



# Adaptive

## Get Involved!

Adaptive Rec programs are designed for people with disabilities, and are for ages 14+, unless otherwise noted. Classes and activities are structured for different levels of ability. All Adaptive Rec programs require registration. Participants must complete a Participant Information Form before attending. Fees do not include the cost of meals and admission, unless otherwise noted. For more information call 541-682-5311.

## Have Questions?

New participants are welcome to call before registering for programs. Staff are available to discuss recreation resources and opportunities. Certified Therapeutic Recreation Specialists are available to answer questions regarding the activities that are most appropriate for you, a family member or an individual in your care.

## Participation

Every effort will be made to reasonably accommodate each individual. However, if a person's conduct poses physical harm or risk to self or others, as indicated in the Patron Code of Conduct, they may be removed from programs. Personal Support Workers are welcome to attend programs to support individuals with behavioral and/or personal care needs. PSWs are required to register for programs. Call the front desk to register, 541-682-5311.

## Inclusion Services

Eugene Rec staff is committed to making all reasonable efforts to ensure that its facilities, programs and services are accessible to and usable by all people. Individuals with disabilities are welcome to participate in any City of Eugene Recreation program within the eligibility requirements of age, prerequisites, etc.

When additional support is required for successful participation in Eugene Recreation programs, staff utilize the Inclusion Services process to determine programmatic modifications and/or individual support plans that best fit the participant.

To initiate the Inclusion Services process, please discuss your request upon registration in person, over the phone or at [GetRec.org/recinclusion](http://GetRec.org/recinclusion) at least two weeks in advance.

For additional information and/or questions regarding Inclusion Services, please call 541-682-5311 or email [recadaptive@eugene-or.gov](mailto:recadaptive@eugene-or.gov).

## Volunteer With Us!

Looking for a fun and engaging volunteer opportunity? Your enthusiasm, involvement and support with participants is essential to the quality of Adaptive Recreation Services. No previous experience necessary – training and feedback are provided for all volunteers. If you or your group are interested in volunteering any amount of time, please call 541-682-5311 or email [recadaptive@eugene-or.gov](mailto:recadaptive@eugene-or.gov).

# Arts

## Adaptive Art Intensive Ages 14+

Explore three art modalities during this class. We will focus on each type of art for three weeks and then switch. We will explore creating with watercolor, recycled material art and en plein air painting. The last day of class will be a showcase of all our creativity for the term at the OSLP art gallery, and artists' work will stay up for a month and will be featured on the First Friday Art Walk Tour. In partnership with Oregon Supported Living Program.

Hilyard Community Center  
 Instructor: Kailey Ruiz  
 Oct 10-Dec 12 M 2:30-4p \$50 #21606

# Bicycling

## Adapted Bike & Equipment Services All ages

Adaptive Recreation Services maintains a unique fleet of adaptive equipment, including all-terrain wheelchairs and bikes such as recumbent trikes, tandems and hand cycles. Individual and group services can be provided to support adaptive recreational equipment needs for people of varying abilities and skill levels, including fittings and rentals. For more information call 541-682-5311 or visit [GetRec.org/recadaptive](http://GetRec.org/recadaptive).

All services at Hilyard Community Center

## Adapted Bike Assessment & Fitting

Staff assess needs and recommend equipment. Designed for people with limited mobility, disabilities, medical conditions or those who wish to preview equipment before rental or purchase.

Ongoing M-F 9a-5p \$5 By appt  
 To schedule an appointment call 541-682-5311

## Adapted Bike Rental

Available after initial fitting or assessment.

Ongoing M-F 9a-5p By appt  
 \$5/half hour \$20/half day \$50/weekend  
 \$10/hour \$40/day

To schedule an appointment call 541-682-5311

# Dance

## Dance Fusion Ages 14+

Have fun and get fit with this unique dance fitness class. Learn basic moves to multicultural music as you shake, shimmy and salsa your way to a healthier you.

Hilyard Community Center  
 Instructor: Maria Reader  
 Oct 12-Dec 14 W 4:30-5:30p \$40 #21596  
 Oct 14-Dec 16 F 4:30-5:30p \$32 #21597  
 No class Nov 11, 25

## Halloween Dance Ages 18+

Dig out your favorite costume and join your friends for an evening of Monster Mash. Registration is required and must be completed by Oct. 28. Personal support workers attending with participants get in for free and do not need to register.

Hilyard Community Center  
 Oct 29 Sa 7-9p \$8 #21425

# Games

## Game Time Ages 14+

Have fun and challenge your friends to indoor and outdoor games as weather allows.

Hilyard Community Center  
 Oct 11-Dec 13 Tu 3-4p \$25 #21612  
 Oct 13-Dec 15 Th 3-4p \$22.50 #21611  
 No class Nov 24



## Adaptive

# Hiking

### Rain or Shine Walk & Talk See key on page 14

Spend time in nature with friends for an urban walk around Eugene. Route and meeting location varies each week. The schedule will be provided before the first class. The group will walk rain or shine, so dress for the weather. Patrons may walk up to 2 miles per outing. Adaptive mobility equipment available upon request.

Oct 15-Dec 17 Sa 10:30a-12p \$67.50 #21615  
No class Nov 26

# Land Fitness

### Fight Back with Neuromuscular Exercise Ages 18+

This class is ideal for individuals with neuromuscular challenges (Parkinson's, mild stroke, multiple sclerosis) that may cause loss of balance and coordination. These classes engage the brain and body to encourage more fluid, balanced movement and improve strength, agility and gait.

Hilyard Community Center  
Oct 4-27 TuTh 1:30-2:30p \$56 #21608  
Nov 1-29 TuTh 1:30-2:30p \$56 #21609  
Dec 1-29 TuTh 1:30-2:30p \$63 #21610  
No class Nov 24



Rent the historic  
**Wayne Morse Family Farm**

for your next event!

This former farm was home to the man who came to symbolize political integrity and service in the USA: Senator Wayne L. Morse. The picnic shelter is available for rental events May through October. For information, call the park office at (541) 682-5380.

# Music

### Karaoke Ages 14+

Join us online for karaoke night. Designed for people with disabilities and their friends and family.

Virtual  
Instructor: Andrea Muzikant  
Oct 11-Dec 13 Tu 5:30-6:30p \$35 #21598

### Musical Theatre Ages 14+

Join us for musical theatre class where we will learn to sing and dance to a Broadway musical, which we will perform during the last class. No previous experience is necessary.

Hilyard Community Center  
Instructor: Maria Reader  
Oct 10-Dec 12 M 4:30-6p \$40 #21595

# Presentations

### Disability Resource Webinars All ages

On the second Thursday of each month Adaptive Rec will offer a virtual session that covers a different topic related to disability or disability support for families and caregivers.

All presentations are virtual

### Disability Justice

Join us to learn about disability justice and its origins. We will also address 10 principles of disability justice and how we can use them to help dismantle ableism.

Oct 13 Th 6-7p Free #21629

### Accessible Transportation

For anyone who doesn't drive due to disability, accessible transportation options for spontaneous participation in life events can be challenging. Explore the latest resources with us to experience more freedom to independently navigate the community, including Lyft, Uber, Ride Source, LTD public transit and Amtrak bus systems.

Nov 10 Th 6-7p Free #21638

### Emergency Preparedness

Emergency preparedness is an important reality regarding home, work, loved ones, and neighborhood health and safety. Join us for practical education, take-home resources, considerations throughout the year and community support.

Dec 8 Th 6-7p Free #21643

# Social Gatherings

## Friday Recreation Ages 14+

Join in popular recreation interests and explore exciting activities, planned and implemented by enthusiastic Adaptive Rec interns.

Hilyard Community Center  
 Oct 14-Dec 16 F 1-2:30p \$25 #21613  
 No class Nov 11, 25

## Hilyard Social Club Ages 14+

Join us as we work together to plan and implement fun activities and community ventures in the Eugene and Springfield areas. This is designed as a community integration, life and social skill-building program. Participants collaborate to develop the schedule the first week of class. Participants will be asked to cover the cost of some admissions and concessions up to an additional \$40 for the session.

Hilyard Community Center  
 Oct 14-Dec 16 F 6-8:30p \$80 #21627  
 No club Nov 11, 25

## Saturday Night Action Ages 14+

Join friends for Saturday night games, crafts and fun social activities. Each month we will learn about and celebrate a cultural or seasonal theme.

Hilyard Community Center  
 Oct 15 Sa 6:30-8p \$5 #21628  
 Nov 19 Sa 6:30-8p \$5 #21630  
 Dec 17 Sa 6:30-8p \$5 #21631

# Special Interest

## Circle of Friends Ages 21 & under

Circle of Friends was founded on one simple concept: youth with severe disabilities are like anyone else – they deserve opportunities. Through resources, support, training and a community built on compassion, Circle of Friends strives to break the cycle of isolation for these people and those who love them. Offerings include both family friendly community events and activities that let youth experience accessible and inclusive fun and recreation. Activities are designed for youth ages preschool through middle school. Registration is required and events are low cost as possible. For more information, visit [circleoffriendsschool.org/contact](http://circleoffriendsschool.org/contact).

## DanceAbility All ages

DanceAbility International’s mission is to dissolve barriers and connect people with and without disabilities through

dance and movement. This mission is accomplished through classes, workshops and events for adults and children, performances, teacher trainings and educational materials for teachers of inclusive dance. Learn more by emailing [info@danceability.org](mailto:info@danceability.org) or calling 541-357-4982.

## Northwest Association for Blind Athletes All ages

The NWABA provides life-changing opportunities through sports and physical activity to individuals who are blind and visually impaired. The NWABA provides year-round sports programs for people of all ages and abilities with visual impairments. November-March events include swimming, goalball and alpine ski/snowboarding. March-October events include hiking, tandem biking, kayaking, paddle boarding and more. For more information, please contact Megan Ahleman at 360-768-5649 or [mahleman@nwaba.org](mailto:mahleman@nwaba.org). For dates and locations of events in the Willamette Valley call NWABA at 360-448-7254.

Dates/times vary

## Wednesday Wheelers Ages 6+

This informal group of wheelchair users meets every Wednesday at various locations in Eugene to explore paths and trails and connect socially. For more information, call Hilyard at 541-682-5311 or email Loren at [lcush9@hotmail.com](mailto:lcush9@hotmail.com).

Ongoing W 10a-12p Free Drop-in



## Adapted Equipment Rentals

The following adapted recreation equipment is available for rent\*:

- Beach wheelchair
- All-Terrain wheelchair
- Adapted bicycles and tricycles
- Handcycles

For more information and to rent any equipment, call 541-682-5311 or email [recadaptive@eugene-or.gov](mailto:recadaptive@eugene-or.gov).

\* An assessment may be required to determine appropriate equipment.

## Adaptive

# Support Groups

### ALS Support Group Ages 21+

This group is for people living with Lou Gehrig's disease, families, caregivers and friends. Meetings are free, offer speakers on relevant topics and are designed to share information as well as strategies for preserving independence and quality of life. For more information call Mary Rebar at 541-990-1246 or email [mary.rebar@alsolegon.org](mailto:mary.rebar@alsolegon.org).

Hilyard Community Center  
Ongoing 2nd W 3-4:30p Free Drop-in

### Amputee Support Group All ages

Power On With Limb Loss hosts meetings for amputees and people with physical challenges, which include speakers and peer mentorship to support people with physical challenges to help build independence and improve their quality of life. For more information call Paula Free at 541-510-5866 or email [123poweron@gmail.com](mailto:123poweron@gmail.com).

Virtual  
Ongoing 4th W 6-8p Free Drop-in

### Brain Injury Support Group Ages 18+

This peer support group is for people who have experienced a brain or head injury to share experiences, support and resources on an informal basis. If you would like to join the interest list or learn more, contact Hilyard at 541-682-5311.



Hilyard Community Center  
Sep 6-Dec 27 Tu 11a-12p Free Drop-in

### Hearing Loss Association of Lane County All ages

This meeting is for people experiencing hearing loss, their families, caregivers and friends. Meetings are free and offer education on relevant topics such as technology, employment, communication, medication and more. Meetings provide informal opportunities to socialize and find support in coping with hearing loss. Meetings are quarterly on Thursday evenings. For more information visit [hearinglosslane.org](http://hearinglosslane.org).

Hilyard Community Center  
Sep 8, Dec 8 Th 6:30-9p Free Drop-in

## FREE Wi-Fi



Most Eugene Recreation Facilities are now Wi-Fi hot spots. Use Wi-Fi-enabled devices to access free, wireless internet at:

- Amazon Community Center
- Amazon Pool (seasonal)
- Campbell Community Center
- Echo Hollow Pool and Fitness Center
- Hilyard Community Center
- Petersen Barn Community Center
- River House Outdoor Center
- Sheldon Community Center
- Sheldon Pool and Fitness Center





## is Capra Certified!

Did you know City of Eugene Recreation and Parks and Open Space divisions are nationally certified to the highest standards in the industry?



It's true! - Learn more at [GetRec.org](http://GetRec.org)

**Parkinson's Resources of Oregon** Ages 21+

This Eugene/Springfield general support group welcomes family, friends and care partners as well as those living with a diagnosis of Parkinson's disease. For the health and safety of our participants, the Eugene support group will meet virtually through Zoom. Check the website for meeting details and times at [parkinsonsresources.org](http://parkinsonsresources.org). For Zoom meeting details email Libby at [libby@parkinsonsresources.org](mailto:libby@parkinsonsresources.org).

Virtual  
Ongoing      Dates/times vary      Free Drop-in

**Support for Independent Living with Visual Impairment (SILVI)** All ages

For people living with visual impairment. Informal meetings offer opportunities to share experiences and information. For more information call 541-682-5311.

Ongoing      Dates/times vary      Free Drop-in

More support groups are on page 59

Swim Lessons

**Water Safety & Swim Skills** Ages 5-16

This class is designed for youth with disabilities or who need extra support and modified teaching techniques. The curriculum focuses on basic water safety and introduces swimming skills. Instructors and volunteers provide unique and fun activities in



an inclusive and supportive environment. A family member or care provider over the age of 18 may accompany the child in the water for the entire duration of the lesson, but it is no longer required for attending the program. For questions call 541-682-5311 or email [recadaptive@eugene-or.gov](mailto:recadaptive@eugene-or.gov).

Echo Hollow Pool & Fitness Center  
Sep 10-Nov 19      Sa      11a-12p      \$75 #21601

**VOLUNTEERS NEEDED!**

**Volunteer with us** to share your unique skills and create waves of success with youth and adults with disabilities as they learn and have fun in adaptive recreation.

**Questions or to apply**  
**Adaptive Recreation**  
541-682-5311 • [recadaptive@eugene-or.gov](mailto:recadaptive@eugene-or.gov)

*FUN opportunity awaits you at City of Eugene Adaptive Recreation!*

**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 services. It uses the expertise and resources of Adaptive Rec to design a recreation program that meets your specific needs.

In addition, City staff can present clinics, workshops, in-services and trainings in adaptive recreation and inclusion services 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 designed 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 relationships that are instrumental to improving the quality of their lives. Let Accessible Pursuits bring fun directly to you. For more information, call 541-682-5311.

# Adaptive

## Trips

| Dates  | Day | Time        | Title                        | Cost |
|--------|-----|-------------|------------------------------|------|
| Sep 9  | F   | 9:30a-2:30p | Willamette Confluence Tour   | \$5  |
| Oct 16 | Su  | 9a-5p       | Hatfield Marine Science Cntr | \$40 |
| Oct 20 | Th  | 9a-1p       | Green Island Tour            | \$5  |
| Oct 22 | Sa  | 1-4p        | Pumpkin Patch                | \$20 |
| Oct 23 | Su  | 1-4p        | Pumpkin Patch                | \$20 |
| Dec 10 | Sa  | 2-6p        | Holiday Shopping             | \$25 |
| Dec 10 | Sa  | 6:30-8:30p  | Holiday Lights               | \$20 |
| Dec 11 | Su  | 2-6p        | Holiday Shopping             | \$25 |
| Dec 11 | Su  | 6:30-8:30p  | Holiday Lights               | \$20 |
| Dec 17 | Sa  | 9a-5p       | Whale Watching               | \$40 |
| Dec 18 | Su  | 9a-5p       | Whale Watching               | \$40 |

### Tours of the Willamette Confluence Preserve & Green Island

Join McKenzie River Trust and Friends of Buford Park on two different small bus tours of the Willamette Confluence Preserve and Turtle Flats near Mount Pisgah, and Green Island north of Coburg. These two properties offer opportunities within the Willamette Valley for preserving and restoring a dynamic and ecologically diverse river

#### 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 (1-1.5 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.

#### Trip Policies

Fees include bus 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.



system. During the tours, volunteers and McKenzie River Trust staff will lead visitors around much of the preserves, highlighting the conservation efforts, human history and natural features. This tour is intended for people who are unable to walk the 4 miles typically required for walking tours. Bring a lunch, dress for the weather and consider bringing a portable chair and binoculars. An ADA-accessible toilet will be available approximately halfway through the tour, but no other bathroom facilities are available.

Meet at Campbell Community Center  
Willamette Confluence Tour

Sep 9 F 9:30a-2:30p \$5 #21383

Green Island Tour

Oct 20 Th 9a-1p \$5 #21398

### Coast Excursions

Explore the beautiful Oregon Coast and all the beauty and activities it has to offer.

All meet at Hilyard Community Center

#### Hatfield Marine Science Center

See exhibits, participate in hands-on activities and learn about marine animals and issues facing the coast. Bring a lunch and a donation (\$5) for admission.

Oct 16 Su 9a-5p \$40 #21616

#### Whale Watching

Head to Yachats for whale watching week. Trained volunteers will help us spot whales from the shore. We'll visit Cape Perpetua and Heceta Head Lighthouse if time allows. Bring money for lunch. Limited wheelchair access.

Dec 17 Sa 9a-5p \$40 #21617

#### Whale Watching

Head to Depoe Bay for whale watching week. Trained volunteers will help us spot whales from the shore. We'll visit Patterson State Park's accessible trail system for a picnic lunch.

Dec 18 Su 9a-5p \$40 #21618

## Pumpkin Patch

Head to a local pumpkin patch to get your pumpkin and go on a hayride. Bring \$10 for a pumpkin and hayride.

Meet at Hilyard Community Center

|        |    |      |      |        |
|--------|----|------|------|--------|
| Oct 22 | Sa | 1-4p | \$20 | #21619 |
| Oct 23 | Su | 1-4p | \$20 | #21620 |

## Holiday Shopping

Go out for a meal and gift shopping at Eugene's Holiday Market. Bring money for food (or bring a meal) and gifts and your holiday shopping list.

Meet at Hilyard Community Center

|        |    |      |      |        |
|--------|----|------|------|--------|
| Dec 10 | Sa | 2-6p | \$25 | #21622 |
| Dec 11 | Su | 2-6p | \$25 | #21623 |

## Holiday Lights

'Tis the season for twinkling lights and cheer. Join friends for viewing holiday lights, music and hot cocoa.

Meet at Hilyard Community Center

|        |    |            |      |        |
|--------|----|------------|------|--------|
| Dec 10 | Sa | 6:30-8:30p | \$20 | #21624 |
| Dec 11 | Su | 6:30-8:30p | \$20 | #21625 |

# Wellness

## Fitness for All Ages 14+

This fun fitness class is just right for all abilities. The class uses energizing circuit training and motivating activities with positive support. Learn quality exercises and move toward a healthier you.

Hilyard Community Center

|               |      |            |      |        |
|---------------|------|------------|------|--------|
| Oct 11-Dec 15 | TuTh | 4:30-5:30p | \$76 | #21605 |
|---------------|------|------------|------|--------|

No class Nov 24



## 5K Training Team Ages 14+

Join us to train to walk or run a 5K race. Learn exercise techniques, nutrition strategies, appropriate clothing options and get the support of your team while having your best race. We will participate in a virtual race on the last day.

Hilyard Community Center

Instructor: Megan Patrignelli

|               |   |            |      |        |
|---------------|---|------------|------|--------|
| Oct 10-Dec 12 | M | 5:30-6:30p | \$55 | #21621 |
|---------------|---|------------|------|--------|

# Yoga

## Joyful Yoga Ages 14+

A playful yoga experience for all abilities that focuses on building strength and flexibility while improving balance and confidence. Suitable for all body types. No experience needed.

Hilyard Community Center

Instructor: Maureen Whalen

|               |   |      |      |        |
|---------------|---|------|------|--------|
| Oct 10-Dec 12 | M | 1-2p | \$60 | #21594 |
|---------------|---|------|------|--------|

## Modified Yoga

This gentle yoga class is designed for people living with chronic neuromuscular conditions such as fibromyalgia, multiple sclerosis, Parkinson's and Lou Gehrig's disease. Poses can be modified for those needing adaptations. You must be able to be independent or have someone to assist. Yoga mats and blocks provided upon request.

Virtual

Instructors: Kimby Maxson & Maureen Whalen

|         |   |            |         |
|---------|---|------------|---------|
| Ongoing | M | 11a-12:30p | Drop-in |
|---------|---|------------|---------|

10 use card for \$70, Modified Yoga class only