



## **ADULTS WITH DISABILITIES PROGRAMS** ( 18 years and older )

### Year-Round Programs

**What's Cooking:** 3 week sessions of evening classes in West, Central and North Seattle that teach the basic skills needed to prepare and cook healthy meals. Participants get to eat what they cook. Cost: \$12.00/session.

**TNT (Try New Things):** A weekly day programs in North Seattle that is full of crafts, activities and special events. The participants vote on the activities quarterly. Cost: Free

**Creative Space:** A weekly day program in South Seattle that explores painting, drawing, music and community service as well as other creative projects. Cost: \$1/day that you attend

**Fun Fitness:** A weekly gym program in South Seattle that introduces the basic/intermediate skills of different sports and games. In the past we have played: basketball, kickball, pickleball and gone on walks. Cost: Free

**Splish Splash:** A weekly afternoon community swim time for youth, adults, their family and friends in Central Seattle. Staff is in the water to help participants become comfortable in the water, and learn basic swim skills. Cost: \$2.00

**Walking Club:** A weekly walking group that meets in West Seattle. Cost: Free

**Starlight Social:** A weekly evening social program in Central Seattle. Cost: Free

**Southend Social:** A weekly evening social program in West Seattle. Cost: Free

**Sports / Special Olympics:** Quarterly practices for: Basketball (North and South), Swimming (North), Bowling (South), Track & Field (North), Softball (North). Cost: Free, except swimming

**Bowling Program:** A weekly practice session to improve bowling skills held in South Seattle. Cost: \$2.00/game

**Saturday Travels:** Travels around the Puget Sound area, i.e., ferry trips, eating out, tours, etc. Meeting locations are in North and South Seattle. Cost: Free - \$5.00

**Adult Socials:** Social outings for independent adults such as, sporting events, movies, etc. Meeting location is in North Seattle, activities are city wide. Cost: Free - \$10.00

**Special Events:** Various city wide locations, Dances, Open House, Holiday Cruise

## Summer Programs

Our summer programs include the programs listed above as well as Hikes, Sailing Trips, Sightseeing Trips, Learn to Row Class, and 1<sup>st</sup> Thursday Museum and Lunch Club.

We also offer three overnight weekend camps throughout the summer. The camp sessions are held at Camp Long, located in West Seattle, and run Friday at 6:00 pm through Sunday at 1:30 pm. Camp sessions are \$45.00 per weekend. There is a nurse on duty through all camp sessions.



### 2009 Camp Long Sessions:

Session #1 June 26-28

Session #2 July 17-19

Session #3 August 14-16

### Specialized Programs Contacts:

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If you would like to receive a copy of our brochure and be added to our mailing list, please call the Specialized Programs Office at (206) 684-4950.

