



FOCUS

*PC2 for Developmental Disabilities
Winter, 2024 ~ Volume 29, Issue 2*



WINTER ICE! SPECIAL EDITION

**Looking for something
fun to do over Winter Break?**

**Check inside for
activity ideas during
December, 2023 & beyond!**



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.

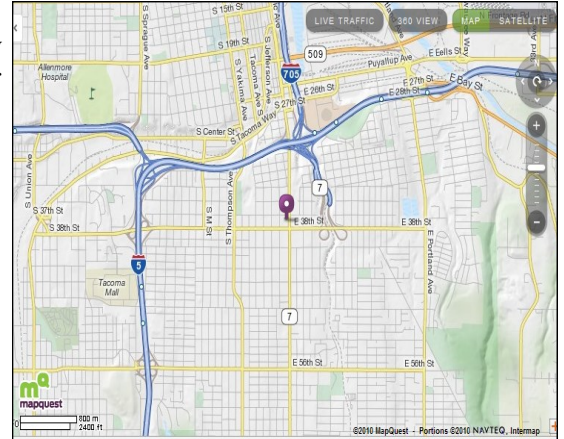
PC2 is comprised of both individuals & organizations of parents, guardians, professionals, & other partners interested in the well-being of individuals with developmental disabilities. Opportunities to gain information, education, & networking are available through our newsletter, website at www.pc2online.org, 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
3716 Pacific Avenue #A
Tacoma, WA 98418-7836
253-564-0707 (T) | 253-564-0702 (F) | 1-877-DD-LINKS (T/F)
E-mail: info@pc2online.org
Web: www.pc2online.org



PC2 BOARD

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VIKRAM SHAH, *Parent*
ROBERT WARDELL, *Self Advocate*

From the Director's Desk . . .

Dear Families & Friends of PC2:

Tis the season to be jolly & our Winter ICE! special edition of the *Focus* newsletter has un-ending ideas for you and your family!



There are dances, cooking classes, board game nights, movies, art classes, zoo lights, and so much more. Please take the time to peek inside and find an activity (or 2!) that might be of interest to you and your family to get out and about and connect with friends, neighbors, and other community members.

We would love to have you share a photo of your outings with us! You can email to us at info@pc2online.org.

The other season upon us - the 2024 Legislative Session. The schedule for Advocacy Days activities:

January 10 – What Are Our Rights and How Do We Advocate?

January 17 – What Do People Need to Live in their Community?

January 24 – How Do We Create Safe, Affordable Places to Live?

January 31 – How Do We Support Families to Support their Loved Ones?

February 7 – What is Needed to Ensure Every Student has an Inclusive Education?

February 14 – Engaging in Our Communities – How Do We Make Our Communities Welcoming?

February 21 – Why are so Many People in Crisis?

February 28 – What Can You Do Now?

Visit <https://arcwa.org/advocacy/2024-advocacy-days/> for more information.

If you would like to contact your legislator about your concerns, we are happy to help. Give us a call anytime at 253.564.0707. (Please see the back page of this issue for a contact sheet of all Pierce County legislators.)

Please watch our e-blasts for legislative updates. There are important programs being considered during this session.

Back to the season of joy - PC2 staff want to wish you and your family a wonderful, safe, and healthy holiday season!

BethAnn & the PC2 Staff

Please note:

The PC2 offices will be closed from 12/25/2023 until 1/1/2024.

PC2 Events / Activities



2024 ACTIVITIES
& SOCIAL
GATHERINGS

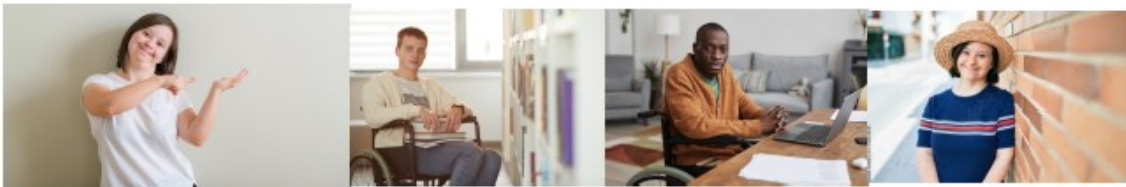
FRIENDSHIP CLUB

THIRD THURSDAY OF THE MONTH, 10 A.M.

ACTIVITY CLUB

LAST THURSDAY OF THE MONTH, 10 A.M.

SENIOR FAMILIES
COMMUNITY ACTIVITIES
CALL FOR SCHEDULE



3716 Pacific Avenue #A
Tacoma, WA 98418

Advance reg. req'd.
Call 253.564.0707
or email
info@pc2online.org.

3rd Friday Dance

2023-2024

6:00-8:00

Doors open

At 5:45 pm

ADMISSION \$5.00 (Formerly The GLADD Dance)

Only DD adults 18 and older

We reserve the right to refuse service to anyone

- April 21, 2023 Crazy Hat Contest
- May 19, 2023 Beach Ball Dance Contest
- June 16, 2023 Prince Charming and Cinderella Prom
- July - No dance
- August - No dance
- September 15, 2023 Welcome Back Hoe Down
- October 20, 2023 Halloween Costume Contest
- November 17, 2023 Turkey Trot Dance Contest
- December 15, 2023 Santa Claus Is Coming To Town
- January 19, 2024 Football Fan Dance
- February 16, 2024 Be My Valentine Dance
- March 15, 2024 Green Day Dance
- April 19, 2024 Crazy Hat Contest
- May 17, 2024 Prince Charming and Cinderella Prom



NEW LOCATION

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

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

If you need extra care or assistance, please bring supervision.

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

Contact: Geri Lavin 253-223-4800

3rd Friday Dances (formerly GLADD)

Pierce Co. Parks Specialized Rec.

ADVENTURE WITHIN REACH

QUARTERLY GUIDE | JANUARY • FEBRUARY • MARCH | 2024-Q1

Inclusive Pierce County programs and events for individuals of all ages and abilities

DIGITAL VERSION



[VIEW LINKED GUIDE](#)

WWW.PIERCECOUNTYWA.GOV/PCSR | 253-798-2997



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:



Pierce County Parks

SPECIALIZED RECREATION - ADVENTURE WITHIN REACH

Office: Lakewood Community Center
9112 Lakewood Dr SW
Lakewood, WA 98499

Program Information: (253) 798-2997

Program Registration: (253) 798-4199

Email: pcsr@piercecounitywa.gov

Facebook Community:

www.Facebook.com/PierceCountyParks



On the Cover: Special Olympics Volunteer Coaches - THANK YOU!



Ride the Shuttle

Pierce Transit

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

For off hours dispatch dial: 253-581-8140
TTY for individuals with a hearing impairment: 711
Fax: (253) 984-8154
Website: www.piercetransit.org/shuttle/

2 www.piercecounitywa.gov/pcsr | 253-798-4199

Pierce Co. Parks Specialized Rec.

Pierce Co. Parks Specialized Rec.

What's Inside



Registration _____ pg 4
 How-to information, payment options, and policies.

Monthly Calendars _____ pg 5-7
 January, February and March 2024

Art & Leisure _____ pg 8-9

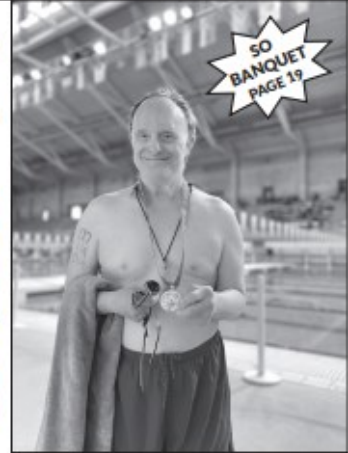
Special Events _____ pg 10-11

Community _____ pg 12-13

Virtual Programs _____ pg 14

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Special Olympics _____ pg 16-19



Program Locations

The @ symbol and abbreviations are used on the calendar pages to represent which of the below properties the programs are located at.

DB—
 Daffodil Bowl
 1624 E Main St
 Puyallup WA 98372

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

YMCA—
 Sumner YMCA
 16101 64th St E
 Sumner WA 98390

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

REGAL—
 Regal South Hill Cinema
 3500 S Meridian
 Puyallup WA 98373

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

MHP—
 Meridian Habitat Park
 14422 Meridian E
 Puyallup WA 98375

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

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

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

PLU—
 Pacific Lutheran University
 796-834 124th St S
 Parkland WA 98444

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

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



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



Adventure Within Reach

REGISTRATION INFORMATION



REGISTRATION OPENS DEC 11: 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](mailto:pcsr@ PierceCountyWA.gov)

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Pierce Co. Parks Specialized Rec.

Pierce Co. Parks Specialized Rec.

JANUARY 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 NEW YEAR'S DAY HOLIDAY Office Closed NO PROGRAMS	2 NO Art Class@LCC NO Scrap & Cook @STAR	3 NO Club Pierce @SRC 9:30 Wacky Wed @ZOOM 5:30 SO Cheerleading @MHP 6:30 SO Basketball @LCC	4 9:00 The Hangout @LCC 5:30 Young Athletes @LCC	5 9:30 Fri-Yay @ZOOM 9:30 Low Aerobics @LCC 1:00 Crafts Cocoa @SRC 3:30 Rec Bowling @PLEC 6:30 SO Basketball @LCC	6
7	8 9:00 Club Pierce @PRC 9:30 Manic Mon @ZOOM 3:30 Let's Play Sports @LCC 5:00 GC Peers Crew@LCC 6:30 SO Basketball @PC	9 11:30 Art Class@LCC 6:00 Scrap & Cook @STAR	10 9:00 Club Pierce @SRC 9:30 Wacky Wed @ZOOM 5:30 SO Cheerleading @MHP 6:30 SO Basketball @LCC	11 9:00 The Hangout @LCC 5:30 Young Athletes @LCC	12 9:30 Fri-Yay @ZOOM 9:30 Low Aerobics @LCC 1:00 Crafts Cocoa @SRC 3:30 Rec Bowling @PLEC 6:00 Masquerade Dance Party @STAR 6:30 SO Basketball @LCC	13 5:00 Bingo Party @LCC
14	15 MARTIN LUTHER KING JR DAY HOLIDAY Office Closed NO PROGRAMS	16 11:30 Art Class@LCC 6:00 Scrap & Cook @STAR	17 9:00 Club Pierce @SRC 9:30 Wacky Wed @ZOOM 5:30 SO Cheerleading @MHP 6:30 SO Basketball @LCC	18 9:00 The Hangout @LCC 5:00 Mini Golf & Tacos @LCC 5:30 Young Athletes @LCC	19 9:30 Fri-Yay @ZOOM 9:30 Low Aerobics @LCC 1:00 Crafts Cocoa @SRC 3:30 Rec Bowling @PLEC 6:30 SO Basketball @LCC	20 5:00 Bingo Party @LCC SO Winter Basketball Sub-Regionals Jan 20
21 11:15 Summer Swim Social @LCC 12:00 Summer Swim Social @YMCA	22 9:00 Club Pierce @PRC 9:30 Manic Mon @ZOOM 3:30 Let's Play Sports @LCC 5:00 GC Peers Crew@LCC 6:30 SO Basketball @PC	23 11:30 Art Class@LCC 6:00 Scrap & Cook @STAR	24 9:00 Club Pierce @SRC 9:30 Wacky Wed @ZOOM 5:30 SO Cheerleading @MHP 6:30 SO Basketball @LCC	25 9:00 The Hangout @LCC 5:30 Young Athletes @LCC 6:00 Tasty Travels @PRC	26 9:30 Fri-Yay @ZOOM 9:30 Low Aerobics @LCC 1:00 Crafts Cocoa @SRC 3:30 Rec Bowling @PLEC 6:30 SO Basketball @LCC	27
28 1:30 R, Set, Cook! @STAR	29 9:00 Club Pierce @PRC 9:30 Manic Mon @ZOOM 3:30 Let's Play Sports @LCC 5:00 GC Peers Crew@LCC 6:30 SO Basketball @PC	30 11:30 Art Class@LCC 6:00 Scrap & Cook @STAR	31 9:00 Club Pierce @SRC 9:30 Wacky Wed @ZOOM 5:30 SO Cheerleading @MHP 6:30 SO Basketball @LCC	1	2	3



KEY @ Locations - complete list on page 3.

- DB — Cuffodl 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
 - PLEC — Paradise Lanes Entertainment Center, 12505 Pacific Ave S, Tacoma WA 98444
 - PLU — Pacific Lutheran University, 796-834 124th St S, Parkland 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
 - REGAL — Regal South Hill Cinema, 3500 S Meridian, Puyallup WA 98373
 - ROCK — The Rock Wood Fire Pizza, 4301 S Meridian, Puyallup, WA 98373
 - SRC — Sprinkler Recreation Center, 14824 C St S, Tacoma WA 98444
 - STAR — STAR Center, 3873 S 64th St, Tacoma WA 98409
 - YMCA — Sumner YMCA, 16101 64th St E, Sumner WA 98390
 - ZOOM — Virtual login online: <https://zoom.us>
- Special Olympics (SO)

FEBRUARY 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
<div style="text-align: center;"> </div>				9:00 The Hangout @LCC 5:00 Galentine's Day @LCC NO Young Athletes @LCC	9:30 Fri-Yay @ZOOM 9:30 Low Aerobics @LCC 1:00 Crafts Cocoa @SRC 3:30 Rec Bowling @PLEC 6:30 SO Basketball @LCC	
	4	5	6	7	8	9
	9:00 Club Pierce @PRC 9:30 Manic Mon @ZOOM 3:30 Let's Play Sports @LCC 5:00 GC Peers Crew @LCC 6:30 SO Basketball @PRC	11:30 Art Class @LCC 3:30 Rec Bowling @DB 6:00 Scrap & Cook @STAR	9:00 Club Pierce @SRC 9:30 Wacky Wed @ZOOM 5:30 SO Cheerleading @MHP 6:30 SO Basketball @LCC	9:00 The Hangout @LCC 5:30 Young Athletes @LCC	9:30 Fri-Yay @ZOOM 9:30 Low Aerobics @LCC 1:00 Crafts Cocoa @SRC 3:30 Rec Bowling @PLEC 6:00 Sweetheart Dance Party @STAR 6:30 SO Basketball @LCC	10 5:00 Bingo Party @LCC <small>SO Winter Basketball Regional Competition Feb 10</small>
11	12	13	14	15	16	17
	9:00 Club Pierce @PRC 9:30 Manic Mon @ZOOM 3:30 Let's Play Sports @LCC 5:00 GC Peers Crew @LCC 6:30 SO Basketball @PRC	11:30 Art Class @LCC 3:30 Rec Bowling @DB 6:00 Scrap & Cook @STAR	9:00 Club Pierce @SRC 9:30 Wacky Wed @ZOOM 5:30 SO Cheerleading @MHP 6:30 SO Basketball @LCC	9:00 The Hangout @LCC 5:30 Young Athletes @LCC	NO Fri-Yay @ZOOM 9:30 Low Aerobics @LCC 1:00 Crafts Cocoa @SRC 3:30 Rec Bowling @PLEC 6:30 SO Basketball @LCC	17 5:00 Bingo Party @LCC
18	19	20	21	22	23	24
11:15 Summer Swim Social @LCC 12:00 Summer Swim Social @YMCA	PRESIDENTS' DAY HOLIDAY Office Closed NO PROGRAMS	11:30 Art Class @LCC 3:30 Rec Bowling @DB 6:00 Scrap & Cook @STAR	9:00 Club Pierce @SRC 9:30 Wacky Wed @ZOOM 5:30 SO Cheerleading @MHP 6:30 SO Basketball @LCC	9:00 The Hangout @LCC 5:30 Young Athletes @LCC 6:00 Board Game @PRC	9:30 Fri-Yay @ZOOM 9:30 Low Aerobics @LCC 1:00 Crafts Cocoa @SRC 3:30 Rec Bowling @PLEC 6:30 SO Basketball @LCC	
25	26	27	28	29	1	2
1:30 R, Set, Cook @STAR	9:00 Club Pierce @PRC 9:30 Manic Mon @ZOOM 3:30 Let's Play Sports @LCC 5:00 GC Peers Crew @LCC 6:30 SO Basketball @PRC	11:30 Art Class @LCC 3:30 Rec Bowling @DB 6:00 Scrap & Cook @STAR	9:00 Club Pierce @SRC 9:30 Wacky Wed @ZOOM 5:30 SO Cheerleading @MHP 6:30 SO Basketball @LCC	NO The Hangout @LCC 3:30 Dinner & Movie: Madame Web @SRC 5:30 Young Athletes @LCC		

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- PLEC—Paradise Lanes Entertainment Center, 12505 Pacific Ave S, Tacoma WA 98444
- PLU—Pacific Lutheran University, 796-834 124th St S, Parkland 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
- REGAL—Regal South Hill Cinema, 3500 S Meridian, Puyallup WA 98373
- ROCK—The Rock Wood Fine Pizza, 4301 S Meridian, Puyallup, WA 98373
- SRC—Sprinkler Recreation Center, 14824 C St S, Tacoma WA 98444
- STAR—STAR Center, 3873 S 66th St, Tacoma WA 98409
- YMCA—Summer YMCA, 16101 64th St E, Sumner WA 98390
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Pierce Co. Parks Specialized Rec.

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MARCH 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25 NO READY, SET, COOK SUMMER SWIM SOCIAL IN MARCH	26	27	28	29	1 9:30 Fri-Yay @zoom NO Low Aerobics @LCC NO Crafts Cocoa @SRC NO Rec Bowling @PLEC SO Winter Basketball State Competition Mar 1-3	2 NO Young Athletes @LCC SO Winter Basketball State Competition Mar 1-3
3 NO Rec Swim @PLU SO Winter Basketball State Competition Mar 1-3	4 9:00 Club Pierce @PRC 9:30 Manic Mon @zoom 3:30 Let's Play Sports @LCC 5:00 GC Peers Crew@LCC	5 11:30 Art Class@LCC 3:30 Rec Bowling @DB 6:00 Scrap & Cook @STAR	6 9:00 Club Pierce @SRC 9:30 Wacky Wed @zoom	7 9:00 The Hangout @LCC 3:30 Dinner & Movie: Madame Web @LCC	8 9:30 Fri-Yay @zoom 9:30 Low Aerobics @LCC 1:00 Crafts Cocoa @SRC 3:30 Rec Bowling @PLEC 6:00 90's Dance Party @STAR	9 1:00 Young Athletes @LCC 5:00 Bingo Party @LCC
10 11:30 Rec Swim @PLU	11 9:00 Club Pierce @PRC 9:30 Manic Mon @zoom 3:30 Let's Play Sports @LCC 5:00 GC Peers Crew@LCC 5:30 SO Swimming @PLU	12 11:30 Art Class@LCC 3:30 Rec Bowling @DB 6:00 Scrap & Cook @STAR	13 9:00 Club Pierce @SRC 9:30 Wacky Wed @zoom 4:30 Dinner & Movie: TBD @REGAL	14 9:00 The Hangout @LCC 6:00 Board Game @PRC	15 9:30 Fri-Yay @zoom 9:30 Low Aerobics @LCC 1:00 Crafts Cocoa @SRC 3:30 Rec Bowling @PLEC 6:00 SO Sports Banquet @STAR	16 1:00 Young Athletes @LCC 5:00 Bingo Party @LCC
17 11:30 Rec Swim @PLU	18 9:00 Club Pierce @PRC 9:30 Manic Mon @zoom 3:30 Let's Play Sports @LCC 5:00 GC Peers Crew@LCC 5:30 SO Swimming @PLU	19 11:30 Art Class@LCC 3:30 Rec Bowling @DB 6:00 Scrap & Cook @STAR	20 9:00 Club Pierce @SRC 9:30 Wacky Wed @zoom	21 9:00 The Hangout @LCC 5:30 SO Soccer @PLU 5:30 SO Track @PLU	22 9:30 Fri-Yay @zoom 9:30 Low Aerobics @LCC 1:00 Crafts Cocoa @SRC 3:30 Rec Bowling @PLEC	23 1:00 Young Athletes @LCC
24 11:15 BB Clinic @LCC 11:30 Rec Swim @PLU 12:00 BB Clinic @YMCA	25 9:00 Club Pierce @PRC 9:30 Manic Mon @zoom 3:30 Let's Play Sports @LCC 5:00 GC Peers Crew@LCC NO SO Swimming @PLU	26 11:30 Art Class@LCC 3:30 Rec Bowling @DB 6:00 Scrap & Cook @STAR	27 9:00 Club Pierce @SRC 9:30 Wacky Wed @zoom 5:00 Dude's Day @LCC	28 9:00 The Hangout @LCC 5:30 SO Soccer @PLU 5:30 SO Track @PLU	29 9:30 Fri-Yay @zoom 9:30 Low Aerobics @LCC 1:00 Crafts Cocoa @SRC 3:30 Rec Bowling @PLEC	30 1:00 Young Athletes @LCC
31 11:30 Rec Swim @PLU 1:00 Tasty Travels @PRC	1	2	3	KEY @ Locations - complete list on page 3.		



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ART & LEISURE



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
19063	Tues	Jan 9	11:30 am-1:30 pm	Jan 7
19064	Tues	Jan 16	11:30 am-1:30 pm	Jan 14
19065	Tues	Jan 23	11:30 am-1:30 pm	Jan 21
19066	Tues	Jan 30	11:30 am-1:30 pm	Jan 28
19068	Tues	Feb 6	11:30 am-1:30 pm	Feb 4
19069	Tues	Feb 13	11:30 am-1:30 pm	Feb 11
19070	Tues	Feb 20	11:30 am-1:30 pm	Feb 18
19071	Tues	Feb 27	11:30 am-1:30 pm	Feb 25
19073	Tues	Mar 5	11:30 am-1:30 pm	Mar 3
19074	Tues	Mar 12	11:30 am-1:30 pm	Mar 10
19075	Tues	Mar 19	11:30 am-1:30 pm	Mar 17
19077	Tues	Mar 26	11:30 am-1:30 pm	Mar 24

NO CLASS DATES: Jan 2

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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
19110	Thurs	Jan 4	9:00 am-2:00 pm	Jan 1
19111	Thurs	Jan 11	9:00 am-2:00 pm	Jan 8
19112	Thurs	Jan 18	9:00 am-2:00 pm	Jan 15
19113	Thurs	Jan 25	9:00 am-2:00 pm	Jan 22
19115	Thurs	Feb 1	9:00 am-2:00 pm	Jan 29
19117	Thurs	Feb 8	9:00 am-2:00 pm	Feb 5
19118	Thurs	Feb 15	9:00 am-2:00 pm	Feb 12
19119	Thurs	Feb 22	9:00 am-2:00 pm	Feb 19
19121	Thurs	Mar 7	9:00 am-2:00 pm	Mar 4
19122	Thurs	Mar 14	9:00 am-2:00 pm	Mar 11
19123	Thurs	Mar 21	9:00 am-2:00 pm	Mar 18
19124	Thurs	Mar 28	9:00 am-2:00 pm	Mar 25

NO CLASS DATES: Feb 29



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 included with your registration.

AGE: 12+

FEE: \$27/person in Jan & Feb | \$35/person in Mar

LOCATION: Lakewood Community Center / Shuttle - Yes

CODE	DAY	DATES	TIME	REGISTER BY
19200	Mon	Jan 8-29	5:00-6:30 pm	Dec 29
19201	Mon	Feb 5-26	5:00-6:30 pm	Feb 2
19202	Mon	Mar 4-25	5:00-6:30 pm	Mar 1

NO CLASS DATES: Jan 1, 15, Feb 19

Pierce Co. Parks Specialized Rec.

ART & LEISURE

CRAFTS & COCOA

Get crafty with us on Friday afternoons! 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

LOCATION: Sprinker Recreation Center / Shuttle - Yes

CODE	DAY	DATES	TIME	REGISTER BY
19105	Fri	Jan 5-26	1:00-2:30 pm	Jan 1
19107	Fri	Feb 2-23	1:00-2:30 pm	Jan 29
19108	Fri	Mar 8-29	1:00-2:30 pm	Mar 1

NO CLASS DATES: Mar 1



SCRAPBOOK & COOK

Each week we'll make a simple dish that you can recreate at home. We'll also supply paper, scissors, and all the supplies you need to create some amazing scrapbook pages. You just bring the pictures!

AGE: 18+ FEE: \$35/person

LOCATION: STAR Center / Shuttle - Yes

CODE	DAY	DATES	TIME	REGISTER BY
19091	Tue	Jan 9-30	6:00-7:30 pm	Jan 8
19093	Tue	Feb 6-27	6:00-7:30 pm	Feb 5
19094	Tue	March 5-26	6:00-7:30 pm	March 4

NO CLASS DATES: Jan 2

READY, SET, COOK!

Learn basic kitchen safety, food preparation skills, and hygiene while making a delicious meal with our Pierce County Parks Specialized Recreation cooking experts!

AGE: 18+ FEE: \$30/person

LOCATION: STAR Center / Shuttle - Yes

CODE	DAY	DATE	TIME	REGISTER BY
19080	Sun	Jan 28	1:30-3:00 pm	Jan 25
19081	Sun	Feb 25	1:30-3:00 pm	Feb 22

NO CLASS DATES: March

TASTY TRAVELS!

Join us as we take a virtual trip to another country! We'll learn about the country's culture and its delicious food.



CHINA!

We will celebrate the Chinese New Year and sample different Chinese food staples from a local restaurant.

AGE: 13+ FEE: \$25/person

LOCATION: Puyallup Recreation Center / Shuttle - Yes

CODE	DAY	DATE	TIME	REGISTER BY
19197	Thurs	Jan 25	6:00-7:30 pm	Jan 22

NO CLASS DATES: February

GERMANY!

This date will be a twist as we will put our cooking skills to the test and whip up a couple popular German recipes in the kitchen.

AGE: 13+ FEE: \$25/person

LOCATION: STAR Center / Shuttle - Yes

CODE	DAY	DATE	TIME	REGISTER BY
19198	Sun	Mar 31	1:00-3:30 pm	Mar 25

BOARD GAME NIGHT

Join us for great social interaction, a fun evening with friends, and board games. Games will be provided but participants are 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!

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

LOCATION: Puyallup Recreation Center / Shuttle - Yes

CODE	DAY	DATE	TIME	REGISTER BY
19126	Thurs	Feb 22	6:00-7:30 pm	Feb 21
19127	Thurs	March 14	6:00-7:30 pm	March 13

NO CLASS DATES: January



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SPECIAL EVENTS



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. Can use DDA funds for qualified participants only.

AGE: 10+ FEE: \$25/person

LOCATION: The Rock Wood Fire Pizza

CODE: 18883

DAY: Sun DATE: Dec 17

TIME: 1:00-5:00 pm

REGISTER BY: Dec 15



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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.

- Masquerade: Don't have a mask? No problem, we'll have all supplies needed to make one.
- Sweetheart: Dress to impress in your fanciest outfit.
- 90's: Wear hair scrunchies, butterfly clips, body glitter, and other accessories from the 90's.

AGE: 13+ FEE: \$10/person DAY: Fri TIME: 6:00-8:00 pm

LOCATION: STAR Center / Shuttle - Yes

CODE	THEME	DATE	REGISTER BY
19181	Masquerade Dance Party	Jan 12	Jan 11
19182	Sweetheart Dance Party	Feb 9	Feb 8
19183	90's Dance Party	Mar 8	Mar 7



Pierce Co. Parks Specialized Rec.

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 DAY: Sat TIME: 5:00-7:00 pm
 LOCATION: Lakewood Community Center Gym / Shuttle - Yes

CODE	THEME	DATE	REGISTER BY
19185	<i>Aliens & Outer Space</i>	Jan 13	Jan 12
19186	<i>Aliens & Outer Space</i>	Jan 20	Jan 19
19187	<i>Hearts & Sparkles</i>	Feb 10	Feb 9
19188	<i>Hearts & Sparkles</i>	Feb 17	Feb 16
19189	<i>Movies & Cartoon Characters</i>	Mar 9	Mar 8
19190	<i>Movies & Cartoon Characters</i>	Mar 16	Mar 15



Pierce Co. Parks Specialized Rec.



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.ympkc.org/join/guest-pass.
 Email completed waivers to: grant.hampton@piercecounywa.gov

CODE	AGE	DAY	DATE	TIME	REGISTER BY	FEE	LOCATION
19195	10+	Sun	Jan 21	12:00-2:00 pm	Jan 17	\$10/person	Sumner YMCA / Shuttle - NO
19193	10+	Sun	Jan 21	11:15 am-2:45 pm	Jan 17	\$15/person	Lakewood Community Center / Shuttle - Yes
19196	10+	Sun	Feb 18	12:00-2:00 pm	Feb 14	\$10/person	Sumner YMCA / Shuttle - NO
19194	10+	Sun	Feb 18	11:15 am-2:45 pm	Feb 14	\$15/person	Lakewood Community Center / Shuttle - Yes

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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. Some examples of Club Pierce field trips include visiting; Pierce College Science Dome, pottery studios, farms, mini golf, state capital, Tumwater Falls, Olympia Historical Society, and more!

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
19135	Mon	Jan 8	9:00 am-2:00 pm	Jan 1
19137	Mon	Jan 22	9:00 am-2:00 pm	Jan 15
19138	Mon	Jan 29	9:00 am-2:00 pm	Jan 22
19139	Mon	Feb 5	9:00 am-2:00 pm	Jan 29
19179	Mon	Feb 12	9:00 am-2:00 pm	Feb 5
19140	Mon	Feb 26	9:00 am-2:00 pm	Feb 19
19141	Mon	Mar 4	9:00 am-2:00 pm	Feb 26
19142	Mon	Mar 11	9:00 am-2:00 pm	Mar 4
19143	Mon	Mar 18	9:00 am-2:00 pm	Mar 11
19144	Mon	Mar 25	9:00 am-2:00 pm	Mar 18

NO CLUB DATES: Jan 1, 15, Feb 19

LOCATION: Sprinker Recreation Center / Shuttle - Yes

CODE	DAY	DATE	TIME	REGISTER BY
19146	Wed	Jan 10	9:00 am-2:00 pm	Jan 1
19147	Wed	Jan 17	9:00 am-2:00 pm	Jan 8
19148	Wed	Jan 24	9:00 am-2:00 pm	Jan 15
19149	Wed	Jan 31	9:00 am-2:00 pm	Jan 22
19150	Wed	Feb 7	9:00 am-2:00 pm	Jan 29
19151	Wed	Feb 14	9:00 am-2:00 pm	Feb 5
19152	Wed	Feb 21	9:00 am-2:00 pm	Feb 12
19153	Wed	Feb 28	9:00 am-2:00 pm	Feb 19
19154	Wed	Mar 6	9:00 am-2:00 pm	Feb 26
19155	Wed	Mar 13	9:00 am-2:00 pm	Mar 4
19156	Wed	Mar 20	9:00 am-2:00 pm	Mar 11
19157	Wed	Mar 27	9:00 am-2:00 pm	Mar 18

NO CLUB DATES: Jan 3



Meet at Lakewood Community Center and ride our accessible shuttle bus to Tower Lanes Entertainment Center for a fun game of indoor miniature golf complete with waterfalls, fountains, and bridges. After we've finished our game we'll come to back to Lakewood Community Center for tacos and beverages.

AGE: 13+ FEE: \$25/person

LOCATION: Lakewood Community Center / Shuttle - Yes

CODE	DAY	DATE	TIME	REGISTER BY
19176	Thurs	Jan 18	5:00-8:00 pm	Jan 4



This is a day just for the gals! Get together with us and celebrate all the love you have for your lady friends. We'll meet at the Lakewood Community Center and travel in our Pierce County Parks accessible shuttle to the Tacoma Mall where we'll have manicures and dinner at the Cheesecake Factory.

AGE: 13+ FEE: \$45/person

LOCATION: Lakewood Community Center / Shuttle - Yes

CODE	DAY	DATE	TIME	REGISTER BY
19177	Thurs	Feb 1	4:00-8:00 pm	Jan 29



Burgers, bowling and bros: this is a day just for the fellas! We'll meet at the Lakewood Community Center and travel in our Pierce County Parks accessible shuttle to the South Hill Mall where we'll bowl a couple of games, play on the arcade machines and eat burgers at Round 1 Bowling & Amusement.

AGE: 13+ FEE: \$45/person

LOCATION: Lakewood Community Center / Shuttle - Yes

CODE	DAY	DATE	TIME	REGISTER BY
19178	Wed	Mar 27	4:00-8:00 pm	Mar 22

Pierce Co. Parks Specialized Rec.

COMMUNITY

Pierce Co. Parks Specialized Rec.

NOW SHOWING



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: Sprinker Recreation Center / Shuttle-Yes

CODE	MOVIE	DAY	DATE	TIME	REGISTER BY
19131	<i>Madame Web</i>	Thurs	Feb 29	3:30-8:30 pm	Feb 20
	<i>Madame Web is a spin off of Spider-Man</i>				

NO MOVIE DATES: January

LOCATION: Lakewood Community Center / Shuttle-Yes

CODE	MOVIE	DAY	DATE	TIME	REGISTER BY
19132	<i>Elio</i>	Thurs	Mar 7	3:30-8:30 pm	Feb 27



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
19133	<i>TBD</i>	Wed	Mar 13	4:30-8:30 pm	Mar 1

NO MOVIE DATES: January, February (see meet at community center above)

NEW CAMP PIERCE - SPRING BREAK EDITION!

Participants will take part in personally enriching activities within the community including volunteering, visiting other organizations, and taking fun field trips. When not out in the community, attendees will participate in crafts, sports, cooking and other activities.

Please note: Dress for the weather and being outside each day. Transportation to and from camp is the responsibility of the parent/caregiver. Individuals 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 (1:1) assistant. We are unable to accept anyone who poses a threat to themselves or others.

AGE: 16+ FEE: \$100/person

LOCATION: STAR Center / Shuttle - Yes

CODE	DAY	DATE	TIME	REGISTER BY
19128	Mon-Thurs	April 8-11	9:00 am-2:00 pm	Mar 25



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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!

CODE	DAY	DATES	TIME	REGISTER BY
19083	Mon	Jan 8-29	9:30-10:00 am	Dec 29
19085	Mon	Feb 5-26	9:30-10:00 am	Jan 29
19086	Mon	Mar 4-25	9:30-10:00 am	Feb 27

NO MEET DATES: Jan 1, 15, Feb 19



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
19088	Wed	Jan 3-31	9:30-10:00 am	Jan 1
19089	Wed	Feb 7-28	9:30-10:00 am	Feb 5
19090	Wed	Mar 6-27	9:30-10:00 am	Mar 4

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!

CODE	DAY	DATES	TIME	REGISTER BY
19095	Fri	Jan 5-26	9:30-10:00 am	Jan 1
19096	Fri	Feb 2-23	9:30-10:00 am	Jan 31
19097	Fri	Mar 1-29	9:30-10:00 am	Feb 28

NO MEET DATE: Feb 16

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FITNESS & SPORTS



RECREATIONAL SWIM

Have fun hanging out with your peers at Pacific Lutheran University Pool! This is not an instructional class and participants should be confident in their swimming ability or come with the assistance of 1:1 aide. Lifeguards will be on duty and Pierce County Parks Specialized Recreation staff will be onsite to supervise pool time.

AGE: 13+ FEE: \$30/person

LOCATION: Pacific Lutheran University Pool / Shuttle - Yes

CODE	DAY	DATES	TIME	REGISTER BY
19172	Sun	Mar 10-31	11:30 am-12:30 pm	Mar 1

NO SWIM DATES: January, February, Mar 3



SUMNER YMCA BASKETBALL CLINIC

PCSR is back at the Sumner YMCA for a basketball development clinic! The clinic will focus on offensive and defensive skill development and building positive habits that lead to better efficiency on the basketball court. There will be a variety of drills offered suitable for all skill levels from beginner to advanced.

AGE: 10+ FEE: \$15/person

LOCATION: Lakewood Community Center / Shuttle - Yes

CODE	DAY	DATES	TIME	REGISTER BY
19174	Sun	Mar 24	11:15 am-2:45 pm	Mar 20

AGE: 10+ FEE: \$10/person

LOCATION: Sumner YMCA / Shuttle - No

CODE	DAY	DATES	TIME	REGISTER BY
19175	Sun	Mar 24	12:00-2:00 pm	Mar 20

Pierce Co. Parks Specialized Rec.



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, and rolling shoulders and dancing. This program will also incorporate a different core strength practice each week, such as Yoga and Pilates.

AGE: 16+ FEE: \$35/person

CODE	DAY	DATES	TIME	LOCATION	REGISTER BY
19159	Fri	Jan 5-26	9:30-11:00 am	Lakewood Community Center / Shuttle - Yes	Jan 1
19160	Fri	Feb 2-23	9:30-11:00 am	Lakewood Community Center / Shuttle - Yes	Feb 1
19161	Fri	Mar 8-29	9:30-11:00 am	Lakewood Community Center / Shuttle - Yes	Mar 1

NO CLASS DATE: Mar 1



LET'S PLAY SPORTS! (OPEN GYM)

Participants will get to play court sports such as basketball, floor hockey, kickball and more at Lakewood Community Center! Open gym provides a wonderful opportunity to compete with your peers and have fun; in addition to learning a variety of exercises designed to improve skills and knowledge of each sport. **Join us for open gym after Club Pierce or before Grit City Peers Crew for a full day of activities on Mondays.**

AGE: 13+ FEE: \$20/person

CODE	DAY	DATES	TIME	LOCATION	REGISTER BY
19169	Mon	Jan 8-29	3:30-4:30 pm	Lakewood Community Center / Shuttle - Yes	Jan 1
19170	Mon	Feb 5-26	3:30-4:30 pm	Lakewood Community Center / Shuttle - Yes	Feb 1
19171	Mon	Mar 4-25	3:30-4:30 pm	Lakewood Community Center / Shuttle - Yes	Mar 1

NO OPEN PLAY DATES: Jan 1, 15, Feb 19

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. All abilities welcome!

AGE: 8+ FEE: \$45/person

CODE	DAY	DATES	TIME	LOCATION	REGISTER BY
19166	Tues	Feb 6-27	3:30-5:00 pm	Daffodil Bowl / Shuttle - Yes	Feb 1
19167	Tues	Mar 5-26	3:30-5:00 pm	Daffodil Bowl / Shuttle - Yes	Mar 1
19163	Fri	Jan 5-26	3:30-5:00 pm	Paradise Lanes Entertainment Center / Shuttle - Yes	Jan 1
19164	Fri	Feb 2-23	3:30-5:00 pm	Paradise Lanes Entertainment Center / Shuttle - Yes	Feb 1
19165	Fri	Mar 8-29	3:30-5:00 pm	Paradise Lanes Entertainment Center / Shuttle - Yes	Mar 1

NO PRACTICE DATES: January at Daffodil Bowl, Mar 1

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

Coaches & Volunteers Needed



Join the fun and make a difference!

CONTACT:

grant.hampton@ PierceCountyWA.gov

Pierce Co. Parks Specialized Rec.

Pierce Co. Parks Specialized Rec.

SPECIAL OLYMPICS

BREAKING NEWS

SPECIAL OLYMPICS SEEKS UNIFIED PARTNERS!

"Volunteers are the backbone of the Special Olympics movement. They are coaches, trainers, officials, event organizers, fundraisers and managers. They can also be unified partners—playing alongside athletes with intellectual disabilities—or fans cheering in the stands."

SIGN UP TODAY!
Let's Play



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.

SPRING SEASON

- SOCCER
- SWIMMING
- TRACK & FIELD

CONTACT US TO GET STARTED

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



OPEN TO ALL!

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!

AGE: 2-7 **FEE:** \$18/person

LOCATION: Lakewood Community Center / Shuttle - Yes

CODE	DAY	DATES	TIME	REGISTER BY
19099	Thurs	Jan 4-25	5:30-6:30 pm	Jan 3
19100	Thurs	Feb 8-29	5:30-6:30 pm	Feb 7
19101	Sat	Mar 9-30	1:00-2:00 pm	Mar 8

NO CLASS DATES: Feb 1, Mar 2

SPECIAL OLYMPICS: SPRING SEASON

SPRING: TRACK & FIELD

Special Olympics Washington offers many track and field events, including the hurdle events, marathon, high jump, long jump, shot put, relays and wheelchair events.

Please note: The tentative dates for tournaments are: Southwest Sub-Regional Competition April 27-28, Regional Competition May 11-12, and State Spring Games at Pacific Lutheran University are scheduled for June 7-9. When you register for track and field it includes 1 practice/week, regional, and state competition.

All athletes must have an updated Athlete Medical Form before the first practice (must be completed every 3 years). If the athlete medical is not up-to-date, athletes WILL NOT be able to participate. Unfortunately, there are no exceptions to this rule.

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.



AGE: 8+	FEES: \$90/person (includes transportation to Regionals) \$70/person (does NOT include transportation to Regionals)
CODE DAY DATES TIME LOCATION REGISTER BY	
19103 Thurs Mar 21-June 6 5:30-7:00 pm Pacific Lutheran University Track / Shuttle - Yes Mar 13	

SPRING: SOCCER

Soccer is a wonderful sport for all abilities. Athletes who participate in soccer are able to improve their overall physical fitness through training and competition, and athletes learn firsthand the benefits of playing as a team, which promotes communication, camaraderie, and friendship.

Please note: The tentative dates for tournaments are: Southwest Sub-Regional Competition April 27-28, Regional Competition May 11-12, and State Spring Games at Pacific Lutheran University are scheduled for June 7-9. When you register for soccer it includes 1 practice/week, regional, and state competition.

All athletes must have an updated Athlete Medical Form before the first practice (must be completed every 3 years). If the athlete medical is not up-to-date, athletes WILL NOT be able to participate. Unfortunately, there are no exceptions to this rule.

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!



AGE: 8+	FEES: \$90/person (includes transportation to Regionals) \$70/person (does NOT include transportation to Regionals)
CODE DAY DATES TIME LOCATION REGISTER BY	
19106 Thurs Mar 21-June 6 5:30-7:00 pm Pacific Lutheran University Soccer Fields / Shuttle - Yes Mar 13	

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SPECIAL OLYMPICS: SPRING SEASON

SPRING: SWIMMING

This is an intermediate/advanced level swimming program and not recommended for beginners. Limited number of spots available.

Please note: The tentative dates for tournaments are: Southwest Sub-Regional Competition April 27-28, Regional Competition May 11-12, and State Spring Games at Pacific Lutheran University are scheduled for June 7-9. When you register for swimming it includes 1 practice/week, regional, and state competition.

All athletes must have an updated Athlete Medical Form before the first practice (must be completed every 3 years). If the athlete medical is not up-to-date, athletes WILL NOT be able to participate. Unfortunately, there are no exceptions to this rule.

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.

AGE: 8+

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

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

LOCATION: Pacific Lutheran University Pool / Shuttle - Yes

CODE	DAY	DATES	TIME	REGISTER BY
19116	Mon	Mar 11-June 3	6:30-7:30 pm	Mar 6

NO PRACTICE DATE: Mar 25, May 27



NEW

You are cordially invited to attend

Special Olympics Sports Banquet

Calling all Pierce County Parks 2023-2024 athletes, coaches, friends and family. Join us for a lovely dessert and an award ceremony recognizing our incredible athletes for their achievements.

Friday, March 15, 2024
6:00-8:00 PM | \$10/person | 19102
STAR Center / Shuttle - Yes

CALL US AT 253-798-4199 FOR MORE INFORMATION



Pierce County Parks

SPECIALIZED RECREATION - ADVENTURE WITHIN REACH

9112 Lakewood Dr SW
Lakewood, WA 98499

Pierce Co. Parks Specialized Rec.



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

Sequoia Therapeutic Rec.



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?
 Donations and volunteers make everything we do possible!
 Please consider donating online:
sequoiatr.org/donate
 Register to volunteer with any of the events in this bulletin.

Connect
 web: sequoiaTR.org
 email: kodi@sequoiatr.org
 FB: [facebook.com/Sequoiatr](https://www.facebook.com/Sequoiatr)
 insta: [@sequoiatr253](https://www.instagram.com/sequoiatr253)

One Time Events

SCULPT A VALENTINE'S CANDLE HOLDER
 Sculpt and mold your own unique candle holder just in time for Valentine's Day! Please meet at Spun pottery studio and get a tour of their new larger location. Artists will be available to prime your creative juices and assist with the project. Interesting project supplies are available to help you create unique textures and colors.

January 26 6:00 - 7:30 pm
 \$32.70 Registration | \$15 with scholarship
 SPUN Pottery & Clay, 2310 A St B, Tacoma, WA 98402



LEMAY CAR MUSEUM ADVENTURES
 Meet up at the amazing and really cool LeMay Car Museum and prepare for a quiet private tour. We are accessing the museum during their closed hours, so we will be the only group which is perfect for folks who need less stimulation or for folks who are trying to minimize exposure to too many humans. Bring sack lunch

February 27 10:00 am - 1:00 pm
 \$43.60 Registration | \$22 with scholarship
 2702 E D St., Tacoma, WA 98421





Sequoia Therapeutic Rec.

Social Activities

SEQUOIA SOCIAL

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

January 8 - March 18 Mondays 12:30 - 2:30 pm
\$264.60 Registration | \$135 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
January 10 - March 20 Wednesdays 4:00 - 5:30 pm
\$207.10 Registration | \$105 with scholarship
3852 Steilacoom Blvd SW, Lakewood, WA 98499

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!

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.



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 on our website.



Sequoia Therapeutic Rec.



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.



WINTER 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 Winter Fundraisers.

CONSIDER DONATING

Please consider making a tax-deductible financial donation online at Donations www.sequoiatr.org/donate or contact Kodi for alternate forms of donation

Contact Kodi via email or phone 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. (And catch the last quarter of the game!)

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

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

Pt. Defiance Zoo & Aquarium Zoo Lights



NOVEMBER 24, 2023 - JANUARY 1, 2024
4:30PM - 10:00PM

For more information or to buy tickets, please visit:

<https://www.pdza.org/event/zoolights/>

Wash. State Fair Holiday Magic

HOLIDAY MAGIC



A Festive Holiday Experience

Don't miss this magical holiday experience with breathtaking lights, interactive displays, festive food and drink and fun for the whole family.

TICKETS

For more information or to purchase tickets, please visit:

https://www.thefair.com/holiday-magic/?utm_source=holiday-magic-starts-today-

[120123&utm_medium=email&utm_campaign=holiday-magic-2023&utm_content=holiday-magic-starts-today](https://www.thefair.com/holiday-magic-2023&utm_content=holiday-magic-starts-today-120123&utm_medium=email&utm_campaign=holiday-magic-2023&utm_content=holiday-magic-starts-today)

Pierce County Parks & Rec

fantasy lights

The Northwest's largest drive through event with over 300 elaborate displays at Spanaway Park.

NEW OPENING WEEKEND: NOV. 17-19 OPEN DAILY: NOV. 24 - JAN. 1

5:30-9:00 PM | SPANAWAY PARK

ADVANCED ONLINE ADMISSION AVAILABLE

WWW.PIERCECOUNTYWA.GOV/FANTASYLIGHTS





ICE LIGHTS

December 1-31, 2023
Holiday Ice Skating and More at Sprinker Recreation Center!

FRI, DEC. 1 10:30 AM - 1:00 PM 6:00-10:00 PM	FRI, DEC. 8 10:30 AM - 1:00 PM 6:00-10:00 PM	FRI, DEC. 15 10:30 AM - 1:00 PM 6:00-10:00 PM	SUN, DEC. 24 9:00 AM - 2:00 PM <i>Building Closes at 2:00 PM</i>
SAT, DEC. 2 2:00-10:00 PM	SAT, DEC. 9 11:30 AM - 10:00 PM	SAT, DEC. 16 11:30 AM - 10:00 PM	MON, DEC. 25 <i>Building Closed</i>
SUN, DEC. 3 11:30 AM - 10:00 PM	SUN, DEC. 10 11:30 AM - 10:00 PM	SUN, DEC. 17 11:30 AM - 10:00 PM	TUE, DEC. 26 11:30 AM - 10:00 PM
MON, DEC. 4 10:30 AM - 1:00 PM 6:00-9:00 PM	MON, DEC. 11 10:30 AM - 1:00 PM 6:00-9:00 PM	MON, DEC. 18 11:30 AM - 10:00 PM	WED, DEC. 27 11:30 AM - 10:00 PM
TUE, DEC. 5 10:30 AM - 1:00 PM 6:00-9:00 PM	TUE, DEC. 12 10:30 AM - 1:00 PM 6:00-9:00 PM	TUE, DEC. 19 11:30 AM - 10:00 PM	THUR, DEC. 28 11:30 AM - 10:00 PM
WED, DEC. 6 10:30 AM - 1:00 PM 6:00-9:00 PM	WED, DEC. 13 10:30 AM - 1:00 PM 6:00-9:00 PM	WED, DEC. 20 11:30 AM - 10:00 PM	FRI, DEC. 29 11:30 AM - 10:00 PM
THUR, DEC. 7 10:30 AM - 1:00 PM 6:00-9:00 PM	THUR, DEC. 14 10:30 AM - 1:00 PM 6:00-9:00 PM	THUR, DEC. 21 11:30 AM - 10:00 PM	SAT, DEC. 30 11:30 AM - 10:00 PM
		FRI, DEC. 22 11:30 AM - 10:00 PM	SUN, DEC. 31 9:00 AM - 2:00 PM <i>Building Closes at 2:00 PM</i>
		SAT, DEC. 23 11:30 AM - 10:00 PM	

ICE SKATING | ICE BUMPER CARS | CHRISTMAS LIGHT SHOW | FALLING SNOW

SPRINKER RECREATION CENTER | 14824 C ST. SOUTH, TACOMA 98444 | (253) 798-4000

WWW.PIERCECOUNTYWA.GOV/ICELIGHTS Pierce County Parks

Pierce County Parks & Rec

Pierce County Parks

NO SUN FUN RUN

WE GOT THIS!

JANUARY 20, 2024
HERITAGE RECREATION CENTER

Rain, hail, sleet, or snow, the "No Sun Fun Run" will take place no matter what weather our South Sound winter provides. This beautifully forested 5K course is very flat and stroller friendly!

The run is non-competitive and chip-timed! We welcome all ages and abilities. Check in at 8:30 AM with the official start time for runners at 9:30 AM.

\$35/Runner
Pre-register by Jan 12 | Day of run registration available from 8:30 - 9 AM
All participants will receive a race bib and keepsake medal.

**THANK YOU TO
OUR SPONSOR!**

SOUTH SOUND RUNNING

WWW.PIERCECOUNTYWA.GOV/NOSUNFUNRUN



Pierce County Parks & Rec



BUCKLE UP!

Sprinker Recreation and the Lakewood Winter Club proudly present the 2024 "ROAD TRIP" Reflections on Ice skating show

piercecounitywa.gov/ROADTRIP



SHOWTIMES

FRIDAY | FEB. 9
6:30 P.M.

SATURDAY | FEB. 10
1:00 P.M. & 6:30 P.M.

TICKETS \$20



Pierce County Parks & Rec



Bunny Trails

At Chambers Creek Regional Park

The Easter Bunny dropped a few of his eggs at Chambers Creek Regional Park in the North Meadow and along Grandview Trail! Look for Easter Egg's along the trail for a fun surprise, you might even be lucky enough to find a GOLDEN egg. If you find a golden egg, bring it to the Environmental Services Building for a special prize. We ask that you only take 4-5 eggs per-person so that other kids can enjoy looking.

Free Fun for All Ages
March 25-29, 2024

 Pierce County Parks

For more information call:
253-798-4141

OH NO! Leprechauns are on the Loose!

MAR
4-15

Lots of little leprechauns are running loose at Cross Park. If you're lucky enough to spot one, answer a short question on a scavenger hunt form.

Return your completed form, and we'll reward your efforts with a wee 'pot o' gold.'



Pierce County Parks & Rec

Pierce County Parks & Rec

ICE SKATING FUN FOR EVERYONE



MEET ME AT SPRINKER

LEARN TO SKATE

PUBLIC SESSIONS

ICE BUMPER CARS



Sensory Friendly Performances

UPCOMING SENSORY-FRIENDLY PERFORMANCES!

Bluey's BIG PLAY

FOR REAL LIFE

THE STAGE SHOW

Sunday, January 21, 2024, at 3:00pm

THE PARAMOUNT THEATRE

BlueyLive.com

Disney Studios

Hulu

ABC

Disney

Disney

Aladdin

THE HIT BROADWAY MUSICAL

Saturday, April 27, 2024, at 2:00pm

The Paramount Theatre

ASL Interpretation provided

©Disney

For more information, please visit:
<https://www.stgprepresents.org/sensory-friendly>



P2P Lunch & Learn

The P2P Lunch-n-Learn is a dedicated time for parents, caregivers, and providers to access presentations and training from PAVE programs and local Pierce County service providers. Presentation/training topics will vary based on the expressed needs of families in the local community. This group takes place during lunchtime, allowing parents to learn while enjoying a meal in a relaxed and informal setting.



WHAT WE DO

Each session might have a specific theme or topic of discussion. Themes could range from handling tantrums and promoting positive behavior to managing screen time, fostering resilience, and supporting learning at home.

This group supports:

Trainings: The trainings are designed to be interactive and engaging. Participants have opportunities to ask questions, participate in discussions, and share their own experiences.

Inclusive Environment: The training sessions are inclusive and welcoming, catering to parents with diverse backgrounds and experiences.

Advocacy Support: The group may provide guidance on how to advocate for their child within the school system, healthcare system, or when dealing with government agencies.

WHEN DO WE MEET?

Day: 1st Thursday of each month

Time: 12-1 pm PT

Location: Online via Zoom Platform



PAVE

If you have questions contact:

p2p@wapave.org

All support groups will be supported by a PAVE facilitator that is a cultural/linguistic match for the families served.



TO REGISTER

Scan
QR
code or
use
link



www.tfaforms.com/5080337



Black/African American Family Support Group

The Black/African American Family Support Group provides a safe, validating, and empowering space for parents, caregivers, and families of African descent so they can find understanding, strength, and resources to navigate their unique and often challenging and isolating journey of raising Black/African American children or family member with a disability.



WHAT WE DO

The support group provides information about available resources, services, and programs that cater to the needs of Black and African American families, including therapists, educational materials, and assistive technologies.

This group supports:

Cultural Sensitivity: The support group is familiar with the cultural nuances, historical context, and systemic challenges that Black and African American families may encounter.

Community Building: The group offers a platform for parents to connect with others who share similar experiences, fostering a sense of belonging and camaraderie.

Celebration of Diversity: The support group celebrates the diversity within the Black and African American community and highlights the strengths and contributions of individuals with disabilities, promoting a positive narrative that challenges stereotypes.

If you have questions contact:

p2p@wapave.org

All support groups will be supported by a PAVE facilitator that is a cultural/linguistic match for the families served.



WHEN DO WE MEET?

Day: 4th Thursday of each month

Time: 7-8 pm PT

Location: Online via Zoom Platform



TO REGISTER

Scan QR code or use link



www.tfaforms.com/5080337

PAVE



Young Advocates

The Young Advocates Support Group creates a space for young adults with disabilities to develop leadership and advocacy skills to help them advocate for themselves and prepare for their future. Youth will also have an opportunity to connect with each other and learn about up-to-date resources and community events like youth conferences, internships, camps, volunteer opportunities, sports events, etc.



WHAT WE DO

Attendees will learn about different ways they can advocate in their everyday lives and be active advocates in their community.

This group supports:

Fun: The meetings are designed to encourage youth to have fun with the use of multiple tools like technology, visuals, and games. Plain language and multiple communication styles are used.

Guest Speaker and Panelist: Self-advocate leaders who have the lived experience will share their experiences and give words of encouragement.

Monthly Topics: Topics can include Bullying, Friendships & Safety, Community Advocacy, College and Housing Supports and much more.

Active Participation: Meetings are very interactive with open discussion and dialogue. Participants are encouraged to ask questions, participate in discussions, and share their own experiences.

WHEN DO WE MEET?

Day: Last Friday of each month

Time: 5-6 pm PT

Location: PAVE office:
6316 S. 12th street
Tacoma, WA 98467

TO REGISTER

Scan
QR
code or
use
link



www.tfaforms.com/5080337

If you have questions contact:

p2p@wapave.org

All support groups will be supported by a PAVE facilitator that is a cultural/linguistic match for the families served.



PAVE



Padre a Padre Grupo de Apoyo para Familias Hispanohablantes /Spanish Speaking Family Support Group

Padre a Padre es un grupo de apoyo para familias hispanohablantes que tienen niños, jóvenes y adultos con discapacidades. Este grupo reconoce los desafíos que estos padres enfrentan son únicos y tiene como objetivo crear un espacio seguro e inclusivo donde puedan conectarse, compartir experiencias y obtener recursos informativos.

¿QUÉ HACEMOS?

Podemos ayudarle a conectar a familias con recursos comunitarios del Condado de Pierce, fomentamos relaciones con otros padres y construimos una red de apoyo para los padres no se sientan aislados.

Este grupo apoya con lo siguiente:

Accesibilidad: el grupo de apoyo es para hispanohablantes, lo que garantiza que las barreras del idioma no impide que los padres busquen y reciban ayuda.

Intercambio de información: el grupo ofrece información precisa y actualizada sobre diversas discapacidades.

Conexiones entre compañeros: este grupo facilita las conexiones y las amistades entre los padres. Esto les permite aprender de las experiencias de los demás y así construir una comunidad de apoyo.

Sensibilidad cultural: este grupo de apoyo trata de estar a la par con sus valores culturales. Tomamos en cuenta nuestra cultura y tratamos de incorporarla para celebrar y preservarla.

Si tiene preguntas, comuníquese con: p2p@wapave.org

Todos los grupos de apoyo serán apoyados por un facilitador de PAVE que tiene conocimiento cultural / lingüístico para las familias atendidas.



¿CUANDO NOS REUNIMOS?

Día: 3er martes de cada mes

Time: 6:30 -7:30 pm PT

Location: a través de la plataforma zoom



PARA REGISTRARSE:

escanea el código QR o usa el enlace



www.tfaforms.com/5080337

PAVE



Awesome Autism Parent Support Group

The Awesome Autism Parent Support Group is a community dedicated to providing a nurturing and empowering environment for parents and caregivers of children with autism.



WHAT WE DO

The primary goal is to offer emotional support, share resources, exchange experiences, and promote a sense of unity among parents, individuals, and families raising and child diagnosed with autism spectrum disorder (ASD).

This group supports:

Inclusive and Welcoming Environment: The support group is a safe space where all parents, regardless of their background or experiences, are welcomed and embraced.

Information Sharing: Valuable information about autism, including the latest research, therapeutic interventions, educational strategies, and community resources, is shared within the group.

Guest Speakers and Workshops: The support group might invite guest speakers, such as autism experts, therapists, educators, and medical professionals, to provide insights and guidance on various topics related to autism and parenting.

If you have questions contact:

p2p@wapave.org

All support groups will be supported by a PAVE facilitator that is a cultural/linguistic match for the families served.



WHEN DO WE MEET?

Day: 2nd Wednesday of each month

Time: 12-1 pm PT

Location: Online via Zoom Platform



TO REGISTER

Scan QR code or use link



www.tfaforms.com/5080337



Coffee or Tea with P2P

Open to parents and caregivers seeking support to navigate the various emotions and life adjustments of raising a child, youth, and adult with a disability.



WHAT WE DO

We can help connect families to Pierce County community resources, fosters relationships with other parents and build a support network for parents feeling isolated.

This group supports:

Open Discussions: During the meetings, parents engage in open and honest discussions about various aspects of parenting children with disabilities. Topics might include navigating the healthcare system, accessing educational resources, managing daily routines, promoting social interactions, and self-care for parents.

Shared Experiences: Parents share their personal experiences, challenges, and strategies they have found effective in raising children with disabilities.

Cultural and Language Sensitivity: Efforts are made to ensure that the group is culturally sensitive and inclusive, respecting the diverse backgrounds and needs of all participants.

WHEN DO WE MEET?

Day: 2nd Tuesday of each month

Time: 7-8 pm PT

Location: Online via Zoom Platform



If you have questions contact:

p2p@wapave.org

All support groups will be supported by a PAVE facilitator that is a cultural/linguistic match for the families served.



TO REGISTER

Scan QR code or use link



www.tfaforms.com/5080337

PAVE

BENEFIT U: CONNECTING YOU WITH RESOURCES TO MANAGE YOUR BENEFITS

Benefit U helps people understand how employment and their disability related cash and medical benefits can work together.

Our mission is to provide customers with information, tools, and resources that empower them to navigate and make informed decisions about their life and benefits with confidence.

BENEFIT U'S SERVICES INCLUDE:

Individualized Benefits Planning Services

Benefit Planning services include:

- Addressing questions or concerns related to disability benefits and work or additional income earned.
- Exploring work incentives which allow you to maximize earnings.
- Planning for life changes and how these may impact benefits.

Services through BenefitU are available to individuals who are 14 years of age and older and meet eligibility requirements through the Developmental Disabilities Administration (DDA).

To request benefit planning services, please schedule an intake at:

www.benefitU.org/service-eligibility

If not eligible through BenefitU for planning services, but still receiving other state or federal benefits, it can still be valuable to review how earned income may still impact current benefits.

Depending upon your current benefits or location you may be able to access benefits planning services through a network of providers. Please see these [Additional Benefit Planning Options](#).

Tools and Resource Library

BenefitU.org also offers free on-demand tools, and resources related to SSI, Title II Benefits (SSDI, DAC, CDB), Medicare, Medicaid, and more are available at.

It is a great resource, but keep in mind, this information gives an overview of benefits. It does not address specific situations in the same way you would when connecting with a planner.

2023-11 BenefitU



BenefitU

Connecting You with Resources to Manage Your Benefits

Interested in learning more about what BenefitU has to offer?

BenefitU will be offering several overview sessions throughout the year to share a bit about our benefit planning services, as well as what tools and resources can be found on www.benefitu.org.

During these sessions we will cover:

- How to navigate the BenefitU website to find tools and resources.
- Benefit Planning service eligibility.
- Why and when benefit planning is important.
- What BenefitU is and is not able to offer.
- How to request an intake for benefit planning support.
- What to expect from BenefitU planning services and other frequently asked questions.

We hope you can join us for one of our upcoming sessions:

Daytime Sessions (12:30–1:30pm)

- October 18th, 2023
- January 17th, 2024
- April 17th, 2024

Evening Sessions (5:30–6:30pm)

- October 18th, 2023
- February 21st, 2024
- May 15th, 2024



Sessions will be held via Zoom and can be joined by scanning the QR code with your mobile device or by visiting www.benefitu.org. Attendees will be able to join the meeting up to 5 minutes prior to session starting.

We look forward to seeing you there!



www.benefitu.org BenefitU is a project of Wise and is funded through the Developmental Disabilities Administration.

Benefit U

Embrace the Winter Magic: 8 Fun Things to Do in Tacoma, WA

Winter in Tacoma unveils a tapestry of festive delights and engaging activities that cater to every taste. From the dazzling lights of ZooLights to the artistic wonders of the Museum of Glass, Tacoma's winter offerings are as diverse as they are delightful. Embrace the season, bundle up, and make the most of the winter magic that Tacoma has to offer, creating cherished memories to warm your heart throughout the chilly months.

Point Defiance ZooLights Extravaganza

Kickstart the holiday season with a dazzling display of lights at the Point Defiance ZooLights. Wander through the illuminated pathways, marvel at the larger-than-life animal light sculptures, and feel the holiday spirit come alive. It's a perfect family-friendly activity that promises to ignite the joy of the season.

Winter Hiking in Point Defiance Park

For those who enjoy the crisp winter air and the beauty of nature, embark on a winter hike through Point Defiance Park. The trails take on a serene charm as they wind through the evergreen forest, offering breathtaking views of Puget Sound. Bundle up, grab your hiking boots, and experience the tranquility of the outdoors in a unique winter setting.

Glassblowing at the Museum of Glass

Escape the cold by stepping into the warmth of creativity at the Museum of Glass. Witness the mesmerizing art of glassblowing through live demonstrations by skilled artists. You can even try your hand at creating your glass masterpiece in one of their interactive workshops. It's a unique and artistic way to spend a wintery day in Tacoma.

Tacoma Art Museum's Winter Exhibits

Warm up your soul with a visit to the Tacoma Art Museum, which hosts a variety of winter exhibits. Immerse yourself in the world of art and culture as you explore captivating collections that showcase both local and international talent. It's a cultural treat that adds a touch of sophistication to your winter escapades.

Tacoma's Brewery Scene

Indulge in the cozy ambiance of Tacoma's craft breweries during the winter months. Sip on seasonal brews, enjoy live music, and savor delectable bites. The local brewery scene provides a laid-back and inviting atmosphere to unwind with friends or family after a day of wintery adventures.

LeMay – America’s Car Museum

For automobile enthusiasts, the LeMay – America’s Car Museum is a must-visit destination. Explore a vast collection of vintage cars, classic automobiles, and rare exhibits that tell the fascinating story of America’s automotive history. It’s an indoor activity that combines education with a passion for all things automotive.

Sprinker Recreation Center

At Sprinker Recreation Center, the holiday spirit comes alive with an array of exciting activities. Marvel at the giant 20-foot choreographed holiday tree, casting a festive glow over the atmosphere. Glide through daily ice-skating sessions or add a twist with ice bumper cars for an extra dose of fun. Experience the enchantment of a giant light curtain enveloping the rink, with snow gently falling inside, creating a winter wonderland. Capture the joy with numerous holiday-themed photo opportunities, and don’t forget to visit the Santa Mail Station, making your seasonal memories truly magical at Sprinker Recreation Center.

Children’s Museum of Tacoma

The Children’s Museum of Tacoma boasts five nature-inspired playscapes, a well-equipped art studio, a charming little library stocked with children’s books, and a variety of engaging features. Specifically crafted to inspire joyful experiences, the museum caters to children aged from birth to 12. Operating on a Pay As You Will basis, the museum embraces a donation-only admission model, ensuring that every family can access the enriching world of play without financial constraints.

Visit <https://spinnakerpm.com/2023/12/07/8-things-to-do-in-tacoma-during-winter/> for more event info and live links to activity websites.



Holiday Lights Celebrations!



The Magic of Lights for the Holidays

The holiday season brightens time with festive light displays, inviting visitors to experience awe-inspiring moments of magic during the busy holiday season.

The Pacific Northwest offers a variety of opportunities to enjoy such magical wonders.

Following is a list of magic to enjoy!

Wild Lanterns at Woodland Park Zoo - Seattle

Illuminate your holidays this season from November 10 - January 14, 4:00 to 9:00 pm.

Purchase tickets at <https://www.zoo.org/wildlanterns>

The Lights of Christmas - Warm Beach in Stanwood

This drive through holiday wonderland is a favorite with locals.

November 24-26, 30, December 1-3, 7-10, 14-17, 20-23, 26-30.

Purchase tickets at <https://www.thelightsofchristmas.com/>

The Village of Lights in Leavenworth

A winter wonderland of magic and enchantment.

Perfect for a staycation getaway during the holidays.

For more information, visit their website: <https://leavenworth.org/christmastown/>

Seattle Center Winterfest

Enjoy the magic of the holidays and sparkling lights at the Seattle Center.

November 24 - December 31.

<https://www.seattlecenter.com/events/featured-events/winterfest>





Seven steps for a happy and healthy holiday season

OLYMPIA –The Washington State Department of Health (DOH) wishes everyone a happy holiday season. Embrace the spirit and enjoy this special time of year by following these seven steps to keep yourself and your loved ones healthy.

Take care of yourself. While some people consider the holidays the most wonderful time of the year, others find this season difficult. Many people experience greater stress, anxiety, or loneliness this time of year. Choose activities that connect you to people or causes you care about, take breaks when you need them, and check in with your friends and family. If you or someone you love is dealing with a mental health crisis, substance use, or any type of emotional distress, you can call, text, or chat with the [988 Suicide & Crisis Lifeline](#). It's free, confidential, and available 24 hours per day.

Prevent the spread of germs. Remember to wash your hands often and avoid touching your eyes, mouth, and nose, where viruses can enter the body. Use hand sanitizer if soap and water are not convenient. Get you and your family up to date on immunizations for COVID-19, flu, and RSV. It is important that if you feel sick for any reason, you stay home. Learn more about ways to protect yourself against respiratory illness this season [here](#).

Stay active. Physical activity is great for our health. It improves sleep quality, lessens feelings of anxiety, and reduces blood pressure. Regular physical activity also lowers the risk for chronic conditions like heart disease, type 2 diabetes, and some cancers. Get creative and be active when you connect with friends and family this season – [go for a group walk](#) or hike together, shoot hoops, play flag football or another kind of active game together.

Enjoy the food! There's plenty of tasty food at the holidays. Have fun and focus on those special foods you love to eat this time of year. Take time and savor each bite and listen to your body to know when you're full.

Don't serve up a foodborne illness. Festive dinners and buffets can create more opportunities for contamination, but [you can reduce the risk by taking simple precautions](#). Wash hands and surfaces often. Keep raw meat, poultry, and seafood separate to prevent cross-contamination. Cook food to a safe internal temperature and refrigerate leftovers right away to keep harmful bacteria at bay.

Keep an eye on the weather. The best time to [prepare for winter weather](#) is before the snow falls or ice forms. Bundle up to stay dry and warm, and make sure your family has warm layers, gloves, hats, scarves, and waterproof boots.

Practice fire safety. Most house fires happen in the winter and are often caused by cooking accidents, smoking, or unsafe use of woodstoves or space heaters. [Protect your home against fires](#) and have an emergency plan that you practice regularly.

The [DOH website](#) is your source for a *healthy dose of information*. [Find us on Facebook](#) and [follow us on X \(formerly Twitter\)](#). Sign up for the DOH blog, [Public Health Connection](#).



2024 PIERCE COUNTY LEGISLATURE

LEGISLATIVE HOTLINE - 1-800-562-6000 - support@leg.wa.gov

Session starts 1/8/2024

Bldg. Key Code: JLOB = John L. O'Brien Bldg. LEG = Legislative Bldg. LMB = Legislative Modular Bldg. JAC = John A. Cherberg Bldg.



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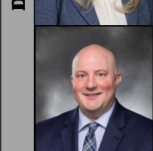
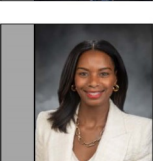
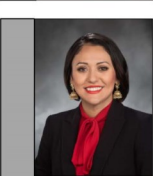


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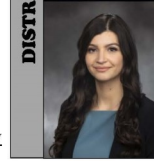
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