



The Buzz

Adaptive Recreation Activities

WINTER/SPRING 2024 // JANUARY–APRIL

Greetings Participants and Supporters

The City of Renton Adaptive Recreation program is designed for individuals in the Renton area with physical and or neurological disabilities. We are proud to provide a range of activities for participants to choose from including recreational, social, and enrichment opportunities. Preregistration is required for all programs. For more information, call Steven Kurtz at 425-430-6748 or email SKurtz@rentonwa.gov.



April and Lindsay showing off their pickleball skills

SPORTS LEAGUES & FITNESS

Special Olympics Basketball

NOTE: Basketball registration began in October and is currently full, but will continue until March.



rentonwa.gov/adaptive
rentonwa.gov/register

Pickleball Club

Tuesdays 6–7pm

Jan 9–Mar 5 \$10R / \$15NR #[18318](#)

Pre-registration required

AGES 8 AND UP. The fastest growing sport in Washington is here! Pickleball Club is designed for youth and adults with neurological and or physical disabilities. No experience is required, helpful tips and coaching will be provided along the way!

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 5:45 pm and pick-ups no later than 7:15 pm. Participants routinely picked up late may be charged for staff time accrued.

Healthy Athletes

Every Other Thursday 6–7pm

Jan 11–Apr 4 \$10R / \$15NR #[18317](#)

Pre-registration required

AGES 16 AND UP. Fun fitness workouts every other week, coupled with wellness and nutrition education. Held at the Senior Activity Center.

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 5:45 pm and pick-ups no later than 7:15 pm (unless participant is also attending Club Thursday after this class). Participants routinely picked up late may be charged for staff time accrued.



Steven making pancakes at
Mid Day Meet Up



The Mid Day Meet Up crew



Matt getting down at
Club Thursday

SOCIAL EVENTS

Club Thursday

Every Other Thursday, 7–8:30pm
Jan 11–Apr 4 \$10R / \$15NR [#18311](#)
Pre-registration required

AGES 13 AND UP. Join us this Winter for Club Thursday at the Senior Activity Center! Activities vary from week to week, but it is always sure to be a good time! Light snacks are provided.

January 11 – Karaoke
January 25 – Game Night
February 8 – Dance with DJ Randy
February 22 – Bingo
March 7 – Life Sized Coloring
March 21 – Dance with DJ Randy
April 4 – You Choose!

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 6:45 pm and pick-ups no later than 8:45 pm. Participants routinely picked up late may be charged for staff time accrued.

Mid Day Meet Up @ Liberty Park Building

Mondays, Tuesdays, Wednesdays
11am–3:30pm
Jan 16–Mar 13 \$10R / 15NR [#18573](#)
Pre-registration required

AGES 16 AND UP. Join the Adaptive Recreation team at Liberty Park Experience the joy of arts and crafts, board games, and empowerment through life skills in an inclusive and supportive environment. Limited space available!

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 10:45 am and pick-ups no later than 3:45 pm Participants routinely picked up late may be charged for staff time accrued.



Special Olympics Bowling Team



Come test your knowledge at Trivia Night!

SOCIAL EVENTS

Movie Nights @ Carco Theater

Thursday, January 18
Wednesday, February 14
Thursday, March 14

6–8:30pm \$15 [#18316](#)
Pre-registration required

Have you ever wanted your own private movie theater experience? Now's your chance! Come hang out with your Adaptive Rec friends and enjoy a movie at Carco Theater! Light snacks provided. This event is open to Adaptive Recreation participants, family, and caregivers.

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 5:45 pm and pick-ups no later than 8:30 pm. Participants routinely picked up late may be charged for staff time accrued.

Trivia Night Series @Liberty Park Building

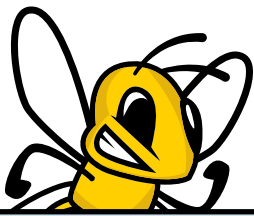
Thursday, February 1
Thursday, March 28
Thursday, April 25

6–7pm \$10R/ 15NR [#18336](#)
Pre-registration required

Join us for a three-part Fall Trivia Series. Compete with your friends, show of what you know, and if you're lucky, become the trivia champion for the evening!

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 5:45 pm and pick-ups no later than 7:30 pm. Participants routinely picked up late may be charged for staff time accrued.

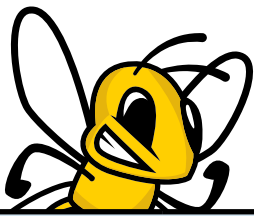





The Buzz Activities **January 2024**

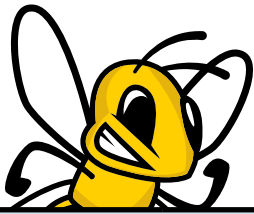
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8 Special Olympics Basketball 6–7:30pm	9 Pickleball Club 6–7pm	10	11 Healthy Athletes 6–7pm Club Thursday 7–8:30pm	12	13
14	15	16 Mid-Day Meet Up 11–3:30pm Pickleball Club 6–7pm	17 Mid-Day Meet Up 11–3:30pm	18 Movie Night @ Carco Theatre 6–8:30pm	19	20
21	22 Mid-Day Meet Up 11–3:30pm Sp Olympics Basketball 6–7:30pm	23 Mid-Day Meet Up 11–3:30pm Pickleball Club 6–7pm	24 Mid-Day Meet Up 11–3:30pm	25 Healthy Athletes 6–7pm Club Thursday 7–8:30pm	26	27
28	28 Mid-Day Meet Up 11–3:30pm Sp Olympics Basketball 6–7:30pm	30 Mid-Day Meet Up 11–3:30pm Pickleball Club 6–7pm	31 Mid-Day Meet Up 11–3:30pm			





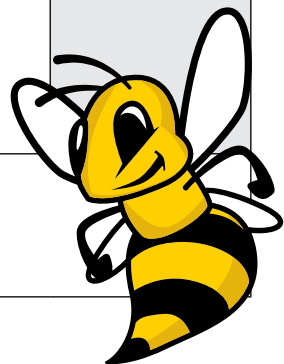
The Buzz Activities February 2024

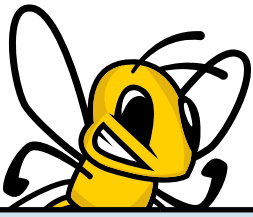
SUN	MON	TUE	WED	THU	FRI	SAT
				1 Trivia Night 6–7pm	2	3
4	5 Mid-Day Meet Up 11–3:30pm Sp Olympics Basketball 6–7:30pm	6 Mid-Day Meet Up 11–3:30pm Pickleball Club 6–7pm	7 Mid-Day Meet Up 11–3:30pm	8 Healthy Athletes 6–7pm Club Thursday 7–8:30pm	9	10
11	12 Mid-Day Meet Up 11–3:30pm Sp Olympics Basketball 6–7:30pm	13 Mid-Day Meet Up 11–3:30pm Pickleball Club 6–7pm	14 Mid-Day Meet Up 11–3:30pm Movie Night @ Carco 6–8:30pm	15	16	17
18	19 Mid-Day Meet Up 11–3:30pm Sp Olympics Basketball 6–7:30pm	20 Mid-Day Meet Up 11–3:30pm Pickleball Club 6–7pm	21 Mid-Day Meet Up 11–3:30pm	22 Healthy Athletes 6–7pm Club Thursday 7–8:30pm	23	24
25	26 Mid-Day Meet Up 11–3:30pm Sp Olympics Basketball 6–7:30pm	27 Mid-Day Meet Up 11–3:30pm Pickleball Club 6–7pm	28 Mid-Day Meet Up 11–3:30pm	29		
						



The Buzz Activities **March 2024**

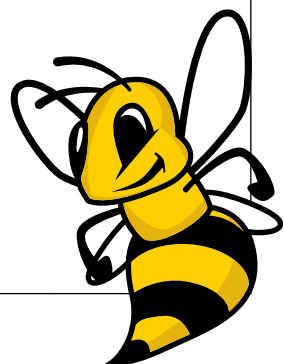
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 Mid-Day Meet Up 11–3:30pm Sp Olympics Basketball 6–7:30pm	5 Mid-Day Meet Up 11–3:30pm Pickleball Club 6–7pm	6 Mid-Day Meet Up 11–3:30pm	7 Healthy Athletes 6–7pm Club Thursday 7–8:30pm	8	9
10	11 Mid-Day Meet Up 11–3:30pm	12 Mid-Day Meet Up 11–3:30pm	13 Mid-Day Meet Up 11–3:30pm	14 Movie Night @ Carco Theatre 6–8:30pm	15	16
17	18	19	20	21 Healthy Athletes 6–7pm Club Thursday 7–8:30pm	22	23
24	25	26	27	28 Trivia Night 6–7pm	29	30
31 						





The Buzz Activities **April 2024**

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4 Healthy Athletes 6–7pm Club Thursday 7–8:30pm	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25 Trivia Night 6–7pm	26	27
28	29	30				





The Buzz

Adaptive Recreation Activities

City of Renton
1055 S Grady Way
Renton WA 98057

Access Transportation

Please schedule drop offs no earlier than 15 minutes before an activity begins and pick ups no later than 15 minutes after an activity ends.

Adaptive Rec Activity Locations

Carco Theater
[1717 Maple Valley Hwy, Renton, 98057](#)

Liberty Park
[1101 Bronson Way N, Renton, 98057](#)

Renton Community Center
[1715 Maple Valley Hwy, Renton, 98057](#)

Senior Activity Center
[211 Burnett Ave N, Renton, 98057](#)

Thank You
One Dream at a Time Foundation

Hello Renton Adaptive Rec families and participants!

You may have noticed reduced prices for programs this season. This was made possible by the One Dream at a Time Foundation who wanted to provide programs at a reduced cost to participants in the adaptive community.

We appreciate and thank them
for their generous donation!

WE NEED YOUR EMAIL! Activities may change as the quarter progresses. Make sure we have your correct email on file by calling 425-430-6700 or emailing recreation@rentonwa.gov.