

# November 2015

## Adaptive Recreation Opportunities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	<p><b><u>MS Aqua</u></b> 9:30-10:30 AM (MP)</p> <p><b><u>Adaptive Swim</u></b> <i>Week 2 of 6</i> 4:15-4:45, 4:55-5:25 PM (EPIC)</p> <p><b><u>Wheelchair Rugby</u></b> <i>Week 8 of 12</i> 6:00-8:00 PM (NACC)</p>	<p><b><u>Guided Outdoor Adventures</u></b> 4 of 4 12:30-3:30 PM (SC)</p> <p><b><u>Movement, Sensory &amp; Play</u></b> <i>Week 2 of 5</i> 4:30-5:30 (NACC)</p>	<p><b><u>MS Aqua</u></b> 9:30-10:30 AM (MP) <b><u>Adaptive Yoga</u></b> <i>Week 3 of 6</i> 1:00-2:00 PM (RAC) <b><u>Artistic Abilities</u></b> <i>Week 7 of 8</i> 4:00-6:00 PM (CSU) <b><u>Adaptive Swim</u></b> <i>Week 2 of 6</i> 4:55-5:25, 5:40-6:10 PM (EPIC) <b><u>Savory Cooking</u></b> 6:30-8:00 PM SC</p>	<p><b><u>Billiards Tournament</u></b> 6:00-8:00 PM (SC)</p>	<p><b><u>Adaptive Ice Skate</u></b> <i>Week 3 of 7</i> 9:45-10:15 AM (EPIC)</p> <p><i>Special Olympics State Bowling and Volleyball Tournament</i></p> <p><b><u>Theatre Acting Workshop</u></b> 1:00-4:00 PM (SC)</p>
8	<p><b><u>Restaurant Night</u></b> 5:45-8:00 PM Depart from SC</p>	<p><b><u>MS Aqua</u></b> 9:30-10:30 AM (MP)</p> <p><b><u>Adaptive Swim</u></b> <i>Week 3 of 6</i> 4:15-4:45, 4:55-5:25 PM (EPIC)</p> <p><b><u>Wheelchair Rugby</u></b> <i>Week 9 of 12</i> 6:00-8:00 PM (NACC)</p>	<p><b><u>Movement, Sensory &amp; Play</u></b> <i>Week 3 of 5</i> 4:30-5:30 (NACC)</p>	<p><b><u>MS Aqua</u></b> 9:30-10:30 AM (MP) <b><u>Adaptive Yoga</u></b> <i>Week 4 of 6</i> 1:00-2:00 PM Raintree Athletic Club (RAC) <b><u>Artistic Abilities</u></b> <i>Week 8 of 8</i> 4:00-6:00 PM (CSU) <b><u>Adaptive Swim</u></b> <i>Week 3 of 6</i> 4:55-5:25, 5:40-6:10 PM (EPIC)</p>	13	<p><b><u>Adaptive Ice Skate</u></b> <i>Week 4 of 7</i> 9:45-10:15 AM (EPIC)</p> <p><b><u>Unified Volleyball</u></b> <i>End of season party</i></p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>15</b> <i>Registration deadline for the Thanksgiving Meal</i>	<b>16</b>	<b>17</b> <u><b>MS Aqua</b></u> 9:30-10:30 AM (MP) <u><b>Adaptive Swim</b></u> <i>Week 4 of 6</i> 4:15-4:45, 4:55-5:25 PM (EPIC) <u><b>Wheelchair Rugby</b></u> <i>Week 10 of 12</i> 6:00-8:00 PM	<b>18</b> <u><b>Movement, Sensory &amp; Play</b></u> <i>Week 4 of 5</i> 4:30-5:30 (NACC)	<b>19</b> <u><b>MS Aqua</b></u> 9:30-10:30 AM (MP) <u><b>Adaptive Yoga</b></u> <i>Week 5 of 6</i> 1:00-2:00 PM (RAC) <u><b>Adaptive Swim</b></u> <i>Week 4 of 6</i> 4:55-5:25, 5:40-6:10 PM (EPIC)	<b>20</b> <u><b>Thanksgiving Meal</b></u> 4:30-6:00 PM (SC) Must pre-register  <u><b>Autumn Enchantment Dance</b></u> 6:00-8:00 PM (SC)	<b>21</b> <u><b>Adaptive Ice Skate</b></u> <i>Week 5 of 7</i> 9:45-10:15 AM (EPIC)  <u><b>Unified Volleyball</b></u> <i>End of season party</i> (FG)
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> <b>Thanksgiving Holiday</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	<p style="text-align: center;"> <b>Register at any of the following Recreation Centers:</b>            Northside Aztlan Community Center (NACC) (970) 221-6256            Senior Center (SC) (970) 221-6644            Edora Pool Ice Center (EPIC) (970) 221-6683            Mulberry Pool (MP) (970) 221-6657  <b>QUESTIONS?</b> Please contact us!  <b>Renee Lee:</b> (970) 224-6027, <a href="mailto:rlee@fcgov.com">rlee@fcgov.com</a>  <b>Becca Heinze:</b> (970) 224-6125, <a href="mailto:bheinze@fcgov.com">bheinze@fcgov.com</a>  <b>Brenda McDowell:</b> (970) 416-2024, <a href="mailto:bmcdowell@fcgov.com">bmcdowell@fcgov.com</a>  <b>ARO Leaders &amp; Interns:</b> (970) 224-6034, <a href="mailto:aro@fcgov.com">aro@fcgov.com</a> </p>				

The City of Fort Collins will make reasonable accommodations for access to City services, programs and activities.  
For accessibility assistance, call 970.224.6027 or email [rlee@fcgov.com](mailto:rlee@fcgov.com).