# Adaptive Recreation Opportunities ARO

The Adaptive Recreation Opportunities program provides quality and equal opportunities for recreation and leisure programs to community members with disabilities. The ARO program offers healthy and fun experiences through the following three basic service areas.

#### Inclusion

Do you need assistance to fully participate in activities listed throughout the Recreator? The City of Fort Collins welcomes individuals of all abilities into our classes and programs. If you are interested in participation support, please indicate any special needs you may have when you register.

**Note:** Requests should be made at least two weeks before the class begins. Contact Renee Lee, CTRS, 970.224.6027, rlee@fcgov.com

### **Transition**

If you need more assistance in making your recreation and leisure choices, but want to be as independent as possible, the Transition program might be right for you. Explore new experiences, learn about exciting recreation opportunities and meet new people.

A therapeutic recreation professional will help you develop your personal Passport to Recreation Profile and discuss your needs, strengths, and interests. Call 970.224.6027.

## Specialized Programs **◄**ARO

These programs are designed to meet the unique needs of individuals with physical, mental, and/or emotional disabilities. They can be found in the Recreator identified by the <code>ARO</code> symbol. The Alternative Programs are designed for adults with intellectual disabilities and focus on community activities and social outings. Program descriptions can be found in the Recreator in the Alternative Programs section and include monthly dances, outings, cooking, bowling, crafts and more!

### **Attendants**

There is no fee for personal care attendants providing needed assistance unless otherwise noted; however, attendants need to register separately and note whom they will be assisting.

### **Volunteers Needed**

Volunteers are always needed, whether assisting with a few events or being a weekly support partner. No experience is necessary; training is provided. Join us for fun and adventure! Contact Renee Lee, CTRS, 970.224.6027, rlee@fcgov.com.

### Thank You

A huge thank you to our interns and fieldwork students and the many volunteers who help make our programs and services possible. We wouldn't be able to do it without them!

Check out our webpage, fcgov.com/aro

For additional information, please feel free to contact the ARO staff.

Renee Lee, CTRS, 970.224.6027, rlee@fcgov.com
Brenda McDowell, 970.416.2024, bmcdowell@fcgov.com
ARO Interns, 970.224.6034, aro@fcgov.com

# **Area Recreation Opportunities**

#### Athletes in Tandem

Athletes in Tandem, Inc. is a nonprofit organization that actively participates in relationships with athletes who have a disability to enhance the quality of their lives by competing together in triathlons, running, biking and swimming events.

Dennis Vanderheiden, 970.217.6751, dennis@athletesintandem.org

# **Dance Express**

Modern dance training and performance opportunities for people with and without disabilities.

Mary Elizabeth Lenahan, 970.493.2113, danceexpress@juno.com

# **Special Needs Swim**

The Student Leadership, Involvement and Community Engagement (SLiCE) office at Colorado State University matches volunteers with individuals with disabilities to provide one-on-one recreational and leisure swimming opportunities.

970.491.2321, specialneedsswim@gmail.com

## Trips & Tours for People with Special Needs

"Just for the Fun of It"

Joan Handley, 970.532.4032

## **Club Bunches**

This social club includes people of all abilities who participate in weekday activities.

Christine Barrett, 970.282.0695

# F.R.E.E. Front Range Exceptional Equestrians

Therapeutic horseback riding program.

Sherry Butler, 970.221.0646, ridewithfree.org

## **Transportation**

Participants are responsible for their own transportation unless otherwise noted. The following resources provide transportation:

 Transfort (city bus)
 970.221.6620

 Dial-A-Ride
 970.224.6066

 SAINT
 970.223.8645

 Larimer Lift
 970.498.7541

# **Special Olympics**

Please contact the following coordinators or coaches for season information or to volunteer:

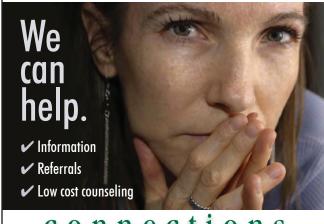
## **Adult & Youth Unified Flag Football**

Brenda McDowell 970.416.2024

### **Adult Unified Volleyball**

Brenda McDowell 970.416.2024





· connections ·

mental health & substance abuse resources

221-5551

www.mentalhealthconnections.org

Connections is a partnership of the Health District and Touchstone Health Partners.

# Other ARO Activities in Recreator:

Aquatic Fitness		Fitness	
MS Aqua	20	Adaptive Yoga	68
Twinges Plus	20	MS Dryland Exercise	69
Arts & Crafts		Outdoor Recreation	
Artistic Abilities Art Class	29	Adaptive Cycling	82
Special Event		Adaptive Kayaking	82
Giant Friends Club	84	Adaptive Archery	82
Theatre		Sports	
Theatre Acting Workshop	49	Wheelchair Rugby	85
		Unified Flag Football	88

# Alternative Programs

Classes for ages 18 years and up unless otherwise noted.

#### **General Information**

Activities listed in this section are designed for adults with intellectual disabilities but are open to individuals without disabilities as well. These programs focus on fun and community involvement and are designed to enhance confidence and social skills.

Individuals who are not independent in activities of daily living or are in need of extra supervision are encouraged to register and participate with a personal care attendant. There is no fee for personal care attendants providing assistance unless otherwise noted; however, attendants may be asked to register separately and note whom they will be assisting so that staff can appropriately provide seating, space, and assistance in the class.

Registration is required before all trips and programs take place. Some ticketed programs will have an early registration deadline due to group purchasing. When you register for any ticketed event, the sale is considered final. No refunds are allowed unless the ticket can be resold.

Please inform us of any accommodations needed at the time of registration.

## Cooking

Learn how to cook tasty foods while gaining positive eating habits. We will help you with the cooking and setting the table, and then we will all sit down to sample the finished products. **Note:** Attendants welcome at no cost. Class not discountable. Please report any food allergies to *rlee@fcgov.com*.

Location: Senior Center

**Healthy Treats** 6:30-8:00 PM 402401-01 9/18 Th \$10 Hot and Tasty 10/13 M 6:30-8:00 PM \$18 402401-02 Flavorful Cooking 11/12 402401-03 6:30-8:00 PM \$10

# **Crafts With A Cause**

Let's make something to give back to the community. We will research non-profits and choose a project to donate for a good cause. **Note:** Attendants welcome at no cost. Class partially discountable.

Location: Senior Center

9/5-9/12	F	4:30-6:00 PM	\$20	402402-01

### **Movie Night**

Travel with a group to Cinema Saver 6 to watch a movie on the big screen. Meet new friends and see Hollywood's finest flicks!

Note: Bring \$5 cash for ticket, and money for a snack if desired.

Attendants welcome at no cost but please inform aro@fcgov.com.

Location: Senior Center

9/29	M	6:00-9:00 PM	\$5	402903-01
10/27	M	6:00—9:00 РМ	\$5	402903-02
11/17	M	6:00-9:00 PM	\$5	402903-03

## **Restaurant Night**

Take a night off from cooking to dine out, explore local restaurants and enjoy an evening with friends. **Note:** Bring approximately \$20 cash to cover your meal and a tip. Attendants welcome at no cost but please inform <code>aro@fcgov.com</code>.

Location: Senior Center

9/11	Th	5:45-8:00 PM	\$5	402904-01
10/6	M	5:45-8:00 PM	\$5	402904-02
11/5	W	5:45-8:00 PM	\$5	402904-03

### **Bowling**

Enjoy Saturday afternoons down at the lanes with our bowling program! Strap on your shoes, hang out, and score some strikes. Any skill level is welcome! Participants may have the opportunity to go to the Special Olympics bowling tournament. **Note:** Fee includes two games per person per week and shoe rental, if needed. Class not discountable. Class will not be held on 9/27.

Location: Chipper's Lanes North

9/6-10/18	Sa	12:30-1:30 PM	\$58	402906-01
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# **Special Events**

### Monthly Themed Dances - NW

Get out your dancing shoes and join us at our monthly dance events! Dress up in style for the theme and prepare for a fun filled night of music, dancing, and celebrating with friends! **Note:** No preregistration; tickets will be sold at the door. Attendants welcome at no cost. Class not discountable.

Location: Senior Center

Gone Country

	. ,			
9/26	F	6:00-8:00 PM	\$3	
Spooktacul	ar Ball			
10/31	F	6:00-8:00 PM	\$3	
Harvest Mo	on Ball			
11/14	F	6:00-8:00 PM	\$3	
Holiday Bal	I			
12/12	F	6:00-8:00 PM	\$3	

## **Thanksgiving Meal & Dance**

Adults with disabilities and their families, friends and/or supportive living providers are getting together prior to the ARO monthly dance to enjoy a traditional Thanksgiving meal. The meal will be 4:30 to 6:00 p.m., and the dance 6:00-8:00 p.m.. Attendants must pre-register separately. **Note:** Registration fee for participants includes dance. No refunds or cancellations will be given. Registration deadline 11/07/14. Class not discountable.

Location: Senior Center

11/14	F	4:30-8:00 PM	\$12	402409-01
11/14	F	4:30-8:00 PM	\$8	402409-1A

### Colorado Person First Festival

Join a fun group of ARO friends as we walk, push or ride bikes in the 1-mile parade. After the parade enjoy the Colorado Person First Festival for fun and entertainment. **Note:** Please dress for the weather and wear comfortable walking shoes if you're planning on walking. Please bring cash for souvenirs or food if desired.

Location: Northside Aztlan Center

9/13	Sa	10:00 AM-2:30 PM	\$10	402924-01

# **Trips & Outings**

# **CSU Volleyball**

Let's cheer on the home team as the CSU women's volleyball team plays against San Jose State at Moby Arena. Transportation home will be provided to those living within Fort Collins city limits if needed. **Note:** Attendants welcome but must pre-register separately. Registration deadline 11/7/14. No refunds will be given unless your ticket can be resold.

Location: Northside Aztlan Center

11/19	W	6:15-10:00 PM	\$20	402914-01
11/19	W	6:15—10:00 РМ	\$10	402914-1A

## **Elk Bugling**

It's fall and the elk are out in Estes Park. We will enjoy a scenic drive to Rocky Mountain National Park for a fun filled day of nature appreciation. We'll stop in the park for a picnic dinner and a leisurely walk at one of our favorite spots. **Note:** Please dress for the weather and bring a sack/picnic dinner. Transportation home provided for those within city limits.

Location: Northside Aztlan Center

9/7	Su	1:00-8:00 PM	\$25	402916-01
9/7	Su	1:00-8:00 PM	\$5	402916-1A

### **Mask Factory Tour**

Let's celebrate the fall season with a tour of Distortions Unlimited in Greeley. They make amazing Halloween masks and decorations. Afterwards, we will venture out onto the town for a delicious dining experience. Please wear comfortable walking shoes and bring at least \$20 cash for dinner. **Note:** Attendants please pre-register separately. Class not discountable. Registration deadline 10/17/14.

Location: Senior Center

10/24	F	3:15-6:45 PM	\$15	402917-01
10/24	F	3:15-6:45 PM	\$8	402917-1A