



FOCUS

*PC2 for Developmental Disabilities
Winter, 2023 ~ Volume 28, Issue 2*



WINTER ICE! SPECIAL EDITION

**Looking for something
fun to do over Winter Break?**

**Check inside for
activity ideas during
December, 2022 & beyond!**



The "FOCUS" newsletter is a publication of the Pierce County Coalition for Developmental Disabilities (PC2) and is produced four times each year. It is available to view and download by visiting www.pc2online.org.

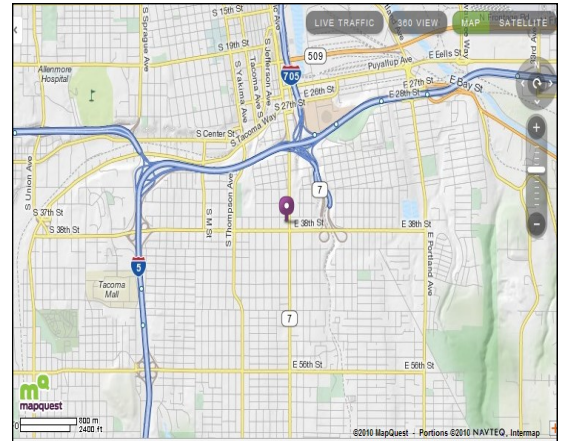
PC2 is comprised of both individuals & organizations of parents, guardians, professionals, & other partners interested in the well-being of individuals with developmental disabilities. Opportunities to gain information, education, & networking are available through our newsletter, website at www.pc2online.org, topical meetings/forums, & our Resource Guide.

PC2 provides education on the legislative process regarding policies & funding which allow families & individuals choice, control, & flexibility.

The PC2 office is open Monday-Thursday, 9 a.m.-4:30 p.m., and Friday 9 a.m.-1 p.m. Please visit anytime for information, resources, brochures, or help with Internet searches.

If you have information on classes, conferences or events, or articles which may be of interest to others, please submit to:

PC2
3716 Pacific Avenue #A
Tacoma, WA 98418-7836
253-564-0707 (T) 253-564-0702 (F) 1-877-DD-LINKS (T/F)
E-mail: info@pc2online.org
Web: www.pc2online.org



PC2 BOARD

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VIKRAM SHAH, *Parent*
ROBERT WARDELL, *Self Advocate*

From the Director's Desk . . .

Dear Families & Friends of PC2:

Season's Greetings from PC2! We are so happy to be able to gather with friends and families, as we are sure all of you are as well. And in this issue, you will find activities to help keep you and your family busy during the winter break!



Additionally, you will find information for the upcoming Legislative Session. Below please find the DD community's Legislative Priorities for this biennium:

- True Caseload Forecasting of DDA Services
- Endless Wait Lists for People with IDD
- Housing for People with IDD: We are in Crisis!
- The Multicultural Village: A Community Housing Solution NEW!
- Medically Fragile Children Fall Through the Cracks!
- Supported Living—Serving People with DD in their Home Communities
- Support Adult Family Home Recommendations
- Provider Rate Increase for Employment
- Close Rainier State School
- Nothing About Us Without Us
- Parent Provider Inequity
- Parity of Placement: Safety Supervision Across Settings
- Transition Collaborative
- Schools Send Children Out-of-State
- Special Education Burden of Proof
- Prevent Inappropriate Hospitalization of Children and Adults with DD
- Invest in Quality community supports and services for children and adults with DD
- Reform the Community Protection Program

As you can see, this will be a very busy session, as we all work to educate the legislators on the needs of our community. If any of these areas are of interest to you, you can visit <https://arcwa.org/2023-legislative-notebook/> to get more information. (When you visit the site, you will be able to access topic pages on each area.)

As always, PC2 is here to help you connect with your Legislators. (Please see page 4 for the newest legislator contact sheet for the 2023 session.) Legislators want to hear directly from their constituents. They are waiting for a call, email, or visit from YOU to help them understand the issues of importance to you and your loved ones. The pages available (at the above link) will help you provide statewide facts to your legislators, along with your concerns.

As always, we are asking for your help in moving important legislation forward. Please check our e-blasts on a regular basis during the session to find out when bills of importance are moving forward through the process. (It is our understanding that as few as five phone calls on a particular topic can influence a legislator's perception of the importance of the issue!)

If you are able, please plan to attend the 2023 Legislative Reception on January 18th at 5:30. (Link with more information can be found on the Advocacy Days info page – page 5.)

Enjoy this season with your family and please call if there is anything we can do to assist you.

BethAnn & the PC2 Staff



2023 PIERCE COUNTY LEGISLATURE

LEGISLATIVE HOTLINE - 1-800-562-6000 - support@leg.wa.gov

Regular Session starts 1/9/2023

Bldg. Key Code: JLOB = John L. O'Brien Bldg. LEG = Legislative Bldg. INB = Irv Newhouse Bldg. JAC = John A. Cherberg Bldg.



Sen. Jim McCune (R)
PO Box 40402
Olympia, WA 98504
Office: INB 105
360-786-7602
jim.mccune@leg.wa.gov



Rep. Andrew Barkis (R)
PO Box 40600
Olympia, WA 98504
Office: LEG 122-D
360-584-9846
andrew.barkis@leg.wa.gov



Rep. J.T. Wilcox (R)
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Olympia, WA 98504
Office: LEG 335-C
253-329-5194
j.t.wilcox@leg.wa.gov



Sen. Chris Gildon (R)
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Olympia, WA 98504
Office: INB 110
360-786-7648
chris.gildon@leg.wa.gov



Rep. Kelly Chambers (R)
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Rep. Cyndy Jacobsen (R)
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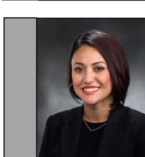
Sen. Emily Randall (D)
PO Box 40426
Olympia, WA 98504
Office: JAC 215
360-786-7650
emily.randall@leg.wa.gov



Rep. Spencer Hutchins (R)*
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360-786-7964
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Rep. Michelle Caldwell (R)
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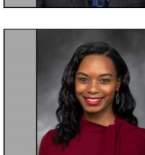
Sen. Yasmin Trudeau (D)
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Olympia, WA 98504
Office: LEG 411
360-786-7652
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Rep. Laurie Jenkins (D)
PO Box 40600
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360-322-3834
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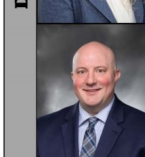
Rep. Jake Fey (D)
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Sen. Twina Nobles (D)
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Rep. Mari Leavitt (D)
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Rep. Dan Bronoske (D)
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Rep. Melanie Morgan (D)
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Rep. Sharlett Mena (D)*
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Sen. Phil Fortunato (R)
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Rep. Drew Stokesbary (R)
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Rep. Eric Robertson (R)
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360-786-7866
eric.robertson@leg.wa.gov



Washington Governor Jay Inslee
Office of the Governor
PO Box 40002
Olympia, WA 98504

Call 360-902-4111 TTY/TDD
call 711 or 800-833-6384

If you need to speak with someone and you do not speak English, please leave a voicemail with your phone number and the language you speak, and we will return your call.

*NEWLY ELECTED LEGISLATOR;
OFFICE LOCATION / PHONE NUMBER
SUBJECT TO CHANGE.

12/7/2022

Questions? Need more info? Please visit <https://arcwa.org/advocacy-days/>

Tips for Peaceful Holiday Parenting!

As the holidays approach, I thought it would be a good time to share some quick tips that make it easier to parent with peace and actually enjoy holiday family time. I'm noticing that I feel a much greater sense of calm heading into the season and I think it's because I've finally taken many of these tips to heart. I hope they resonate with you, too!

Take Care of Yourself

When my children have breaks and the routine gets out of whack, the first thing to go for me is exercise. But not this year! I know that my own well-being makes a huge difference in the whole energy of my home. What do you know you need to feel peaceful, grounded, and balanced over the holiday? Whatever it is, get it booked into your calendar now and protect it with your life.

Don't Overplan

Too many events packed into one day almost guarantees a meltdown. Children need downtime, time to run or move their bodies, or time to do whatever relaxes them. (Adults need these things, too.)

Lighten Up

Holidays are meant to be different from "regular" time. Kids want to stay up a little later with their cousins. Grandpa wants to spoil the grandkids with a little extra candy. I'm not suggesting you let go of all structure — kids need structure to help them feel safe — but I do think that holidays are times to flex a bit, loosen up, and let the laughter and joy take priority.

Give Children Plenty of Advance Notice

Routines often go out the window during holiday breaks and that lack of predictability can throw many children off-balance. Sit the family down and write out the plan for the day (or week) so they can prepare for what's coming. Remind them again well before the new activity or event. Whenever possible, involve your children in making the plan, or at least parts of it, so they feel some ownership and control over the day.

Make Agreements in Advance

Make agreements about rules for screens, smartphones, and other media during vacation time, then post them for all to see. If you have rules for the dinner table, re-visit them before the big Thanksgiving meal. Give your children a script for what to do or say when Grandma gives them a kiss that's too wet, or when cousin Julie starts kicking them under the table. Practice if you can.

Provide Discipline in Private Whenever Possible

If you know me, you know that I think of discipline as guidance, not punishment. But in any case, it's easy to feel pressure when parenting in public, especially when you suspect that your sister or parent doesn't approve of your methods. For these reasons, I always try to move my child away from the public eye so that I can parent from my heart rather than from fear of judgment. For example, when my daughter made a snide comment to her cousin, I said, "Hey, can you help me in the kitchen for a minute?" and spoke to her privately there.

Keep It Simple

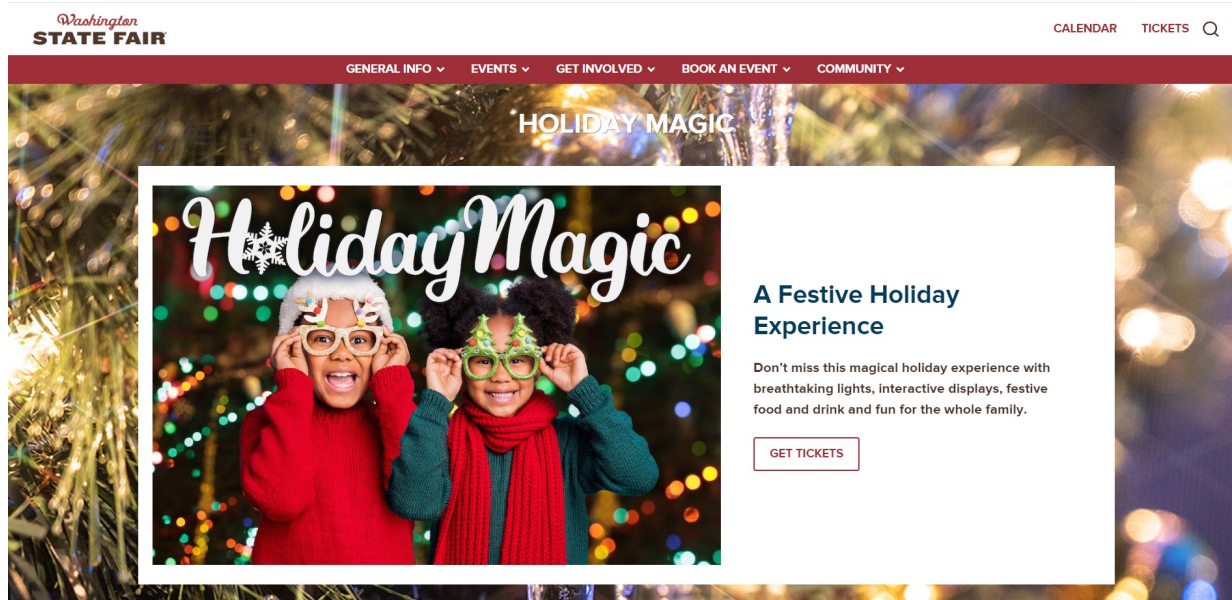
This year, I'm making an effort to model the calm and joy in simplicity. Do you really need to hand-make centerpieces and create place cards for the table? Choose those 2-3 items or to do's that really matter to you and do them well. Everything else: good enough will definitely be good enough. Remember Maya Angelou's wise words: "I've learned that people will forget what you said, people will forget what you did, but they will never forget the way you made them feel."

Be Proud of Your Own Behavior and Let The Rest Go

For many, the biggest source of holiday stress comes from "challenging" family members. My mantra this year is "be proud of your own behavior and let the rest go." For me, this means I want to feel happy about how I show up. I want to be thoughtful, kind, helpful, and joyful. I want to remember that I can't control how other people behave during the holidays and therefore, I don't need to be responsible for their behavior. I can only be responsible for mine and that's good enough! If Aunt Mina drinks too much and insults my parenting, I don't have to defend myself. I can say, "hmmmm, that's interesting," and change the subject.

My wish for you and for myself is to slow down and enjoy this time of year with more laughter, calm, and connection. That's what I want to experience myself and model for my children. Life is good! Let's enjoy it!

Source: <https://workingparenting.com/tips-peaceful-holiday-parenting/>



Holiday Magic!

The Magic Returns!

Take a wonder-filled stroll through magical lights, festive displays and holiday joy.

Celebrate this special time of year, with holiday activities - both indoors and outdoors.

DECEMBER 1-4, 8-11, 15-18 & 20-23

Hours: 4:30pm - 9:30pm

Parking: FREE in the Green Lot

**Visit
<https://www.thefair.com/holiday-magic/>
to buy tickets!**

Activities include:

Ice Skating, Santa's Village, Light Extravaganza, Joy Experience, Hometown Holiday Forest, Arctic Adventure Laser Show, The Manger, Winter Fun, Gnome Land, The Salvation Army Toy Drive, and ChillVille!

Pierce Co. Parks & Rec.



fantasy lights

*The Northwest's largest
drive through event with over
300 elaborate displays
at Spanaway Park.*

NOV. 25 - JAN. 1 | 5:30-9:00 PM | SPANAWAY PARK



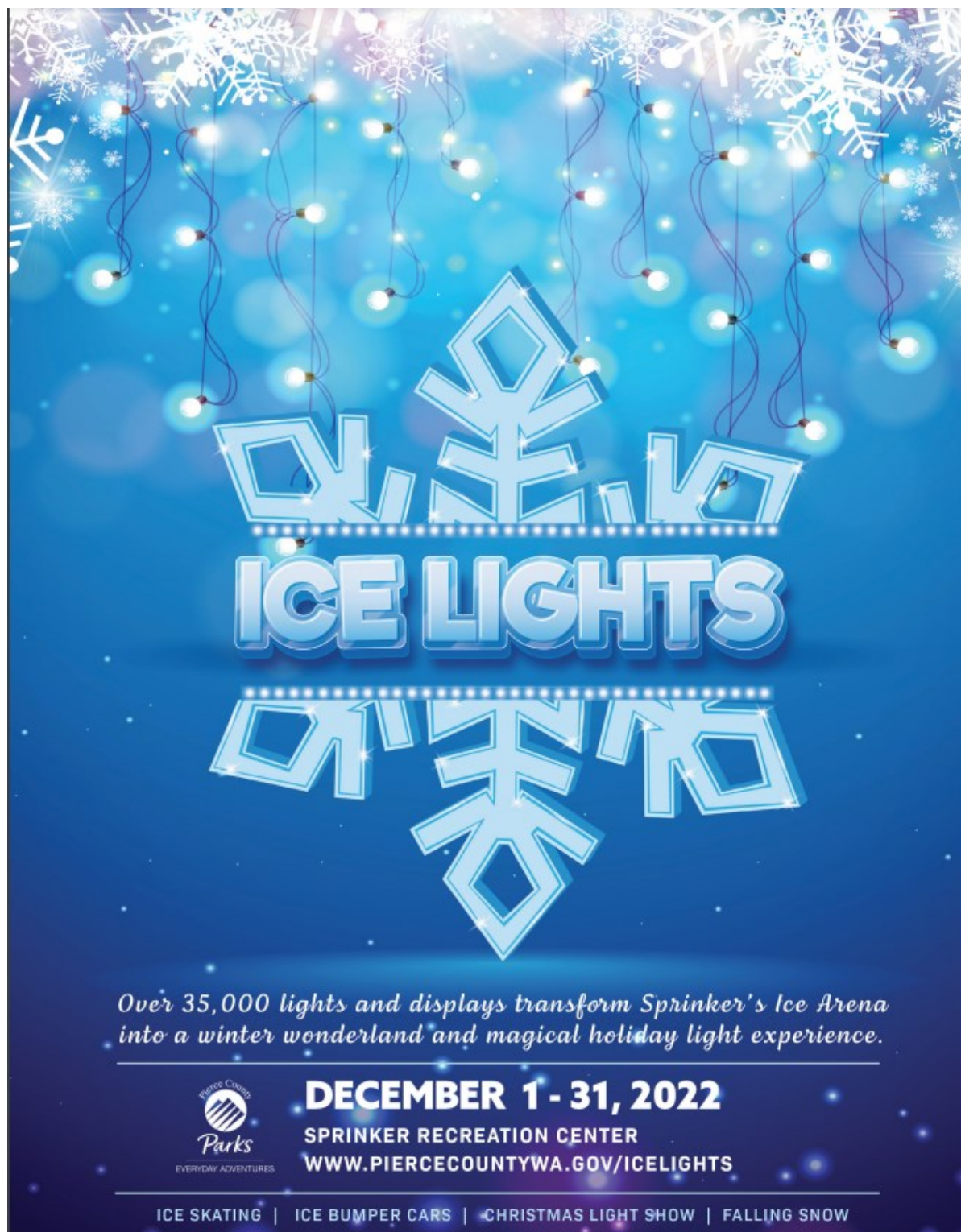
ADVANCED ONLINE ADMISSION REQUIRED

TICKETS NOT SOLD AT THE PARK


WWW.PIERCECOUNTYWA.GOV/FANTASYLIGHTS



Brought to you by:       
        



Over 35,000 lights and displays transform Sprinker's Ice Arena into a winter wonderland and magical holiday light experience.

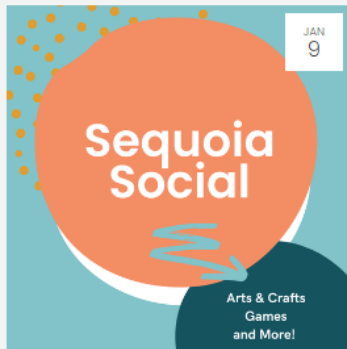
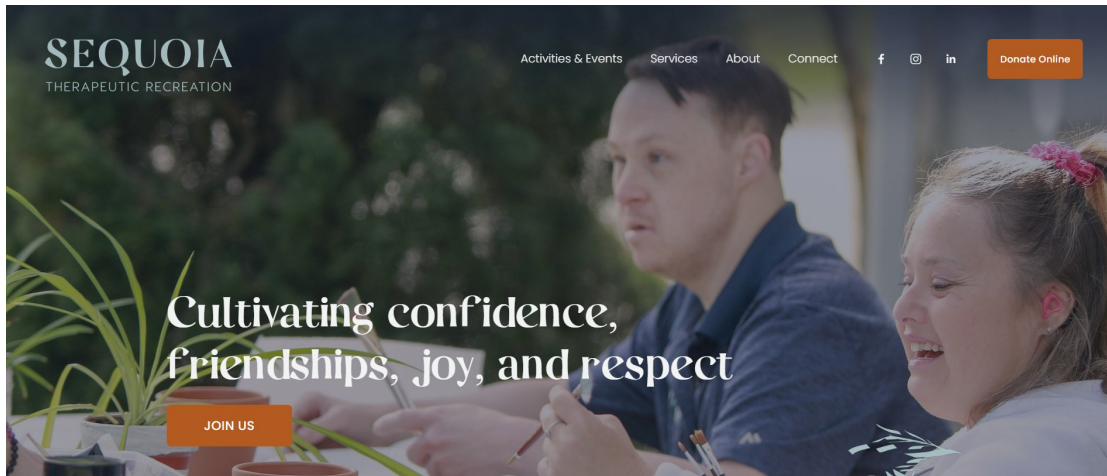


DECEMBER 1 - 31, 2022
 SPRINKER RECREATION CENTER
WWW.PIERCECOUNTYWA.GOV/ICELIGHTS

ICE SKATING | ICE BUMPER CARS | CHRISTMAS LIGHT SHOW | FALLING SNOW

Pierce Co. Parks & Rec.

Sequoia Therapeutic Recreation



Sequoia Social (winter)

12:30 PM – 2:30 PM
Google Calendar · ICS

Have fun socializing with friends at the beginning of the week. Create seasonal arts & crafts, play fun games, and make something tasty in the kitchen! Meet us at Manitou Park Presbyterian Church at 12:30. It's ok to bring a snack and a drink.



Bowling

4:00 PM – 5:30 PM
Google Calendar · ICS

Join Sequoia TR and bowl recreationally Wednesday afternoons with friends. Sign up with a friend! Bowl two games (no switching) each week from 4-5:30pm at Bowlero Lanes of Lakewood

Wednesdays Jan 11 – March 22

[Register Here](#)



Sequoia Social (winter)

12:30 PM – 2:30 PM
Google Calendar · ICS

Have fun socializing with friends at the beginning of the week. Create seasonal arts & crafts, play fun games, and make something tasty in the kitchen! Meet us at Manitou Park Presbyterian Church at 12:30. It's ok to bring a snack and a drink.

Individual Services



One-on-one support for all of your goals, needs, interests and passions.

Sequoia Therapeutic Recreation offers two individual services through DSHS/DDA:

- Specialized Habilitation
- Community Guide and Engagement

Ask your Case Resource Manager if you qualify!

We look forward to continuously expanding our offerings, please reach out if you have any questions about how we might be able to help or if you have any suggestions, we are here to help!



For more information or to register,
please visit: <https://www.sequoiatr.org/>

Sequoia Therapeutic Recreation

ADVENTURE WITHIN REACH

QUARTERLY GUIDE | JANUARY, FEBRUARY, MARCH 2023 | Q1

Inclusive programs and events for individuals of all ages and abilities

DIGITAL VERSION



VIEW LINKED GUIDE



Pierce County Parks

SPECIALIZED RECREATION - ADVENTURE WITHIN REACH

WWW.PIERCECOUNTYWA.GOV/PCSR | 253-798-2997

DIGITAL VERSION

Welcome

Pierce County Parks Specialized Recreation - Adventure Within Reach offers a variety of inclusive programs and events for participants of all ages and abilities throughout Pierce County. All Pierce County families are encouraged to register for any program at any location.

Office: 9112 Lakewood Dr SW, Lakewood, WA 98499

Program Information: 253-798-2997

Program Registration: 253-798-4199

Email: pcsr@piercecounitywa.gov

Facebook Community:

www.Facebook.com/PierceCountyParks



Pierce County Parks

SPECIALIZED RECREATION - ADVENTURE WITHIN REACH

Program Locations

We use the @ symbol and abbreviations in the calendars to let you know which location the program is held at.

DB

Daffodil Bowl
1624 E Main St
Puyallup WA 98372

CCRP

Chambers Creek Regional
Park Fields
9850 64th Street West
University Place WA 98467

ESB

Environmental Services Bldg
9850 64th Street West
University Place WA 98467

LCC

Lakewood Community Center
9112 Lakewood Dr SW
Lakewood WA 98499

MHP

Meridian Habitat Park
14422 Meridian E
Puyallup WA 98375

MTHS

Mount Tahoma High School
4634 S 74th St
Tacoma, WA 98409

PLEC

Paradise Lanes
Entertainment Center
12505 Pacific Ave S
Tacoma WA 98444

PLU

Pacific Lutheran University
12180 Park Ave S
Tacoma WA 98447

PC

People's Center
1602 MLK Jr Way
Tacoma WA 98405

PRC

Puyallup Recreation Center
808 Valley Ave NW
Puyallup WA 98371

SRC

Sprinkler Recreation Center
14824 C St S
Tacoma WA 98444

SSC

Sumner Senior Center
15506 62nd St Ct E
Sumner WA 98390

STAR

STAR Center
3873 S 66th St
Tacoma WA 98409

YMCA

Sumner YMCA
16101 64th St E
Sumner WA 98390

Zoom

Virtual login online:
<https://zoom.us>

Participating Jurisdictions



2

www.piercecounitywa.gov/pcsr | 253-798-4199

REGISTRATION INFORMATION



REGISTRATION OPENS SEPT 1: Pre-Registration is required. Class sizes are limited. To register online, visit our website at www.piercecounitywa.gov/PCSR. To register by phone, please call (253) 798-4199. Register in person at the **Lakewood Community Center**, 9112 Lakewood Drive, Lakewood, WA 98499, 8:30 a.m. to 5:00 p.m. Monday through Friday.



DDA: Pierce County Parks Specialized Recreation programs are supported by DDA funding; respite money may be used. If using DDA funds to register please have the participant's case manager contact information on-hand.



GENERAL BILLING INFO: Case managers will be billed monthly, using the hourly reimbursement rate based on the quarter hour.



CANCELLATION POLICY: You must request cancellation, and receive confirmation, from Pierce County Parks staff at least 5 business days before an activity begins for a refund. Refunds will not be made for missed or forgotten sessions, or late cancellations.



VIRTUAL PROGRAMS: For virtual activities, access to an internet capable computer/laptop/tablet/cell phone provided by the participant's parent/guardian is required for participation. A ZOOM link will be sent to the email address listed on the registration prior to the program's scheduled meeting.



ACCOMMODATION: To request accommodations, please call (253) 798-2997.

Unexpected Absences

You will not be billed out of pocket for any illness or behavioral related issues as long as we are notified prior to the absence.

If you/the participant is sick or experiencing:

- Behavioral issues: If for any reason you feel you/the participant is not able to safely attend classes, please call and inform us at your earliest convenience. Safety is of our utmost concern.
- If you have any type of contagious illness: Please do not attend classes until you have not had symptoms for 72 hours.

Unattended Classes / No-Shows

If for any reason, you/the participant does not show up for registered classes or is absent for any reason other than illness or behavioral related issues, you will be required to pay the published rate for those classes. We cannot excuse absences related to caregiver or transportation issues, appointments or trips. Because we are unable to bill DDA for services not rendered, you will be required to pay out of pocket, and invoiced at the end of the month for the amount due.

One to One Assistants, Care Providers, and Chaperones:

We want everyone to have the opportunity to fully and independently participate in our activities, and we realize that some of our participants need assistance to make that possible. We allow for two different types of assistance, both of which require passing a background check before attending.

One to One (1:1) assistants and care providers may attend a program or activity at no additional cost with a registered participant when that person needs assistance with feeding, toileting, behavioral support, or ambulation. Our staff may evaluate and determine the need for a 1:1 assistant at any time.

Chaperones may accompany registered participants as program support for ease of mind for an additional fee. Chaperones will need to provide their own transportation when we travel into the community.

To communicate an absence or for any SCHEDULING QUESTIONS please contact us at: 253-798-2997 | pcsr@piercecounitywa.gov

Ride the Shuttle



Pierce Transit



PIERCE TRANSIT SHUTTLE SERVICE

To Contact SHUTTLE:

1. Dial (253) 581-8000
2. Press 1 for SHUTTLE/ Fixed Route Customer Service
3. Then Press 2 for SHUTTLE
4. Then Press:
 - Toll-Free outside local calling area: 1-800-841-1118
 - TTY for individuals with a hearing impairment: 711
 - Fax: (253) 984-8154 or (253) 984-8227 Website: www.piercetransit.org/shuttle/

What's Inside

Registration _____ pg 2
How-to information, payment options, and policies.
Calendars _____ pg 3-5
Monthly event calendars - October / November / December.
Program Catalog _____ pg 6-15
Explore art & leisure classes, virtual programs, community activities, special events, sports & fitness, and Special Olympics.



On the Cover: « Basketball Team #3 »

Pierce Co. Specialized Rec.

DIGITAL VERSION

JANUARY 2023



Pierce County Parks

SPECIALIZED RECREATION - ADVENTURE WITHIN REACH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 NEW YEARS DAY HOLIDAY Office Closed NO PROGRAMS	2 NEW YEARS DAY HOLIDAY OBSV Office Closed NO PROGRAMS	3 11:30 Art Class @LCC 3:30 Rec Bowling @S <u>Registration Deadline:</u> 17707 Crafts & Cocoa 17808 Summer Swim 17809 Summer Swim 17788 Low Aerobics 17791 Rec Bowling	4 9:00 Club Pierce @SRC 12:00 Scrapbook @STAR 12:00 Wacky Wed @ZOOM 5:30 SO Cheerleading @MHP 6:30 SO Basketball @LCC	5 9:00 Hangout @LCC	6 9:30 Fri-Yay Meet @ZOOM 9:30 Low Aerobics @LCC 1:00 Crafts & Cocoa @SRC 3:30 Rec Bowling @PLEC	7 11:00 SO Young Athletes @LCC 1:00 Fun Fitness @LCC
8 2:00 Friend Art Class @SSS	9 9:00 Club Pierce @PRC 9:30 Manic Mon @ZOOM 5:00 GC Peers Crew @LCC 6:30 SO Basketball @PRC	10 11:30 Art Class @LCC 3:30 Rec Bowling @S	11 9:00 Club Pierce @SRC 12:00 Scrapbook @STAR 12:00 Wacky Wed @ZOOM 5:30 SO Cheerleading @MHP 6:30 SO Basketball @LCC	12 9:00 Hangout @LCC 3:00 Friend Art Class @PRC	13 9:30 Fri-Yay Meet @ZOOM 9:30 Low Aerobics @LCC 1:00 Crafts & Cocoa @SRC 3:30 Rec Bowling @PLEC 6:00 Hot Cocoa Dance @STAR	14 11:00 SO Young Athletes @LCC 1:00 Fun Fitness @LCC
15	16 DR MLK JR DAY HOLIDAY Office Closed NO PROGRAMS	17 11:30 Art Class @LCC 3:30 Rec Bowling @S	18 9:00 Club Pierce @SRC 12:00 Scrapbook @STAR 12:00 Wacky Wed @ZOOM 5:30 SO Cheerleading @MHP 6:30 SO Basketball @LCC	19 9:00 Hangout @LCC 3:30 Dinner & Movie @LCC	20 9:30 Fri-Yay Meet @ZOOM 9:30 Low Aerobics @LCC 1:00 Crafts & Cocoa @SRC NO Rec Bowling	21 11:00 SO Young Athletes @LCC 1:00 Fun Fitness @LCC 5:00 Tasty Travels @LCC
22	23 9:00 Club Pierce @PRC 9:30 Manic Mon @ZOOM 5:00 GC Peers Crew @LCC 6:30 SO Basketball @PRC	24 11:30 Art Class @LCC 3:30 Rec Bowling @S	25 9:00 Club Pierce @SRC 12:00 Scrapbook @STAR 12:00 Wacky Wed @ZOOM 5:30 SO Cheerleading @MHP 6:30 SO Basketball @LCC	26 9:00 Hangout @LCC	27 9:30 Fri-Yay Meet @ZOOM 9:30 Low Aerobics @LCC 1:00 Crafts & Cocoa @SRC 3:30 Rec Bowling @PLEC	28 11:00 SO Young Athletes @LCC 1:00 Fun Fitness @LCC 5:00 BINGO Party @LCC
29	30 9:00 Club Pierce @PRC 9:30 Manic Mon @ZOOM 5:00 GC Peers Crew @LCC 6:30 SO Basketball @PRC	31	1	2	3	4

KEY @ Locations - see page 2 for complete list:

BL——Bowlero Lanes, 3852 Steilacoom Blvd SW, Lakewood, WA 98499
 DB——Daffodil Bowl, 1624 E Main St, Puyallup WA 98372
 LCC——Lakewood Community Center, 9112 Lakewood Dr SW, Lakewood WA 98499
 MHP——Meridian Habitat Park, 14422 Meridian E, Puyallup WA 98375
 PLEC——Paradise Lanes Entertainment Center, 12505 Pacific Ave S, Tacoma WA 98444
 SERA——SERA Multipurpose Field, 6002 S Adamas St, Tacoma WA 98409
 SRC——Sprinkler Recreation Center, 14824 C St S, Tacoma WA 98444
 SSC——Summer Senior Center, 15506 62nd St Ct E, Sumner WA 98390
 STAR——STAR Center, 3873 S 60th St, Tacoma WA 98409
 WRHS——White River High School, 26928 120th St E, Buckley WA 98321
 ZOOM——Virtual login online: <https://zoom.us>
 Special Olympics (SO) | Grit City (GC)

DECEMBER 2022							FEBRUARY 2023						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
27	28	29	30	1	2	3	29	30	31	1	2	3	4
4	5	6	7	8	9	10	5	6	7	8	9	10	11
11	12	13	14	15	16	17	12	13	14	15	16	17	18
18	19	20	21	22	23	24	19	20	21	22	23	24	25
25	26	27	28	29	30	31	26	27	28	1	2	3	4

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Pierce Co. Specialized Rec.

DIGITAL VERSION

FEBRUARY 2023



Pierce County Parks

SPECIALIZED RECREATION - ADVENTURE WITHIN REACH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1 9:00 Club Pierce @SRC 12:00 Scrapbook @STAR 12:00 Wacky Wed @ZOOM 5:30 SO Cheerleading @MHP 6:30 SO Basketball @LCC	2 9:00 Hangout @LCC	3 9:30 Fri-Yay Meet @ZOOM 9:30 Low Aerobics @LCC 1:00 Crafts & Cocoa @SRC 3:30 Rec Bowling @PLEC	4 11:00 SO Young Athletes @LCC 1:00 Fun Fitness @LCC
5	6 9:00 Club Pierce @PRC 9:30 Manic Mon @ZOOM 5:00 GC Peers Crew @LCC 6:30 SO Basketball @PC	7 11:30 Art Class @LCC 3:30 Rec Bowling @GB	8 9:00 Club Pierce @SRC 12:00 Scrapbook @STAR 12:00 Wacky Wed @ZOOM 5:30 SO Cheerleading @MHP 6:30 SO Basketball @LCC	9 9:00 Hangout @LCC 3:00 Friend Art Class @PRC	10 9:30 Fri-Yay Meet @ZOOM 9:30 Low Aerobics @LCC 1:00 Crafts & Cocoa @SRC 3:30 Rec Bowling @PLEC 6:00 Dad Daughter Dance @MHP	11 11:00 SO Young Athletes @LCC 1:00 Fun Fitness @LCC
12 2:00 Friend Art Class @SSS	13 9:00 Club Pierce @PRC 9:30 Manic Mon @ZOOM 4:00 Galentines @LCC 5:00 GC Peers Crew @LCC 6:30 SO Basketball @PC	14 11:30 Art Class @LCC 3:30 Rec Bowling @GB	15 9:00 Club Pierce @SRC 12:00 Scrapbook @STAR 12:00 Wacky Wed @ZOOM 5:30 SO Cheerleading @MHP 6:30 SO Basketball @LCC	16 9:00 Hangout @LCC	17 9:30 Fri-Yay Meet @ZOOM 9:30 Low Aerobics @LCC 1:00 Crafts & Cocoa @SRC 3:30 Rec Bowling @PLEC 6:00 Sweathart Dance @STAR	18 11:00 SO Young Athletes @LCC 1:00 Fun Fitness @LCC
19	20 PRESIDENTS DAY HOLIDAY Office Closed NO PROGRAMS	21 11:30 Art Class @LCC 3:30 Rec Bowling @GB	22 9:00 Club Pierce @SRC 12:00 Scrapbook @STAR 12:00 Wacky Wed @ZOOM 5:30 SO Cheerleading @MHP 6:30 SO Basketball @LCC	23 9:00 Hangout @LCC 3:30 Dinner & Movie @LCC	24 9:30 Fri-Yay Meet @ZOOM 9:30 Low Aerobics @LCC 1:00 Crafts & Cocoa @SRC 3:30 Rec Bowling @PLEC	25 11:00 SO Young Athletes @LCC 1:00 Fun Fitness @LCC 5:00 BINGO Party @LCC
26	27 9:00 Club Pierce @PRC 9:30 Manic Mon @ZOOM 5:00 GC Peers Crew @LCC 6:30 SO Basketball @PC	28 11:30 Art Class @LCC 3:30 Rec Bowling @GB	1	2	3	4

KEY @ Locations - see page 2 for complete list:

DB: Daffodil Bowl, 1624 E Main St, Puyallup WA 98372
 FP: Frontier Park, 21714 Meridian E, Graham WA 98338
 LCC: Lakewood Community Center, 9112 Lakewood Dr SW, Lakewood WA 98499
 MHP: Meridian Habitat Park, 14422 Meridian E, Puyallup WA 98375
 PLEC: Paradise Lanes Entertainment Center, 12505 Pacific Ave S, Tacoma WA 98444
 SERA: SERA Multipurpose Field, 6002 S Adams St, Tacoma WA 98409
 SRC: Sprinker Recreation Center, 14824 C St S, Tacoma WA 98444
 STAR: STAR Center, 3973 S 66th St, Tacoma WA 98409
 YMCA: Summer YMCA, 16101 64th St E, Sumner WA 98390
 ZOOM: Virtual login online: <https://zoom.us>

Special Olympics (SO) | Grit City (GC)

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JANUARY 2023							MARCH 2023						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	26	27	28	1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25
29	30	31	1	2	3	4	26	27	28	29	30	31	1

Pierce Co. Specialized Rec.

DIGITAL VERSION

MARCH 2023



Pierce County Parks

SPECIALIZED RECREATION - ADVENTURE WITHIN REACH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	1 9:00 Club Pierce @src 12:00 Scrapbook @star 12:00 Wacky Wed @zoom 5:30 SO Cheerleading @MHP 6:30 SO Basketball @lcc	2 9:00 Hangout @lcc	3 9:30 Fri-Yay Meet @zoom 9:30 Low Aerobics @lcc 1:00 Crafts & Cocoa @src 3:30 Rec Bowling @plec Special Olympics Winter Games - Time TBD	4
5 Special Olympics Winter Games Time TBD	6 9:00 Club Pierce @src 9:30 Manic Mon @zoom 5:00 GC Peers Crew @lcc	7 11:30 Art Class @lcc 3:30 Rec Bowling @oe	8 9:00 Club Pierce @src 12:00 Scrapbook @star 12:00 Wacky Wed @zoom	9 9:00 Hangout @lcc 3:00 Friend Art Class @src	10 9:30 Fri-Yay Meet @zoom 9:30 Low Aerobics @lcc 1:00 Crafts & Cocoa @src 3:30 Rec Bowling @plec 6:00 Flannel Dance @star	11 11:15 Summer Swim Social @lcc 12:00 Summer Swim Social @YMCA
12 2:00 Friend Art Class @sss	13 9:00 Club Pierce @src 9:30 Manic Mon @zoom 5:00 GC Peers Crew @lcc 6:30 SO Swimming @rlw	14 11:30 Art Class @lcc 3:30 Rec Bowling @oe	15 9:00 Club Pierce @src 12:00 Scrapbook @star 12:00 Wacky Wed @zoom 5:30 SO Soccer @ccrp	16 9:00 Hangout @lcc 5:30 SO Track @mhs	17 9:30 Fri-Yay Meet @zoom 9:30 Low Aerobics @lcc 1:00 Crafts & Cocoa @src 3:30 Rec Bowling @plec	18 11:30 SO Sports Banquet @esb 5:00 Tasty Travels @lcc
19	20 9:00 Club Pierce @src 9:30 Manic Mon @zoom 5:00 GC Peers Crew @lcc 6:30 SO Swimming @rlw	21 11:30 Art Class @lcc 3:30 Rec Bowling @oe	22 9:00 Club Pierce @src 12:00 Wacky Wed @zoom 5:30 SO Soccer @ccrp	23 9:00 Hangout @lcc 5:30 SO Track @mhs	24 9:30 Fri-Yay Meet @zoom 9:30 Low Aerobics @lcc 1:00 Crafts & Cocoa @src 3:30 Rec Bowling @plec	25 5:00 BINGO Party @lcc
26	27 9:00 Club Pierce @src 9:30 Manic Mon @zoom 5:00 GC Peers Crew @lcc 6:30 SO Swimming @rlw	28 11:30 Art Class @lcc 3:30 Rec Bowling @oe	29 5:30 SO Soccer @ccrp	30 4:00 Dude's Day @lcc 5:30 SO Track @mhs	31	1

KEY @ Location - see page 2 for complete list:

DB—Daffodil Bowl, 1624 E Main St, Puyallup WA 98372
 LCC—Lakewood Community Center, 9112 Lakewood Dr SW, Lakewood WA 98499
 MHP—Meridian Habitat Park, 14422 Meridian E, Puyallup WA 98375
 PC—People's Center, 1602 MLK Jr Way, Tacoma WA 98405
 PLEC—Paradise Lanes Entertainment Center, 12505 Pacific Ave S, Tacoma WA 98444
 PSTS—Puyallup Sounder Train Station, 131 West Main Ave, Puyallup WA 98371
 SERA—SERA Multipurpose Field, 6002 S Adams St, Tacoma WA 98409
 STAR—STAR Center, 3873 S 66th St, Tacoma WA 98409
 ZOOM—Virtual login online: <https://zoom.us>

Special Olympics (SO) | Grit City (GC)

FEBRUARY 2023							APRIL 2023						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
29	30	31	1	2	3	4	26	27	28	29	30	31	1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	1	2	3	4	23	24	25	26	27	28	29
							30	1	2	3	4	5	6

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DIGITAL VERSION

ART & LEISURE

WEEKLY ART CLASS

Reduce stress, promote creativity, and build fine motor skills through art! Step by step instructions and materials are provided for each art project. Please bring a packed snack or meal with you to class if desired. We'll take a quick break to snack, socialize, and fuel our creativity during this 2 hour class. All levels of artists ages 12+ are encouraged to join!

AGE: 12+ DAY: Tuesday TIME: 11:30 am-1:30 pm

FEE: \$15/day

LOCATION: Lakewood Community Center / Shuttle - Yes

CODE	DATE	REGISTER BY
17981	Jan 3	Jan 1 at 12 pm
17982	Jan 10	Jan 8 at 12 pm
17983	Jan 17	Jan 15 at 12 pm
17984	Jan 24	Jan 22 at 12 pm
17986	Feb 7	Feb 5 at 12 pm
17987	Feb 14	Feb 12 at 12 pm
17988	Feb 21	Feb 19 at 12 pm
17989	Feb 28	Feb 26 at 12 pm
17991	Mar 7	Mar 5 at 12 pm
17992	Mar 14	Mar 12 at 12 pm
17993	Mar 21	Mar 19 at 12 pm
17994	Mar 28	Mar 26 at 12 pm

NO CLASS DATES: Jan 31



NEW SCRAPBOOK & COOK

Each week we'll make a simple dish that you can recreate at home. We will supply paper, scissors, and all the supplies you need to create some amazing scrapbook pages. You just bring the pictures!

Participants should also bring a sack lunch that doesn't require heating or refrigeration to supplement the dish we make.

- **January Dishes:** blueberry pancakes, french bread pizza, fruit salad, funfetti cupcakes
- **February Dishes:** pumpkin waffles, macaroni & cheese, berry parfait, banana pudding
- **March Dishes:** Pigs in a blanket, chicken quesadillas, mashed potatoes, raspberry ice cream in a bag

AGE: 18+ DAY: Wednesday TIME: 12:00 - 1:30 pm

FEE: \$35/session

LOCATION: STAR Center / Shuttle - Yes

CODE	DATE	REGISTER BY
18016	Jan 4 - 25	Jan 3
18017	Feb 1 - 22	Jan 31
18018	Mar 1 - 22	Feb 27

NO CLASS DATES: Mar 29

NEW FAMILY & FRIENDS ART CLASS

Come express yourself through art! Bring your family and friends each month to create a seasonal project together. Register as a group for one registration fee (up to four people). Step by step instructions and materials are provided for each art project. This is an inclusive family activity for all ages.

Project Themes:

- January - Winter
- February - Valentine's Day
- March - St. Patrick's Day

AGE: All Ages DAY: Sunday TIME: 2:00 - 4:00 pm

FEE: \$45/up to 4 people, \$15/add-on fee

LOCATION: Sumner Senior Center / Shuttle - NO

CODE	DATE	PROJECT THEME	REGISTER BY
17995	Jan 8	Winter	Jan 1 at 12 pm
17996	Feb 12	Valentine's Day	Feb 5 at 12 pm
17997	Mar 12	St. Patrick's Day	Mar 5 at 12 pm

AGE: All Ages DAY: Thursday TIME: 3:00 - 5:00 pm

FEE: \$45/up to 4 people, \$15/add-on fee

LOCATION: Puyallup Recreation Center / Shuttle - Yes

CODE	DATE	PROJECT THEME	REGISTER BY
17998	Jan 12	Winter	Jan 8 at 12 pm
17999	Feb 9	Valentine's Day	Feb 5 at 12 pm
18000	Mar 9	St. Patrick's Day	Mar 5 at 12 pm

THE HANGOUT

18020	Jan 5	Jan 2
18021	Jan 12	Jan 9
18022	Jan 19	Jan 16
18023	Jan 26	Jan 23
18025	Feb 2	Jan 30
18026	Feb 9	Feb 6
18027	Feb 16	Feb 13
18028	Feb 23	Feb 20
18030	Mar 2	Feb 27
18031	Mar 9	Mar 6
18032	Mar 16	Mar 13
18033	Mar 23	Mar 20

A black and white photograph of two female students sitting side-by-side. The student on the left is wearing a patterned t-shirt and holding a heart-shaped sign that says 'Thank You' in cursive. The student on the right is wearing a dark sweatshirt with 'WASH STATE' visible and holding a similar heart-shaped sign. Both are smiling at the camera.

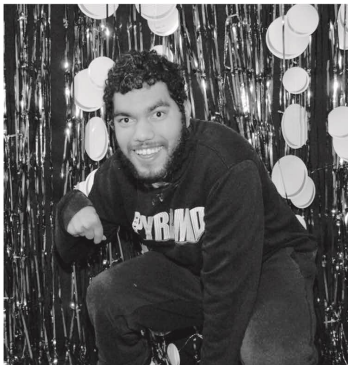
18002	Jan 6 - 27	Jan 4
18003	Feb 3 - 24	Feb 1
18004	Mar 3 - 24	Mar 1

18006	Jan 9 - 30	Dec 30
18007	Feb 6 - 27	Feb 3
18008	Mar 6 - 27	Mar 3

18009	Jan 21	Japan	Jan 27
18010	Mar 18	Greece	Mar 14



DIGITAL VERSION



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SPECIAL EVENTS



MONTHLY DANCE PARTIES!

Each month we'll be hosting a themed dance party, so dig out your dancing shoes and prepare to dance the night away with us!

AGE: 13+

DAY: Friday

TIME: 6:00 - 8:00 pm

FEE: \$15/person

LOCATION: STAR Center / Shuttle - Yes

FRI, JAN. 13

HOT COCOA DANCE

CODE 18012 | REGISTER BY JAN 11



Friday, Feb. 17



Sweetheart Dance

Code 18013 | Register by Feb.15

MARCH 10



FLANNEL

CODE #18014
REGISTER BY MARCH 8

Frenzy Dance

DADDY DAUGHTER Dance

Dads, grandpas, uncles, and/or friends of the family, join us for this special night to take your daughter to a dance. Dance the night away with our DJ. Light snacks will be provided.

AGE: 4+

DAY: Friday

TIME: 6:00 - 8:00 pm

FEE: \$30/couple, \$10 each additional daughter

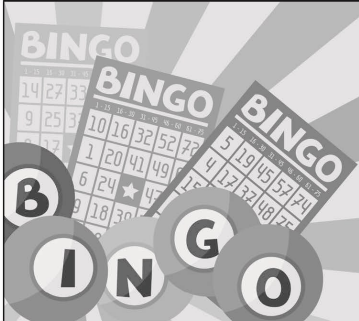
LOCATION: Meridian Habitat Park / Shuttle - Yes

CODE	DATE	REGISTER BY
18056	Feb 10	Feb 8

Pierce Co. Specialized Rec.

DIGITAL VERSION

SPECIAL EVENTS

**MONTHLY BINGO PARTIES!**

Let's play some BINGO!! Each month we'll host a fun, themed bingo party. We'll play multiple games each night, and winners of each game will receive themed prizes. Bingo cards and daubers will be provided.

AGE: 13+ DAY: Saturday TIME: 5:00-7:00 pm

FEE: \$10/person LOCATION: Lakewood Community Center / Shuttle - Yes

CODE	DATE	THEME	REGISTER BY
18053	Jan 28	I <3 the 80s!	Jan 26
18054	Feb 25	Valentine's Day	Feb 23
18055	Mar 25	Hodge Podge	Mar 23

**SUMNER SWIM SOCIAL**

Join us at the largest YMCA in the state of Washington for a swim social!

Please complete the swim waiver and email the completed waiver to Karli.schwimmer@piercescountywa.gov.

Swim Waiver: www.ymcapkc.org/join/guest-pass

AGE: 10+

FEE: \$10/Sumner YMCA or \$15/Lakewood Community Center (includes Parks transportation to Sumner YMCA)

CODE	DAY	DATE	TIME	REGISTER BY	LOCATION
18057	Sat	Mar 11	12:00-2:00 pm	Mar 10	Sumner YMCA / Shuttle - NO
18058	Sat	Mar 11	11:15 am-2:45pm	Mar 10	Lakewood Community Center / Shuttle Yes

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DIGITAL VERSION

VIRTUAL

**MANIC MONDAY MEET UP**

Register once for all of the Manic Monday Meet Up sessions this month! Hang out with us at the beginning of the week - virtually! Fill your cup with coffee, tea, juice, or water, log in, and let's chat!

AGE: All Ages **DAY:** Monday

FEE: FREE **TIME:** 9:30-10:00 am

LOCATION: Virtual - ZOOM!

CODE	DATE	REGISTER BY
18074	Jan 9-30	Jan 6
18075	Feb 6-27	Feb 3
18076	Mar 6-27	Mar 3

NO MEET DATES: Jan 2, Jan 16, Feb 20

WACKY WEDNESDAY

Grab your lunch and join us for a virtual mid-week catch up with friends every Wednesday with a little bit of comedy.

AGE: All Ages **DAY:** Wednesday

FEE: FREE **TIME:** 12:00-12:30 pm

LOCATION: Virtual - ZOOM!

CODE	DATE	REGISTER BY
18078	Jan 4-25	Jan 1
18079	Feb 1-22	Jan 30
18080	Mar 1-22	Feb 27

NO MEET DATES: Mar 29

FRI-YAY MEET UP

It's finally Friday! Join friends virtually to chat about your week and what you have planned for the weekend. Fri-Yay!

AGE: All Ages **DAY:** Friday

FEE: FREE **TIME:** 9:30-10:00 am

LOCATION: Virtual - ZOOM!

CODE	DATE	REGISTER BY
18082	Jan 6-27	Jan 4
18083	Feb 3-24	Feb 1
18084	Mar 3-24	Mar 1

NO MEET DATES: Mar 31

COMMUNITY

CLUB PIERCE

Participants will take part in personally enriching activities within the community including volunteering, visiting other organizations, and taking fun field trips. They will enhance socialization with peers and community members, increase independence skills, and build their resumes. When not out in the community, attendees will participate in crafts, sports, cooking and other activities.

Due to Club Pierce's popularity, registration is limited to one location/day per week. Participants are encouraged to join the waitlist for full dates so that they can be contacted if there is an opening.

AGE: 18+ **FEE:** \$25/day

LOCATION: Puyallup Recreation Center / Shuttle - Yes

CODE	DATE	DAY	TIME	REGISTER BY
18040	Jan 9	Mon	9:00 am - 2:00 pm	Jan 2
18041	Jan 23	Mon	9:00 am - 2:00 pm	Jan 16
18042	Jan 30	Mon	9:00 am - 2:00 pm	Jan 23
18045	Feb 6	Mon	9:00 am - 2:00 pm	Jan 30
18046	Feb 13	Mon	9:00 am - 2:00 pm	Feb 6
18047	Feb 27	Mon	9:00 am - 2:00 pm	Feb 20
18049	Mar 6	Mon	9:00 am - 2:00 pm	Feb 27
18050	Mar 13	Mon	9:00 am - 2:00 pm	Mar 6
18051	Mar 20	Mon	9:00 am - 2:00 pm	Mar 13
18052	Mar 27	Mon	9:00 am - 2:00 pm	Mar 20

NO CLUB DATES: Jan 2, 16, Feb 20

LOCATION: Sprinker Recreation Center / Shuttle - Yes

CODE	DATE	DAY	TIME	REGISTER BY
18091	Jan 4	Wed	9:00 am - 2:00 pm	Dec 26
18092	Jan 11	Wed	9:00 am - 2:00 pm	Jan 2
18093	Jan 18	Wed	9:00 am - 2:00 pm	Jan 9
18094	Jan 25	Wed	9:00 am - 2:00 pm	Jan 16
18096	Feb 1	Wed	9:00 am - 2:00 pm	Jan 23
18097	Feb 8	Wed	9:00 am - 2:00 pm	Jan 30
18098	Feb 15	Wed	9:00 am - 2:00 pm	Feb 6
18099	Feb 22	Wed	9:00 am - 2:00 pm	Feb 13
18101	Mar 1	Wed	9:00 am - 2:00 pm	Feb 20
18102	Mar 8	Wed	9:00 am - 2:00 pm	Feb 27
18103	Mar 15	Wed	9:00 am - 2:00 pm	Mar 6
18104	Mar 22	Wed	9:00 am - 2:00 pm	Mar 13

NO CLUB DATES: Mar 29



Pierce Co. Specialized Rec.

DIGITAL VERSION COMMUNITY



DINNER AND A MOVIE

Our popular Dinner & A Movie program is back! Meet us at a community center in Pierce County and ride our accessible shuttle buses to dinner and a movie. Check below for community center and movie information. As movie release dates and times are subject to change, so are our plans. Registered participants will be notified of our final plans the Friday before each movie. Please look up the movie's rating and read the movie's description online to ensure that the movie is a good choice for your participant.

Participants may bring up to \$25 in cash to purchase snacks for themselves at the movie. Due to dietary and safety concerns, participants may not purchase snacks for anyone else or share their snacks.

AGE: 13+ DAY: Thursday TIME: 3:30 - 8:30 pm

FEE: \$40/day

CODE	DATE	MOVIE	REGISTER BY	LOCATION
18034	Jan 19	The Amazing Maurice	Jan 12	Lakewood Community Center / Shuttle - Yes
18035	Feb 23	Ant Man & the Wasp: Quantumania	Feb 16	Meridian Habitat Park / Shuttle - Yes

GALENTINE'S DAY

This is a day just for the gals! Get together with us and celebrate all the love you have for your lady friends.

We'll meet at the Lakewood Community Center and travel in our Pierce County Parks accessible shuttle to the Tacoma Mall where we'll have manicures, do a little shopping, and then have dessert at the Cheesecake Factory.

AGE: 13+ DAY: Mon TIME: 4:00-8:00 pm

FEE: \$40/person

LOCATION: Lakewood Community Center / Shuttle - Yes

CODE	DATE	REGISTER BY
18037	Feb 13	Feb 8

DUDE'S DAY

Burgers, bowling and bros: this is a day just for the fellas! We'll meet at the Lakewood Community Center and travel in our Pierce County Parks accessible shuttle to the South Hill Mall where we'll bowl a couple of games and play on the arcade machines at Round 1 Bowling and Amusement then have a burger at Red Robin.

AGE: 13+ DAY: Thur TIME: 4:00-8:00 pm

FEE: \$40/person

LOCATION: Lakewood Community Center / Shuttle - Yes

CODE	DATE	REGISTER BY
18038	Mar 30	Mar 22



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DIGITAL VERSION

FITNESS & SPORTS



LOW IMPACT AEROBICS

Raise your heart rate and keep your joints happy with our low impact aerobic exercise class. It includes a variety of exercises designed to improve cardiovascular efficiency (efficiency with which the human body can distribute blood and oxygen). Some examples of low aerobic exercises include walking, marching, and rolling shoulders.

AGE: 16+ DAY: Friday TIME: 9:30 - 11:00 am

FEE: \$35/month

CODE	DATES	REGISTER BY	LOCATION
18060	Jan 6-27	Jan 1	Lakewood Community Center / Shuttle - Yes
18061	Feb 3-24	Nov 1	Lakewood Community Center / Shuttle - Yes
18062	Mar 3-24	Dec 1	Lakewood Community Center / Shuttle - Yes

NO CLASS DATES: Mar 31



RECREATIONAL BOWLING

Come bowl 2 relaxed games and have a fun time with your bowling partner. To bowl with a specific friend, please sign up together and specify during registration. Price includes shoe rental and 2 games.

AGE: 8+ TIME: 3:30 - 5:00 pm

FEE: \$40/month | \$30/January at Paradise Lanes Entertainment Center

CODE	DATES	DAY	REGISTER BY	LOCATION
18064	Jan 3-24	Tues	Jan 1	Daffodil Bowl / Shuttle - Yes
18065	Feb 7-28	Tues	Feb 1	Daffodil Bowl / Shuttle - Yes
18066	Mar 7-28	Tues	Mar 1	Daffodil Bowl / Shuttle - Yes
18068	Jan 6-27	Fri	Jan 1	Paradise Lanes / Shuttle - Yes
18069	Feb 3-24	Fri	Feb 1	Paradise Lanes / Shuttle - Yes
18070	Mar 3-24	Fri	Mar 1	Paradise Lanes / Shuttle - Yes

NO PRACTICE DATES: Jan 20, Jan 31, Mar 31



FUNCTIONAL FITNESS - BASKETBALL SKILLS

Get movin' and have some FUN at FUNCTIONal Fitness. We'll be doing a series of low impact exercises, focusing on balance, flexibility, strength, and cardio. This program also incorporates Special Olympics Washington Fit5 program! Fit5 is a flexible program that provides tips and information to lead a healthy lifestyle. Fit5 is based on the three simple goals of exercising 5 days per week, eating 5 total fruits and vegetables per day, and drinking 5 water bottles of water per day.

Staff will guide participants in tracking their exercise, nutrition, and hydration over an 8-week period. At the end of the program, participants that have participated will receive prizes from Special Olympics! Basketball skills like running, shooting, defense, and passing in the gymnasium will also be included. All ability levels are welcome.

Stay for an extended day on:

Jan. 21 (Tasty Travels Japan)

Jan. 28 (I <3 the 80's Bingo Party)

Feb. 25 (Valentine's Day Bingo Party)!

AGE: 8+ DAY: Saturday TIME: 1:00 - 2:30 pm

FEE: \$60/participant

CODE	DATES	REGISTER BY	LOCATION
18072	Jan 7 - Feb 25	Jan 1	Lakewood Community Center / Shuttle - Yes



Pierce Co. Specialized Rec.

DIGITAL VERSION GET IN THE GAMES!

Special Olympics Washington



All athletes must have an updated Athlete Medical Form before the first practice. If the athlete medical is not up-to-date, athletes WILL NOT be able to participate. Unfortunately, there are no exceptions to this rule.

Visit us online at www.piercecountywa.gov/sowapcsr for required forms.



**COACHES
& VOLUNTEERS
NEEDED!**

CONTACT
Karli.Schwimmer
@piercecountywa.gov

SPECIAL OLYMPICS - WINTER SEASON

CHEERLEADING

Athletes will learn the fundamentals of cheerleading and dance. Coaches will teach the technical elements of motions, jumps, and dance routines. Pierce County Parks will offer cheer practice on Wednesday evenings in Puyallup. All abilities welcome! Please note: Special Olympics Washington has not released regional competition details yet. Winter State Games (Wenatchee, Leavenworth, Mission Ridge): March 3-5, 2023. The 2022 Pierce County Parks cheer practice schedule runs from December 7-March 1.

This registration includes practice, sub-regional, and regional competitions, it does not include state competition. If a team qualifies for state competition there will be a separate registration fee. Cheer uniforms will be provided, athletes are responsible for all other athletic apparel (shorts, socks, and sneakers must be worn).

AGE: 8+ DAY: Wed TIME: 5:30 - 7:00 pm

LOCATION: Meridian Habitat Park / Shuttle - Yes

FEE: \$95/includes transportation
\$85/base fee
\$20 Family and friend team shirt purchase

CODE	DATES	REGISTER BY
17811	Dec 7 - Mar 1	Dec 2



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DIGITAL VERSION

SPECIAL OLYMPICS - WINTER SEASON

BASKETBALL

Pierce County Parks will offer basketball practice on Monday evenings at People's Center or Wednesday evenings at the Lakewood Community Center. Team options include 5 on 5 Team (full court), half court 3-on-3, and team skills. Please note: Special Olympics Washington has not released regional competition details yet. Winter State Games (Wenatchee, Leavenworth, Mission Ridge): March 3-5, 2023. The 2022 Pierce County Parks basketball practice schedule runs from December 12-March 1.

This registration includes practice, sub-regional, and regional competitions, it does not include state competition. If a team qualifies for state competition there will be a separate registration fee. A basketball jersey will be provided. Athletes are responsible for all other athletic apparel (shorts, socks, and sneakers must be worn).

AGE: 8+ **DAY:** Mon or Wed

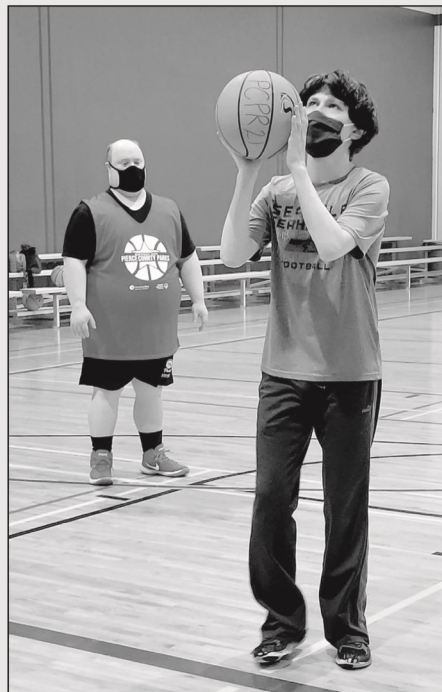
TIME: 6:30 - 8:30 pm

LOCATIONS: Mon - People's Center / Shuttle - Yes
Wed - Lakewood Community Center / Shuttle - Yes

FEE: \$85/includes transportation
\$75/base fee
\$20 Family & friend team shirt purchase

CODE DATES REGISTER BY
17810 Dec 12 - Mar 1 Dec 2

NO PRACTICE DATES: Dec 26, Jan 2, Jan 16, Feb 20



SPECIAL OLYMPICS - SPRING SEASON

TRACK & FIELD

Special Olympics Washington offers many track and field events, including hurdle events, marathons, high jump, long jump, shot put, relays, and wheelchair events. The 2023 Pierce County Parks track & field practice schedule runs March 16-June 8. The Southwest Regional Athletic Competition date has not yet been released and State Spring Games at Pacific Lutheran University are scheduled for June 9-11. Your registration includes one practice each week, and a regional, and state competition.

All athletes must have an updated Athlete Medical Form (which must be completed every 3 years) before the first practice. If the athlete's medical is not up-to-date, the athlete WILL NOT be able to participate. Unfortunately, there are no exceptions to this rule. WE ARE LOOKING FOR COACHES! We need coaches to make this program a success. Please reach out to Karli Schwimmer if you're interested in coaching!

AGE: 8+

DAY: Thur

TIME: 5:30 - 7:00 pm

FEES: \$50- I have a Pierce County Parks 2022 track shirt
\$70- I need a new Pierce County Parks 2023 track shirt
\$20- Family & friend team shirt purchase

NEW LOCATION:
Mt. Tahoma High School Track / Shuttle - Yes

CODE DATES REGISTER BY
18085 Mar 16-June 8 Mar 15



DIGITAL VERSION

SPECIAL OLYMPICS - SPRING SEASON

YOUNG ATHLETES

Young Athletes is an inclusive sports program for children ages 2-7 with and without intellectual or developmental disabilities. This program is comprised of research based activities that build social and motor skills while engaging young children of all abilities. Young Athletes introduces basic sport skills, like running, kicking and throwing.

AGE: 2-7 DAY: Sat TIME: 11:00 am-12:00 pm

LOCATION: Lakewood Community Center / Shuttle - Yes

FEE: \$50/participant

CODE	DATES	REGISTER BY
18088	Jan 7-Feb 25	Jan 5



SOCCER

Soccer is a wonderful sport for all abilities. Athletes who participate in soccer can improve their overall physical fitness through training and competition, and athletes learn firsthand the benefits of playing as a team, which promotes communication, camaraderie, and friendship.

The 2023 Pierce County Parks soccer practice schedule runs from March 15-June 7. The Southwest Regional Athletic Competition date has not yet been released and State Spring Games at Pacific Lutheran University are scheduled for June 9-11. When you register for soccer, it includes one practice/week, regional, and state competitions.

All athletes must have an updated Athlete Medical Form (which must be completed every 3 years) before the first practice. If the athlete's medical is not up-to-date, the athlete WILL NOT be able to participate. Unfortunately, there are no exceptions to this rule.

WE ARE LOOKING FOR COACHES! We need coaches to make this program a success. Please reach out to Karli Schwimmer if you're interested in coaching!

AGE: 8+ DAY: Wed TIME: 5:30 - 7:00 pm

FEES: \$50 - I have a Pierce County Parks 2022 soccer shirt
\$70 - I need a new Pierce County Parks 2023 soccer shirt
\$20 - Family & friend team shirt purchase

NEW LOCATION: Chambers Creek Regional Park / Shuttle - Yes

CODE	DATES	REGISTER BY
18086	Mar 15-June 7	Mar 15



SWIMMING

Limited number of spots available. This is a competitive swimming program and not recommended for beginners.

The Southwest Regional Athletic Competition date has not yet been released and State Spring Games at Pacific Lutheran University are scheduled for June 9-11, 2023.

All athletes must have an updated Athlete Medical Form (which must be completed every 3 years) before the first practice. If the athlete's medical is not up to date, the athlete WILL NOT be able to participate. Unfortunately, there are no exceptions to this rule.

WE ARE LOOKING FOR COACHES! We need coaches to make this program a success. Please reach out to Karli Schwimmer if you're interested in coaching!

AGE: 8+ DAY: Mon TIME: 6:00-7:00 pm

FEES: \$70/participant
\$20 - Family & friend team shirt purchase

NEW LOCATION: Pacific Lutheran University / Shuttle - Yes

CODE	DATES	REGISTER BY
18087	Mar 13-June 5	Mar 10

SPECIAL OLYMPICS
SPORTS BANQUET

Calling all Pierce County Parks 2022-2023 athletes, coaches, friends, and family! Come and enjoy lunch and an award ceremony recognizing athletes for their achievements.

AGE: 8+

DAY: Sat

TIME: 11:30 am-1:00 pm

LOCATION: Environmental Services Building / Shuttle - Yes

FEE: \$10/participant

CODE	DATES	REGISTER BY
18089	Mar 18	Mar 10

www.piercecountywa.gov/pcsr | 253-798-4199

15



Pierce County *Parks*

SPECIALIZED RECREATION - ADVENTURE WITHIN REACH

9112 Lakewood Dr SW
Lakewood, WA 98499

FOR MORE INFORMATION OR TO REGISTER, PLEASE VISIT:

WWW.PIERCECOUNTYWA.GOV/PCSR



Info: 253-798-2997 | **Register:** 253-798-4199 | **Email:** pcsr@piercecounitywa.gov
Facebook Community: www.Facebook.com/PierceCountyParks

Pierce Co. Specialized Rec.



WINTER BREAK CAMPS

December 21st - 30th

Winter Break Camp is now open!
Registration for all other programs begins
December 19!

Registration for all youth and adult programs offered in the Winter Recreation Guide for January-March 2023 will open for enrollment on Monday, December 19 at 10 a.m.

New this season; Teen Masquerade Ball and Laser Tag League, SAIL fitness classes, FIP Elite Academy 3 on 3, Arletta Schoolhouse opens December 15, 2022 for reservations and much more!



[Register Today for Winter Camp](#)



NEWS FLASH! Two Feasibility Studies

PenMet Parks is studying the feasibility of developing and operating community spaces for Seniors and Aquatics. Feasibility studies are a necessary first step in planning public facilities in order to inform the community regarding demand, interests, design options, and estimates of cost.

Members of the community are invited to submit applications for the open positions on the Steering Committees, either online by clicking the link below or by requesting a paper form from info@penmetparks.org

<https://form.jotform.com/222924815947163>

To register or for more information, please visit:

<https://anc.apm.activecommunities.com/penmetparks/activity/search?>

[on-lineSiteId=0&activity_select_param=2&price_id=CUSTOM_RANGE&activity_keyword=winter&viewMode=list](https://anc.apm.activecommunities.com/penmetparks/activity/search?on-lineSiteId=0&activity_select_param=2&price_id=CUSTOM_RANGE&activity_keyword=winter&viewMode=list)

Specialized Recreation: The Harbor Social Club ⓘ #5419 / Category Specialized and Adaptive Pro... / Age 15 and up / Openings 15 📍 Sehmel Homestead Park 📅 January 11, 2023 to January 25, 2023 ⌚ Wed 10:30 AM - Noon	\$5.00	♡
Social Club Walks ⓘ #5527 / Category Specialized and Adaptive Pro... / Age 15 and up / Openings 15 📍 Locations TBA 📅 January 20, 2023 to February 17, 2023 ⌚ Fri 10:30 AM - Noon	Free	♡
Specialized Recreation: The Harbor Social Club ⓘ #5420 / Category Specialized and Adaptive Pro... / Age 15 and up / Openings 15 📍 Sehmel Homestead Park 📅 February 1, 2023 to February 15, 2023 ⌚ Wed 10:30 AM - Noon	\$5.00	♡
Fitness and Friendship Club ⓘ #5529 / Category Specialized and Adaptive Pro... / Age 15 and up / Openings 15 📍 Sehmel Homestead Park 📅 February 8, 2023 to February 22, 2023 ⌚ Wed 10:30 AM - Noon	Free	♡
Fitness and Friendship Club ⓘ #5530 / Category Specialized and Adaptive Pro... / Age 15 and up / Openings 15 📍 Sehmel Homestead Park 📅 March 1, 2023 to March 29, 2023 ⌚ Wed 10:30 AM - Noon	Free	♡
Social Club Walks ⓘ #5528 / Category Specialized and Adaptive Pro... / Age 15 and up / Openings 15 📍 Locations TBA 📅 March 3, 2023 to March 31, 2023 ⌚ Fri 10:30 AM - Noon	Free	♡
Specialized Recreation: The Harbor Social Club ⓘ #5421 / Category Specialized and Adaptive Pro... / Age 15 and up / Openings 15 📍 Sehmel Homestead Park 📅 March 8, 2023 to March 22, 2023 ⌚ Wed 10:30 AM - Noon	\$5.00	♡

For more information or to register, please visit:

[https://anc.apm.activecommunities.com/penmetparks/activity/search?
on-
lineSiteId=0&activity_select_param=2&price_id=CUSTOM_RANGE&activity_categor
y_ids=27&viewMode=list](https://anc.apm.activecommunities.com/penmetparks/activity/search?lineSiteId=0&activity_select_param=2&price_id=CUSTOM_RANGE&activity_category_ids=27&viewMode=list)

PenMet Parks

~ WINTER EVENTS AND ACTIVITIES ~ ~ PIERCE COUNTY ~

Zoolights

Point Defiance Zoo & Aquarium

Magical lights and an illuminating holiday tradition that has been a mainstay of Tacoma and Pierce County 35 years.

Tickets are timed-entry, so buy early and don't miss out on this magical experience.

Fantasy Lights

Spanaway Park

The largest drive-thru display of Holiday lights in the Pacific Northwest, Fantasy Lights features almost 300 displays with a dedicated radio station of music to accompany them. And best of all...since you stay in your car, it's all-weather glee!

Solstice Lights

Lakewold Gardens

Solstice Lights is a multi-media light and music installation, utilizing real-time weather data to produce an audio-visual display with Lakewold Gardens as its living backdrop.

Featuring an array of immersive lighting, data-driven music, and live instrumentation, Solstice Lights brings the garden to life, with “data music,” a term coined by artist Samuel Stubblefield to describe an algorithm he designed to translate environmental data gathered by the National Aeronautics and Space Administration (NASA) and National Oceanic and Atmospheric Administration (NOAA). In this way, the installation is driven by environmental data and real-time weather systems, unifying locations hundreds or thousands of miles apart.



Downtown Sumner

All Winter! A general ambiance of small-town Americana settles over downtown Sumner, and is built into a Main Street lined with boutiques, bakeries, bookstores, and antique shops, with Holiday music piped in throughout the downtown area. Downtown storefronts are elaborately decorated, a red-and-green bridge-lighting show each day at dusk lights up the Cannery Way Bridge.

Snowshoeing at Mount Rainier

Longmire and Paradise, Mount Rainier National Park
All Winter! This year, the Ranger-led snowshoe tours at Paradise are on a COVID-required hiatus, but in the meantime, you can rent snowshoes the National Park Inn General Store at Longmire (\$14.50 for adults, \$10.50 for children for a full day). Then, revel in a day of hiking around Longmire (the Trail of the Shadows is a great short hike), or road-conditions permitting, take them up to Paradise for wide-open snowfields and views that will stop you in your tracks. Whenever you're heading to the mountain, plan ahead.

A Weekend Cabin Getaway for the Family

Ashford, Elbe, Eatonville

All Winter! When you're looking for some true social distance while staying close to the ones you love, think about booking a night or a weekend away at a cabin or lodge at Mount Rainier. Fireplaces, firepits, hot tubs and heated pools surrounded by pine trees and firs are just a few of the ways your family can enjoy some time together, away from the electric lure of screens. Although many of the cabins do include wifi, so take it as you will.

<https://www.traveltacoma.com/things-to-do/events/winter-events/>

Cold Weather Tips

Winter storms can range from moderate snow over a few hours to blizzard conditions with blinding, wind-driven snow or freezing rain that lasts several days. The time to prepare is before the snow falls or ice forms.

Preparing for winter storms:

- Listen to your radio or television for winter storm forecasts and other information.
- Prepare your home for cold weather. Install storm windows. Insulate outside walls, attics and crawl spaces. Wrap pipes, especially those near cold outer walls or in attics or crawl spaces. Repair leaks in the roof, around the doors and in the windows.
- Have appropriate cold weather clothing available.
- If you have a kerosene heater, refuel your heater outside and remember to keep it at least three feet from flammable objects.
- Make sure your fireplace functions properly.
- Have rock salt and sand on hand for traction on ice.
- Fill your gas tank before the snow starts falling.

During a winter storm:

- Wear several layers of loose-fitting, lightweight, warm clothing rather than one layer of heavy clothing. Wear mittens rather than gloves. Wear a warm, woolen cap.
- Do not drive unnecessarily.
- Reduce the temperature in your home to conserve fuel.
- Heat only the areas of your home you are using. Close doors and curtains or cover windows and doors with blankets.
- Use alternative heat methods safely. Never use a gas or charcoal grill, hibachi or portable propane heater to cook indoors or heat your home.
- Never use a generator indoors or in a garage or carport.
- Be careful when shoveling snow. Do not overexert yourself.



- Be sure to eat regularly. Food provides calories that maintain body heat.
- Watch for signs of frostbite and hypothermia — slurred speech, disorientation, uncontrollable shivering, stumbling, drowsiness and body temperature of 95 degrees Fahrenheit or less.
- If you become trapped outside, get out of the wind and stay dry. Build a lean-to or snow cave if nothing else is available. Do not eat snow; it will make you too cold.
- Bring dogs and cats inside during cold weather.

If in your vehicle

- Make sure someone knows where you are going. Stay on the main roads.
- If you must stop, remain inside the vehicle. Use a bright distress flag or your hazard lights to draw attention to your vehicle.
- If trapped in a blizzard, clear your tail pipe and run your engine and heater for 10 minutes every hour. Open your window slightly.
- During night hours, keep the dome light on in the car so rescue crews can see your vehicle.

Keep an emergency kit in your vehicle. Include a three-day supply of water and non-perishable food that can be eaten without being cooked. Include a blanket or sleeping bag for each passenger, a flashlight, cell phone, shovel, sack of sand or kitty litter, booster cables, flare, coffee can with lid, and toilet paper.

<https://doh.wa.gov/emergencies/be-prepared-be-safe/severe-weather-and-natural-disasters/cold-weather>

Cold Weather Tips

Winter Emergency Prep



12 WAYS TO PREPARE

<input type="checkbox"/>  Sign up for Alerts and Warnings	<input type="checkbox"/>  Make a Plan	<input type="checkbox"/>  Save for a Rainy Day	<input type="checkbox"/>  Practice Emergency Drills	<input type="checkbox"/>  Test Family Communication Plan	<input type="checkbox"/>  Safeguard Documents
<input type="checkbox"/>  Plan with Neighbors	<input type="checkbox"/>  Make Your Home Safer	<input type="checkbox"/>  Know Evacuation Routes	<input type="checkbox"/>  Assemble or Update Supplies	<input type="checkbox"/>  Get Involved in Your Community	<input type="checkbox"/>  Document and Insure Property



TAKE ACTION AND PREPARE


FEMA
FEMA V-1021
Catalog No. 1872-3
April 2018

There are many ways to take action and prepare before a disaster occurs.

The actions on this card include some of the most important ways to help yourself, your family, and your community increase your preparedness.

Simple actions at home and in your neighborhood can make a big difference!

 @Readygov
Twitter.com/readygov

 @Readygov
Facebook.com/readygov

 Fema.gov/mobile-app

 Ready.gov/prepare



Basic Disaster Supplies Kit

To assemble your kit store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic emergency supply kit could include the following recommended items:

- Water (one gallon per person per day for several days, for drinking and sanitation)
- Food (at least a several-day supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting and duct tape (to shelter in place)
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Wrench or pliers (to turn off utilities)
- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery

Additional Emergency Supplies

Since Spring of 2020, the Centers for Disease Control and Prevention (CDC) has recommended people include additional items in their kits to help prevent the spread of coronavirus or other viruses and the flu.

Consider adding the following items to your emergency supply kit based on your individual needs:

- Masks (for everyone ages 2 and above), soap, hand sanitizer, disinfecting wipes to disinfect surfaces
- Prescription medications About half of all Americans take a prescription medicine every day. An emergency can make it difficult for them to refill their prescription or to find an open pharmacy. Organize and protect your prescriptions, over-the-counter drugs, and vitamins to prepare for an emergency.
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Prescription eyeglasses and contact lens solution
- Infant formula, bottles, diapers, wipes and diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children

Source: <https://www.ready.gov/kit>

Coloring Page!

Merry Christmas





Coloring Page!

Coloring Page!

