

# DECEMBER 2015

## Adaptive Recreation Opportunities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Questions? Please contact us!</b> <b>Renee Lee:</b> (970) 224-6027, <a href="mailto:ree@fcgov.com">ree@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>		<b>1 MS Aqua</b> 9:30-10:30 AM(MP) <b>Adaptive Swim</b> <i>Week 5 of 6 (EPIC)</i> 4:15-4:45, 4:55-5:25 <b>Wheelchair Rugby</b> <i>Week 11 of 12</i> 6:00-8:00 (NACC) <b>Movie Night</b> 6:00-9:00 PM (SC)	<b>2 Movement, Sensory &amp; Play</b> <i>Week 4 of 5</i> 4:30-5:30 (NACC)	<b>3 MS Aqua</b> 9:30-10:30 AM (MP) <b>Adaptive Yoga</b> <i>Week 6 of 6</i> 1:00-2:00 PM (RAC) <b>Adaptive Swim</b> <i>Week 5 of 6</i> 4:55-5:25, 5:40-6:10 PM (EPIC)	<b>4 Holiday Night Out</b> 5:00-9:00 PM (SC)	<b>5 USA Boccia Workshop</b> 9:00 AM-5:00 PM Lone Tree Rec Center <b>Adaptive Ice Skate</b> <i>Week 6 of 7</i> 9:45-10:15 AM (EPIC)
<b>6</b>	<b>7 Boccia</b> <i>Final class</i> 11:00-Noon (SC)	<b>8 MS Aqua</b> 9:30-10:30 AM(MP) <b>Adaptive Swim</b> <i>Week 6 of 6</i> 4:15-4:45, 4:55-5:25 PM (EPIC) <b>Wheelchair Rugby</b> <i>Week 12 of 12</i> 6:00-8:00 PM (NACC)	<b>9 Movement, Sensory &amp; Play</b> <i>Week 5 of 5</i> 4:30-5:30 (NACC) <b>Restaurant Night</b> 5:45-8:00 PM (SC)	<b>10 MS Aqua</b> 9:30-10:30 AM (MP) <b>Holiday Treats</b> 6:30-8:00 PM (SC) <b>Adaptive Swim</b> <i>Week 6 of 6</i> 4:55-5:25, 5:40-6:10 PM (EPIC)	<b>11</b>	<b>12 Adaptive Ice Skate</b> <i>Week 7 of 7</i> 9:45-10:15 AM (EPIC)
<b>13</b>	<b>14</b>	<b>15 MS Aqua</b> 9:30-10:30 AM (MP)	<b>16 Holiday Treats</b> 6:30-8:00 PM (SC)	<b>17 MS Aqua</b> 9:30-10:30 AM (MP)	<b>18 Holiday Ball</b> 6:00-8:00 PM (SC) <i>Tickets will be sold for \$1 at the Senior Center front desk</i>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25 Christmas</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31 New Year's Eve</b>		