DENVER
PARKS & RECREATION

Adaptive Recreation

Community-Based Therapeutic Recreation Programs and Services

Helping Hands
Winter 2013-14

AQUATICS & FITNESS

Adapted Aquatics @ Martin Luther King

Assist swimmers of various skill levels.
Location: Martin Luther King rec center, 2880 Newport
Session I: 11/21/2013-12/19/2013 *no 11/28
Days/Times: Thu 4:00 pm – 4:30 pm
4:30 pm – 5:00 pm
Session II: 1/09/2014-1/30/2014
Days/Times: Thu 3:30 pm – 4:00 pm
4:00 pm – 4:30 pm

Let's Zumba

This fun class will incorporate music and dance moves from around the world. Come help us out in this class taught by a certified Zumba instructor.
Location: Scheitler rec center, 5031 W 43rd Ave..
Session Dates: 1/27/2014-3/10/2014 *no 2/17
Days/Times: Mon 5:00 pm – 6:00 pm

SPORTS

Basketball Skills and Drills

We'll get ready for basketball season by working on skills and endurance. This class is designed specifically to enhance sport skills and readiness to play.
Location: Harvard Gulch rec center, 550 E Iliff Ave.
Session Dates: 12/02/2013-12/19/2013
Days/Times: Mon & Thu 6:30 pm – 7:30 pm

ARTS & CULTURE

Martial Arts & Safety

This class is designed to improve balance, awareness, confidence, physical and mental health, focus, self esteem and self defense skills. The instructors of the class are from the Mountain Tiger Society. For more information, visit www.mountaintiger.org.
Location: Platt Park rec center, 1500 S Grant St.
Days/Times: Wed 6:00 pm – 7:00 pm
Session I:
Dates: 11/20/2013 – 12/18/2013 *no 11/27
Session II:
Dates: 1/08/2014 – 2/26/2014

Crafty Cards

Join us as we create beautiful cards for the holiday season to share with friends and family.
Location: Adaptive Recreation, 1849 Emerson St.
Session Dates: 11/15/2013-12/06/13 *no11/29
Days/Times: Fri 2:00 pm – 3:30 pm

Cooking with Class

Help teach basic cooking techniques while creating delicious hot meals and beverages for the winter months.
Location: Adaptive Recreation, 1849 Emerson St.
Times: 10:00 am – 12:00 am
Session I: Thu 1/16/2014-2/20/2014
Session II: Fri 1/17/2014-2/21/2014

Actor's Workshop

Artist in residence, Marnie Ward, leads this interactive workshop which builds skills in performance art, including: singing, dancing, theater, comedy, improv, writing and so much more! Please note new day and time!
Location: 2701 Lawrence St.
Session Dates: 1/07/2014-2/25/2014
Days/Times: Tue 5:30 pm – 7:00 pm

Ceramics

Help our artists explore their artistic side by creating a variety of ceramic projects.
Location: Harvard Gulch rec center, 550 E Iliff Ave.
Session Dates: 1/13/2014-3/03/2014 *no 1/20, 2/17
Days/Times: Mon 11:30 am – 1:00 pm

Holiday Gift Workshop

Come help create personalized gifts. We will incorporate art, crafts, baking and packaging skills for fully finished gifts.
Location: Adaptive Recreation, 1849 Emerson St.
Session Dates: 11/26/2013-12/17/13
Days/Times: Tue 6:00 pm – 7:30 pm

SPECIAL OLYMPIC SPORTS

Special Olympics Basketball: Youth

This program provides sports training and competition opportunities for people with intellectual disabilities.
Location: Harvard Gulch rec center, 550 E Iliff Ave.
Session Dates: 1/23/2014-3/13/2014
Days/Times: Thu 6:30 pm – 7:30 pm

Special Olympics Basketball: Young Adult

This program provides sports training and competition opportunities for people with intellectual disabilities.
Location: Harvard Gulch rec center, 550 E Iliff Ave.
Session Dates: 1/23/2014-3/13/2014
Days/Times: Thu 7:30 pm – 8:30 pm

Special Olympics Basketball: Adult

This program provides sports training and competition opportunities for people with intellectual disabilities.
Location: Harvard Gulch rec center, 550 E Iliff Ave.
Session Dates: 1/21/2014-3/11/2014
Days/Times: Tue Division 3 & 4: 6:30 pm – 7:30 pm
Division 1 & 2: 7:30 pm – 8:30 pm

Special Olympics Nordic/Snowshoeing

This program provides cross-country training and competition opportunities for people with intellectual disabilities. Practices are held in collaboration with NSCD staff and volunteers.
Location: Barnum rec center, 360 Hooker St.
Session Dates: Practices: 1/4, 1/11, 1/25, 2/1, 2/22
State: Sun 3/02/2014
Days/Times: Sat 6:30 am – 5:00 pm

SOCIAL ENRICHMENT & EXCURSIONS

Drop-In Saturday Challengers Bowling

This is a year-round program designed for adults with developmental disabilities who can participate in a recreation program independently or with minimal supervision.
Location: AMF Monaco Lanes, 6767 Leetsdale Dr.
Session Dates: 11/16/2013-3/01/2014
Days/Times: Sat 9:00 am – 11:30 am

SPECIAL EVENTS

Holiday Cookie Exchange

Enjoy a warm winter drink, play some games and spread holiday cheer! Bring your favorite holiday cookies to share, and you will go home with a variety of others' favorites.
Location: Adaptive Recreation, 1849 Emerson St.
Session Dates: 12/08/2013
Days/Times: Sun 4:00 pm – 6:00 pm

Holiday Dinner and Dance

Help us throw a festivus for all to remember. We need help preparing our annual dinner then stick around to help dance the night away.

Location: Cook Park, 7100 Cherry Creek Dr South
Session Dates: 12/13/2013
Days/Times: Fri 5:30 pm – 8:30 pm

Holiday Give Back

Help us give back to our community this season by creating warm blankets and holiday cards for the kids at Children's Hospital Colorado. Materials will be provided.

Location: Adaptive Recreation, 1849 Emerson St.
Session Dates: 12/07/2013
Days/Times: Sat 9:00 am – 11:30 am

Red and White Dance

Join us for an evening of dancing and wear your best red and white attire.

Location: Cook Park, 7100 Cherry Creek Dr South
Session Dates: 2/14/2014
Days/Times: Fri 6:00 pm – 8:00 pm

Thank you!

Our fall has been fantastic! Because of volunteers like you we are able to offer fun, safe and educational recreation programs.

S.O. Bowling-Saturday Challengers: Lee Lopez, Sue Rickard, Leah Kronick, Joe & Patti Rizzo, Naz Escobedo, Francine Dale

S.O. Bowling-Monaco Lanes: MaryJo Crandall, Becca & Mike Byers-Norton, Marissa Browning, Courtney Pomeroy, Jack Strobel

S.O. Bowling-Belleview: Lois Berry, Jim & Samantha MacEvitt, Tanner, Dakota, Cherokee, & Kelli Dillin, Emily Green, Tom Coon, Lorretta Brady

S.O. Volleyball: Amy Gannon, Matt Lee, Kristin Goodwin, Keith Truitt, Sarah Hollwick, Rachel Thompson, Patrick Carry, Jonathan McNaul, Beth Brandstatter, Courtney Pergal

S.O. Flag Football: Ben Hanson, Kyle Whitefield, Aaron Wolf, Justin and Niklas Wedul, Jessica Wolf, Dillon Hansen, Todd Baldini, Becky Bussey, Katie Shea

S.O. Young Athletes Program: Becca & Brody Tormey

TRAC: Matt Johnston, Brittany MacRae, Courtney Todd, Cassie Lambrecht, Zach Tinker, Shianne Galt

Kayaking: Nicole Garner

Friday Night Fun: Anjelica Roman

A special thank you to our fall intern Molly Wilkins!