

# Adaptive RecConnection



*A newsletter for participants and friends of  
Adaptive Recreation & Inclusion Services*

**For more information,  
contact:  
Amanda Bridges,  
CPM**

**Adaptive Recreation  
Supervisor**

**abridges@topeka.org**

**And**

**Jennifer Spence,  
CTRS**

**Adaptive Recreation  
Specialist**

**jspence@topeka.org**

**Adaptive Recreation  
Office:**

**785-368-0989**

**Registration Office:**

**785-368-3838**

**Or Kansas Relay: 711**

**Upon request, this  
newsletter can be made  
available in Braille, large  
print, audio tape, and/  
or computer disk.**

**SSLC= abbreviation for  
the Special Service  
Leisure Center, located  
inside Gage Park at  
4330 SW Conservatory  
Drive**



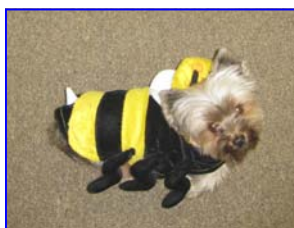
## A SPECIAL THANKS FROM ADAPTIVE TO...

The Capper Foundation for providing volunteers for Adaptive's Civitan Day Camp

To our local chapter of the Civitan Club for sponsoring our camp & providing scholarships

The Master Gardeners for assisting our campers to create & maintain a beautiful accessible garden

To DreamCatchers for donating equipment and funds to develop a fully accessible sensory garden at Adaptive's playground



## Checkout What's New This Season...

- Thanks & Contents.....page 1
- Educational Series.....page 2
- Healthy Lifestyles.....pages 2-3
- Social Programs .....pages 3-4
- Lifetime Leisure.....pages 5-6
- Adapted Sports.....pages 6-7
- Calendars.....pages 7-10
- Registration.....page 13

## Educational Series

### A.C.E. Adaptive Community Education

Increase your knowledge on local resources and topics that affect people with disabilities and their recreation opportunities. Our Certified Therapeutic Recreation Specialists can customize programs to fit your needs. Current topics include: Disability Awareness, Recreation Inclusion, ADA & Reasonable Accommodations, and many more! Call 368-0989 for more information or to arrange for presentations for your group!

### ATTENTION DAY SERVICE PROGRAMS

Do you like what you see but maybe times, dates, or prices don't work for you? We want our services to meet your needs! Call the Adaptive Recreation office at 368-0989 to inquire about possible program options or if you have ideas for future programs.

## Healthy Lifestyles

### The Breakfast Club (all ages welcome)

#### 1-1 Hour Event

Eating a healthy breakfast is an important way to jumpstart your day!! Begin your morning by eating a yummy meal with your favorite friends at Gage Park. We'll make a quick and easy meal and sit down together to eat while chit chatting about what's happening in our community. **Registration deadline is two days prior to the program date.**

| DATE    | DAY | TIME  | LOCATION |
|---------|-----|-------|----------|
| Sept 19 | Mon | 11 am | SSLC     |
| Oct 24  | Mon | 11 am | SSLC     |
| Nov 21  | Mon | 11 am | SSLC     |
| Dec 12  | Mon | 11 am | SSLC     |

**PRICE: \$5/ \$4 Topeka Resident**

**YUMMY!!!**





# Healthy Lifestyles

## Let's Get Moving (all ages welcome)

### 4-1 Hour Sessions

Believe it or not, getting healthy doesn't have to be a hassle...it can be a fun, social experience! Join our staff as we focus on new ways to exercise, eat healthy, and keep moving! Each session has an innovative idea to get you on your way to becoming a Healthier, Stronger, Energetic, & more Vibrant you! Classes will be held once a week on Thursdays and each date

listed is the 1st session of the four-week class. \*Due to the Thanksgiving holiday, the 4th session of the Nov.3rd class will be held on Dec. 1st. **Registration deadline is the Tuesday prior to the program date.**

| DATE   | DAY   | TIME | LOCATION |
|--------|-------|------|----------|
| Sept 8 | Thurs | 1 pm | SSLC     |
| Oct 6  | Thurs | 1 pm | SSLC     |
| Nov 3* | Thurs | 1 pm | SSLC     |

**PRICE: \$10/ \$8 Topeka Resident**

# Social Programs

## Frozen Yogurt Social (all ages welcome)

### 1-1 Hour Event

A new healthy twist on a good old-fashioned Ice Cream Social... Come create a frozen treat with yummy toppings while hanging out with your favorite friends at Gage Park! **Registration deadline is two days prior to the program date.**



| DATE   | DAY   | TIME | LOCATION |
|--------|-------|------|----------|
| Oct 20 | Thurs | 6 pm | SSLC     |
| Oct 21 | Fri   | 1 pm | SSLC     |

**PRICE: \$5 / \$4 Topeka Resident**

## Coffee & Conversation (all ages welcome)

### 1-1 Hour Sessions

Chitchat while drinking freshly brewed coffee or tea with your favorite friends at Gage Park! **Registration deadline is two days prior to the program date.**

| DATE    | DAY   | TIME | LOCATION CODE |
|---------|-------|------|---------------|
| Sept 15 | Thurs | 10am | SSLC          |
| Sept 29 | Thurs | 10am | SSLC          |
| Oct 13  | Thurs | 10am | SSLC          |
| Oct 27  | Thurs | 10am | SSLC          |
| Nov 3   | Thurs | 10am | SSLC          |
| Dec 1   | Thurs | 10am | SSLC          |
| Dec 15  | Thurs | 10am | SSLC          |

**PRICE: \$3.75 / \$3 Topeka Resident**



# Social Programs

## DanceHouse (ages 16 and up)



### 1-2 Hour Event

Come spend the night dancing with your friends the second Thursday of each month. Each admission gets you great music by local DJ's and a choice of refreshments. Staff and family are admitted free with a paying participant. Whether you like dancing and singing or just socializing with your friends, this is a great program for everyone. **October is our Costume Dancehouse**, so don't forget to dress up and **December is our Holiday Dancehouse**.

| DATE             | DAY   | TIME   | LOCATION         |
|------------------|-------|--------|------------------|
| Sept 8           | Thurs | 6-8 pm | Big Gage Shelter |
| Oct 13 (Costume) | Thurs | 6-8 pm | Big Gage Shelter |
| Nov 10           | Thurs | 6-8 pm | Big Gage Shelter |
| Dec 8 (Holiday)  | Thurs | 6-8 pm | Big Gage Shelter |

**Drop in program, no pre-registration required.**

**PRICE: \$5 at the door or \$55 for a 12-dance punch card.**

## Pins and Pizza (all ages welcome)

### 1-2 Hour Session

What a fun way to spend an afternoon with your friends - sharing pizza and bowling. Registration fee includes pizza, drink, popcorn, shoe rental and 2 full hours of bowling. Bring your friends and enjoy a Saturday afternoon together. Please notify our office if a bowling ramp is required. **Registration deadline is the Thursday prior to the scheduled event. No registrations will be accepted on-site.**

| DATE    | DAY | TIME | LOCATION  |
|---------|-----|------|-----------|
| Sept 17 | Sat | 1 pm | Gage Bowl |
| Nov 5   | Sat | 1 pm | Gage Bowl |

**PRICE: \$18.75 / \$15 Topeka Resident**



## Game Crazy Day (all ages welcome)

### 1-1.5 Hour Sessions

Are you CraZy about games? Would you like to learn a new game to play with friends? Stop by our office in Gage Park to play your favorite games with your friends. We have every game that you could ever dream of... Nintendo Wii, Guitar Hero, board games galore, trivia games, adapted sports, an accessible playground and much more!!! **Registration deadline is two days prior to the event.**

| DATE    | DAY   | TIME | LOCATION |
|---------|-------|------|----------|
| Sept 22 | Thurs | 6 pm | SSLC     |
| Sept 23 | Fri   | 1 pm | SSLC     |
| Oct 6   | Thurs | 6 pm | SSLC     |
| Oct 7   | Fri   | 1 pm | SSLC     |
| Nov 3   | Thurs | 6pm  | SSLC     |
| Nov 4   | Fri   | 1pm  | SSLC     |

**PRICE: \$3.75; \$3 Topeka Resident**



# Lifetime Leisure

## Pumpkin Painting (all ages welcome)

### 1-1.5 Hour Session

Create your own scary, silly or traditional jack-o-lantern face! **Registration deadline is two days prior to the program date.**

| DATE   | DAY | TIME | LOCATION |
|--------|-----|------|----------|
| Oct 12 | Wed | 6 pm | SSLC     |
| Oct 14 | Fri | 1 pm | SSLC     |

**PRICE: \$6.25 / \$5 Topeka Resident**



## Turkey Day Treats (all ages welcome)

### 1-1 Hour Sessions

Do you like pumpkin pie & other Thanksgiving desserts? Come learn to make some tasty treats... with a quick and easy twist! **Registration deadline is two days prior to the program date.**

| DATE   | DAY  | TIME | LOCATION |
|--------|------|------|----------|
| Nov 14 | Mon  | 1 pm | SSLC     |
| Nov 15 | Tues | 6 pm | SSLC     |

**PRICE: \$6.25 / \$5 Topeka Resident**

## Christmas Cookies (all ages welcome)

### 1-1 hour Event

Get in the holiday spirit! Come decorate your very own sugar cookies as we sip on cocoa and listen to carols. **Registration deadline is two days prior to the program date.**

| DATE   | DAY  | TIME | LOCATION |
|--------|------|------|----------|
| Dec 19 | Mon  | 1 pm | SSLC     |
| Dec 20 | Tues | 6 pm | SSLC     |

**PRICE: \$6.25 / \$5 Topeka Resident**



## Holiday Gifts & Ornaments (ages 10)

### 1-1 Hour Sessions

Is your Christmas tree or home missing something? Join us as we create Christmas Ornaments that will brighten your tree, home and holiday spirit!

Make the people you care about gifts that are from the heart and easy on your pocket!

**Registration deadline is the Monday prior to the scheduled event.**

| DATE  | DAY | TIME | LOCATION |
|-------|-----|------|----------|
| Dec 7 | Wed | 6 pm | SSLC     |
| Dec 9 | Fri | 1 pm | SSLC     |

**PRICE: \$6.25 / \$5 Topeka Resident**

# Lifetime Leisure

## Picasso Club (all ages welcome)

### 1-1Hour Sessions

Join us as we express ourselves through various creations! Each class we will have an exciting masterpiece to design & take home! **Registration deadline is two days prior to the program.**

| DATE          | DAY                        | TIME | LOCATION |
|---------------|----------------------------|------|----------|
| Sept 26       | Mon                        | 1pm  | SSLC     |
| Sept 27       | Tues                       | 6pm  | SSLC     |
| Oct 31        | Mon                        | 1pm  | SSLC     |
| Oct 31        | Mon                        | 6pm  | SSLC     |
| Nov 28        | Mon                        | 1pm  | SSLC     |
| Nov 29        | Tues                       | 6pm  | SSLC     |
| Dec 5         | Mon                        | 1pm  | SSLC     |
| Dec 6         | Tues                       | 6pm  | SSLC     |
| <b>Price:</b> | <b>\$3.75</b>              |      |          |
|               | <b>\$3 Topeka resident</b> |      |          |



## Adapted Sports & Outdoor Recreation

### Youth & Adult Wheelchair Basketball

(ages 10 and up; sessions ongoing)

These sessions are designed for youth and adult basketball players who want to learn to play basketball in high end sports wheelchairs. Each session is all about learning a new sport, working hard to achieve a goal and meeting new people. You'll get tons of exercise and improve your skills through practice, practice, practice. Basketballs will be available for use or you may bring your own. Participants who borrow balls must have a current, valid photo ID. Participants under 18 years of age must be accompanied by a family member and/or attendant.

| DATE   | DAY | TIME      | LOCATION |
|--------|-----|-----------|----------|
| Sept 7 | Wed | 5:30-9 pm | Garfield |

More information at [www.kansasaccessiblesports.com](http://www.kansasaccessiblesports.com)



### Wheelchair Sports Information

Are you interested in playing sports? Think you can't because you have limited mobility, are an amputee, or use a wheelchair? Think again! Wheelchair sports are designed for anyone with limited mobility that wants to play sports.

For more information about wheelchair sports, please visit Kansas Accessible Sports, Inc., at [www.kansasaccessiblesports.com](http://www.kansasaccessiblesports.com) or contact Jarvis Stirn at (785) 550-7179 or [wildhawk@hotmail.com](mailto:wildhawk@hotmail.com).

# Adapted Sports & Outdoor Recreation



## Archery (ages 12 & up)

### 5-1 Hour Sessions

Archery is great way to try your skills at hitting the bull's-eye. Our instructor will teach you how to take aim & learn this exciting sport. Adapted instruction and equipment will be provided. Archery classes will be held once a week on Mondays at B-Squared Archery, 4700 SW Topeka Blvd.



**Registration deadline is Thursday, November 17th.**

| DATE   | DAY | TIME | LOCATION  |
|--------|-----|------|-----------|
| Nov 21 | Mon | 6pm  | B-Squared |

**PRICE: \$25 / \$20 Topeka Resident**

## Boccia

Boccia is a throwing game of accuracy and strategy for all ages and levels of physical ability. It is a seated game played indoors and is similar to Bocce, an outdoor Italian lawn bowling game. This is an official game of the National Disabled Sports Alliance. For additional information about Boccia, please contact Cathy and Bill Drobny of Sunflower Boccia at 785.272.5754.

## Special Olympics Information



**Special Olympics**  
Kansas

For information on Topeka/Shawnee Special Olympics sports training or competitions, please contact Rita Kennedy at 785.845.2304.

## **Athletes Wanted! All ages and athletic abilities welcome.**

- ◆ Wheelchair Softball practice is on September 3rd from 9am to 11am. We will practice hitting, throwing and basic game play at the new accessible diamond in Gage Park.
- ◆ Flag football practice is on September 24th from 9am to 11am. We will practice throwing, catching and basic game play at the field just south of the new accessible diamond.

Call 368-0989 or email [abridges@topeka.org](mailto:abridges@topeka.org) to let us know that you are attending either practice and so we can get you on the roster for future events. We are hoping to start new programs for both wheelchair softball and flag football, but we need YOU to help us by participating!

# ADA Advisory Council Members needed!



Mayor Bill Bunten is asking Topeka residents who have a disability of a major life function for their assistance as an ADA Advisory Council members. Both youth and adult residents are invited to participate.

If you are interested in participating on the council, please contact Mike McGee at (785)368-3801 or [mmcgee@topeka.org](mailto:mmcgee@topeka.org).

# September 2011

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

|    |                              |                           |    |   |                         |                           |
|----|------------------------------|---------------------------|----|---|-------------------------|---------------------------|
|    |                              |                           |    | 1   | 2                       | 3                         |
| 4  | 5                            | 6                         | 7  | 8<br>"Let's Get Moving" 1pm<br><br>DanceHouse<br>6pm              | 9                       | 10                        |
| 11 | 12                           | 13                        | 14 | 15<br>Coffee & Conversation<br>10am<br><br>"Let's Get Moving" 1pm | 16                      | 17<br>Pins & Pizza<br>1pm |
| 18 | 19<br>Breakfast<br>Club 11am | 20                        | 21 | 22<br>"Let's Get Moving" 1pm<br><br>Game Crazy<br>6pm             | 23<br>Game Crazy<br>1pm | 24                        |
| 25 | 26<br>Picasso Club<br>1pm    | 27<br>Picasso Club<br>6pm | 28 | 29<br>"Let's Get Moving" 1pm                                      | 30                      |                           |

# October 2011

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

|    |                           |    |                            |   |                            |    |
|----|---------------------------|----|----------------------------|---|----------------------------|----|
|    |                           |    |                            |   |                            | 1  |
| 2  | 3                         | 4  | 5                          | 6<br>"Let's Get Moving" 1pm<br><br>Game Crazy 6pm     | 7<br>Game Crazy 1pm        | 8  |
| 9  | 10                        | 11 | 12<br>Pumpkin Painting 6pm | 13<br>"Let's Get Moving" 1pm<br><br>DanceHouse 6pm    | 14<br>Pumpkin Painting 1pm | 15 |
| 16 | 17                        | 18 | 19                         | 20<br>"Let's Get Moving" 1pm<br><br>Frozen Yogurt 6pm | 21<br>Frozen Yogurt 1pm    | 22 |
| 23 | 24<br>Breakfast Club 11am | 25 | 26                         | 27<br>Coffee & Conversation 10am<br>"LGM" 1pm         | 28                         | 29 |
| 30 | 31<br>Picasso Club 1pm    |    |                            |   |                            |    |

# November 2011

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

|    |   |                                |    |   |                        |                          |
|----|---|--------------------------------|----|---|------------------------|--------------------------|
|    |   | 1<br>Picasso Club<br>6pm       | 2  | 3<br>Coffee &<br>Conversation<br>10 am<br>"Let's Get<br>Moving" 1pm | 4<br>Game Crazy<br>1pm | 5<br>Pins & Pizza<br>1pm |
| 6  | 7   | 8                              | 9  | 10<br>"Let's Get<br>Moving" 1pm<br><br>DanceHouse<br>6pm            | 11                     | 12                       |
| 13 | 14<br>Turkey Day<br>Treats 1pm                  | 15<br>Turkey Day<br>Treats 6pm | 16 | 17<br>"Let's Get<br>Moving" 1pm                                     | 18                     | 19                       |
| 20 | 21<br>Breakfast<br>Club 11am<br><br>Archery 6pm | 22                             | 23 | 24  | 25                     | 26                       |
| 27 | 28<br>Archery 6pm                               | 29                             | 30 |   |                        |                          |
|    |   |                                |    |   |                        |                          |

# December 2011

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

|    |   |                                |                           |  |                           |    |
|----|---|--------------------------------|---------------------------|--|---------------------------|----|
|    |   |                                |                           | 1<br>Coffee &<br>Conversation<br>10am<br><br>"Let's Get<br>Moving" 1pm | 2                         | 3  |
| 4  | 5<br>Picasso Club<br>1pm<br><br>Archery 6pm   | 6<br>Picasso Club<br>6pm       | 7<br>Holiday Gifts<br>6pm | 8<br>DanceHouse<br>6pm   | 9<br>Holiday Gifts<br>1pm | 10 |
| 11 | 12<br>Breakfast<br>Club 11<br><br>Archery 6pm | 13                             | 14                        | 15<br>Coffee &<br>Conversation<br>10am                                 | 16                        | 17 |
| 18 | 19<br>Christmas<br>Cookies 1pm                | 20<br>Christmas<br>Cookies 6pm | 21                        | 22   | 23                        | 24 |

***From the Adaptive Recreation Staff:  
Happy Holidays & see you next year!!!***

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|----|----|----|----|----|----|----|





Adaptive Recreation & Inclusion Services  
 4330 SW Conservatory Dr., Gage Park  
 Topeka, KS 66606

## *4 Easy Ways to Register!*

| <b><i>Mail form to:</i></b>                              | <b><i>Call:</i></b>  | <b><i>Walk-in:</i></b>  | <b><i>Fax:</i></b>                                    |
|--|--|---|---|
| Parks & Recreation<br>620 SE Madison<br>Topeka, KS 66607 | (785) 368-3838<br>KS Relay 711<br>Monday-Friday<br>8am-5pm | Monday-Friday<br>8am-5pm<br>620 SE Madison<br>1st Floor Lobby | (785) 368-3980<br><br>Visa, MasterCard, &<br>Discover |
| Check, Visa,<br>MasterCard, &<br>Discover                | Visa, MasterCard, &<br>Discover                            | Cash, Check, Visa,<br>MasterCard, & Discover                  |   |

### ***City Not Responsible For Injury to Participant***

The City of Topeka is by law not responsible for medical conditions or injuries which a program participant might incur while on property permitted or intended for recreational purposes. Parents or guardians are financially responsible for all care which might be necessitated by reason of a child participating in any City recreational program.

### ***Participation Photo Release***

In consideration for the opportunity to participate in City of Topeka Parks and Recreation programming, I grant permission to the City to photograph or film, and waive any right in said image, of me or my children in various classes, activities and special events throughout the year. I understand that the image, appearance or likeness of me or my children may be used for future publication or promotion of Parks and Recreation activities, and that the selection of images is at the sole discretion of the City.

