



OCTOBER 2009

Adaptive Recreation Opportunities

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|--|--|--|
| Renee Lee, CTRS 224-6027 Jenna Van Fossan, CTRS 224-6125 Alison Cope, MS, OTR 416-2024 | Call 221-6655 to register for programs! | Check out ARO's webpage: www.fcgov.com/aro | | 1 <u>MS Aqua</u> 9:30-10:30 AM (MP) | 2 <u>Adaptive Yoga</u> <i>Week 1 of 5</i> 1:00-2:00 PM (NACC) <u>Co-op Camping</u> → <i>Depart from Senior Center at 2:30 PM</i> <u>Artistic Abilities</u> 6:00-8:00 PM Meet at f-Stop Cafe | 3 → → <u>Adaptive Ice Skating</u> <i>Week 5 of 5</i> 9:30-10:15 AM (EPIC) |
| 4 <u>Co-op Camping</u> <i>Return to Senior Center at Noon</i> | 5 | 6 <u>MS Aqua</u> <u>Youth Flag Football</u> <i>Wk 4 of 4</i> 4:30-5:30 PM (CP) <u>Adult Flag Football</u> <i>Wk 6 of 6</i> 5:30-6:30 PM (CP) <u>Adaptive Swim Lessons</u> <i>Week 3 of 4 at EPIC</i> | 7 <u>Lunch Out</u> 12:30-2:00 PM Call Renee for Location <u>Adaptive Archery</u> <i>Week 4 of 5</i> 4:30-5:30 PM Archery Range | 8 <u>MS Aqua</u> 9:30-10:30 AM (MP) <u>IMAX Outing</u> 4:00-9:30 PM Depart from SC | 9 <u>Adaptive Yoga</u> <i>Week 2 of 5</i> 1:00-2:00 PM (NACC) <u>Dance Committee</u> 4:00-5:00 PM (SC) <u>Halloween Crafts</u> 5:15-6:30 PM (SC) | 10 <u>Adaptive Ice Skating</u> <i>Week 1 of 5</i> 9:30-10:15 AM (EPIC) |
| 11 | 12 Columbus Day | 13 <u>MS Aqua</u> <u>Adaptive Swim Lessons</u> <i>Week 4 of 4 at EPIC</i> <u>Adult Floor Hockey</u> <i>Week 1 of 6</i> 5:30-6:30 PM (NACC) <u>W/C Rugby</u> <i>Week 1 of 6</i> 6:30-8:00 PM (NACC) | 14 <u>Adaptive Archery</u> <i>Week 5 of 5</i> 4:30-5:30 PM Archery Range | 15 <u>MS Aqua</u> 9:30-10:30 AM (MP) <u>Restaurant Night</u> 5:30-8:00 PM Depart from SC | 16 <u>Adaptive Yoga</u> <i>Week 3 of 5</i> 1:00-2:00 PM (NACC) | 17 <u>Adaptive Ice Skating</u> <i>Week 2 of 5</i> 9:30-10:15 AM (EPIC) <u>Chili Cook-off</u> Time TBA (SC) |
| 18 <i>NE Area Special Olympics Bowling Tournament in Greeley</i> | 19 | 20 <u>MS Aqua</u> <u>Adaptive Swim Lessons</u> <i>Week 1 of 4 at EPIC</i> 4:15-4:45, 4:50-5:20 PM <u>Junior Sports</u> <i>Week 1 of 4</i> 4:30-5:30 PM (NACC) <u>Adult Floor Hockey</u> <i>Wk 2 of 6</i> <u>W/C Rugby</u> <i>Week 2 of 6</i> | 21 <u>Halloween Treats</u> <i>Class 1 of 2</i> 6:30-8:00 PM (SC) | 22 <u>MS Aqua</u> 9:30-10:30 AM (MP) | 23 <u>Adaptive Yoga</u> <i>Week 4 of 5</i> 1:00-2:00 PM (NACC) | 24 <u>Adaptive Ice Skating</u> <i>Week 3 of 5</i> 9:30-10:15 AM (EPIC) |
| 25 | 26 | 27 <u>MS Aqua</u> <u>Adaptive Swim Lessons</u> <i>Week 2 of 4 at EPIC</i> <u>Junior Sports</u> <i>Week 2 of 4</i> <u>Adult Floor Hockey</u> <i>Wk 3 of 6</i> <u>W/C Rugby</u> <i>Week 3 of 6</i> <u>Movie Night</u> 6:15-9:15 PM (SC) | 28 <u>Halloween Treats</u> <i>Class 2 of 2</i> 6:30-8:00 PM (SC) | 29 <u>MS Aqua</u> 9:30-10:30 AM (MP) | 30 <u>Adaptive Yoga</u> <i>Week 5 of 5</i> 1:00-2:00 PM (NACC) <u>Halloween Dance</u> 6:00-8:00 PM (SC) <i>No pre-registration; tickets sold for \$3 at the door</i> <i>Registration deadline for Boulder Dinner Theatre</i> | 31 <u>Adaptive Ice Skating</u> <i>Week 4 of 5</i> 9:30-10:15 AM (EPIC) |

Note: The City of Fort Collins will make reasonable accommodations for access to City services, programs and activities and will make special communication arrangements for persons with disabilities. For activities that require registration, it is recommended that requests be made one week in advance by calling 224-6027, TDD/TTY 224-6002.