

# Therapeutic Recreation Services

CITY OF  
SPOKANE  
PARKS &  
RECREATION

2012



# Winter

509.625.6200

SpokaneParks.org

# Therapeutic Recreation Services

Specialized and Adaptive Recreation Services  
for Individuals with Disabilities

Spokane Parks and Recreation Department  
ALICE BUSCH, Supervisor  
509.625.6245



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

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

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

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

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

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

**Refund Policy:** Participants will be notified if a class or program is canceled due to lack of enrollment and will be offered an alternate choice, full refund or credit on account. Participants who wish to cancel enrollment must notify Therapeutic Recreation at least seven days prior to the program date to be considered for a refund. Refund amount will be based on the number of students enrolled and any

supply costs incurred on the participant's behalf. Careproviders may not substitute participants. Every participant must be pre-registered. Requests for refunds must be made in writing and approved by Therapeutic Recreation supervisor. Refunds will not be made after the first session or for missed sessions. Trip deposits are non-refundable unless cancellation is made at least 30 days before trip departure date.

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

## Registration Procedure:

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

## Other Parks Programs Available to Special Populations

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



# Winter

## Specialized and Adaptive Recreation Services for Individuals with Disabilities

### DANCE, MUSIC AND THEATRE

#### Day at the Theatre

**1 day | Ages 16+** Come with us as we delight in the entertaining theatre productions put on by our local Spokane Children's Theatre (SCT) and Christian Youth Theatre (CYT) Spokane. **\$19**

#### Miss Nelson's Missing - SCT

20486 Su 2/12 12:30-3:30 PM  
SFCC Music Bldg #15 3410 W. Ft. George Wright Dr

#### Oklahoma - CYT

Western romantic musical  
20487 Sa 2/25 2:30-5:30 PM  
Bing Crosby Theatre 901 W. Sprague

#### Go Dog Go - SCT

20488 Su 3/18 12:30-3:00 PM  
SFCC Spartan Theatre Bldg #5 3410 W. Ft. George Wright Dr

#### Creative Connections

**7 weeks | Ages 16+** For those who enjoy music activities such as rhythm band, action songs, sensory games with parachutes, bubbles, scarves, etc.. Participants will have the opportunity to practice socialization, fine motor and sensory skills. **West Central Community Center, 1603 N. Belt. \$37**

20448 Sa 1/14-3/3 10:00-11:00 AM

#### Musical Production

##### "Spokane's Got Talent" - Musical Edition

**8 weeks | Ages 15+** Each cast member will perform a song from their favorite musical. They will have the opportunity to improve communication and socialization skills by being attentive, listening, working with others and developing self-esteem. **Longfellow Elementary, 800 E. Providence. \$37**

20449 M 1/23-3/19 6:30-8:00 PM

#### Sundancers Squaredancing

**11 weeks | Ages 15+** Do you want to learn how to square dance or improve your existing skills? Participants should know left and right, ability to follow simple directions, and have a good attention span. **Shaw Middle School, Cafeteria, 4106 N. Cook. \$25**

**Beginners** - meet the second and fourth Tuesdays of the month.

20450 T 1/10-3/20 6:30-8:00 PM no class 1/31

**Performers** - meet the first and third Tuesday of each month.

They are welcome to come the second and fourth Tuesday to help with the beginners. Performance night is the 3rd Tuesday of the month and pick up time is 9 pm.

20451 T 1/10-3/20 6:30-8:00 PM no class 1/31

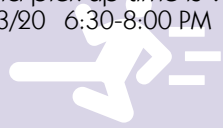


### FITNESS AND WELLNESS

#### Aerobics Low Impact

**8 weeks | Ages 14+** Exercise your way into shape with fun and simple movements. Wear loose, comfortable clothes and sturdy shoes. Participants will be given opportunities to improve skills such as gross motor, listening, following directions and socialization. **West Central Community Center, 1603 N. Belt, mason room. \$36**

20455 M 1/23-3/19 6:30-7:30 PM





# SKI AND SNOWBOARDING

## Adaptive Skiing and Snowboarding

**3 weeks | Ages 6+** One-to-one instructor/student ratio with volunteers trained in PSIA methods and therapeutic recreation elements. Course teaches mono and bi skiing for those who need to ski in sit down position, adaptive snowboarding, three and four track (outriggers) for amputee/ balance deficits and provides lessons for those with visual or sensory impairments. We ski/board at Mt. Spokane on Saturdays and meet at our Ski Chalet at the base of chair #5. **To enroll in this class there is a separate registration form.** Scholarships are available-request a form. **Adaptive Ski Chalet**

- 3 wk morning - 3 hr lesson \$121**
- 20338 Sa 1/21-2/4 9:30 AM-12:30 PM
- 3 wk afternoon - 3 hr lesson \$121**
- 20339 Sa 1/21-2/4 1:00-4:00 PM
- 3 wk - both sessions \$204**
- 20340 Sa 1/21-2/4 9:30 AM-4:00 PM
- 3 wk morning - 3 hr lesson \$121**
- 20341 Sa 2/11-3/3 9:30AM-12:30 PM no class 2/18
- 3 wk afternoon - 3 hr lesson \$121**
- 20342 Sa 2/11-3/3 1:00-4:00 PM
- 3 wk - both sessions \$204**
- 20343 Sa 2/11-3/3 9:30 AM-4:00 PM

Therapeutic Recreation Services received two special grants for Adaptive Ski Equipment this year.



The first was **\$3500 from Rotary Club of Spokane #21 - Youth Division.** Rotary #21 has been an integral part of our Adaptive Ski/Snowboard program by their years of support. We can't wait to start teaching adaptive ski lessons to more children.

The second was **\$4500 from Spokane Parks Foundation.** The foundation has been an ongoing supporter of our Adaptive Ski/Snowboard program and we are so excited to be able to provide increased lessons for children wanting to ski sitting down.



## Cross Country Skiing

**7 weeks | Ages 12+** The class is designed for people with developmental disabilities. Fresh air, exercise and fun are just a few benefits of this activity. We ski at Mt. Spokane on the terrific trail system. Participants should be able to walk a mile with minimal difficulty. The class size is limited to the number of volunteers. **To enroll in this class there is a separate registration form.** Scholarships are available - request a form.

- Lessons, Transp, Equipment \$189**
- 20328 Sa 1/14-2/25 7:30 AM-1:30 PM 810 N. Stone
- Lessons, Equipment \$134**
- 20329 Sa 1/14-2/25 9:00 AM-12:00 PM Selkirk Lodge

## Downhill Skiing and Snowboarding

**7 weeks | Ages 8+** Crisp air, swishing and swooshing of skis and boards, exercise and friendships are some of the benefits experienced. This program is designed for people with developmental disabilities. Beginning to advanced downhill ski and snowboard lessons are given with a 1:1-1:3 ratio by our terrific volunteers. **To enroll in this class there is a separate registration form.** Scholarships are available - request a form.

- Lessons Only \$143**
- 20331 Sa 1/14-2/25 10:30AM-3:00 PM
- Lift Tickets, Lessons \$213**
- 20332 Sa 1/14-2/25 10:30 AM-3:00 PM
- Lift Tickets, Lessons, and Transportation \$283**
- 20333 Sa 1/14-2/25 9:00 AM-5:00 PM
- Lift Tickets, Lessons, and Equipment Rental \$283**
- 20334 Sa 1/14-2/25 10:30 AM-3:00 PM
- Lift Tickets, Lesson, Equipment Rental and Transportation \$380**
- 20335 Sa 1/14-2/25 9:00 AM-5:00 PM

# SOCIALIZATION

## Classy Crafts

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

- 20444 Th 1/5-1/26 7:00-8:15 PM
- 20445 Th 2/2-2/23 7:00-8:15 PM
- 20446 Th 3/1-3/22 7:00-8:15 PM

## Fleece Throw Pillow Workshop

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

- 20501 T 3/6 6:00-8:00 PM



## Friday Night Jam

**1 day | Ages 18+** Come rock and swing at Spokane's oldest on-going nightclub for people with developmental disabilities. If participants require direct supervision then care providers need to attend. Second Friday each month. **West Central Community Center, 1603 N. Belt. \$5**

### Snowball Dance

Celebrate the New Year. Wear blues and whites.

20456 F 1/13 7:00-9:00 PM

### Sweetheart Dance

Bring a sweetheart to dance with. Wear red, pink and white.

20457 F 2/10 7:00-9:00 PM

### St. Paddy's Dance

Wear green and orange.

20458 F 3/9 7:00-9:00 PM

## Tie-Dye Workshop

**1 day | Ages 18+** Groovy is in. Don't miss this colorful chance to create your own T-shirt. We will provide one t-shirt; you may bring extra items from home to dye. Participants will practice socialization skills. **Meet at Sinto Senior Activity Center, 1124 W. Sinto. \$17**

20504 M 2/20 6:30-7:30 PM

## What's Cooking

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

20452 T 1/10-1/31 4:00-6:00 PM

20453 T 2/7-2/28 4:00-6:00 PM

20454 T 3/6-3/27 4:00-6:00 PM

# SPORTS AND LEAGUES

## Basketball

**7 weeks | Ages 18+** Fun, exercise, teamwork, and being with friends is what this program is about. We provide both beginner and intermediate basketball. Beginner group will learn developmental skills such as dribbling and shooting. Intermediate group will focus on how to play as a team.

**Garry Middle School 725 E. Joseph. \$35**

### Beginner Basketball

20459 M/W 1/23-3/14 6:30-7:30 PM no class 2/20

### Intermediate Basketball

20460 M/W 1/23-3/14 7:30-8:30 PM no class 2/20

## Hooparama

**1 day | Ages 12+** 10th Annual 3 on 3 Basketball Tournament to celebrate TRS basketball. Teams will consist of four players-two with developmental disabilities and two without. We will have fun games, prizes, t-shirts, serve lunch and play lots of basketball. **East Central Community Center, 500 S. Stone. \$24**

20477 Sa 3/10 8:30 AM-3:30 PM

## Ice Skating

**8 weeks | Ages 8+** Participants with developmental disabilities learn to skate and improve existing skills. Please dress warmly. Opportunity to compete in Special Olympics with current AFP due by January 4, 2012. **Riverfront Park Ice Palace.** Each session includes skate rental and participation on both days.

**\$37**

19801 W/M 1/4-2/22 4:00-5:00 PM

No class 1/16, 2/20

## Powerlifting

**12 weeks | Ages 17+** For persons with developmental disabilities who are serious about lifting with free weights and universal gym equipment. Ability to stay on task and follow directions with minimal assistance. We currently are not enrolling new lifters. **Gold's Gym, 10101 N. Nevada. \$46**  
20461 T/Th 1/3-3/29 6:30-7:30 PM

## Swimming

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

20462 Su 1/8-3/11 3:00-4:30 PM

## Swimming - Learn to Swim

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

20464 Su 1/8-3/11 3:15-4:15 PM

# TRIPS AND TOURS

## Dessert Delight

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

### Froyo Earth

Create your own personalized sweet treat.

20489 Th 1/26 7:00-9:00 PM

### The Onion

variety of yummy desserts

20490 Th 2/23 7:00-9:00 PM

### P.F. Changs

Banana spring rolls, new york cheesecake, great wall of chocolate, triple chocolate mousse and more.

20491 W 3/14 7:00-9:00 PM



# Therapeutic Recreation Services

# Calendar of Events

## January

Sun	Mon	Tues	Wed	Thu	Fri	Sat
1	2	3 Powerlifting	4 Ice Skating	5 Classy Crafts Powerlifting	6 Friday Fun - Spokane Chiefs Hockey	7 Cross Country Volunteer Training Clinic Downhill Ski/Board Volunteer Training
8 Swimming Learn to Swim Downhill Ski/Board Volunteer Training	9 Ice Skating	10 Cooking Powerlifting Square Dancing	11 Ice Skating Fine Dining - Shakey's Pizza	12 Classy Crafts Powerlifting	13 Dryland Clinic Adaptive Ski/Board Friday Night Jam Snowball Dance	14 Volunteer Training Adaptive Ski/Board Creative Connections Downhill Ski/Board
15 Swimming Learn to Swim	16 Ice Skating	17 Cooking Powerlifting Square Dancing	18 Ice Skating	19 Classy Crafts Powerlifting Fine Dining - Rusty Roof	20	21 Creative Connections Adaptive Ski Cross Country Ski Downhill Ski/Board Saturday Fun - Bowling & Pizza
22 Swimming Learn to Swim	23 Ice Skating Basketball Aerobics Musical	24 Cooking Powerlifting Square Dancing	25 Ice Skating Basketball	26 Classy Crafts Powerlifting Dessert Delight- Froyo Earth	27 Friday Fun - Spokane Chiefs Hockey	28 Creative Connections Adaptive Ski Cross Country Ski Downhill Ski/Board
29 Swimming Learn to Swim Tubing at Mt. Spokane	30 Ice Skating Basketball Aerobics Musical	31 Cooking Powerlifting				

## February

Sun	Mon	Tues	Wed	Thu	Fri	Sat
			1 Basketball Ice Skating	2 Classy Crafts Powerlifting Fine Dining- Luigi's	3 Friday Fun- Spokane Chiefs Hockey	4 Creative Connections Adaptive Ski Cross Country Ski Downhill Ski/Board
5 Swimming Learn to Swim Polka Dot Pottery	6 Ice Skating Basketball Aerobics Musical	7 Cooking Powerlifting Square Dancing	8 Basketball Ice Skating	9 Classy Crafts Powerlifting Fine Dining- Steam Plant Grill	10 Friday Night Jam Sweatheart Dance	11 Adaptive Ski Downhill Ski/Board NO Cross Country Ski
12 Langlauf Swimming Learn to Swim Day at Theatre- Miss Nelson's Missing	13 Ice Skating Basketball Aerobics Musical	14 Cooking Powerlifting Square Dancing	15 Basketball Ice Skating Fine Dining - South Perry Pizza	16 Classy Crafts Powerlifting	17 Friday Fun- Girls Night Out	18 Creative Connections Cross Country Ski NO Adaptive Ski NO Downhill Ski/Board Monster Jam
19 Swimming Learn to Swim	20 NO Musical NO Aerobics NO Basketball NO Ice Skating Tie Dye Workshop President's Day	21 Cooking Powerlifting Square Dancing	22 Basketball Ice Skating Harlem Globetrotters	23 Classy Crafts Powerlifting Dessert Delight- The Onion	24 Friday Fun- Movie & Burger	25 Creative Connections Adaptive Ski Cross Country Ski Downhill Ski/Board Day at Theatre - Oklahoma
26 Swimming Learn to Swim Raptor Reef Indoor Waterpark	27 Basketball Musical Aerobics	28 Cooking Powerlifting Square Dancing	29 Basketball			



# Winter

## March

Sun	Mon	Tues	Wed	Thu	Fri	Sat
				1 Classy Crafts Powerlifting	2 Washington Special Olympics Winter Games – Wenatchee: Cross Country Ski, Downhill Ski/Boarding, Ice Skating	3
4 Swimming Learn to Swim WSO Winter Games	5 Basketball Musical Aerobics	6 Cooking Powerlifting Square Dancing Fleece Workshop	7 Basketball Fine Dining- Flamin' Joes	8 Classy Crafts Powerlifting	9 Friday Night Jam St. Paddy's Dance	10 10 <sup>th</sup> Annual Hoop-A- Rama
11 Swimming Learn to Swim	12 Basketball Musical Aerobics	13 Cooking Powerlifting Square Dancing	14 Basketball Dessert Delight- P.F. Changs	15 Classy Crafts Powerlifting	16 Friday Fun Spokane Chiefs Hockey	17 Saturday Fun - Pizza & Bowling
18 Day at Theatre - Go Dog Go	19 Musical Aerobics	20 Cooking Powerlifting Square Dancing	21	22 Classy Crafts Powerlifting	23	24
25	26	27 Cooking Powerlifting	28	29 Powerlifting	30	31

### GOT E-MAIL!

If you have e-mail and are interested in receiving brochures and letters through e-mail. Let us know. You can call 509.625.6245 or e-mail it to us.

[TRS2@spokanecity.org](mailto:TRS2@spokanecity.org)

Thanks!



# TRIPS AND TOURS

## Fine Dining

**1 day | Ages 18+** Do you like getting dressed up and going out? Come with us and experience the culinary delights of Spokane's finest restaurants! Staff will help in the selection and purchase of a meal. Participants will have the opportunity to improve social, communication, and etiquette skills. Transportation provided from **Sinto Senior Activity Center, 1124 W. Sinto. \$14**

### Shakey's Pizza

Pizza, pasta, fried chicken and more.

20494 W 1/11 6:00-9:00 PM

### Rusty Roof

Burgers Shakes, Sweet Potato Fries and more

20495 Th 1/19 6:00-9:00 PM

### Luigi's

local Italian

20496 Th 2/2 6:00-9:00 PM

### Steam Plant Grill

Steaks, Fish, Pasta. Historical setting.

20497 Th 2/9 6:00-9:00 PM

### South Perry Pizza

Delicious Gourmet Pizza

20493 W 2/15 6:00-9:00 PM

### Flamin' Joes

Wings, nachos, corn dogs, sweet potato fries and more

20498 W 3/7 6:00-9:00 PM

## Friday/Saturday Fun

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

### Spokane Chiefs Hockey

Join us watch the Spokane Chiefs hockey team play Moose Jaw. You may purchase snacks or dinner at the game. Dinner will cost around \$10. **Meet us at the Arena entrance of Boone and Howard.**

20475 F 1/6 6:30-9:30 PM **\$27**

### Pizza & Bowling

Meet us at North Bowl for an afternoon of bowling and pizza.

Fee includes everything so extra money is not required for this outing. **North Bowl, 125 W. Sinto \$24**

20468 Sa 1/21 1:30-4:00 PM

### Spokane Chiefs Hockey

Join us watch the Spokane Chiefs hockey team play Portland. You may purchase snacks or dinner at the game. Dinner will cost around \$10. **Meet us at the Arena entrance of Boone and Howard.**

20469 F 1/27 6:30-9:30 PM **\$27**

### Spokane Chiefs Hockey

Join us watch the Spokane Chiefs hockey team play Victoria.

Dinner will cost around \$10.

**Meet us at the Arena entrance of Boone and Howard.**

20472 F 2/3 6:30-9:30 PM **\$27**

### Girls Night Out

No Boys Allowed! It's Girls Night! We will make personal pizzas, bake a sweet treat, paint our nails, watch a chick flick, eat popcorn and just be girls. Event at **Sinto Senior Activity Center, 1124 W. Sinto.**

20470 F 2/17 6:00-10:00 PM **\$24**

## Movie and Burger

We will head to Northtown Mall, eat dinner, then see a movie. Please bring \$10 to purchase dinner. **Transportation provided from Sinto senior Activity Center, 1124 W. Sinto.**

20474 F 2/24 5:30-10:00 PM **\$24**

### Spokane Chiefs Hockey

The Spokane Chiefs play Seattle. Dinner will cost around \$10.

**Meet us at the Arena entrance of Boone and Howard.**

20476 F 3/16 6:30-9:30 PM **\$27**

### Pizza & Bowling

Meet us at North Bowl for an afternoon of bowling and pizza.

Fee includes everything so extra money is not required for this outing. **North Bowl, 125 W. Sinto \$24**

20471 Sa 3/17 1:30-4:00 PM

## Harlem Globetrotters

**1 day | Ages 16+** The world famous Harlem Globetrotters are coming to the Spokane Arena. You'll be whistling Sweet Georgia Brown after seeing the World's Finest Basketball Show! From slam-dunks to spinning basketballs to full-court swishes, the Ambassadors of Goodwill astound you with their high-flying athleticism and grace. **Meet us at the Arena entrance of Boone and Howard. \$29**

20499 W 2/22 6:30-9:15 PM

## Monster Jam

**1 day | Ages 16+** USHRA Monster Trucks including Grave Digger, Tasmanian Devil, Iron Man, Monster Mutt, Captain USA and Incinerator will be coming to Spokane. We will participate in the Pit Party prior to the show and see some of the drivers and trucks up close. Please be sure to bring money to purchase lunch, souvenirs or snacks if desired. \$10-15 is recommended.

**Meet us at the Arena entrance of Boone and Howard. \$39**

20543 Sa 2/18 11:30 AM - 4:15 PM

## Polka Dot Pottery

**1 day | Ages 16+** Avoid the winter blues by coming with us to Polka Dot Pottery do it yourself ceramic shop. Paint a piece purchased at the shop or bring your own. Prices vary depending upon piece. Mugs are \$11, plates \$12 and up to \$80 for larger platters. We suggest bringing about \$20. **Riverpark Square Atrium, 808 W. Main. \$11**

20502 Su 2/5 1:00-3:30 PM

## Raptor Reef Indoor Water Park

**1 day | Ages 18+** Grab your swimsuit, towel and head with us to Triple Play Raptor Reef Indoor Water Park in Hayden, Idaho. There are three slides, 'Lost Falls', which is 400 feet long and full of twists. 'Velociraptor Vortex' is the super bowl ride that swirls, spins and flushes, and the 'Prehistoric Plunge' is 300 feet of high-speed body sliding. Fee includes transportation, staff, pizza dinner and park entrance fee. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto. \$43**

20503 Su 2/26 12:30-6:00 PM

## Tubing Adventure

**1 day | Ages 16+** TRS is heading to Mt. Spokane for an afternoon of tubing fun! Hop aboard big yellow tubes, fly down the hill and take the rope tow back up to the top and do it again. Warm up with cocoa in the snow sports chalet. **Sinto Senior Activity Center, 1124 W. Sinto. \$33**

20507 Su 1/29 11:15 AM-5:00 PM

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

**MEDICATION INFORMATION AND WAIVER**

Participant \_\_\_\_\_ Name Activity \_\_\_\_\_

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

**MEDICATION:** Type: \_\_\_\_\_ Dosage: \_\_\_\_\_ Time/s: \_\_\_\_\_  
Type: \_\_\_\_\_ Dosage: \_\_\_\_\_ Time/s: \_\_\_\_\_  
Type: \_\_\_\_\_ Dosage: \_\_\_\_\_ Time/s: \_\_\_\_\_

List any special instructions/precautions/side effects: \_\_\_\_\_

I understand and agree to follow the City policies:

1. I have informed the City of all medication, which I will be taking during the program, the side effects of the medication, and what first aid would be appropriate.

2. The staff may take custody of the medication, but I am still responsible for my own medication. I will provide the medication packaged in prescription packages, by dosage, labeled by a physician or pharmacist. The label shall include the student's name, physician's name, dosage-amount, time taken, name and phone number of pharmacy. Each dosage will be packaged separately in tiny zip lock bags. Only medication for duration of the activity will be included.

3. I acknowledge that the instructions on the pharmaceutical container are accurate. Furthermore, I agree to allow the City of Spokane staff to assist, if necessary, in the administration of my medication. I acknowledge that no medical staff will be provided and staff will not make any decisions about dosage of medication.

I promise not to sue or present a claim for personal injury or wrongful death against the City of Spokane, its officers, employees and agents regarding medication.

THIS DOCUMENT RELIEVES THE CITY OF SPOKANE FROM LIABILITY FOR PERSONAL INJURY OR WRONGFUL DEATH RELATING TO MY MEDICATION. I HAVE READ THIS DOCUMENT, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT VOLUNTARY.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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

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

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Therapeutic Recreation Services Medication Policy**

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

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

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

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

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

Thank you for your assistance!!!!





# Thanks...

to our Fall Quarter Volunteers:

Dave Bentz  
 Meghan Ballou  
 Sarai Chan Kau  
 Anna Eskew  
 Yvonne Fisher  
 Jackie Gabriel  
 Pat Gray  
 Lori Hadley  
 Steve Jameson  
 Bill Johnson  
 Ashley Knutson  
 Ron Layman  
 Alexis Lucassen

Richard Makovsky  
 MacKenzie Monaghan  
 Loretta Moon  
 Annie Mortenson  
 Jerry Nelson  
 Steve Ripley  
 Julie Parry  
 Glendia Plott  
 Gary Poole  
 Micah Scott  
 Eleanor Schiffner  
 Jeremy Taylor  
 Seth White

Jordyn Wirkkala  
 Mark - Mission Park Caretaker  
 Corbin Community Center  
 Knights of Columbus  
 Sinto Senior Activity Center  
 Southside Senior Activity Center  
 Spokane Parks Operations  
 West Central Community Center  
 Gold's Gym - Nevada

All volunteers who helped in the Pancake fundraiser, special thanks to our great dishwashers, Dave Bentz, Yvonne and Dan Fisher.

## Special Thanks to ...

- ▶ Fall Intern Anna Eskew from Whitworth. She volunteered over 80 hours with TRS
- ▶ Burkes Distributing for donating 4 tickets to Seattle Seahawks Game on 10.30.11

## TRS Customer Involvement Policies

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

Absolutely No Sexual Harassment or Assaultive behavior will be tolerated.

We reserve the right to send participants home if displaying inappropriate behaviors or not abiding by the TRS Customer Involvement Policies.

We strive to provide a safe and enjoyable experience for everyone in TRS activities.



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Spokane Parks and Recreation



# Winter

Check us out at:  
[SpokaneParks.org](http://SpokaneParks.org)

