun 28	Wed	9:00 am - 2:00 pm	Jun 21

NO CLUB DATE: May 31

For more information or to register, please visit <https://www.piercecountywa.gov/1458/Specialized-Recreation>

PIERCE COUNTY PARKS SPECIALIZED REC

CAMPS

CAMP LOTS OF FUN

Campers will join in cooperative play, games, arts and crafts, sports activities, fun theme days, and more all while socializing and making new friends. All activities are designed to promote sharing, cooperation, friendship, sportsmanship, and fun.

Camp Lots of Fun will meet Monday through Thursday, from 9:00 am to 2:00 pm, at the Meridian Habitat Park Community Center in Puyallup.

Campers should dress for the weather and for being outside each day. Transportation to and from camp is the responsibility of the parent/caregiver. Campers who are not able to eat or use the toilet independently must be accompanied by a one on one assistant. We are unable to accept anyone who poses a threat to themselves or others.

Each camper registered prior to the registration deadline will receive a camp t-shirt.

AGE: 6-21 **DAYS:** Mon-Thur **TIME:** 9:00 am - 2:00 pm

LOCATION: Meridian Habitat Park / Shuttle - Yes

FEE: \$100/session

CODE DATES REGISTER BY

18330	July 10-13	June 30
18331	July 17-20	June 30
18332	July 31-Aug 3	June 30
18333	Aug 7-10	June 30

**Registration
Opens May 1**

NO CAMP DATES: July 14, 21, 24-28, Aug 4 & 11

AGE: 6-21yrs | **FEE:** \$100/week

DAYS: Tues-Fri | **TIME:** 9:00 - 2:00 pm

NO CAMP DATES: July 18, 25, Aug 1-5, 8, 15



CAMP PIERCE

Campers who are 18 years and older will participate in personally enriching activities each day, including enhancing socialization with peers and increasing independence skills by participating in crafts, sports, cooking and other activities. Join us for one week or for all four weeks!

Camp Pierce will meet Monday through Thursday, from 9:00 am to 2:00 pm, at the Lakewood Community Center.

Campers should dress for the weather and for being outside each day. Transportation to and from camp is the responsibility of the parent/caregiver. Campers who are not able to eat, use the toilet, or ambulate (move unassisted using feet, crutches, walker, wheelchair, etc.) independently must be accompanied by a one on one assistant. We are unable to accept anyone who poses a threat to themselves or others.

Each camper registered prior to the registration deadline will receive a camp t-shirt.

AGE: 18+ **DAYS:** Mon-Thur **TIME:** 9:00 am - 2:00 pm

LOCATION: Lakewood Community Center / Shuttle - Yes

FEE: \$100/session

CODE DATES REGISTER BY

18325	July 10-13	June 30
18326	July 17-20	June 30
18327	July 31-Aug 3	June 30
18328	Aug 7-10	June 30

**Registration
Opens May 1**

NO CAMP DATES: July 14, 21, 24-28, Aug 4 & 11

PIERCE COUNTY PARKS SPECIALIZED REC

CAMPS



CAMP PURSUIT

Camp Pursuit provides campers the opportunity to experience new hobbies. They'll actively participate in science experiments, art, Bricks for Kidz, and field day activities. This camp can be paired with our Earth Explorers Adventure Camp for a longer day, or sign up for just the afternoon session if preferred.

Each day of camp will begin with a picnic lunch before our afternoon activities, please bring a sack lunch.

AGE: 13+ **DAYS:** Tues-Fri **TIME:** 12:00 - 2:00 pm

LOCATION: Meridian Habitat Park / Shuttle - Yes

FEE: \$50

CODE	DATES	REGISTER BY
18321	July 5-7	June 26

EARTH EXPLORERS ADVENTURE CAMP

Enjoy being outside and curious about nature?

Our Environmental Educator friends from Pierce County Planning and Public Works will teach you all about the plants, trees, and animals found in Pierce County.

This camp is assessable for all and the program is held outside. Please wear comfortable shoes, weather appropriate clothes, and bring a water bottle. This camp can be paired with Camp Pursuit for a longer day at camp.

AGE: 13+ **DAYS:** Tues-Fri **TIME:** 9:00 am - 12:00 pm

LOCATION: Meridian Habitat Park / Shuttle - Yes

FEE: \$50

CODE	DATES	REGISTER BY
18320	July 5-7	June 26



CAMP KICK BACK

Introducing Camp Kick Back! Campers in this new camp will take part in activities that foster social skills, increase leisure opportunities and create friendships while having fun. This camp is designed for individuals with limited mobility and who would benefit from a more laid back day camp experience.

Campers should dress for the weather and for being outside each day. Transportation to and from camp is the responsibility of the parent/caregiver. Campers who are not able to eat, use the toilet, or ambulate (move unassisted using feet, crutches, walker, wheelchair, etc.) independently must be accompanied by a one on one assistant. We are unable to accept anyone who poses a threat to themselves or others.

Each camper registered prior to the registration deadline will receive a camp t-shirt.

AGE: 16+ **DAYS:** Mon-Thur **TIME:** 9:00 am - 2:00 pm

LOCATION: STAR Center / Shuttle- Yes

FEE: \$100

CODE	DATES	REGISTER BY
18334	Aug 14-17	July 14

**Registration
Opens May 1**

NO CAMP DATE: Aug 18

PIERCE COUNTY PARKS SPECIALIZED REC

SPECIAL OLYMPICS - SUMMER SEASON



SOFTBALL

We'll meet each week at Heidelberg Sports Complex for softball practice.

Please note: The Southwest Regional and State Softball Competition date(s) are not available.

Registration includes one practice each week and a regional competition. If you need transportation to and from the competition, please make sure to select the transportation price fee, if you do not need transportation select only the base fee.

If a team qualifies for state competition there will be a separate registration fee if transportation is needed.

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

LOCATION: Heidelberg Davis Park / Shuttle - Yes

FEES: \$50 - I have a Pierce County Parks 2022 softball shirt
 \$70 - I need a new Pierce County Parks 2023 softball shirt
 \$20 - Family & friend team shirt purchase
 \$10 - Add on for transportation to and from Regional State competitions

CODE	DATES	REGISTER BY
18294	June 22 - Aug 17	June 20



Pierce County Parks

SPECIALIZED RECREATION - ADVENTURE WITHIN REACH

GOLF

Imagine yourself hanging out with friends on a beautiful summer morning at Meadow Park Golf Course. Each Monday we'll practice putting, chipping, and driving. Or if you would like to participate in Unified golf you will partner with a partner of your choice to compete as a team on the Williams Nine (family-friendly 9-hole course.)

Please note: Special Olympics Washington has not released any summer competition details yet.

Registration includes one practice each week (except 7/4) and a regional competition. 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.

AGE: 8+ **DAY:** Monday **TIME:** 10:00 - 11:30 am

LOCATION: Meadow Park Golf Course / Shuttle - Yes

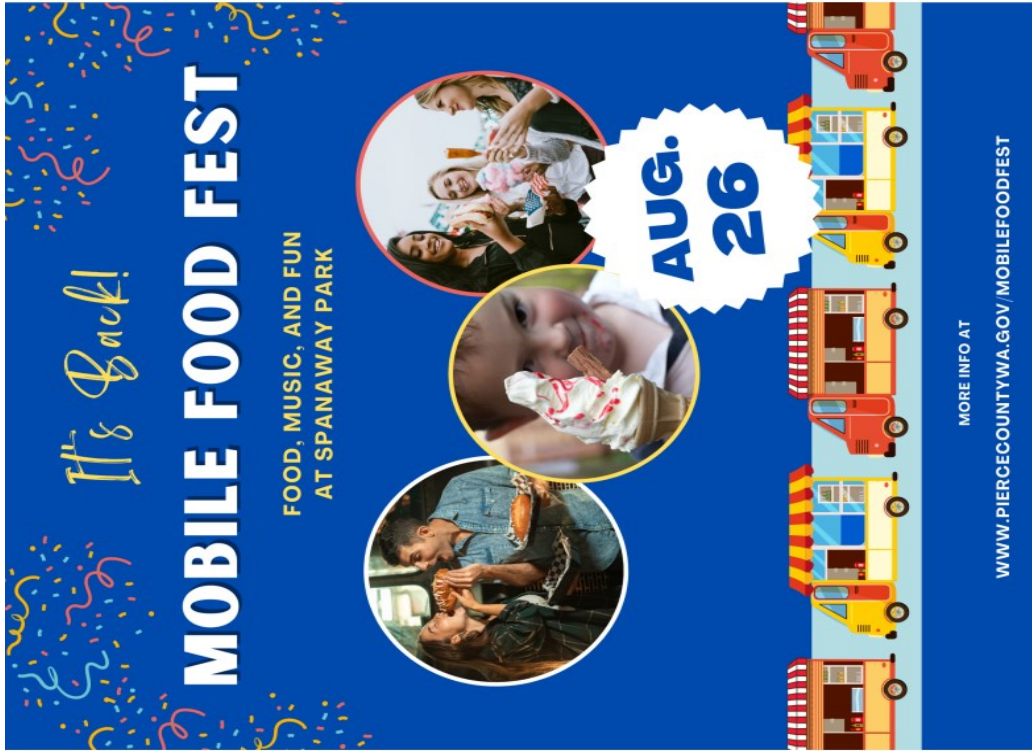
FEES: \$60 - I have a Pierce County Parks 2022 softball shirt
 \$80 - I need a new Pierce County Parks 2023 softball shirt
 \$20 - Family & friend team shirt purchase

CODE	DATES	REGISTER BY
18295	June 26 - Aug 21	June 19



Photo courtesy of
Terie Bednarski

Pierce County Parks & Rec



It's Back!

MOBILE FOOD FEST

FOOD, MUSIC, AND FUN
AT SPANAWAY PARK

AUG. 26

MORE INFO AT
WWW.PIERCECOUNTYWA.GOV/MOBILEFOODFEST

The poster features a blue background with colorful confetti. It includes three circular images: a couple eating, a child with an ice cream cone, and a group of people. A row of colorful food trucks is at the bottom.



8th Annual Pierce County Kite Festival

AUG. 5-6, 2023
10 AM - 4 PM

Central Meadow
Chambers Creek Regional Park
6320 Grandview Drive W University Place, WA 98467
Admission tickets may be purchased in advance.
\$10/vehicle | 10 AM - 4 PM

SCAN ME TO RESERVE
BOOK NOW!
FESTIVAL ADMISSION

The poster has a light blue sky background with colorful kites and streamers. It features a QR code for ticket reservations and a silhouette of a tree.

Pierce County Parks & Rec

Explore the world of BIG RIGS!

TOUCH A TRUCK
SATURDAY, SEPTEMBER 9
10 AM - 1 PM
WWW.PIERCECOUNTYWA.GOV/PARKS

Touch A Truck

20th Annual

Classic Car & Truck Show

SUNDAY AUG. 27 | **SPANAWAY PARK** | **8:00 AM - 3:00 PM**

FAMILY FRIENDLY • FREE SPECTATOR ADMISSION & PARKING

WWW.PIERCECOUNTYWA.GOV/CARSHOW

Pierce County Parks & Rec

**SUMMER
SKATING**

THE "COOLEST" PLACE TO BE

LEARN TO SKATE PUBLIC SESSIONS ICE BUMPER CARS

LET'S GO ICE SKATING!

PIERCECOUNTYWA.GOV/SPRINKER

The graphic features a large red circular banner with the text "LET'S GO ICE SKATING!". Inside the banner, there are three penguins: a small one on the left, a medium one in the center, and a large one on the right wearing a teal bumper car. The background is light pink with blue and pink starburst graphics. At the bottom, there is a red button with the URL "PIERCECOUNTYWA.GOV/SPRINKER".

Pierce County Parks & Rec

- FAMILY FUN NIGHT -

Movies in the Park!

FRIDAY, JULY 21 **FRIDAY, JULY 28**

"STRANGE WORLD" **"TURNING RED"**

7PM PRESHOW GAMES, MOVIE BEGINS AT DUSK
MERIDIAN HABITAT PARK

Free Admission

Sponsored by:
VCA Parkway Animal Hospital
Emerald Kingdom Parties

Food Trucks:
Hot Shotz Pizza, Kona Ice, and
Catherine's Custom Coffees

 A blue poster for a family fun night event. At the top, it says '- FAMILY FUN NIGHT -' in white. Below that, 'Movies in the Park!' is written in a large, white, cursive font. Two dates are listed: 'FRIDAY, JULY 21' and 'FRIDAY, JULY 28'. Under each date is a yellow box containing the movie title: '"STRANGE WORLD"' and '"TURNING RED"'. Below the movie titles, it says '7PM PRESHOW GAMES, MOVIE BEGINS AT DUSK' and 'MERIDIAN HABITAT PARK'. To the right, 'Free Admission' is written in a white, cursive font. At the bottom, there are illustrations of a movie camera, a red cup, a box of popcorn, and a blue movie ticket. On the left, it lists sponsors: 'Sponsored by: VCA Parkway Animal Hospital, Emerald Kingdom Parties'. On the right, it lists food trucks: 'Food Trucks: Hot Shotz Pizza, Kona Ice, and Catherine's Custom Coffees'.

- FREE FAMILY NIGHT -

Movies in the Park!

FRIDAY, AUG 4 *dog friendly!*

"DC LEAGUE OF SUPER PETS"

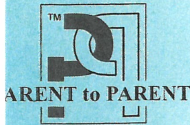
7PM PRESHOW GAMES
MOVIE BEGINS AT DUSK
MERIDIAN HABITAT PARK

Food Trucks:
Hot Shotz Pizza, Kona Ice,
and Catherine's Custom Coffees

Sponsored by:
VCA Parkway Animal Hospital
Emerald Kingdom Parties

 A dark blue poster for a family fun night event. At the top, it says '- FREE FAMILY NIGHT -' in white. Below that, 'Movies in the Park!' is written in a large, white, cursive font. The date 'FRIDAY, AUG 4' is listed in yellow. To the right, 'dog friendly!' is written in a blue, cursive font. Below the date is a yellow box containing the movie title: '"DC LEAGUE OF SUPER PETS"'. Below the movie title, it says '7PM PRESHOW GAMES', 'MOVIE BEGINS AT DUSK', and 'MERIDIAN HABITAT PARK'. At the bottom right, there is an illustration of a dog wearing a blue mask and a yellow cape with a red 'S' on it. At the bottom left, there are illustrations of a movie camera, a red cup, a box of popcorn, and a blue movie ticket. On the left, it lists food trucks: 'Food Trucks: Hot Shotz Pizza, Kona Ice, and Catherine's Custom Coffees'. On the right, it lists sponsors: 'Sponsored by: VCA Parkway Animal Hospital, Emerald Kingdom Parties'.

PAVE PROGRAMS



2023

PAVE

P2P Pierce Support Groups

Pierce County Parent to Parent (P2P), provides emotional support & information on community resources for parents who have a child with a disability or chronic health need.

Your support group choices include...

- **Monday Night Coffee or Tea** - Meets every Monday night 8:00-9:00pm
- **Spanish Speaking Families Group** - A place to talk with other families who get it. Meets 3rd Tuesday monthly, 6:30-7:30pm **Se habla Espanol**
- **Native Families Group** - Provides supportive & culturally respected space for Native families cultivating relationships and sharing their culture. Meets 4th Tuesday monthly, 7:00-8:00pm
- **Awesome Autism** - Join parents and caregivers to discuss what works for them. Meets 2nd Thursday monthly, 12:30-1:30pm
- **Black/African American Families Group** - Provides a safe, culturally rooted space for Black and African American families to cultivate relationships. Meets 4th Thursday monthly, 7:00-8:00pm
- **Down Syndrome Moms Night In** - Spend an hour with other moms who get it, our lives are unique. Meets 2nd Friday monthly, 7:00-8:00pm

Pick your group and find your community...because no parent should feel alone!



Register for a group by scanning the QR code or visit our website: wapave.org/calendar

PIERCE COUNTY DOWN SYNDROME COMMUNITY

PIERCE COUNTY DOWN SYNDROME COMMUNITY UPCOMING EVENTS | 2023

Follow 321 BUDDY FUNDRAISING & SHARING DOWN SYNDROME IN PIERCE COUNTY on Facebook for up-to-date info.

Snack & Yack * with 321 Buddy Rainier View Church Graham 6:00 PM June 16th	Snack & Yack * with 321 Buddy Rainier View Church Parkland 6:00 PM July 21st	Snack & Yack * with 321 Buddy Rainier View Church Graham 6:00 PM August 18th	PARENTS NIGHT OUT * with SDSPC The Float Gig Harbor 6:30 PM Sept 8th	Snack & Yack * with 321 Buddy Rainier View Church Parkland 6:00 PM Sept 15th
Buddy Walk with 321 Buddy Franklin Pierce Stadium Get Updates on Facebook 11:00 AM Oct 7th	PARENTS NIGHT OUT * with SDSPC The Office Tacoma 6:30 PM Oct 13th	Snack & Yack * with 321 Buddy Rainier View Church Graham 6:00 PM Oct 20th	Snack & Yack * with 321 Buddy Rainier View Church Parkland 6:00 PM Nov 17th	PARENTS NIGHT OUT HOLIDAY PARTY * with SDSPC Rainier View Church Parkland 6:30 PM Dec 15th

Events marked with * are free to attend. Some have an option to purchase

For more info, please visit <https://www.321buddyfundraising.com/> or call 206-353-9931.

ON THE ROAD WITH PARTNER CAFE



On the Road with PartnerCafe
**A Direct Service
Mobile Team**

You have questions?
We have answers!



Free Admission!

**Under the Big Top
Community Resource Fair**

Resources available:

- Housing
- Mental Health
- Healthcare (Medical Coverage)
- Healthcare (Medicare)
- Aging and Disability
- Special Needs
- Transportation
- Education
- Autism Support
- Dementia & Alzheimer's Support
- Youth & Young Adults
- Counseling
- Jobs & Careers
- Veterans Services

Raffles!
Giveaways!
Grab Bags!





Family Friendly!
Everyone is welcome!

Friday
6-23-23
12pm-3pm

**Key Peninsula
Civic Center**
17010 South Vaughn Rd NW Vaughn, WA 98394

i
www.ontheroadwpc.org
info@ontheroadwpc.org
646-598-4675

Sponsorship Opportunities Available!
Email info@ontheroadwpc.org for sponsorship application

Tax ID# 85-3358820

Center Force

Save the date

ALL HALLOWS EVE

A 'Just Like You' annual event

Friday, Oct. 27, 2023

5-9:30 p.m. @ Lakewood Elks Lodge #2388

MIXER ♦ AUCTION ♦ WINE PULL ♦ ALASKA AIR TICKET RAFFLE

Tickets: \$45

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



WATER SAFETY TIPS FROM THE AMERICAN RED CROSS

Every day, an average of 11 people die in the U.S. from unintentional drowning — and one in five of those are children 14 or younger according to the Centers for Disease Control and Prevention (CDC).

The Red Cross wants everyone to know critical safety knowledge and skills that could save your life in and around the water. We encourage families to build confidence in the water by learning to be safe, making good choices, learning to swim and how to handle emergencies.

- Preventing unsupervised access to water, providing constant, active adult supervision and knowing how to swim are critical layers of protection to help prevent drowning.
- Classes to learn how to swim are available for both children and adults in all communities. Everyone should learn first aid and CPR too, so they know what to do in an emergency.
- Download the Red Cross Swim app, sponsored by The ZAC Foundation, for safety tips, kid-friendly videos and activities, and take the free Water Safety for Parents and Caregivers online course in English or in Spanish. (Links on site.)
- It's best to swim in a lifeguarded area. Always designate a "water watcher" whose sole responsibility is to keep a close eye and constant attention on everyone in and around the water until the next water watcher takes over.
- Drowning behavior is typically fast and silent. Unless rescued, a drowning person will last only 20 to 60 seconds before submerging. Reach or throw, don't go! In the event of an emergency, reach or throw an object to the person in trouble. Don't go in or you could become a victim yourself. Test your knowledge!
- It only takes a moment. A child or weak swimmer can drown in the time it takes to reply to a text, check a fishing line or apply sunscreen.

For more information and to visit their live links, please visit: <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/summer-safety.html>

WASH. State Fair 2023

September 1-24, 2023

*Visit www.thefair.com or call (253) 845-1771
for more information.*

Event / Concert	Date	Time
An Evening with Chicago	9/1/23	7:30 pm
Kehlani	9/2/23	7:30 pm
Kane Brown with Dylan Schneider	9/3/23	7:30 pm
The Temptations	9/4/23	6:00 pm
Puyallup Rodeo	9/7/23	6:30 pm
Joe Nichols Dancin' In the Dirt Party	9/7/23	9:15 pm
Western Rodeo Parade & Cattle Drive	9/8/23	10:00 am
Puyallup Rodeo	9/8/23	6:30 pm
Dylan Scott Dancin' In the Dirt Party	9/8/23	9:15 pm
Puyallup Rodeo	9/9/23	1:00 pm
Shots & Spurs Line Dancing Party	9/9/23	4:00 pm
Puyallup Rodeo	9/9/23	6:30 pm
Colt Ford Dancin' In the Dirt Party	9/9/23	9:15 pm
Puyallup Rodeo Finals	9/10/23	1:00 pm
Tyler Hubbard	9/11/23	7:30 pm
Zac Brown Band with Lindsay Ell	9/13/23	7:30 pm
KIDZ BOP	9/14/23	6:30 pm
An Evening With Jeff Foxworthy	9/15/23	7:30 pm
Pentatonix with Lauren Alaina	9/16/23	7:30 pm
Casting Crowns with Anne Wilson	9/18/23	7:30 pm
Third Eye Blind with Built to Spill	9/20/23	7:30 pm
Styx with Nancy Wilson's Heart	9/21/23	7:30 pm
Yung Gravy & bbno\$	9/22/23	7:30 pm
Babyface	9/23/23	7:30 pm
Dan & Shay with Tyler Rich	9/24/23	7:30 pm

Schedule subject to change ; accurate as of press time.

PC2: Empowering individuals with developmental disabilities and their families - since 1995!

SPECIAL NEEDS PARENTING SOCIAL GROUP



Need help finding resources or support for your family? The Morgan Family YMCA has a Social Group for Parents of Children who are living with special healthcare challenges.

PROGRAM DETAILS:

- Exchanging ideas and community resources
- Relatable discussions of everyday challenges we face
- Encouraging one another while building our community
- Connecting with other parents who understand your needs for support

WHEN: Every 1st Friday 5pm-7pm
Every 3rd Saturday 10am-12pm

CONTACT

Tae Harris | email: tharris@ymcapkc.org
Erika Brooks | Volunteer | Email: parentsofashington@gmail.com

YMCAPKC.ORG

ALL AROUND SOUTH SOUND SUMMER FUN!

Pierce County Libraries (branches in Anderson Island, Bonney Lake, Buckley, DuPont, Eatonville, Fife, Gig Harbor, Graham, Key Center, Lakewood, Milton/Edgewood, Orting, Parkland/Spanaway, South Hill, Steilacoom, Summit, Sumner, Tillicum, University Place). Please visit <https://mypcls.org/visit-the-library/locations-hours/> for branch addresses and hours of operation.

South Sound Movie Theaters (Grand Cinema, Blue Mouse Theatre, Century Point Ruston, Regal Lakewood, AMC Lakewood Mall, Century Federal Way, Regal South Hill Cinema, Regal Auburn, Regal Longston Place, Yelm Cinemas, AMC Kent Station). Visit https://www.fandango.com/tacoma_wa_movietimes for theater locations, showings, and movie times.

Metro Parks Tacoma Pools (Norpoint, People's Kandle, Stewart Heights, Eastside Community). Visit https://www.metroparkstacoma.org/places/location-finder/?action=mp_find_locations&mp_search=&location_type=pools&&mp_page=1 or call 253-305-1000 for locations and hours.

Metro Parks Tacoma Spraygrounds (Wright, Wapato Hills, Verlo, Titlow, South Park, SERA, Norpoint, Kandle, Jefferson, Franklin). Visit https://www.metroparkstacoma.org/places/location-finder/?action=mp_find_locations&mp_search=&location_type=spraygrounds&&mp_page=1 or call 253-305-1000 for locations and hours.

Mini-Golf (Parkland Putters, Tower Lanes, Mike & Terry's Outdoor Fun Park, Epicenter, Cassidy's). Visit https://www.yelp.com/search?find_desc=Mini+Golf&find_loc=Tacoma%2C+WA for more information.

Point Defiance Zoo & Aquarium. Visit <https://www.pdza.org/> or call 253-404-3800 for more information.

Northwest Trek. Visit <https://www.nwtrek.org/> for more information.

Wildwaves. Visit <https://www.wildwaves.com/> or call (253) 661-8000 for more information.

Tacoma Summer Blast, 4th of July, FREE

City of Tacoma's official 4th of July Celebration. This annual event takes place on Dune Peninsula and the iconic Ruston Way Waterfront and features two distinct event footprints, over 150 vendors, 2 stages, and a 20-minute firework display. This event is the largest free community event in the South Sound. This event is produced by the City of Tacoma and Metro Parks. For more information, please visit: <https://www.metroparkstacoma.org/event/summerblast/>

Roy Pioneer Rodeo, September 2-3, 8710 Higgins Greig Road, Roy, WA, 98580.

Children 5 and under: free ; Children 6-12: \$5 ; Adults 13-60: \$13 ; Adults 60+: \$7. For more information, please visit <http://www.royrodeo.com/>



TRAVEL TIPS FOR FAMILIES OF CHILDREN WITH DISABILITIES

Planning a Summer Vacation: Travel Tips for Families of Children With Disabilities

By: Amy Kelly, MBA, MNM Devereux Advanced Behavioral Health

Summer travel season is well underway. While traveling with children can be both fun and exhausting, if you are a parent or caregiver of a child with disabilities, even more planning may be required to have a safe and successful trip.

This summer, I decided to take my daughter Annie on her first plane ride. Annie is 20 years old, has autism, intellectual and developmental disabilities, and is minimally verbal.

Whether you are taking to the skies or hitting the open road this summer, there are some things I have learned over the years that parents and caregivers can do to ensure everything runs smoothly.

Tips for Parents and Caregivers When Traveling

Practice, Practice, Practice: Use images, books, and social stories to help your child understand what to expect on an upcoming trip. Reassure them that being apprehensive or nervous about new experiences is normal and also how we learn and grow. Include photos of the final destination to spark excitement.

Tap Into the Five Senses: Many children have unique sensory needs and sensitivities. Think about the five senses when preparing for the trip:

- **Sight:** Talk to your child about what they may see at the airport or in other public transportation settings, such as crowds of people, flashing lights, and neon signs.
- **Sound:** Boisterous plane engines, squeaky bus brakes, and screeching trains may be some of the sounds your child may hear while traveling on mass transit. Pack headphones or soft earplugs to help dial down the noise.
- **Smell:** You can expect to smell everything from exhaust fumes to fast food to perfume when you travel to new places. If you have a loved one with a sensitive olfactory system, bring a mask or bandana so they can cover their nose.
- **Touch:** Prepare for the hustle and bustle of airports and other public transportation settings where you may brush shoulders with strangers and even have to undergo a pat-down check. Once on board the plane, train or bus, your child may not be used to the close proximity of the seats. Bring a comfort item, such as a blanket, pillow, or stuffed animal to help acclimate your loved one to their new environment. For younger children, the comfort of a familiar car seat also may do the trick.
- **Taste:** Food is different everywhere you go. If you have a child with dietary restrictions, pack snacks in your carry-on. Also, consider visiting a local grocery store when you arrive at your vacation destination to purchase familiar foods.

Get a Sneak Peek: Visit the airport or train station with your child before your actual trip. You may not be able to see or experience everything that you will on your day of travel, but this will provide them with a better idea of what is to come. There also may be customer service representatives on hand who can assist with access, so do not hesitate to ask for help.

Bring Toys and Games: Bring toys, games, or crafts that can fit easily in your carry-on. Surprise your child when they are looking for something to do or need a distraction. Some go-to items include: Play-Doh, Silly Putty, fidget toys, Magna Doodles, coloring books and crayons, whiteboards and washable markers, colored pipe cleaners to make into shapes, and decks of cards. Do not forget to pack your loved one's favorite electronic gadget, such as an iPad or tablet.

Offer Frequent Praise: We all need praise and encouragement. Letting your child know how proud you are of them can go a long way in helping them achieve success. Focus on the positive moments instead of the frustrating ones. Set the "vibe" for the trip and model the behavior you would like to see.

In the end, Annie and I had a fantastic time on our trip – we went into it feeling prepared and ready to go on an adventure together. I wish you and your family the same success. Safe travels!

Source: <https://autismspectrumnews.org/planning-a-summer-vacation-travel-tips-for-families-of-children-with-disabilities/>

25 Free Things to Do

1. Take part in Tacoma Museum District's Third Thursday Artwalk each month for free admission to Tacoma Art Museum, Washington State History Museum, Foss Waterway Seaport Museum and Museum of Glass. Please see the individual organization's website for hours and pricing. Tacoma History Museum is always free.
2. Wander through large displays of Dale Chihuly's glass art at the 500-foot-long Bridge of Glass, which connects Washington State History Museum, Museum of Glass, and historic Union Station.
3. Explore Pierce County's public art, including: One Percent for Art Project with Pierce County, Spaceworks Tacoma, and Puyallup's Art Downtown Outdoor Gallery.
4. Travel the 340-acre Fort Steilacoom Park and explore the extensive trail system by foot or bike with the entire family. If you have your furry friend with you, don't miss the 22-acre off-leash dog park.
5. Relax in beautiful Wright Park and the W.W. Seymour Botanical Conservatory located in the heart of Tacoma.
6. Use your imagination and explore the hands-on exhibits that the Children's Museum of Tacoma has to offer (pay-as-you-will admission).
7. See the 100+ year-old, 85-foot totem pole in Fireman's Park and enjoy the 180-degree view of Commencement Bay.
8. Immerse yourself in the style and history of the bonsai tree. The art form is taken to new heights at the Pacific Bonsai Museum, a free, open-air museum.
9. Climb the Port of Tacoma's observation deck to watch loading cargo ships. While you're there, take a free tour of the Port of Tacoma to learn about the history of the port and all its activity.
10. Walk, rollerblade, or cycle along the two-mile Ruston Way Promenade, Tacoma's premier waterfront drive.
11. Visit local Farmer's Markets in nearly every community throughout Pierce County, or the public market at Point Ruston, called the Waterfront Market at Ruston.
12. Tour the Fife History Museum, view exhibits, and see a rare 76-ton train engine. Explore the rich cultures that shaped the City of Fife as we know it today.
13. See rusted remains of Galloping Gertie, the first Tacoma Narrows Bridge that collapsed in the 40s, at the Gig Harbor History Museum.

25 Free Things to Do

14. Experience history through remarkable manuscripts and documents on display at Karpeles Manuscript Museum.
15. Discover sand dollars and relax at Kopachuck State Park's saltwater beach.
16. Take a relaxing summer swim in American Lake in Lakewood.
17. Discover one of Elbe's wonderful gems in its 1906 Evangelische Lutheran Kirche, one of the smallest churches in the U.S. [24 ft. by 18 ft.]
18. Explore two miles of shoreline by walking the Bridge to the Beach at Chamber's Creek Regional Park in beautiful University Place.
19. Walk the path around the 2015 U.S. Open Golf Course, Chambers Bay. Take in the rolling hills and the gorgeous waterfront.
20. Drive the beautiful State Hwy. 410, a designated National Scenic Byway around Mt. Rainier.
21. Pause for a picnic in scenic areas of Wilkeson, Carbonado, and Mowich Lake, the rustic communities surrounding Mount Rainier.
22. Hike or walk Chinook Pass, Crystal Mountain, High Rock Lookout, or the Mount Tahoma Trail system for breathtaking views of Mount Rainier - the fourth-highest peak in the U.S.
23. Browse antique row in Puyallup's Antique District with 400 dealers in 20 eclectic locations.
24. Enjoy Sumner's small-town heritage with a self-guided tour through its historical landmarks.
25. Wind through an old-growth forest with views of Puget Sound and the Tacoma Narrows Bridge on the five-mile drive at Point Defiance Park.

Source: <https://www.traveltacoma.com/things-to-do/25-free-things-to-do/#>



BE SAFE, BE WELL, + TAKE CARE.

AND FROM ALL OF US AT PC2,
HAVE A GREAT SUMMER!!

