

# Adaptive Recreation

Adaptive Recreation provides diverse recreation programs and services that enhance the quality of life for people with disabilities.

Register for all classes at [www.eugene-or.gov/recrenroll](http://www.eugene-or.gov/recrenroll) or through any City of Eugene community center or pool, unless indicated otherwise. **For facility locations and contact information, see pages 6-7.**



Get updates on Facebook. Become a fan of *City of Eugene Adaptive Recreation*.



## PROGRAM INFORMATION

### Classes & Activities

These classes and activities are planned for people with disabilities, along with their families and friends. Courses are structured for different levels of ability to focus on training opportunities and/or for socialization. All other classes offered by Recreation Services are also open to people with disabilities. All Adapted Recreation courses require registration. *A Participant Information Form is required prior to attendance.* Fees do not include the cost of meals at events, unless noted otherwise. For more information call 541-682-5311.

### Orientation

Staff are available to meet with you to discuss available recreation opportunities. Please call for an interview prior to registering for classes. A Certified Therapeutic Recreation Specialist can help answer your questions regarding the activities that are most appropriate for you, a family member or an individual in your care.

### Conduct

Every effort will be made to reasonably accommodate each individual, however, if a person's conduct poses physical harm, risk to self or to others, he/she will be removed from City programs and activities.

### Equipment Loan & Rentals

Adapted recreation equipment is available for rent. Call 541-682-5311. Equipment includes:

- Beach wheelchair & all terrain wheelchair
- Mono-ski, bi-ski, outriggers & adapted snow sled
- Adapted water ski
- Handcycles
- Adapted art equipment
- Adapted golf carts available at Laurelwood and River Ridge golf courses

### Inclusion Services

It's as easy as 1-2-3

- 1) Inclusion services are available by discussing the request with the person taking your registration and/or
- 2) Request accommodations *at least two weeks in advance* using a City of Eugene Inclusion Request form at [www.eugene-or.gov/recinclusion](http://www.eugene-or.gov/recinclusion).
- 3) Once a request has been received, a Recreation staff person will contact you.


The City of Eugene's Recreation staff is committed to making all reasonable efforts to ensure that its facilities, programs and services are accessible to and usable by all people, including individuals with disabilities. The City of Eugene has received grant funding through the National Inclusion Project. This official partnership will benefit staff's ability to provide inclusion services. Please learn more about this organization at [www.inclusionproject.org](http://www.inclusionproject.org).

For additional information and/or questions regarding inclusion, accessibility and accommodations call 541-682-5311.

### Wanted: Volunteers

Your friendship and involvement with the participants in the Adaptive Recreation program is critical. You need not be an expert – support and feedback are provided for all volunteers. If you or your group are interested in volunteering any amount of time, and if you'd like to have fun and interesting experiences helping others, please call 541-682-6327.

### Additional Class Listings

Some Adaptive Program offerings are listed in other parts of this *Rec Guide*, and are indicated by the  symbol.

## ARTS & HANDCRAFTS

### Jewelry Expressions **Ages 18 & up**

Participate in creating beaded jewelry! Designed for persons with developmental disabilities who are interested in creation and design, as well as promoting and selling their art.

Washington Park Center

Instructor: Mary-Minn Sirag

Jan 23-Mar 19	M	10:30a-Noon	\$60	#97544
Jan 23-Mar 19	M	12:30-2p	\$60	#97545
Apr 2-May 21	M	10:30a-Noon	\$60	#97550
Apr 2-May 21	M	12:30-2p	\$60	#97551

No class Feb 20

## DANCE & DRAMA

### Chance to Dance ♥ **Ages 13 & up**

Join this exciting and energetic dance class that explores movement, rhythm, and a fun way to exercise. No dance experience required! Intended for teens and adults with developmental disabilities.

Hilyard Community Center

Jan 23-Mar 19	M	5:45-6:45p	\$25	#97553
Apr 2-May 21	M	5:45-6:45p	\$25	#97554

No class Feb 20

## DANCES

### Valentine's Dance **Ages 18 & up**

Join your friends and peers for a night of dancing, crafts, and fun for everyone! Designed for individuals with developmental disabilities; pre-registration is required. Participants attending with a caregiver must pre-register the caregiver by calling 541-682-5311. Registration for caregivers is free.

Hilyard Community Center

Feb 10	F	6:30-9p	\$5	#97556
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### St. Patrick's Day Dance

**Ages 18 & up**

Celebrate this Irish holiday at Hilyard Community Center with dancing, music, crafts, snacks and fun! Designed for individuals with developmental disabilities; pre-registration is required. Participants attending with a caregiver must pre-register the caregiver by calling 541-682-5311. Registration for caregivers is free.

Hilyard Community Center

Mar 16	F	6:30-9p	\$5	#97558
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*Non-city residents are assessed a 20% surcharge for registered activities & rentals.*

### Spring Dance! **Ages 18 & up NEW!**

A new addition to the fun events at Hilyard! Join your peers for dancing, crafts, and lots of fun! Designed for individuals with developmental disabilities; pre-registration is required. Participants attending with a caregiver must pre-register the caregiver by calling 541-682-5311. Registration for caregivers is free.

Hilyard Community Center

May 18	F	6:30-9p	\$5	#97560
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## FOOD, COOKING & NUTRITION

### Cooking Club **Ages 16 & up**

Participants will plan meals as a group and prepare a different meal each week, learning about and making healthy foods. Everyone helps with the cooking, eating, and cleanup. Please register for either Tuesday or Wednesday class, not both.

Hilyard Community Center

Jan 24-Feb 28	Tu	5:15-7:30p	\$60	#97561
Jan 25-Feb 29	W	5:45-8p	\$60	#97562
Apr 3-May 15	Tu	5:15-7:30p	\$60	#97567
Apr 4-May 9	W	5:45-8p	\$60	#97568

No class Apr 17

## GAMES & SPORTS

### Adapted Game Day

**Ages 50 & up FREE!**

For stroke survivors who are interested in learning to play cards and table games. Volunteers will be available to assist participants. To register, contact Marlene Shapiro at 541-346-2589.

Hilyard Community Center

Jan 24-Mar 27	Tu	1:30-3p	Free	
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### Wii & Mii Time ♥ **Ages 16 & up**

Join others to play Wii, Uno or just chill with friends. Playing Wii™ sports is a fun way to add to your sports playing time. Games include bowling, tennis, baseball, golf and boxing. A simple snack will be provided.

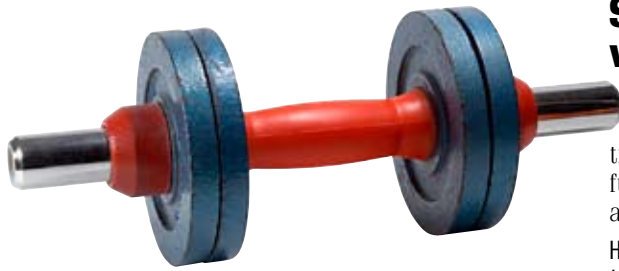
Hilyard Community Center

Jan 9-Mar 12	M	3:15-4:15p	\$20	#97569
Jan 11-Mar 14	W	3:15-4:15p	\$20	#97570
Apr 2-Jun 4	M	3:15-4:15p	\$20	#97572
Apr 4-Jun 6	W	3:15-4:15p	\$20	#97573

No class Jan 16, Feb 20, May 28

Eugene is a  
Let's Move City,  
encouraging  
healthy eating  
& activities that  
fight childhood  
obesity.





## Strength Training for People with MS ♥ Ages 18 & up

This class will focus on exercise techniques and strength training for individuals with multiple sclerosis. Strength training helps improve function, and prevent contractures, muscle imbalance and atrophy.

Hilyard Community Center

Jan 10-Feb 28	Tu	10:30-11:30a	\$40	#97953
Jan 12-Mar 1	Th	10:30-11:30a	\$40	#97954
Mar 6-Apr 24	Tu	10:30-11:30a	\$40	#97957
Mar 8-Apr 26	Th	10:30-11:30a	\$40	#97958
May 1-Jun 19	Tu	10:30-11:30a	\$40	#97959
May 3-Jun 21	Th	10:30-11:30a	\$40	#97960

## HEALTH & WELLNESS

### Build Your Body ♥ Ages 16 & up

This class provides a structured, basic weight training exercise program for adults with disabilities. Must be able to move to weight stations independently or bring an assistant. For more information call 541-682-5311.

YMCA, 2055 Patterson

Jan 23-Mar 14	MW	3-4p	\$70	#97576
Apr 2-May 23	MW	3-4p	\$70	#97577

### Fitness For All ♥ Ages 16 & up

Exercise is for everyone! Exercise provides an opportunity to develop an individual's full physical and mental potential. Improve your health while having fun. Designed for people with developmental disabilities.

Hilyard Community Center

Jan 9-Mar 14	MW	4:30-5:30p	\$65	#97574
Apr 2-Jun 6	MW	4:30-5:30p	\$65	#97575
No class Jan 16, Feb 20, May 28				

### Gentle Yoga for You ♥ Ages 18 & up

Learn about the healing art of yoga. The benefits include reduced stress, toned muscles, increased strength, and more. Designed for individuals with temporary or chronic physical limitations such as fibromyalgia, chronic fatigue syndrome or back issues. For more information call 541-682-5311.

Washington Park Center

Jan 11-Feb 29	W	6-7:15p	\$50	#97961
Mar 7-Apr 25	W	6-7:15p	\$50	#97962
May 2-Jun 20	W	6-7:15p	\$50	#97963

### Hydrotherapy ♥ Ages 18 & up

For individuals who have a physical disability related to stroke, brain injury, and other similar conditions. The class will focus on stretching, balance, coordination and strengthening in a warm water environment. Must be independent entering and exiting the water, or bring an aide. For more information call 541-682-5311.

Tamarack Wellness Center, 3575 Donald St.

Jan 10-Feb 28	Tu	Noon-1p	\$65	#97948
Mar 6-Apr 24	Tu	Noon-1p	\$65	#97950
May 1-Jun 19	Tu	Noon-1p	\$65	#97952

### Yoga for People with MS ♥

Ages 18 & up

Yoga has been shown to improve circulation, balance and flexibility, and to reduce muscle tension, nervousness, depression, anxiety, and emotional stress – all common symptoms of MS. This class will emphasize breathing techniques, stretching and relaxation.

Hilyard Community Center

Jan 9-Mar 12	M	10:30a-12:30p	\$60	#97589
Mar 19-May 7	M	10:30a-12:30p	\$60	#97593
May 14-Jun 25	M	10:30a-12:30p	\$45	#97594
No class Jan 16, Feb 20, May 28				

## HIKING

### Happy Trails Hiking Group ♥

Ages 16 & up

Get out and explore local hiking trails and scenic areas around Eugene! Designed for individuals with developmental disabilities who are interested in hiking 2-3 miles. Bring a sack lunch and water bottle.

Meet at Hilyard Community Center

Mar 17	Sa	10a-4p	\$18	#98460
Apr 21	Sa	10a-4p	\$18	#98461
May 19	Sa	10a-4p	\$18	#98462

## LEADERSHIP & SELF DEVELOPMENT

### Enrich & Explore Ages 18 & up

This outgoing group features educational outings, discussions, advocacy and support, and lots more! Explore new and different experiences around town and participate in unique art crafts. For people with cognitive disabilities.

Hilyard Community Center

Jan 10-Feb 14	Tu	1-3p	\$55	#97936
Mar 6-Apr 17	Tu	1-3p	\$55	#97939
May 1-Jun 5	Tu	1-3p	\$55	#97940

# Feeling able

Each year, Adaptive Recreation's Alpine Adventures enables individuals experiencing disabilities to ski. With the help of volunteers, adaptive equipment, and the generous support of Oregon Adpated Sports and Hoodoo Ski Resort, some 58 participants felt the thrill of traversing the mountainside.

One of those participants, Celeste Rice, expressed how much this program means to her in a note and a poem sent to Alpine Adventures programmer Carly Schmidt. She wrote:



"Dear Carly, other staff and volunteers. Thank you for the wonderful day of skiing. This time I felt *so able*. It was a great feeling. I can't wait to do it again!"

## Healthy Friendships Ages 13-21

This relationship and personal boundaries class is designed for teens and young adults with cognitive disabilities. The class will examine and define healthy relationships, promote awareness and positive skills that will support existing and future relationships. Parents/caregivers are encouraged to attend for half price!

Hilyard Community Center

Feb 15-Mar 21 W 6:30-7:45p \$40/\$20 #98025  
Apr 4-May 9 W 6:30-7:45p \$40/\$20 #98490

## Safe, Strong & Free Ages 18 & up

In this co-ed class for adults with cognitive disabilities, participants will learn about boundaries, physical and verbal self-defense, touching and relationships.

Hilyard Community Center

Instructor: Alexis Reed

Apr 6-Jun 8 F 4:30-5:45p \$50 #98024

## TBI Alive! Ages 18 & up

This is a social and recreational group for people with traumatic brain injuries. Activities include community outings, learning money management and daily living skills, and self-advocacy. It is a place to create friendships, learn new things, and have fun. Bring additional money for outings.

Hilyard Community Center

Jan 12-Mar 1 Th 11a-1p \$45 #98470  
Mar 15-May 3 Th 11a-1p \$45 #98561

## MUSIC

### Melody Makers Ages 16 & up

This class is designed for all levels of musical skills from beginner to advanced. A hands-on, activity-based exploration of music in a fun-filled, supportive atmosphere, focusing on singing, instrument playing, song writing, and building a cohesive musical group.

Hilyard Community Center

Instructor: David Helfand

Jan 10-31	Tu	4-5p	\$30	#97579
Feb 7-28	Tu	4-5p	\$30	#97578
Apr 3-24	Tu	4-5p	\$30	#97586
May 1-22	Tu	4-5p	\$30	#97588

## SKIING

### Alpine Adventures Adaptive Ski Program ♥ Ages 8 & up

This ski program is for children and adults with physical disabilities of all experience levels. Fee includes adapted ski equipment, lift ticket, instruction and more fun than imaginable! Partial scholarships are available. Skiers new to Alpine Adventures must contact Carly Schmidt prior to registration at 541-682-5311. Volunteer ski instructors and assistants needed too!

Meet at Hilyard Community Center

Jan 13	F	7a-6p	#98007
Jan 20	F	7a-6p	#98008
Jan 22	Su	7a-6p	#98009
Jan 27	F	7a-6p	#98010
Feb 3	F	7a-6p	#98011
Feb 10	F	7a-6p	#98012
Feb 17	F	7a-6p	#98013
Feb 24	F	7a-6p	#98014
Feb 26	Su	7a-6p	#98015
Mar 2	F	7a-6p	#98016
Mar 4	Su	7a-6p	#98018
Mar 9	F	7a-6p	#98019
Mar 16	F	7a-6p	#98020

\$75 with transportation, \$60 if no transportation needed

Heroes Day – Veterans only

Mar 3 Sa 7a-6p \$25 #98022

Youth Day – 16 & under only

Mar 24 Sa 7a-6p \$25 #98023

Cost is for transportation only; must pre-register for event through Oregon Adaptive Sports, 541-848-9390



Time for a Vacation!



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AGES SIXTEEN AND OLDER WITH INTELLECTUAL AND  
DEVELOPMENTAL DISABILITIES**

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upcoming vacations or visit our website at [www.tripsinc.com](http://www.tripsinc.com).**

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## SOCIAL GATHERINGS & MEALS

### Friday Fun Activity Night

**Ages 19-26**

This program is designed to give young adults with cognitive disabilities an opportunity to plan and participate in community outings, have fun, and make friends in a safe, supportive environment. Fee does not cover the cost of evening activities. The program meets on the 1st and 3rd or 2nd and 4th Fridays of each month. Register for only one session per term.

Meet at Hilyard Community Center

Jan 6-Mar 16	1st & 3rd F	6:30-9:30p	\$60	#97923
Jan 13-Mar 23	2nd & 4th F	6:30-9:30p	\$60	#97926
Apr 6-Jun 15	1st & 3rd F	6:30-9:30p	\$60	#97924
Apr 13-Jun 22	2nd & 4th F	6:30-9:30p	\$60	#97927

### Friday Recreation **Ages 18 & up**

Develop new skills while socializing with friends in a variety of activities, crafts, and guest speakers. Outings will occur once per month. This ongoing social group is for adults with developmental disabilities.

Hilyard Community Center

Jan 13-Mar 16	F	Noon-2p	\$60	#97595
Apr 6-Jun 8	F	Noon-2p	\$60	#97597

### Karaoke Night! **Ages 16 & up**

Love to sing and have a good time? Join your peers for a fun night of karaoke, dancing and popcorn. Bring your karaoke CDs; some will be provided. Designed for individuals with developmental disabilities; pre-registration is required.

Hilyard Community Center

Jan 16	M	6-8p	\$3	#98126
Feb 20	M	6-8p	\$3	#97942
Mar 30	F	7-9p	\$3	#97941
Jun 29	F	7-9p	\$3	#97943

### Saturday Night Action **Ages 21-55**

Join other lively adults on the 2nd Saturday of each month for dinner, music, crafts, games, and social activities. Designed for individuals with developmental disabilities; pre-registration is required. A fun time for everyone!

Hilyard Community Center

Jan 14	Sa	5-8p	\$15	#97928
Feb 11	Sa	5-8p	\$15	#97931
Mar 10	Sa	5-8p	\$15	#97932
Apr 14	Sa	5-8p	\$15	#97933
May 12	Sa	5-8p	\$15	#97934

### Teen Night Out **Ages 12-18**

Get together with friends for an evening of fun on the 1st and 3rd Fridays of the month. This program is designed for teens with intellectual dis-

abilities to provide a safe environment to recreate and learn. Fee does not cover the cost of the evening activities.

Hilyard Community Center

Jan 6-Mar 16	F	6:30-9p	\$60	#97598
Apr 6-Jun 15	F	6:30-9p	\$60	#97600

## SPORTS & ATHLETIC LEAGUES

### Paralympic Sport Club ♥

**Ages 5 & up NEW!**

Paralympic Sport Club Eugene is a new community-based sports development program to involve children and adults with physical and visual disabilities in sports and physical activity. For more information regarding the club, please contact Patty Prather at 541-682-6365.

## SUPPORT GROUPS

### Diabetes Support & Information Group **FREE!**

Learn more about how to control pre-diabetes and diabetes with proper diet and exercise. Meets on the 3rd Friday of each month. For more information call 541-682-5318.

Campbell Community Center

Instructor: Willa Reich				
Ongoing	3rd F	10a-Noon		Free

### Eugene Stroke Support Group **FREE!**

Support group for individuals and families/caregivers who have had a stroke or assist someone who has experienced a stroke. Meetings may consist of speakers, videos or open forums. Meets weekly on Wednesdays. For more information call 541-682-5311.

Hilyard Community Center

Jan 4-Mar 21	W	11a-12:30p		Free
Apr 4-Jun 20	W	11a-12:30p		Free

### Parkinson's Support Group **FREE!**

Meets the 2nd Tuesday of each month. For more information call Frank Bertrand, 541-741-1688.

Campbell Community Center

Ongoing	2nd Tu	10a-Noon		Free
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### Other Support Groups **FREE!**

All meet at Hilyard Community Center

A.L.S.		3-5p		2nd Wed
Brain Injury Group (BIG)		11a-1p		Every Tu
Hearing Loss of Lane Co.		6:30-9:30p		2nd Th
Support for Independent Living with Visual Impairment (SILVI)		Noon-2p		2nd/4th Fri

## TRIPS, TOURS & EXCURSIONS

### Leisure Options ① Ages 18 & up

This monthly outing group is for individuals who have a one-on-one provider. This small group meets for lunch and does different leisure activities. Bring money for lunch and activity.

Meet at Hilyard Community Center

Bowling	Jan 6	F	11a-2p	#98473
Science Factory	Feb 3	F	11a-2p	#98474
Movies	Mar 2	F	11a-2p	#98475
Zany Zoo	Apr 6	F	11a-2p	#98476
Brushfire Pottery	May 4	F	11a-2p	#98477

\$15/participant; provider registers at no cost

### Thrift Store Shopping ②

Ages 16 & up

Go shopping at your favorite thrift stores. Find that treasure that is someone else's trash. Bring \$10 for lunch and money to buy your treasures! For people with disabilities.

Meet at Hilyard Community Center

Jan 7	Sa	11a-3p	\$18	#98091
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### Eugene Generals Ice Hockey

② Ages 14 & up

Cheer on the Eugene Generals ice hockey team as they play Vancouver on Jan. 13 and Southern Oregon on Jan. 28. Bring \$10 for admission and snacks. Eat dinner before you come. For people with disabilities. Limited wheelchair access.

Meet at Hilyard Community Center

Jan 13	F	6:30-10p	\$18	#98454
Jan 28	Sa	6:30-10p	\$18	#98455

### Belknap Hot Springs ② Ages 18 & up

Spend the day on the McKenzie River. Walk through the beautiful gardens surrounding Belknap Springs and swim in the hot springs pools. Bring \$15 for lunch and swimming admission as well as a swim suit and towel. Designed for adults with disabilities.

Meet at Hilyard Community Center

Jan 15	Su	10a-5p	\$25	#98092
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### Lunch and Movie Matinee ①

Ages 16 & up

Everyone's favorite day out! Socialize with friends and have a fun day on the town. Eat at the food court in Gateway Mall and then see a movie at Movies 17. Bring \$20 for lunch and movie. For people with disabilities.

Meet at Hilyard Community Center

Jan 21	Sa	11:30a-5p	\$18	#98453
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### Hilyard Mystery Trip ②

Ages 18 & up

This trip is such a mystery! North, south, east or west, where you're going is anyone's guess; take a ride with us, 'cause this trip is the *best!* Purchase own lunch. For people with disabilities.

Meet at Hilyard Community Center

Jan 22	Su	10a-4p	\$25	#98452
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#### TRIP POLICIES

Fees include van transportation, leadership and insurance, unless noted otherwise. Meals and admission to venues are not included in the fee unless noted otherwise in the description. Every attempt is made to follow the itinerary; if circumstances beyond our control do not allow that to happen, no refunds will be given.

If needed, please request a lift-assisted van at the time of registration.

#### ACTIVITY LEVEL RATINGS

**Level ①** Little walking. OK for those with walkers, wheelchairs or walking difficulties.

**Level ②** Moderate walking. Similar to that at a shopping center or large museum.

**Level ③** Walking of 1-2 miles (1 to 1.5 hours), as on a walking tour of gardens or the zoo. May be steps or hills.

**Level ④** Walking of 3-6 miles on moderate trails. May be rough, hilly or at higher altitude. Access to medical help may be limited.

**Level ⑤** Long hikes of 5+ miles. May be very rough, hilly or high altitude. Access to medical help may be limited.

Consult your physician before participating in any trips/activities to be sure they are appropriate for you. Weather and/or trail conditions may change unpredictably. These levels are approximations only; your experience may vary.

## U of O Women's Basketball Game ③ Ages 18 & up

Spend the afternoon cheering on the women Ducks basketball team. We will eat a light dinner after the game. Bring \$20 for admission and dinner. For people with disabilities.

Meet at Hilyard Community Center  
Feb 4 Sa 1-6p \$20 #98156

## Monster Jam - Portland ③

Ages 18 & up

Monster Jam is the world's largest and most famous monster truck tour featuring the biggest names in monster trucks. Bring \$20 for lunch and snacks. Admission is included in registration fee. For people with disabilities.

Meet at Hilyard Community Center  
Feb 11 Sa 9a-7p \$60 #98450

## Snowplay at Hoodoo ③

Ages 18 & up

Enjoy the snowy beauty of winter by visiting Hoodoo ski area. You'll go snow tubing, have lunch at the lodge and play in the snow. Bring \$20 for lunch and the Autobahn. For people with disabilities.

Meet at Hilyard Community Center  
Feb 18 Sa 9a-5p \$30 #98449

## Asian Celebration ②

Developmental disabilities, ages 16 & up

Visit the Oregon Asian Celebration, which features a colorful marketplace of vendors, Asian

and Asian-American dances and entertainment, and fine arts exhibits. Bring \$5 for admission.

Meet at Hilyard Community Center  
Feb 19 Su 1-4p \$15 #98159

## Dinner & Glass Blowing ①

Ages 18 & up

Start the evening right with dinner at Empire Buffet. Then head over to Eugene Glass school to watch the professionals blow beautiful pieces of glass art before your eyes. Bring \$14 for dinner. Designed for people with disabilities.

Meet at Hilyard Community Center  
Feb 24 F 5-9p \$20 #98167

## Winter Storm Watching ①

Ages 14 & up

Get out of the house and enjoy the weather – even if it is stormy! In Yachats, watch the waves crash on the rocks and eat lunch in town. Then, head down the coast in search of stormy seas. Bring \$10 for lunch. For people with disabilities.

Meet at Hilyard Community Center  
Mar 2 F 8:45a-5:30p \$30 #98446

## Daffodil Sightseeing Trip ②

Ages 16 & up

Enjoy a scenic drive in the country to see the daffodils and other spring flowers in bloom! Then visit the excitement of the Daffodil Festival in Junction City. Designed for individuals with developmental disabilities.

Meet at Hilyard Community Center  
Mar 10 Sa 1-5p \$18 #98173

### CUSTOMIZED ACTIVITIES

## Accessible Pursuits

Are you looking for exciting and rewarding activities for your group? Organizations, agencies and individuals are invited to participate in the Accessible Pursuits program. It uses the expertise and resources of the City of Eugene Adaptive Recreation Services to design a recreation program that meets your specific needs.

Customized activities can include:

- Cycling
- Kayaking
- River rafting
- Leisure education
- Art
- Community outings

In addition, City staff can present clinics, workshops, in-services, and trainings in any of the above activities for employees, participants and family members.

The benefits include:

- Activities that are affordable and tailored to the needs of your organization and clients.
- Access to a wide variety of adapted equipment and services.
- Activities that are safe and accessible.
- Activities that are provided by Certified Therapeutic Recreation Specialists and other trained and knowledgeable staff.

Accessible Pursuits focuses on helping participants discover their own innate talents, acquire greater independence, and develop enduring peer group relationships that are instrumental to improving the quality of their lives. Let Accessible Pursuits bring fun directly to you. For more information contact Patty Prather at 541-682-5311.



## **Sprout Film Festival** 🍷

**Ages 16 & up**

The Sprout Film Festival provides an opportunity to view unique and memorable films by and about people with developmental disabilities. Enjoy lunch and then a matinee movie. Bring \$15 for lunch and admission to the show. Open to people with and without disabilities.

Meet at Hilyard Community Center  
 Mar 16 F 11:30a-4p \$15 #98483

## **Whale Watching Trip** 🍷

**Ages 18 & up**

The return of the grey whales to Oregon on their spring migration north is one of Oregon's premier wildlife events. Maybe you will be the one to yell "Thar she blows!" Bring binoculars if you have them. We'll lunch at an ocean view restaurant. Bring \$10 for lunch. For people with disabilities.

Meet at Hilyard Community Center  
 Mar 25 Su 8:45a-6p \$30 #98447

## **Oregon Zoo-No School Day** 🍷

**Developmental disabilities, ages 14-21**

Lions and tigers and bears, oh my! Visit the Portland Zoo with friends! Fee includes admission. Bring \$20 for lunch and souvenirs.

Meet at Hilyard Community Center  
 Apr 13 F 8:30a-5:30p \$50 #98459

## **Wildlife Safari** 🍷

**Developmental disabilities, ages 16 & up**

Tour this drive-through game park with animals from Africa, Asia, North America and more roaming free while we watch from our van. We will stop for lunch before arriving. Entrance fee included. Bring \$15 for lunch and snacks.

Meet at Hilyard Community Center  
 Apr 14 Sa 11a-5p \$40 #98463

## **Coast Trip** 🍷

**Traumatic brain injuries, ages 18 & up**

Spend the day at the coast. You will have lunch, visit the Yaquina Head Lighthouse and hang out on the beach. Bring spending money, camera, and water.

Meet at Hilyard Community Center  
 Apr 15 Su 9:30a-5:30p \$25 #98616

## **Portland Zoo** 🍷

**Developmental disabilities, ages 18 & up**

Visit the Portland Zoo with friends! Class fee does *not* include admission or lunch. Bring \$10.50 for admission, plus additional money for lunch.

Meet at Hilyard Community Center  
 Apr 21 Sa 8:30a-5:30p \$30 #98457

## **Oregon Coast Aquarium** 🍷

**Ages 18 & up**

Spend the day at the Oregon Coast Aquarium. Travel to visit all of the sea creatures including turtles, sharks, and sea lions at the famous aquarium! Registration fee includes admission. Bring \$15-\$20 for lunch and souvenirs. Designed for individuals with disabilities.

Meet at Hilyard Community Center  
 Apr 28 Sa 8:30a-5:30p \$50 #98445

## **Waldport Garage Sale** 🍷

**Ages 18 & up**

Head to Waldport for their annual garage sale. See the coast in a new way while shopping for treasures. Bring \$15 for lunch and snacks, and extra money to buy your goodies. For people with disabilities.

Meet at Hilyard Community Center  
 May 5 Sa 8:30a-5:30p \$30 #98464

## **Portland Zoo** 🍷

**Traumatic brain injuries, ages 18 & up**

Visit the Portland Zoo with friends! Class fee does *not* include admission or lunch. Bring \$10.50 for admission plus additional money for lunch.

Meet at Hilyard Community Center  
 May 6 Su 9a-5:30p \$30 #98617

## **Beach Trip** 🍷

**Psychiatric disabilities, ages 18 & up**

Chase those blues away with a trip to the Oregon Coast. Bring \$10 the day of trip for lunch.

Meet at Hilyard Community Center  
 May 18 F 9:30a-4:30p \$23 #98469

## **Coast Trip** 🍷 **Ages 16 & up**

Spend a day at the coast with friends! Walk along the beach, play games, fly kites, socialize, and visit coast towns. Bring \$15 for lunch and snacks. Designed for adults with disabilities.

Meet at Hilyard Community Center  
 May 20 Su 9a-5p \$30 #98465