



FOCUS

*PC2 for Developmental Disabilities
Fall, 2025 ~ Volume 31, Issue 1*

KEEPING YOU IN THE LOOP: Navigating Changes Together

Congress is back in session after the August recess, making important decision about next year's federal budget that will shape the services and support for people with disabilities. With Washington's legislative session already in the works, this is yours and our opportunity to ensure that critical programs remain strong and accessible.

As the federal and state budgets are being shaped, we are paying close attention to ***potential changes*** that could affect services for people with disabilities. Staying informed and engaged, we can ensure that every voice is heard, and every need is considered.



What's Happening?

Some changes to programs and services will happen, though we don't yet know the full scope or details. Here are the areas that we want to bring to your attention and keep you informed about, knowing that you are waiting patiently and sitting on the edge of your seats on what is to come.

[Impact of federal budget on Medicaid in Washington State](#) – July 2025

[HCA Medicaid Budget for Apple Health Fact Sheet](#) – July 2025

[HR1 Medicaid Cuts: What Happened and What's Next](#) – Arc of Washington

[2025 – 2027 State Budget Impacts on Early Learning](#) – DCYF June 2025

[Washington Supplemental Nutrition Assistance Program](#) – July 2025

[Shifting the Burden: Reshaping SNAP](#) – July 2025

Other Areas of Impacts: Information is Still in Development (*these are suggestive reductions and have not been determined yet*)

[Early Support for Infants & Toddlers](#) – Office of Financial Management

Click [here](#) for the proposed budget summary, affecting rate adjustments, eligibility criteria, and service delivery.

[Developmental Disabilities Community Services](#): aka Developmental Disabilities Administration (DDA)

K-12 Educational Cuts

Click [here](#) for the MAP of cuts by school districts

[Special Education Funding](#)

[Division of Vocational Rehabilitation](#) (DVR): Employment support for those with disabilities

Whew!! That was a LOT to take in. Are you ready to look at what steps we can take next? If so, please keep reading. If not, you can always reach out to us or come back to the next section when you're ready to get started.

Let Your Voices Be Heard: Ways to Advocate!

Your voice truly matters. Every time you share your story, reach out to a legislator, or connect with your community, you are helping to create meaningful change. (cont on pg 4)



Pierce County

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.

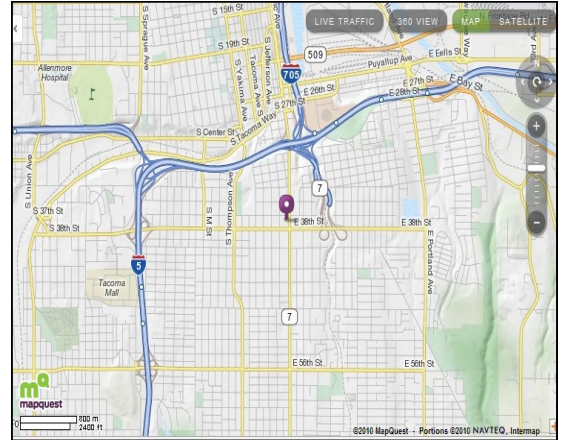
PC2 is comprised of both individuals & organizations of parents, guardians, professionals, & other partners interested in the well-being of individuals with developmental disabilities. Opportunities to gain information, education, & networking are available through our newsletter, website at www.pc2online.org, 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 info on classes, conferences, or events, or other items to share, 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

DR. ALAN GILL, *Board Chair*
JASON CLAPP, *Board Treasurer*
NANCY LEE, *Board Member*
KRISTINE NELSON, *Board Member*
LAURA O'ROURKE, *Board Member*
JO SIMMS, *Board Member*
SARAH TREMBLAY, *Board Member*

PC2 STAFF

MICHELE LEHOSKY, *LINKS Executive Director*
KRISTIN LOOS, *Program Specialist*
ERIKA BROOKS, *Program Specialist*
MARCELLA TAYLOR, *Program Specialist*
CARY VAZQUEZ, *Especialista del Programa*
JAUNA BALDERSTON-TODD, *Media Specialist / Bookkeeper*
NATHAN BECKER, *Custodian*
CHRISTOPHER CLEVELAND, *Office Assistant*
SANDI GRUBERG, *Advocacy Advisor*
BETHANN GARTEIZ, *Housing Director*
DALE GOLDER, *Housing Manager*
SHAWNA FRANKLIN, *HUD Advisor*

FOLLOW US ON **facebook**

From the Director's Desk . . .

Dear Self Advocates, Families, & Friends of PC2:

We are pleased to be celebrating 30 years of helping people with systems navigation, leadership training, legislative advocacy, and helping folks get what they need for themselves and their loved ones.

Thank you to all the powerful individuals who have crossed our path - self advocates, parents, volunteers, and community supporters - who have helped us get this far! We couldn't have done it without you! YOU help make PC2.



With the start of Fall, we see Summer vacations ending and everyone returning to their normal routines. This time of year always brings to mind back to school, back to work, back to reality, preparing for Winter weather. We prepare your houses, our cars, and our families. We change your wardrobes and our routines. All of the things that parents do who are trying to do the right thing for their loved ones who experience a developmental disability. We try to be good stewards, working to provide for and support the best for our families.

It is helpful when you have an understanding of the programs and services available for individuals and their caregivers. PC2 wants to help. Please read the article on the front page (continued on page 4) and keep an eye out for updates about the changes that are coming. We believe it is important to look at all support needs and keep all perspectives in mind. It is for you to choose to read and research the facts, and decide for yourselves, good people that you are. You know what's best for you, and you know what's best for your family.

PC2 will share the facts as we learn them. We are here to help point you in the direction you are interested in traveling and help you find the information and resources you need. We will help you find ways to voice your concerns, to ask your questions, to make a difference.

Come join us! Our goals are to inform and support YOU through systems navigation, education, and information. Each of you is a leader and you have the power of your choices. We are here to help.

Please see pages 8-9 for information on DDCS' (formerly DDA) Community Engagement Forum. Let them hear from you.

You can always reach out to PC2 in any way that works for you - video, letter, email, phone call - you matter to us!

Michele

Advocacy takes many forms, whether it is speaking up at a school meeting, joining a local support group, writing to your representative, or participating in awareness events. Together, these efforts shine a light on the needs and strengths of people with disabilities and their families, creating a more inclusive and supportive community for all.

Ways to Advocate with your Representatives (House & Senate)

Click [here](#) to find your Representatives.

Call them (though, you may end up leaving a message)

[Write a Letter](#) – email or old school paper letter

Set up a time to meet with them in person

Go to your Town Halls

Sign up for your Representative's newsletter to find out where you can meet them at a Town Hall

[Testify](#) (in-person or remotely)

[Quick tips and tricks for Oral Statements](#)

Build a Relationship with them

Invite them to your community events

Keep them informed of community issues

Get Involved with an Advocacy Group or Two

[Center for Independence \(CFI\)](#)

[Pierce County Developmental Disabilities Advisory Board](#)

[Pierce County Aging & Disabilities Resources Advisory Board](#)

[Pierce County Accessible Communities Advisory Committee](#)

[Arc of Washington](#)

Stay in the Know: 2026 Legislative Session & Priorities

[Legislative Guide July 2025 – December 2025](#)

[Washington State Legislative Session](#)

[Arc of Washington Bill Tracker](#)

[Arc of Washington Advocacy Section](#)

[WA Developmental Disabilities Council Public Policy News](#)

[Disability Rights Washington Public Policy & Community Mobilization](#)

With collaboration and commitment, Washington's developmental disability community turns challenges into progress and possibilities.

Every win, no matter how small, is worth celebrating as we continue this journey together.

Stay tuned for more updates.

We got this!

PC2 Info Mtgs: Legal Series

5

Fall, 2025



PC2 presents our Fall, 2025 Legal Series, with James Bates, Attorney at Law

Guardianships for Individuals with Developmental Disabilities Thursday, 10/23/25, 6 p.m.  Registration link: https://docs.google.com/forms/d/16K_gOG5SKA_e0b1ps5Iiv_18EXzqH0qdF_HwxYTL00N/A0/edit	Estate Planning / Wills & Trusts for Families of Individuals with Developmental Disabilities Thursday, 10/30/25, 6 p.m.  Registration link: https://docs.google.com/forms/d/10tEaVtLz8gpkTjKv1Awpv5Kfe1QLx17p3-H5NwF7As/edit	Special Needs Trusts & ABLE Accounts for Families of Individuals with Developmental Disabilities Thursday, 11/6/25, 6 p.m.  Registration link: https://docs.google.com/forms/d/18PpXoPH0M06ZD9dQ_14wGEXY7MJFWC_m-nPj3_kpa2z4g/edit
---	---	---

Our Legal Series will be held via Zoom.

Please scan the QR codes or visit the links above to register.

*If you have questions or need more information,
please contact us: 253-564-0707 or info@pc2online.org*



Pierce County

DDA Paperwork Night

Mark Your Calendar and
join us for a

DDA PAPERWORK NIGHT



NOVEMBER

17

5:00pm – 7:00pm
@ Swift Water Elementary School
10811 Harbor Hill Drive, Gig Harbor

ABOUT

Paperwork nights provide the opportunity for students with intellectual and developmental disabilities and their families to meet with staff from the Developmental Disabilities Administration (DDA), PC2, and Pierce County, to ask questions about DDA services and get help completing the DDA application.

What to Bring:

- Documented medical diagnosis
- Current School Evaluation with Adaptive Scores
- Your questions

If you are in need of an Interpreter call (253) 564-0707.

****Requests for Interpreter Services must be made by November 7th.****

****Registration is required. ****
Use the QR Code below to register



-OR-

Copy and paste the link below
into your browser

<https://tinyurl.com/mrcmhu9n>



Pierce County
Human Services

On the Road with PartnerCafe
A Direct Service
Mobile Team

Under The Big Top Community Resource Fair

@ STAR CENTER
DECEMBER, 6TH 2025

Find Resources Under the Big Top!

Stop by the Under the Big Top Community Resource Fair to get connected to local organizations, nonprofits, and government agencies. You can get your questions answered in person or sign up for services.

Dept. Of Health
Care-A-Van Free
Vaccine Clinic

Free Giveaways!

First 100 Guests get
a Willamette Dental
Hygiene Pack

THIS WAY

3873 S 66th St, Tacoma, WA 98409

12pm - 3pm

info@ontheroadwpc.org

www.ontheroadwpc.org

REGISTER NOW!

TICKET

Partner Café

Your regional DDCS office wants to hear from you!



Want to help improve the quality, effectiveness, and relevance of Developmental Disability Community Services in your area?

DDCS is launching Regional Community Engagement Forums. This is your chance to share suggestions about service delivery and processes with regional DDCS staff, and give your input on changes being considered. You can improve the program for people who use DDCS services as well as for all the families that support them!

What will the Regional Community Engagement Forums look like?

Each region will establish a date for their Community Engagement Forums to occur quarterly. Meetings will be virtual to make participation throughout the region easier. They will include time for DDCS to ask for feedback and input from the community and for the community to raise concerns and offer suggestions.

Region 3 will hold the first Community Engagement Forum at 3:30 p.m. Sept. 25, 2025.

Please join the Teams call using the link below:

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 240 499 486 744 2

Passcode: Te9eX2xu

Dial in by phone

[+1 564-999-2000,,81515127#](#) United States, Olympia

[Find a local number](#)

Phone conference ID: 815 151 27#



¡Su oficina regional de DDCS quiere escucharlo!



¿Quiere mejorar la calidad, eficacia y relevancia de los Servicios Comunitarios para Discapacidades del Desarrollo en su región?

DDCS ha iniciado sus foros regionales de participación comunitaria. Esta es su oportunidad para hacer sugerencias sobre la prestación de servicios y los procesos al personal regional de DDCS, y de exponer sus ideas o los cambios que desea que se tomen en cuenta. ¡Puede mejorar el programa para las personas que reciben servicios de DDCS, y para todas las familias que las apoyan!

¿Cómo serán los foros regionales de participación comunitaria?

Cada región fijará una fecha para llevar a cabo sus foros de participación comunitaria, de manera trimestral. Las reuniones serán virtuales para facilitar la participación en toda la región. Incluirán tiempo para que el DDCS pida comentarios y opiniones de la comunidad y para invitar a la comunidad a exponer sus inquietudes y hacer sugerencias.

La región 3 realizará su primer foro de participación comunitaria el día 25 de septiembre de 2025 a las 3:30 p.m.

Conéctese a la llamada en Teams usando el siguiente enlace:

Microsoft Teams [¿Necesita ayuda?](#)

[Únase a la reunión ahora](#)

ID de la reunión: 240 499 486 744 2

Contraseña: Te9eX2xu

Llame por teléfono

[+1 564-999-2000,81515127#](#) Estados Unidos, Olympia

[Encuentre un número local](#)

ID de la conferencia telefónica: 815 151 27#



DDCS (formerly DDA)

Overcoming Obstacles Together.



BEHAVIOR BRIDGES



Our groups set up a safe, accepting environment to successfully build individual confidence, social skills & awareness, communication, and community!

SOCIAL GROUPS

Our social groups are designed to provide a welcoming and supportive environment where participants can connect with peers and build important skills. Focused on positive engagement and relationship-building, these groups offer a variety of ways to participate. Whether a group focuses on building specific developmentally-appropriate social skills, or simply provides a "no-pressure" hangout space, the goal is to create natural opportunities for social growth and friendship. Activities are always modified to best suit each participant's interests, motivation, and skill level, ensuring that everyone can feel comfortable and have fun while learning to communicate, advocate for themselves, manage emotions, and engage in meaningful ways with others.

LIFE SKILLS GROUPS

These groups are designed to help participants build essential skills for greater independence and confidence. Through peer collaboration and coaching, individuals learn to set and achieve goals in areas such as self-empowerment, safety awareness, and self-advocacy. The groups also focus on building effective social communication & interpersonal skills, developing personal coping strategies, and learning new skills that help individuals feel more empowered and engaged within their community.

SPECIAL INTEREST GROUPS

Similar to our skill building groups, our special interest groups provide participants with an opportunity to engage with peers and develop specific developmentally appropriate social skills, such as appropriate humor/banter, self-advocacy, sportsmanship, flexibility/tolerance, and functional life skills. These groups are centered around a shared interest, such as arts/crafts or board games, to allow for more opportunities for natural engagement and friendship building. All are welcome to attend & activities are modified to best suit participants' interests, motivation, and skill level!

SKILL BUILDING COURSES

As our most structured groups, these courses provide evidence based social skills training to neurodiverse children, adolescents, and adults. These programs provide instruction on a targeted skill each session, such as making & keeping friends, handling conflicts, and addressing bullying. Structured learning is balanced with plenty of time to practice the skills learned with their peers!

TRAINING & WORKSHOPS

Behavior Bridges now offers caregiver and provider training on preventing mental and behavioral health crisis for neurodiverse communities. Please call or email to discuss!

FINANCIAL ASSISTANCE



GET STARTED

CONTACT US

253-262-3409

info@behaviorbridges.com

@behaviorbridges

www.behaviorbridges.com

15406 Meridian Ave E Suite 103
Puyallup, WA 98375

MONDAY THROUGH FRIDAY
from 9:00 am to 6:00 pm

**LASTING CHANGE OCCURS
WHEN WE WORK TOGETHER**

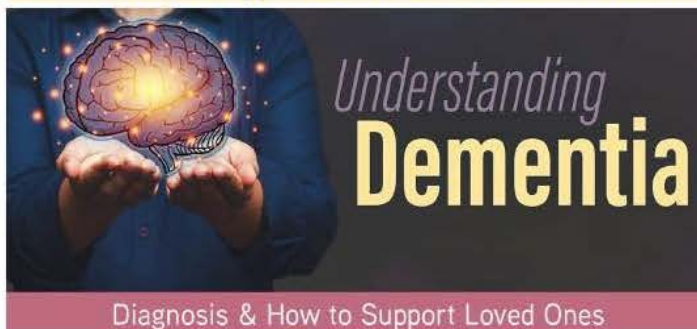


Partially Supported by funding from Pierce County through its Behavioral Health Department

2025
Alzheimer's
Dementia
Awareness
Conference
Saturday,
September 20th
Rainier View Christian Church
 12305 Spanaway Loop Rd S.
 Tacoma, WA 98444

HCPC HEALTH CARE PROVIDERS
 COUNCIL of Pierce County

Embracing the New Normal:



FREE EVENT – Opens at 8am, Ends 3:30pm, Lunch Provided
 Register Today at [Event Page](#) or Call 253-798-4600
4-CEUs for Eligible Caregivers



Adequate Evaluations and Understanding the Diagnosis

Our very own Dr. Doug Lane shares about making sure your loved one is evaluated correctly and how to understand the diagnosis! Specific areas of focus for Dr. Lane are coping with chronic illnesses such as dementia and its symptoms, behaviors, medications, supplements, caregiver support, and lifespan developmental concerns including end of life care.



Honoring Choices, Advocating for Your Loved Ones, & Building Your Support System

A prime example panel of healthcare professionals helping families navigate these important topics every day! YOU have Choices when it comes to healthcare decisions, YOU can Advocate for your loved ones, and the importance of Building Your Support System. YOU will not want to miss this one!!



Things You NEED to Know: Elder Law, How to Pay for Services, or No Funds at All?

Things will hit all at once, it's a whirlwind, where do YOU start? This panel brings legal knowledge and financials to those who have money and those who do not! Be sure you know what necessary legal documents you need and how they work; how to pay for services if you have funds or maybe you don't have available funds, how does that work? Find out with this amazing panel!



How Roles Change with Disease Progression

It's going to be a roller coaster – some of you are already on it! Our local dementia coach, Sandra O'Brien, will teach you how to care for your loved one during ALL the stages, beginning, middle and end, focusing on challenging behaviors and/or strategies, expectations, wellness, dignity, and overall physical and mental health! She will share best practices that you can implement at home!

<https://www.piercecountywa.gov/6905/Alzheimers-Conference>
www.piercedarc.org

Register at:

<https://www.piercecountywa.gov/6905/Alzheimers-Conference>

Pierce County ADRC

DVR Parent Night

Wednesday, October 8, 2025 | 6-7:30 p.m. | via Zoom



Join Us for a Virtual DVR Parent Night

Interested in an opportunity learning about **Pre-Employment Transition Services**, a program available to high school students and youth with disabilities across the state of Washington? The types of services the Division of Vocational Rehabilitation provides for 14-22 year old students will also be discussed. ASL Interpretation and Spanish translators available.

[Click here to register for Zoom Webinar](#)



Division of Vocational Rehabilitation (DVR)
Washington State Department of Social & Health
Services PO Box 45340, Olympia, Washington
98504-5340 phone: 800-637-5627
website: www.dshs.wa.gov/dvr

Need accommodations?

Disability accommodations are available upon request. Please include descriptions of accommodations needed, and email it to: Ashley.Schweiger@dshs.wa.gov.

Noche para padres de la DVR

Miércoles 8 de octubre de 2025 | 6-7:30 p.m. | por Zoom



¡Acompáñenos en la noche para padres virtual de la DVR!

¿Le interesa tener la oportunidad de conocer más sobre los **servicios de transición previos al empleo**, un programa disponible para los estudiantes de educación secundaria y jóvenes con discapacidades en todo el estado de Washington? También se explicarán los tipos de servicios que ofrece la División de Rehabilitación Vocacional a los estudiantes de 14 a 22 años de edad. Habrá disponibles traductores de ASL y español.

[Oprima aquí para registrarse en el seminario web por Zoom](#)



División de Rehabilitación Vocacional (DVR)
Departamento de Servicios Sociales y de Salud
del Estado de Washington PO Box 45340,
Olympia, Washington 98504-5340
teléfono: 800-637-5627
sitio web: www.dshs.wa.gov/dvr

¿Necesita adaptaciones?

Podemos hacer adaptaciones para discapacidades, si se solicitan. Incluya descripciones de las adaptaciones que necesita y envíelas por correo electrónico a: Ashley.Schweiger@dshs.wa.gov.

DVR

Pierce Co. Parks Specialized Rec.

ADVENTURE WITHIN REACH

QUARTERLY GUIDE | 2025-Q4 | OCT • NOV • DEC

Inclusive, accessible programming promoting community engagement for people of all ages and abilities

DIGITAL EDITION



WWW.PIERCECOUNTYWA.GOV/PCSR | 253-798-4199

REGISTRATION OPENS SEPT 8



Welcome

Welcome to Pierce County Specialized Recreation!

We are excited to offer a variety of programs designed for individuals five years and older with a wide range of abilities. Our mission is to provide enriching activities that inspire, engage, and connect participants with each other and the community in a meaningful way.

Program Options: We offer virtual and in-person programs, giving participants the flexibility to choose the format that works best for them. Whether you join from home or attend in person, we're committed to providing a safe, inclusive, and enjoyable experience for all.

Ride the Shuttle

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 1 for RESERVATIONS

For off hours dispatch dial: 253-581-8140
TTY for individuals with a hearing impairment: 711
Fax: (253) 984-8154
Website: www.piercetransit.org/shuttle/

2

DIGITAL EDITION



Pierce County Parks

SPECIALIZED RECREATION - ADVENTURE WITHIN REACH

Office: Lakewood Community Center
9112 Lakewood Dr SW
Lakewood, WA 98499

Office Registration Hours:

Monday	9:00 AM - 5:00 PM
Tuesday	9:00 AM - 5:00 PM
Wednesday	9:00 AM - 5:00 PM
Thursday	9:00 AM - 5:00 PM
Friday	9:00 AM - 5:00 PM

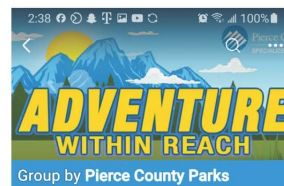
Program Information: (253) 798-2997

Program Registration: (253) 798-4199

Email: pcsr@piercecountywa.gov

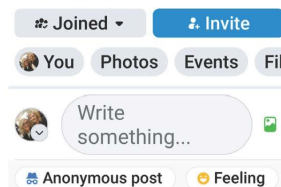
Facebook Community:

www.Facebook.com/PierceCountyParks



**Pierce County Parks
Specialized
Recreation Group**

Public group · 1.2K members



Most relevant

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



Pierce Co. Parks Specialized Rec.

WHAT'S INSIDE?

Registration	pg 4
How-to-information, payment options, and policies	
Monthly Calendars	pg 5-7
October, November, and December 2025	
Art & Leisure	pg 8-10
Cooking, Art, Social Fun, and Virtual Programs	
Community Programs & Events	pg 11-14
Club Pierce, Event in the Community, Special Events and Trips	
Fitness & Sports	pg 15-17
Special Olympics	pg 18-19



Cover Image: Nik and his dad, Jeff enjoyed riding the Santa Sounder train!
- Come along with us! See page 14 to learn more -

NEW: 2025 MEMBER RATES

YOU MAY QUALIFY!

We've made some changes to our Adventure Within Reach Program. New member rates are in effect as of January 2025. To learn more about these rates and to see if you qualify please visit our website.

**ARE YOU A
MEMBER?**



For More Information
www.piercecountywa.gov/pcsr



Call For Registration
253-798-4199

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



DIGITAL EDITION

3

REGISTRATION INFORMATION



REGISTRATION OPENS SEPT 8: Pre-Registration is required. Class sizes are limited. To register online, visit our website at www.pierce-countywa.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 Monday through Friday between 9:00 am - 5:00 pm.



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.



EARLY DROP OFF / LATE PICK UP POLICY: Beginning on January, 1, 2026 a disciplinary policy will be enforced when a participant arrives earlier than thirty minutes before a program starts or remains longer than thirty minutes after it ends. Disciplinary actions may include a fine and suspension from participation.



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.

Absences Using DDA Funds / Respite Care

Participants who are choosing to use DDA funds/ Respite Care funds to pay for activities with Pierce County Parks must call our office or email paula.selfridge@piercecountywa.gov 24 hours prior to missing an activity that you have registered for. Any activity missed that is deemed a no-call, no-show or payment denied from DDA WILL be billed to the participant and all class fees will be the participants responsibility.

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 care-

giver 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.

There may be times when the space in the busses for transportation is limited and staff evaluate who needs a 1:1 riding on the bus with us. In those cases, program staff will call the families and work out a plan that will have the 1:1 driving separate behind the bus. Priority would be for 1:1 assistants who need to constantly be with their clients due to behavioral needs or medical needs.

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 SCHEDULING QUESTIONS
please contact us at 253-798-2997 | pcsr@piercecountywa.gov

4

DIGITAL EDITION


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

Pierce Co. Parks Specialized Rec.

Pierce Co. Parks Specialized Rec.

						
SUN	MON	TUES	WED	THURS	FRI	SAT
28	29	30	1 9:30 Virtual Chat ZOOM	2	3 9:30 Virtual Chat ZOOM 10:30 Low Aerobics Lakewood Community Center 1:00 Cocoa Social Sprinkler Recreation Center 3:30 SO Bowling Paradise Lanes Ent Center	4 12:30 Pumpkin Spice Social & KARAOKE! Lakewood Community Center 1:30 Pumpkin Spice Social & KARAOKE! Summer Senior Center
5	6 9:00 Club Pierce Puyallup Recreation Center 9:30 Virtual Chat ZOOM 3:30 Let's Play Sports! Lakewood Community Center 5:00 GC Peers Crew Lakewood Community Center 6:30 Rec Swim PLU Pool	7 11:30 Art Class Lakewood Community Center 3:30 SO Bowling Daffodil Bowl 6:00 Scrapbook/Cook STAR Center 6:00 SO Flag Football Sprinkler Recreation Center	8 9:00 The Hangout Lakewood Community Center 9:30 Virtual Chat ZOOM 4:30 Dinner & A Movie! Regal South Hill Cinema	9 9:00 Club Pierce Lakewood Community Center	10 9:30 Virtual Chat ZOOM 10:30 Low Aerobics Lakewood Community Center 1:00 Cocoa Social Sprinkler Recreation Center 3:30 SO Bowling Paradise Lanes Ent Center 6:00 Monthly Dance Harvest Moon Ball! Meridian Habitat Park	11 5:00 BINGO Party! Lakewood Community Center
12	13 9:00 Club Pierce Puyallup Recreation Center 9:30 Virtual Chat ZOOM 3:30 Let's Play Sports! Lakewood Community Center 5:00 GC Peers Crew Lakewood Community Center 6:30 Rec Swim PLU Pool	14 11:30 Art Class Lakewood Community Center 3:30 SO Bowling Daffodil Bowl 6:00 Scrapbook/Cook STAR Center 6:00 SO Flag Football Sprinkler Recreation Center	15 9:00 The Hangout Lakewood Community Center 9:30 Virtual Chat ZOOM	16 9:00 Club Pierce Lakewood Community Center 6:00 Board Game Night Puyallup Recreation Center	17 9:30 Virtual Chat ZOOM 10:30 Low Aerobics Lakewood Community Center 1:00 Cocoa Social Sprinkler Recreation Center 3:30 SO Bowling Paradise Lanes Ent Center	18
19	20 9:00 Club Pierce Puyallup Recreation Center 9:30 Virtual Chat ZOOM 3:30 Let's Play Sports! Lakewood Community Center 5:00 GC Peers Crew Lakewood Community Center 6:30 Rec Swim PLU Pool	21 11:30 Art Class Lakewood Community Center 3:30 SO Bowling Daffodil Bowl 6:00 Scrapbook/Cook STAR Center 6:00 SO Flag Football Sprinkler Recreation Center	22 9:00 The Hangout Lakewood Community Center 9:30 Virtual Chat ZOOM	23 9:00 Club Pierce Lakewood Community Center	24 9:30 Virtual Chat ZOOM 10:30 Low Aerobics Lakewood Community Center 1:00 Cocoa Social Sprinkler Recreation Center 3:30 SO Bowling Paradise Lanes Ent Center	25
26 1:30 Ready, Set, Cook! STAR Center	27 9:30 Virtual Chat ZOOM 3:30 Let's Play Sports! Lakewood Community Center 5:00 GC Peers Crew Lakewood Community Center 6:30 Rec Swim PLU Pool	28 11:30 Art Class Lakewood Community Center 6:00 Scrapbook/Cook STAR Center 6:00 SO Flag Football Sprinkler Recreation Center	29 9:30 Virtual Chat ZOOM	30 5:00 Costume Party! BINGO & Dancing STAR Center	31 9:30 Virtual Chat ZOOM 12:00 Lights Out BOO-Brunch! Lakewood Community Center	1

Image: Ready, Set, Cook! See page 8 to learn more.

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



DIGITAL EDITION 5

NOVEMBER 2025



SUN	MON	TUES	WED	THURS	FRI	SAT
26	27	28	29	30	31	1
2	3 9:00 Club Pierce Puyallup Recreation Center 9:30 Virtual Chat ZOOM 3:30 Let's Play Sports! Lakewood Community Center 5:00 GC Peers Crew Lakewood Community Center 6:30 Rec Swim PLU Pool	4 11:30 Art Class Lakewood Community Center 6:00 Scrapbook/Cook STAR Center	5 9:00 The Hangout Lakewood Community Center 9:30 Virtual Chat ZOOM 4:30 Dinner & A Movie! Regal South Hill Gnome	6 9:00 Club Pierce Lakewood Community Center	7 9:30 Virtual Chat ZOOM 10:30 Low Aerobics Lakewood Community Center 1:00 Cocoa Social Sprinkler Recreation Center 3:30 Rec Bowling Paradise Lanes Ent. Center	8 5:00 BINGO Party! Lakewood Community Center
9 11:15 Sumner Swim Social <i>(with transport)</i> Lakewood Community Center 12:00 Sumner Swim Social <i>(no transport)</i> Sumner YMCA	10 9:00 Club Pierce Puyallup Recreation Center 9:30 Virtual Chat ZOOM 3:30 Let's Play Sports! Lakewood Community Center 5:00 GC Peers Crew Lakewood Community Center 6:30 Rec Swim PLU Pool	11 VETERANS DAY HOLIDAY Office Closed NO PROGRAMS	12 9:00 The Hangout Lakewood Community Center 9:30 Virtual Chat ZOOM	13 9:00 Club Pierce Lakewood Community Center 1:30 Empowering Your Future - Interview Workshop! Sprinkler Recreation Center	14 9:30 Virtual Chat ZOOM 10:30 Low Aerobics Lakewood Community Center 1:00 Cocoa Social Sprinkler Recreation Center 3:30 Rec Bowling Paradise Lanes Ent. Center 6:00 Monthly Dance November Noir! Puyallup Activity Center	15
16	17 9:00 Club Pierce Puyallup Recreation Center 9:30 Virtual Chat ZOOM 3:30 Let's Play Sports! Lakewood Community Center 5:00 GC Peers Crew Lakewood Community Center 6:30 Rec Swim PLU Pool	18 11:30 Art Class Lakewood Community Center 6:00 Scrapbook/Cook STAR Center	19 9:00 The Hangout Lakewood Community Center 9:30 Virtual Chat ZOOM	20 9:00 Club Pierce Lakewood Community Center 6:00 Board Game Night Puyallup Recreation Center	21 9:30 Virtual Chat ZOOM 10:30 Low Aerobics Lakewood Community Center 1:00 Cocoa Social Sprinkler Recreation Center 3:30 Rec Bowling Paradise Lanes Ent. Center	22
23 1:30 Ready, Set, Cook! STAR Center	24 6:30 Rec Swim PLU Pool	25 11:30 Art Class Lakewood Community Center	26	27 THANKSGIVING DAY HOLIDAY Office Closed NO PROGRAMS	28 THANKSGIVING HOLIDAY Office Closed NO PROGRAMS	29
30	1	2	3	4	5	6

6

DIGITAL EDITION



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

Pierce Co. Parks Specialized Rec.

PC2: Empowering individuals with developmental disabilities and their families since 1995!

						
SUN	MON	TUES	WED	THURS	FRI	SAT
30	1 9:00 Club Pierce Puyallup Recreation Center 9:30 Virtual Chat ZOOM 3:30 Let's Play Sports! Lakewood Community Center 5:00 GC Peers Crew Lakewood Community Center 6:30 Rec Cheer/Dance Lakewood Community Center	2 11:30 Art Class Lakewood Community Center 5:30 SO Basketball Indv Skills 5v5 Lakewood Community Center 6:30 SO Basketball Team Skills 5v5 Lakewood Community Center 6:00 Scrapbook/Cook STAR Center	3 9:00 The Hangout Lakewood Community Center 9:30 Virtual Chat ZOOM 6:00 SO Basketball Traditonal 5v5 Lakewood Community Center	4 9:00 Club Pierce Lakewood Community Center 6:30 SO Basketball Competitive 5v5 Lakewood Community Center	5 9:30 Virtual Chat ZOOM 10:30 Low Aerobics Lakewood Community Center 1:00 Cocoa Social Lakewood Community Center 3:30 Rec Bowling Paradise Lanes Ent. Center	6 1:00 SO Basketball Competitive 5v5 Lakewood Community Center 1:30 Summer Santa Parade! Lakewood Community Center 2:30 Summer Santa Parade! Summer Senior Center
7	8 9:00 Club Pierce Puyallup Recreation Center 9:30 Virtual Chat ZOOM 3:30 Let's Play Sports! Lakewood Community Center 5:00 GC Peers Crew Lakewood Community Center 6:30 Rec Cheer/Dance Lakewood Community Center	9 11:30 Art Class Lakewood Community Center 5:30 SO Basketball Indv Skills 5v5 Lakewood Community Center 6:30 SO Basketball Team Skills 5v5 Lakewood Community Center 6:00 Scrapbook/Cook STAR Center	10 9:00 The Hangout Lakewood Community Center 9:30 Virtual Chat ZOOM 6:00 SO Basketball Traditonal 5v5 Lakewood Community Center	11 9:00 Club Pierce Lakewood Community Center 5:00 Lights & De-lights! Lakewood Community Center 6:30 SO Basketball Competitive 5v5 Lakewood Community Center	12 9:30 Virtual Chat ZOOM 10:30 Low Aerobics Lakewood Community Center 1:00 Cocoa Social Lakewood Community Center 3:30 Rec Bowling Paradise Lanes Ent. Center 6:00 Monthly Dance Winter Wonderland! Puyallup Activity Center	13 1:00 SO Basketball Competitive 5v5 Lakewood Community Center 5:00 BINGO Party! Lakewood Community Center
14 1:30 Ready, Set, Cook! STAR Center	15 9:00 Club Pierce Puyallup Recreation Center 9:30 Virtual Chat ZOOM 3:30 Let's Play Sports! Lakewood Community Center 5:00 GC Peers Crew Lakewood Community Center 5:00 Santa Sounder! Puyallup Sounder Train Station	16 11:30 Art Class Lakewood Community Center 5:30 SO Basketball Indv Skills 5v5 Lakewood Community Center 6:30 SO Basketball Team Skills 5v5 Lakewood Community Center 6:00 Scrapbook/Cook STAR Center	17 9:00 The Hangout Lakewood Community Center 9:30 Virtual Chat ZOOM 6:00 SO Basketball Traditonal 5v5 Lakewood Community Center	18 9:00 Club Pierce Lakewood Community Center 6:00 Board Game Night! Puyallup Recreation Center 6:30 SO Basketball Competitive 5v5 Lakewood Community Center	19 9:30 Virtual Chat ZOOM 10:30 Low Aerobics Lakewood Community Center 1:00 Cocoa Social Lakewood Community Center 3:30 Rec Bowling Paradise Lanes Ent. Center	20 1:00 SO Basketball Competitive 5v5 Lakewood Community Center
21	22	23	24	25 CHRISTMAS DAY HOLIDAY Office Closed NO PROGRAMS	26	27
28	29	30	31	1	2	3

Image: Fun on the Santa Sounder Train! See page 14 to learn more.

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



DIGITAL EDITION

7

ART & LEISURE



Cocoa Social

Cocoa Social offers engaging activities for everyone, including board games, crafts, karaoke, and interactive group games. Get creative and design your own custom coffee mug to drink from each week. Enjoy lively group activities, sing your heart out at karaoke, and relax with friends while sipping on hot cocoa or cider (with sugar and dairy-free options available). Cocoa Social is the perfect way to unwind and connect in a welcoming environment. Don't miss out!

AGE: 16+ MEMBER RATE: \$40/Oct, \$30/Nov & Dec
NON-MEMBER RATE: \$80/Oct, \$60/Nov & Dec

LOCATION: Sprinker Recreation Center / Shuttle - Yes
Alder Room
521 Military Road S, Tacoma WA 98444

CODE	DAY	DATE	TIME	REGISTER BY
20985	Fri	Oct 3-24	1:00-2:30 pm	Oct 2
20986	Fri	Nov 7-20	1:00-2:30 pm	Nov 6

NO Cocoa Social: Oct 31, Nov 28

LOCATION: Lakewood Community Center / Shuttle - Yes
9112 Lakewood Dr SW, Lakewood WA 98498

CODE	DAY	DATE	TIME	REGISTER BY
20987	Fri	Dec 5-19	1:00-2:30 pm	Dec 4

NO Cocoa Social: Dec 26

Scrapbook & Cook

Each week we'll make a simple dish that you can recreate at home. Paper, scissors, and all the crafty supplies needed to create amazing scrapbook pages are provided. You just bring the pictures!

AGE: 18+ MEMBER RATE: \$40/Oct, \$20/Nov, \$30/Dec
NON-MEMBER RATE: \$80/Oct, \$40/Nov, \$60/Dec

LOCATION: STAR Center / Shuttle - Yes
3873 S 66th St, Tacoma WA 98409

CODE	DAY	DATE	TIME	REGISTER BY
21016	Tues	Oct 7-28	6:00-7:30 pm	Oct 10
21017	Tues	Nov 4-18	6:00-7:30 pm	Oct 31
21018	Tues	Dec 2-16	6:00-7:30 pm	Nov 28

NO Scrapbook & Cook: Nov 11, 25, Dec 23, 30



Ready, Set, Cook!

Learn basic kitchen safety, food preparation skills, and hygiene while making a delicious meal with our PCSR cooking experts.

October: Pumpkin yogurt parfait and roasted veggie and hummus wraps. **December:** We're making ground turkey rice bowls.

November Celebrates Friendsgiving: We'll make traditional turkey day dishes, play fun games with friends, enjoy a festive photo booth, and share how grateful we are for the friendships in our community.

AGE: 18+ MEMBER RATE: \$35
NON-MEMBER RATE: \$70

LOCATION: STAR Center / Shuttle - Yes
3873 S 66th St, Tacoma WA 98409

CODE	DAY	DATE	TIME	REGISTER BY
21000	Sun	Oct 26	1:30-3:00 pm	Oct 23
21001	Sun	Nov 23	1:30-3:30 pm	Nov 20
21002	Sun	Dec 14	1:30-3:00 pm	Dec 11

ART & LEISURE



Art Class

Let the creativity flow! Reduce stress, boost creativity, and enhance fine motor skills through art. Step-by-step instructions and materials are provided for each art project. Please bring a packed snack or lunch with you to class if desired. We'll take a quick break to snack, socialize, and fuel our creativity. All levels of artists are encouraged to join.

AGE: 13+ MEMBER RATE: \$19
NON-MEMBER RATE: \$38

LOCATION: Lakewood Community Center / Shuttle - Yes
9112 Lakewood Dr SW, Lakewood WA 98498

CODE	DAY	DATES	TIME	REGISTER BY
20989	Tues	Oct 7	11:30 am-1:30 pm	Oct 6
20990	Tues	Oct 14	11:30 am-1:30 pm	Oct 13
20991	Tues	Oct 21	11:30 am-1:30 pm	Oct 20
20992	Tues	Oct 28	11:30 am-1:30 pm	Oct 27
20993	Tues	Nov 4	11:30 am-1:30 pm	Nov 3
20994	Tues	Nov 18	11:30 am-1:30 pm	Nov 17
20995	Tues	Nov 25	11:30 am-1:30 pm	Nov 24
20996	Tues	Dec 2	11:30 am-1:30 pm	Dec 1
20997	Tues	Dec 9	11:30 am-1:30 pm	Dec 8
20998	Tues	Dec 16	11:30 am-1:30 pm	Dec 15

NO Art Class: Nov 11, Dec 23, 30



Board Game Night!

Join us for an evening of great social interaction, fun with friends, and board games! We'll provide a selection of games, but feel free to bring any personal favorites to share with the group. Not familiar with board games? No worries—Pierce County staff will be happy to teach you how to play!

AGE: 16+ MEMBER RATE: \$10
NON-MEMBER RATE: \$20

LOCATION: Puyallup Recreation Center / Shuttle - Yes
808 Valley Ave NW, Puyallup WA 98371

CODE	DAY	DATES	TIME	REGISTER BY
21008	Thurs	Oct 16	6:00-7:30 pm	Oct 15
21009	Thurs	Nov 20	6:00-7:30 pm	Nov 19
21010	Thurs	Dec 18	6:00-7:30 pm	Dec 17



Social FUN in the POOL on November 9!

Check out Sumner Swim Social on page 16

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



DIGITAL EDITION

9

ART & LEISURE



Hang out with us!



Virtual Social Chat

Fill your cup with coffee, tea, juice, or water, log in, and let's chat! NEW: Register for all chats by month! We'll meet virtually on Zoom.

When registering, please make sure we have updated email address on file so that you can receive your Zoom link and can login.

AGE: 12+ FREE LOCATION: <https://zoom.us> (ZOOM)

REGISTRATION REMAINS OPEN

CODE	DAY	DATES	TIME
20931	M/W/F	Oct 1-31	9:30-10:00 am
20932	M/W/F	Nov 3-21	9:30-10:00 am
20933	M/W/F	Dec 1-19	9:30-10:00 am

NO Virtual Chat: Nov 24, 26, 28, Dec 22, 24, 26, 29, 31

Grit City Peers Crew

Come see old friends and meet new ones each Monday while we play games, craft, hang out, and chat. All program supplies included with your registration.

AGE: 12+ MEMBER RATE: \$40/Oct, \$30/Nov & Dec
NON-MEMBER RATE: \$80/Oct, \$60/Nov & Dec

LOCATION: Lakewood Community Center / Shuttle-Yes
9112 Lakewood Dr SW, Lakewood WA 98498

CODE	DAY	DATES	TIME	REGISTER BY
21013	Mon	Oct 6-27	5:00-6:30 pm	Oct 3
21012	Mon	Nov 3-17	5:00-6:30 pm	Oct 31
21014	Mon	Dec 1-15	5:00-6:30 pm	Nov 28

NO Grit City Peers Crew: Nov 24, Dec 22, 29



The Hangout

This laid-back program offers a fun mix of activities shaped around a different theme each week. Stay active shooting hoops, t-ball, kickball, and stretching. Enjoy games like trivia, Pictionary, coloring pages, and snack time to keep you energized. We also host a Monthly Talent Show and BINGO Day—don't miss out! Bring a packed lunch, wear comfy clothes, and come ready to move, laugh, and make new friends!

** Do you know someone with a cool job or interest who would like to visit The Hangout and talk about what they do? We LOVE special guests! Please reach out to Karli Schwimmer at Karli.Schwimmer@piercecountywa.gov.*

AGE: 18+ MEMBER RATE: \$81
NON-MEMBER RATE: \$162

LOCATION: Lakewood Community Center / Shuttle - Yes
9112 Lakewood Dr SW, Lakewood WA 98498

CODE	DAY	DATES	TIME	REGISTER BY
21004	Wed	Oct 8-22	9:00 am-2:00 pm	Oct 6
21005	Wed	Nov 5-19	9:00 am-2:00 pm	Nov 3
21006	Wed	Dec 3-17	9:00 am-2:00 pm	Dec 1

NO Hangout: Oct 1, 29, Nov 26, Dec 24, 31



10

DIGITAL EDITION



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

Pierce Co. Parks Specialized Rec.

COMMUNITY PROGRAMS & EVENTS



Club Pierce

Club Pierce offers a range of personally enriching activities for individuals with disabilities who want to engage with the community and have fun. Participants will enjoy a variety of experiences including volunteering, visiting different organizations, and exciting field trips. Activities are designed to enhance socialization, build independence skills, and strengthen resumes. When not exploring the community, attendees will take part in activities such as crafts, sports, and cooking.

Due to high demand, registration is limited to one location per day each week. Participants are encouraged to join the waitlist for fully booked dates to be contacted if spots become available. Join Club Pierce to explore, learn, and have a great time!

AGE: 18+ MEMBER RATE: \$87
NON-MEMBER RATE: \$174

LOCATION: Puyallup Recreation Center / Shuttle - Yes
808 Valley Ave NW, Puyallup WA 98371

CODE	DAY	DATES	TIME	REGISTER BY
20976	Mon	Oct 6-20	9:00 am-2:00 pm	Sept 29
20977	Mon	Nov 3-17	9:00 am-2:00 pm	Oct 27
20978	Mon	Dec 1-15	9:00 am-2:00 pm	Nov 24

NO Mon Club Pierce: Oct 27, Nov 24, Dec 22, 29

LOCATION: Lakewood Community Center / Shuttle - Yes
9112 Lakewood Dr SW, Lakewood WA 98498

CODE	DAY	DATES	TIME	REGISTER BY
20973	Thurs	Oct 9-23	9:00 am-2:00 pm	Sept 29
20974	Thurs	Nov 6-20	9:00 am-2:00 pm	Oct 27
20975	Thurs	Dec 4-18	9:00 am-2:00 pm	Nov 24

NO Thurs Club Pierce: Oct 2, 30, Nov 27, Dec 25

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

Dinner & A Movie!

We're going to the movies! The movie title (rated G to PG-13) will be a surprise until the week before we go, but we promise it'll be great. Before or after the movie, we'll chow down on some dinner together. Registered participants will meet at the entrance to the movie theater at the South Hill Mall. Participants can then be picked up at the same location (South Hill Mall movie theater entrance) at the end of the activity.

Please look up the movie's rating and description to ensure it's a good choice for your participant. Participants may bring up to \$25 in cash to purchase snacks for themselves. Due to dietary and safety concerns, participants may not purchase snacks for anyone else or share their snacks.

AGE: 13+ MEMBER RATE: \$50
NON-MEMBER RATE: \$100

LOCATION: Regal South Hill Cinema / Shuttle - Yes
3500 S Meridian, Puyallup WA 98373

CODE	DAY	DATES	TIME	REGISTER BY
20981	Wed	Oct 8	4:30-8:30 pm	Sept 30
20980	Wed	Nov 5	4:30-8:30 pm	Oct 29

Empowering Your Future Workshop on Interview Skills & Confidence Building

Pierce County Human Resources and the Parks Specialized Recreation (PCSR) program have teamed up to offer a supportive workshop for job seekers with disabilities. This session will help you build confidence and learn practical tools to succeed in job interviews. Everyone is welcome!

Workshop Explores:

- Interview Tips & Strategies
- Mock Interviews
- What to Wear
- Self-Advocacy

AGE: 15+ MEMBER RATE: \$5
NON-MEMBER RATE: \$10

LOCATION: Sprinkler Recreation Center / Shuttle - Yes
Rainier Room
521 Military Road S, Tacoma WA 98444

CODE	DAY	DATE	TIME	REGISTER BY
20971	Thurs	Nov 13	1:30-3:30 pm	Nov 11

Pierce County Parks
SPECIALIZED RECREATION

DIGITAL EDITION

11

COMMUNITY PROGRAMS & EVENTS

Pumpkin Spice Decorating & KARAOKE!

Fall is here...let's celebrate with a pumpkin spice-themed social! We're bringing the pumpkin patch to you! Each participant will pick a pumpkin from our "PCSR Pumpkin Patch" at the Sumner Senior Center (no off-site trip this year). Choose to meet at Sumner Senior Center or Lakewood Community Center.

Meeting in Lakewood? We'll drive together to Sumner Senior Center in our accessible shuttle bus. Enjoy pumpkin spice treats, decorate your pumpkin, take a walk to the park (weather permitting), and end the day with karaoke fun!

AGE: 13+ MEMBER RATE: \$25
NON-MEMBER RATE: \$50

LOCATION: Sumner Senior Center / Shuttle - NO
15506 62nd St Ct E, Sumner WA 98390

CODE	DAY	DATE	TIME	REGISTER BY
20966	Sat	Oct 4	1:30-3:30 pm	Oct 4

AGE: 13+ MEMBER RATE: \$35 (includes transportation to SSC)
NON-MEMBER RATE: \$70 (includes transportation to SSC)

LOCATION: Lakewood Community Center / Shuttle - Yes
9112 Lakewood Dr SW, Lakewood WA 98498

CODE	DAY	DATE	TIME	REGISTER BY
20965	Sat	Oct 4	12:30-4:30 pm	Oct 4



Costume Party BINGO & DANCING

Trick or Treat! You're invited to a scare-tastic costume party. Wear your favorite costume and get ready for some eerie-sistible BINGO with friends. After the BINGO fun, we'll crank up the tunes with hits like *Monster Mash* and *Time Warp*. Don't miss out on this lively night of laughter, music, and light snacks!

Please eat dinner before arriving—snacks will be provided, but not a full meal.

AGE: 13+ MEMBER RATE: \$15
NON-MEMBER RATE: \$30

LOCATION: STAR Center / Shuttle - Yes
3873 S 66th St, Tacoma WA 98409

CODE	DAY	DATE	TIME	REGISTER BY
20963	Thurs	Oct 30	5:00-7:00 pm	Oct 28



Lights Out BOO-Brunch

Get ready for a afternoon glow party during a fun, welcoming, and sensory-friendly event created for people with disabilities. Enjoy a warm brunch of pancakes, bacon, and fruit, then stick around for glow-in-the-dark mini golf and blacklight-themed activities.

Guests will decorate their own trick-or-treat bags and explore the gym and lobby for glowing fun in a safe and supportive space.

Costumes are encouraged, but please make sure your costumes are appropriate and not too scary for this event.

AGE: 18+ MEMBER RATE: \$11
NON-MEMBER RATE: \$22

LOCATION: Lakewood Community Center / Shuttle - Yes
9112 Lakewood Dr SW, Lakewood WA 98498

CODE	DAY	DATE	TIME	REGISTER BY
20970	Fri	Oct 31	12:00-2:00 pm	Oct 28

12

DIGITAL EDITION


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

Pierce Co. Parks Specialized Rec.

COMMUNITY PROGRAMS & EVENTS



BINGO Parties!

Let's play multiple rounds of BINGO with small, themed prizes for the winners (sugar-free options available) We want everyone to leave with a smile and a prize! All bingo supplies will be provided, and each participant receives a complimentary themed prize before leaving.

AGE: 13+ MEMBER RATE: \$11
NON-MEMBER RATE: \$22

LOCATION: Lakewood Community Center / Shuttle - Yes
9112 Lakewood Dr SW, Lakewood WA 98498

OCTOBER - MONSTER MASH BINGO!

Theme: Dance Party with Friendly Monsters. Let's boogie with funky monsters, disco balls, and silly dance moves. A night full of music, laughter, and monster-themed fun!

CODE	DAY	DATE	TIME	REGISTER BY
20954	Sat	Oct 11	5:00-7:00 pm	Oct 10

NOVEMBER - GRATITUDE & GIGGLES BINGO!

Theme: Thankfulness & Cozy Autumn Vibes. Bring everyone together for a night of warmth and fun. Think turkeys, pies, acorns, and plaid décor. Celebrating friendship and gratitude.

CODE	DAY	DATE	TIME	REGISTER BY
20955	Sat	Nov 8	5:00-7:00 pm	Nov 7

DECEMBER - HOLIDAY HITS BINGO!

Theme: Inspired by Favorite Holiday Movies. Celebrate the season with bingo cards full of cheerful winter scenes, silly characters, snowy fun, and holiday magic. Perfect for fans of feel-good movies and festive cheer!

CODE	DAY	DATE	TIME	REGISTER BY
20956	Sat	Dec 13	5:00-7:00 pm	Dec 12

Monthly DANCE Parties!

Each month we're hosting a themed dance party, so dig out your dancing shoes and prepare to dance the night away with us! Light snacks and a themed photobooth included.

AGE: 13+ MEMBER RATE: \$11
NON-MEMBER RATE: \$22



LOCATION: Meridian Habitat Center / Shuttle - Yes
14422 Meridian East, Puyallup WA 98375

CODE	DAY	DATE	TIME	REGISTER BY
20958	Fri	Oct 10	6:00-8:00 pm	Oct 9



LOCATION: Puyallup Activity Center / Shuttle - Yes
210 W Pioneer Ave STE 103, Puyallup WA 98371

CODE	DAY	DATE	TIME	REGISTER BY
20959	Fri	Nov 14	6:00-8:00 pm	Nov 13



LOCATION: Puyallup Activity Center / Shuttle - Yes
210 W Pioneer Ave STE 103, Puyallup WA 98371

CODE	DAY	DATE	TIME	REGISTER BY
20960	Fri	Dec 12	6:00-8:00 pm	Dec 11

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



DIGITAL EDITION

13

COMMUNITY PROGRAMS & EVENTS

Sumner Santa Parade

Santa's coming to Sumner! Enjoy festive floats, cheerful music, and magic. Meet us at the Sumner Senior Center or the Lakewood Community Center and ride the PCSR shuttle bus to the parade with us. The parade starts at 3:30 pm. Please bring: a chair, warm clothes and a blanket, water, and a lunch (snacks provided, but no full meal). Provided snacks include: hot cocoa, apple cider, cookies, and trail mix.

If a 1:1 is needed, they must follow in their own vehicle due to limited shuttle space.

AGE: 15+ MEMBER RATE: \$20
(includes transportation to/from parade)
NON-MEMBER RATE: \$40
(includes transportation to/from parade)

LOCATION: Sumner Senior Center / Shuttle - NO
15506 62nd St Ct E, Sumner WA 98390

CODE	DAY	DATE	TIME	REGISTER BY
20968	Sat	Dec 6	2:30-5:00 pm	Dec 1

LOCATION: Lakewood Community Center / Shuttle - Yes
9112 Lakewood Dr SW, Lakewood WA 98498

CODE	DAY	DATE	TIME	REGISTER BY
20969	Sat	Dec 6	1:30-6:00 pm	Dec 1



Lights & Delights

Tour Fantasy Lights, the largest drive-through display of lights in the Northwest in one of our holiday party buses! Our Pierce County accessible buses will have the best seats in town with their giant windows. Fantasy Lights display features nearly 300 elaborate displays with thousands of sparkling lights. When we've finished oohing and ahing over the lights, we'll head back to the community center for a tasty dessert together. Yum!

AGE: 13+ MEMBER RATE: \$25
NON-MEMBER RATE: \$50

LOCATION: Lakewood Community Center / Shuttle - Yes
9112 Lakewood Dr SW, Lakewood WA 98498

CODE	DAY	DATE	TIME	REGISTER BY
20983	Thurs	Dec 11	5:00-8:00 pm	Dec 8



Santa Sounder

Santa's Coming: Santa Sounder Train Adventure!

Board the Sounder Train in Puyallup for a festive round-trip to Seattle! Enjoy holiday activities and a special Ho-Ho-Holiday guest onboard. We'll catch the last northbound train from Puyallup to Seattle, remain onboard, and return to Puyallup on the last southbound train, arriving around 7:15 pm. Upon our return, each family will have special time with Santa—an ideal chance to share your last-minute gift wishes!

This inclusive event welcomes families and friends, so everyone is invited to ride with us. Please make sure each person registers to join the fun!

ALL AGES MEMBER RATE: \$11
NON-MEMBER RATE: \$22

LOCATION: Puyallup Sounder Train Station / Shuttle - Yes
131 West Main Ave, Puyallup WA 98371

CODE	DAY	DATE	TIME	REGISTER BY
20979	Mon	Dec 15	5:00-7:45 pm	Dec 15

14 **DIGITAL EDITION**



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

Pierce Co. Parks Specialized Rec.

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-impact aerobic exercises include walking, marching, rolling shoulders and dancing. This program will also incorporate a different core strength practice each week, such as yoga and Pilates.

AGE: 13+ MEMBER RATE: \$24
NON-MEMBER RATE: \$48

LOCATION: Lakewood Community Center / Shuttle - Yes
9112 Lakewood Dr SW, Lakewood WA 98498

CODE	DAY	DATE	TIME	REGISTER BY
20940	Fri	Oct 3-24	10:30 am-12:00 pm	Oct 5
20941	Fri	Nov 7-21	10:30 am-12:00 pm	Nov 5
20942	Fri	Dec 5-19	10:30 am-12:00 pm	Dec 5

NO Low Impact Aerobics: Oct 31, Nov 28, Dec 26



Let's Play SPORTS!

Participants will play court sports such as basketball, floor hockey, kickball and more! This activity provides a wonderful opportunity to compete with your peers and have fun; in addition to learning a variety of exercises designed to improve skills and knowledge of each sport.

Join Let's Play Sports after Club Pierce or before Grit City Peers Crew for a full day of activities on Mondays.

AGE: 8+ MEMBER RATE: \$24
NON-MEMBER RATE: \$48

LOCATION: Lakewood Community Center / Shuttle - Yes
9112 Lakewood Dr SW, Lakewood WA 98498

CODE	DAY	DATE	TIME	REGISTER BY
20947	Mon	Oct 6-27	3:30-4:30 pm	Oct 5
20948	Mon	Nov 3-17	3:30-4:30 pm	Nov 5
20949	Mon	Dec 1-15	3:30-4:30 pm	Dec 5

NO Let's Play Sports!: Nov 24, Dec 22, 29

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



DIGITAL EDITION

15

FITNESS & SPORTS



Recreational Swim

Have fun hanging out with your peers at Pacific Lutheran University Pool! This is not an instructional class and participants should be confident in their swimming ability or come with the assistance of 1:1 aide. Lifeguards will be on duty and Pierce County Parks Specialized Recreation staff will be onsite to supervise pool time.

AGE: 10+ MEMBER RATE: \$36
NON-MEMBER RATE: \$72

LOCATION: Pacific Lutheran University Pool / Shuttle - Yes
905 124th St S, Parkland WA 98444

CODE	DAY	DATE	TIME	REGISTER BY
21022	Mon	Oct 6-27	6:30-7:30 pm	Oct 5
21023	Mon	Nov 3-24	6:30-7:30 pm	Nov 5

NO Rec Swim: December



16

DIGITAL EDITION


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

Sumner Swim Social

Join us at the largest YMCA in the state of Washington for a swim social! Sumner YMCA is not on the Pierce Shuttle line, but we are offering transportation from Lakewood Community Center to Sumner for an additional fee.

Please complete the swim waiver and email to karli.schwimmer@piercecountywa.gov once completed www.ymcapkc.org/join/guest-pass

AGE: 10+ MEMBER RATE: \$15
NON-MEMBER RATE: \$30

LOCATION: Sumner YMCA / Shuttle - NO
16101 64th St E, Sumner WA 98390

CODE	DAY	DATE	TIME	REGISTER BY
20951	Sun	Nov 9	12:00-2:00 pm	Nov 6

AGE: 10+ MEMBER RATE: \$20
NON-MEMBER RATE: \$40

LOCATION: Lakewood Community Center / Shuttle - Yes
9112 Lakewood Dr SW, Lakewood WA 98498

PCSR Buses will transport participants to/from Sumner YMCA

CODE	DAY	DATE	TIME	REGISTER BY
20952	Sun	Nov 9	11:15 am-2:45 pm	Nov 6

Recreational Bowling

Come bowl two relaxed games and have a fun time with your bowling partner. To bowl with a specific friend, please register and email grant.hampton@piercecountywa.gov. Price includes shoe rental and two games. All abilities welcome!

AGE: 8+ MEMBER RATE: \$27
NON-MEMBER RATE: \$54

LOCATION: Paradise Lanes Entertainment Center / Shuttle - Yes
12505 Pacific Ave S, Tacoma WA 98444

CODE	DAY	DATE	TIME	REGISTER BY
20944	Fri	Nov 7-21	3:30-5:00 pm	Nov 5
20945	Fri	Dec 5-19	3:30-5:00 pm	Dec 5

NO Rec Bowling: October, Nov 28, Dec 26

Pierce Co. Parks Specialized Rec.



Recreational Cheer & Dance (Winter Season)

Bring your energy and team spirit! Recreational Cheer & Dance is a non-competitive program that blends sideline cheer with fun halftime-style dance routines. Athletes will learn cheerleading motions, chants, and choreographed routines in a positive and inclusive environment.

While this program does not include Special Olympics Washington competitions, athletes will have the exciting opportunity to perform at local PCSR scrimmages and community basketball events throughout the season.

No prior cheer or dance experience is required — just a great attitude and a willingness to try something new. Athletes should wear comfortable clothing and athletic shoes.

AGE: 8+ MEMBER RATE: \$63

NON-MEMBER RATE: \$126

LOCATION: Lakewood Community Center / Shuttle - Yes
9112 Lakewood Dr SW, Lakewood WA 98498

CODE	DAY	DATE	TIME	REGISTER BY
20950	Mon	Dec 1-Feb 23	6:30-7:30 pm	Dec 12

NO Rec Cheer: Dec 15, 22, 29

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

YOU COULD QUALIFY

SCHOLARSHIPS AVAILABLE

Pierce County residents participating in recreational programs may be eligible for scholarship funds based on income and family size.

Learn more and apply online:
www.PierceCountyWA.Gov/ParkScholarship

Pierce County Parks
SPECIALIZED RECREATION

DIGITAL EDITION 17

SPECIAL OLYMPICS



50 YEARS
1975 - 2025

Please Note:

- To learn more about Special Olympics and complete athlete forms please visit, <https://SpecialOlympicsWashington.org>.
- For questions regarding Pierce County Parks' Special Olympics or Recreational Sports, please reach out to Grant Hampton (253) 732-8066 or email grant.hampton@piercecountywa.gov.
- Special Olympics has not released dates or location for Sub-Regional or Regional Tournaments or State Games.
- A reliable email is required to receive all updates.
- Special Olympics WA **requires** all athlete forms to be submitted through their online registration portal. Paper forms (ARF/Medical) are no longer accepted. All forms must be completed before attending practice or competition.
- Sport registrations include weekly practice, sub-regional, and regional competition.
- State competitions are not included with registration and may have a separate fee if your team qualifies.
- New athletes will receive a basketball jersey.
- Returning athletes should use last year's jersey.
- All participants must wear athletic apparel (shorts, socks, sneakers).



18

DIGITAL EDITION

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

Special Olympics Basketball Competitive 5v5 (Winter Season)

Competitive Basketball is designed for athletes with advanced basketball skills and a strong understanding of game strategy. Practices will focus on high-intensity drills, full-court scrimmages, offensive play execution, and defensive structure. Athletes in this program are expected to bring consistent effort, strong communication, and a team-first mindset. This program is best suited for athletes who have demonstrated confidence and composure in game settings, are in good physical condition, and are ready for a more rigorous pace of play. Practices emphasize skill refinement, teamwork, and preparation for competitive-level tournaments.

Roster spots are limited to 20 athletes (10 per team). Athletes will be evaluated to SOWA standards and may be placed at another level to best support their development and success.

AGE: 16+ MEMBER RATE: \$116
NON-MEMBER RATE: \$232

LOCATION: Lakewood Community Center / Shuttle - Yes
9112 Lakewood Dr SW, Lakewood WA 98498

CODE	DAY	DATE	TIME	REGISTER BY
20935	Thurs	Dec 4-Feb 26	6:30-8:30 pm	Dec 12
	Sat		1:00-4:00 pm	

NO SO Competitive Basketball: Dec 25, 27, Jan 1, 3

Special Olympics Basketball Traditional 5v5 (Winter Season)

Traditional 5v5 basketball offers a full-court team experience focused on continued skill development, game play, and team strategy. Athletes will participate in structured practices that include offensive and defensive drills, conditioning, and teamwork. Players will run plays, communicate on the court, and build their understanding of basketball rules and game flow. This program is a great fit for athletes with developing or intermediate basketball experience who are ready to compete in a team setting. Coaches will support each athlete's growth while preparing teams for competition.

Roster spots are limited to 40 athletes (10 per team). All athletes will be evaluated to SOWA standards and may be placed into a program level (Individual Skills, Team Skills, Traditional, or Competitive) based on experience, readiness, and availability.

AGE: 11+ MEMBER RATE: \$87
NON-MEMBER RATE: \$174

LOCATION: Lakewood Community Center / Shuttle - Yes
9112 Lakewood Dr SW, Lakewood WA 98498

CODE	DAY	DATE	TIME	REGISTER BY
20936	Wed	Dec 3-Feb 25	6:00-8:00 pm	Dec 12

NO SO Traditional Basketball: Dec 24, 31

Pierce Co. Parks Specialized Rec.

SPECIAL OLYMPICS



Special Olympics Basketball Individual Skills (Winter Season)

Individual Skills focuses on building basketball fundamentals in a supportive and active environment. Athletes work on core skills like passing, dribbling, and shooting through structured drills and practice stations. This format allows for more movement and individual attention while developing transferable skills that support progression toward team play. This program is a great fit for athletes who are developing their coordination, confidence, and readiness for game-based basketball.

AGE: 8+ MEMBER RATE: \$70
NON-MEMBER RATE: \$140

LOCATION: Lakewood Community Center / Shuttle - Yes
9112 Lakewood Dr SW, Lakewood WA 98498

CODE	DAY	DATE	TIME	REGISTER BY
20937	Tues	Dec 2-Feb 24	5:30-6:30 pm	Dec 12

NO SO Individual Skills Basketball: Dec 23, 30

Special Olympics Basketball Team Skills (Winter Season)

Team Skills is a structured and supportive introduction to basketball that emphasizes teamwork, consistency, and fundamentals. Athletes work together in small groups to complete a patterned passing and shooting sequence. Each player takes turns passing and rotating through set positions before one athlete shoots. This process is repeated five times in each half of the game. The format is non-contact and does not include defense, allowing athletes to focus on skill development in a calm, predictable environment. Team Skills is a great fit for athletes who enjoy routine, group collaboration, and learning through repetition. For those interested in more dynamic play and skill progression, Individual Skills may provide a stronger bridge to full-court team competition.

AGE: 8+ MEMBER RATE: \$70
NON-MEMBER RATE: \$140

LOCATION: Lakewood Community Center / Shuttle - Yes
9112 Lakewood Dr SW, Lakewood WA 98498

CODE	DAY	DATE	TIME	REGISTER BY
20938	Tues	Dec 2-Feb 24	6:30-7:30 pm	Dec 12

NO SO Team Skills Basketball: Dec 23, 30

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



DIGITAL EDITION

19



Pierce County *Parks*

SPECIALIZED RECREATION - ADVENTURE WITHIN REACH

9112 Lakewood Dr SW
Lakewood, WA 98499

PLEASE HELP!

We need coaches for Sports Programs

Please email grant.hampton@piercecounitywa.gov to learn more about coaching

Pierce County *Parks*
SPECIALIZED RECREATION

ADVENTURE WITHIN REACH

YOUR NEXT ADVENTURE IS CALLING! | WWW.PIERCECOUNTYWA.GOV/PCSR

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

Pierce Co. Parks Specialized Rec.

Fall 2025

Sept 7 - Dec 21

Vol. 19



Featured Functions

DUSTY BOOTS BOOGIE

Get ready to kick up your boots and celebrate fall with us! This western-themed afternoon is packed with fun for everyone—learn a line dance, jump in for a group performance, join in Sarah as she leads drumming and dancing. Stop by our old-timey photo booth to snap a sepia-toned picture with friends as a keepsake. Whether you're dancing, crafting, or just soaking in the good vibes, this event is all about connection, celebration, and fall fun.

Sunday, November 9

1:00 - 4:00 pm

\$34.00 Registration | \$17 with scholarship
Tacoma Armory: 1001 S Yakima Ave, Tacoma, WA 98405, USA

DUNGEONS & DRAGONS

Yearn for adventure? Fantasy? Laughter? Connection? Come play D&D—a fun tabletop role-playing game filled with exciting story twists! Band together with your fellow party members and roll the dice to determine if your character succeeds or fails the challenges. No experience necessary. We will play a short 5-week 5-character campaign. Welcoming ages 13+.

(Session 1) September 8 - October 6

Mondays 4:00 - 6:00 pm

(Session 2) October 13 - November 17

Mondays 4:00 - 6:00 pm

\$43.00 Registration | \$20 with scholarship
Broadway Office: 1124 Broadway, Tacoma, WA 98402, USA

Contact Us!

Follow our Instagram:
@sequoiatr253

Follow our Facebook:
facebook.com/Sequoiatr

Check out our website:
www.sequoiatr.org

Call Us:

(253) - 203 - 6111

Email Executive Director:

kodi@sequoiatr.org

Our main office:

6613 S. Cheyenne St, Tacoma, WA
98409

Inside the Issue:

Registration
info for:

- Sequoia Social
- Bowling
- Birdability® Outings
- Pottery Classes
- Painting
- Community Inclusion, Life Skills, Staff & Family Consultation, and Community Engagement and more!



Josh & Logan at bowling



Drew & Kodi

Sequoia Therapeutic Rec.

Group Activities & Events

LINE DANCING CLASS

This 10-week class combines the joy of movement with opportunities to build confidence and practice social skills. We will learn and practice 2-3 popular line dances like the Electric Slide, the Cupid Shuffle and the Tush Push. This class prioritizes enjoyment and inclusion over perfection. The goal is to give participants the tools to confidently join in dances at weddings, community events, or family gatherings—and most importantly, to have fun!

September 10 - November 12

Wednesdays, 12:30 - 2:00 pm

\$150.00 Registration | \$75.00 with scholarship
GoodFit + FitFight: 8107 Steilacoom Blvd SW, Lakewood,
WA 98498, USA



Annie Bell, Caly, Jim, & Sandy

LINE DANCING: SATURDAY SESSIONS

Can't commit to the weekly class but still want to boogie? Unsure but curious about line dancing? These sessions are for you! Join us for one or both of these Saturday dates to try out line dancing in a fun, supportive, accessible, and beginner friendly environment.

Saturday, October 11

11:30 - 1:00 pm

Saturday, December 6

11:30 - 1:00 pm

\$25.00 Registration | \$15 with scholarship
GoodFit + FitFight: 8107 Steilacoom Blvd SW, Lakewood, WA 98498, USA



Logan's delivery!

SEQUOIA SOCIAL

Enjoy socializing with old friends and new at the beginning of the week. During this 11-week program, you'll create seasonal arts & crafts, play fun games of your choice, and make something tasty in the kitchen. It's OK to bring a snack and a drink. We're so excited to see you at the Sequoia Social!

September 8 - November 17

Mondays 12:30 - 2:30 pm

\$225.00 Registration | \$112 with scholarship
Fircrest Presbyterian Church: 1250 Emerson St, Fircrest, WA 98466,
USA

BOWLING

Join Sequoia TR for weekly recreational bowling with friends. This program is a great chance to hang out and enjoy each other's company while playing the fun game of bowling. All levels welcome. If you'd like, you're welcome to arrive 10 minutes early for a bit of practice before the program starts. Teams will bowl 2 games, no lane switching. If you have a team request, please include that on your registration and STR staff will do our best to partner folks together. You are invited to bowl Special Olympics with any other team and bowl recreationally with Sequoia.

September 10 - November 19

Wednesdays 4:00 - 5:30 pm

\$225.00 Registration | \$112 with scholarship
Bowlero Lanes of Lakewood: 3852 Steilacoom Blvd SW, Lakewood, WA 98499, USA





Hollie & Bronwyn glazing pots



Lindsey, Kevin, and crew serving tacos

POTTERY

Get your hands dirty, unleash your creativity, and learn the art of pottery in this class designed to build your skills in a fun, supportive environment. You'll explore hand molding, glazing, and trying out the pottery wheel. No experience? No problem! Whether you're shaping your first piece or refining your technique, this class is all about learning, creating, and having fun. Bring your imagination and enthusiasm—we'll provide the clay, tools, and plenty of encouragement. Spaces are limited.

October 14 - November 11**Tuesdays 3:00 - 5:00 pm**

\$125.00 Registration | \$65 with scholarship
Braeburn House: 9002 37th St W, University Place, WA 98466, USA

THE PLEASURE OF PAINTING

Discover the joy of painting! Unleash your creativity in this five-week class for artists ages 15+ of all skills and abilities. Each week, we'll explore a new type of paint—like watercolor, acrylic, and more—while experimenting with different techniques and creative tools. With guidance from our instructor and support from volunteers, you'll build your skills, express yourself, and most importantly—have fun! No experience or supplies needed—just bring your imagination and prepare to let it run wild.

September 9 - October 7**Tuesdays 4:00 - 6:00 pm**

\$130.00 Registration | \$65 with scholarship
Broadway Office: 1124 Broadway, Tacoma, WA 98402, USA



Kevin & Ashley's butter chicken

COOKING

Ready to sharpen your kitchen abilities and cook up some fun? Join us in this cooking course where you'll learn and build on essential kitchen skills in a supportive, small-group setting—alongside friendly student volunteers. Learn how to make easy, seriously delicious, and nutritious meals designed to be re-creatable when taken back to your home kitchens. No experience? No problem! Regardless of how comfortable you feel in the kitchen, we'll guide you step by step. Plus, we want to hear about your favorite foods, dietary needs, and interests so we can create a personal, relevant experience for you. Come with a zest for learning and leave with new skills—and a tasty dinner each week! Sign up today; spaces are limited.

October 16 - November 13**Thursdays 3:30 - 5:30 pm**

\$200.00 Registration | \$100 with scholarship
Braeburn House: 9002 37th St W, University Place, WA 98466, USA



BIRDABILITY®

Meet your friends from Sequoia TR and new friends from the Tacoma Bird Alliance outside as we explore local habitats and birdwatch together. Naturalists and Birdability® Captains will walk with us; helping to identify and teach us about the different birds we see or hear. This experience is perfect for all abilities. It sprinkles, drizzles, and rains in the PNW – wear proper clothing for the weather. There will be three Birdability® walks this quarter – please register for each individual location/date you plan to attend.

Saturday, September 27**10:00 am - 12:00 pm**

In September, meet us at the Tacoma Nature Center to explore the trails of Snake Lake where we are expecting to see and hear Chickadees, waterfowl, Spotted Towhees, and maybe a Peregrine Falcon or a Barred Owl. Snake Lake is also home to many other creatures that we may encounter or learn about on this walk. Keep in mind this trail is not paved, but it is pretty solid.

\$16.00 Registration | \$8 with scholarship
Tacoma Nature Center: 1919 S Tyler St, Tacoma, WA 98405, USA

Saturday, October 25**10:00 am - 12:00 pm**

In October, meet us at Bradley Lake Park. Rain or shine, we'll journey around Bradley Lake, which is flat and paved, with a nice bench with a viewing point half way through the forested one mile loop, making it perfect for all abilities. Expected birds include a Great Blue Heron, Chickadees, Northern Flickers, waterfowl, wrens, and more.

\$16.00 Registration | \$8 with scholarship
Bradley Lake Park: 531 31st Ave SE, Puyallup, WA 98374, USA

Saturday, November 1**10:00 am - 12:00 pm**

November will find us exploring Adriana Hess Wetland Park; Tahoma Bird Alliance's headquarters! These trails are not paved, but they are wide and have gentle slopes. There is a viewing deck less than a mile from the parking lot with a fantastic view of the wetland, where we hope to see Red-winged blackbirds, warblers, or woodpeckers!

\$16.00 Registration | \$8 with scholarship
Adriana Hess Wetland Park: 2917 Morrison Rd W, University Place, WA 98466, USA



Sequoia birders looking & listening



Steve & Megan spotting a bird



Birdability® is a registered trademark of Birdability, a Texas nonprofit corporation.

Sequoia Therapeutic Rec.



Peggy & Rachel



Mike, Nik, Josh & Elijah



Ben & Patricia

HALLOWEEN BUNCO PARTY

Engage in a delightful social dice game with your friends. Join us for an entertaining Halloween-themed afternoon in our brand new office space located at 1124 Broadway in the heart of Tacoma. Gather in groups of four to roll the dice for points in the lively game of Bunco. Throughout the game, expect friendly rotations of seats and tables. Experienced Bunco players will be on hand to ensure everyone has a fantastic time together. Plus, don't miss out on the chance to win exciting themed prizes at the end of the event. Costumes optional but highly encouraged. Come join the fun!

Saturday, October 18

12:30 - 3:30 pm

\$37.00 Registration | \$18 with scholarship
Broadway Office: 1124 Broadway, Tacoma, WA 98402, USA

MINI GOLF & DINNER

Meet friends at Tower Lanes this winter for some mini golf followed by dinner! We encourage you to wear your festive holiday attire! Bring \$25 for dinner. Volunteers please register to help with this outing.

Wednesday, December 3

4:00 - 6:00 pm

Wednesday, December 10

4:00- 6:00 pm

\$34.00 Registration | \$17 with scholarship
Tower Lanes: 6323 6th Ave, Tacoma, WA 98406, USA



Liesl lovin' it



Happy Holidays



Bowling in ACTION

BOWLING & DINNER WITH WILD & FUN GIFT EXCHANGE

Wear an ugly holiday sweater, bring a \$15 gift to exchange, and meet us at Bowlero Lanes of Lakewood for a fun evening of bowling dinner, and gift exchange. Pizza dinner included! Please wrap your gifts and be prepared for a friendly frenzied fun gift exchange. We invite family and supporters to join in on the fun this year.

Wednesday, December 17

4:00 - 6:00 pm

\$34.00 Registration | \$17 with scholarship
Bowlero Lanes: 3852 Steilacoom Blvd SW, Tacoma, WA 98499, USA





Selfie! Swana & Patty



Jobs 253 Interns



Sharon & Jon

THE GREAT COOKIE CLASS

Who loves baking (and eating) cookies?! We will spend our time in and out of the kitchen at Fircrest Presbyterian Church creating delicious cookies to eat and share. Please let us know what dietary considerations you have to help us narrow down our favorite cookie recipes.

Monday, December 1

12:30 - 2:30 pm

\$34.00 Registration | \$17 with scholarship
Fircrest Presbyterian Church: 1250 Emerson St, Fircrest, WA 98466, USA

HOMEMADE HOLIDAY (REUSABLE) WREATHS

This fall we will be making Homemade Holiday (reusable) Wreaths & a Twig Star ornament using natural supplies. Please meet us at Fircrest Presbyterian Church for a fun festive afternoon.

Monday, December 8

12:30 - 2:30 pm

\$34.00 Registration | \$17 with scholarship
Fircrest Presbyterian Church: 1250 Emerson St, Fircrest, WA 98466, USA

CARDS, COCOA, CIDER, AND KARAOKE CAROLS

Gather together and sip on cocoa or tea while we create holiday cards for your friends and family. Sing songs or just listen happily, optional Karaoke.

Monday, December 15

12:30 - 2:30 pm

\$34.00 Registration | \$17 with scholarship
Fircrest Presbyterian Church: 1250 Emerson St, Fircrest, WA 98466, USA

REGISTRATION INFORMATION

Our programs are all online for easy registration via phone, tablet, or computer. The first registration does take a bit of time for new families. We ask a lot of questions to make sure we are prepared to provide the best service and support needed. After the first registration, signing up is easy. Our programs are priced as low as possible to make sure many people can participate thanks to donations and grants.

Navigate to <https://www.sequoiatr.org/activities> and select the activity you would like to sign up for from the calendar. Click register on the bottom right hand side of the page and follow the prompts

Visit our website for answers to these questions

- I want to sign up for more than one program, do I have to start over each time?
- I am not super with a computer is there another way to register?
- Can I use DDA to pay for programs?
- I want to use my DDA to pay for programs how can I register online?
- I have limited income but I want to participate in programs.
- I applied for a scholarship, do I need to wait to sign up?
- I signed up for a program, but something came up and I can't go what do I do?
- I forgot I was scheduled for a one time program and I didn't go
- I participate in a weekly program but can't make it to one session what do I do?



Individual Services

We offer a variety of one-on-one supports to help you build skills, connect with your community, and get the right help for your unique needs. Our Individual Services include Life Skills, Community Engagement, Community Inclusion, and Staff & Family Consultation. Each service is designed to support you in different ways—and your DDA case manager is the one who can request and authorize them for you. Not sure which service might be the best fit? Just ask us! We're happy to answer your questions and help you understand your options.

Life Skills

Life Skills (previously called Specialized Habilitation) is all about learning, practicing, and keeping the skills you need to live your best life. We work on things like building confidence, staying safe, speaking up for yourself, and navigating life's everyday twists and turns. You might learn how to use social media safely, order food at a restaurant, solve problems when plans change, or get comfortable with a new caregiver. Whether it's figuring out a vending machine, finding your way after missing the bus, or making new friends, Life Skills is about helping you feel capable, confident, and connected.



Community Engagement

Community Engagement is your passport to discovering the people, places, and resources around you. Together, we'll explore what sparks your interest—whether that's joining a club, checking out local events, or connecting with neighbors. Your provider will help you set personal goals, find activities that fit your budget, and build lasting, healthy relationships in the community. It's flexible, creative, and all about making your community feel like home.



If you're interested in any of our Individual services, let us know! Visit sequoiatr.org and navigate to our "contact us" page to get in touch!

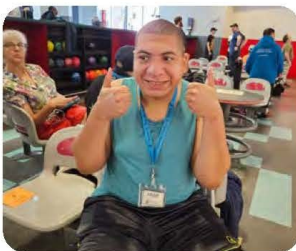
Community Inclusion

Community Inclusion is your ticket to meaningful, real-world experiences that help you grow friendships, learn new things, and get involved in activities you truly enjoy. These activities are individualized, happen in your local community, and help you connect with people who aren't paid staff. It could be volunteering, joining a class, or becoming part of a group that shares your interests. The goal? Independence, connection, and a sense of belonging.



Staff & Family Consultation

Sometimes the best way to support YOU is to support the people who care for you. Staff & Family Consultation gives your family or support staff expert advice and tools to help them meet your unique needs. This might mean learning how to use assistive devices, understanding a nutrition plan, finding the right communication strategies, or figuring out environmental supports to make life easier. It's not direct service with you—it's professional guidance for your support team, so they can help you thrive.



Community Partners & Supporters

THANK YOU to the Names Family Foundation, Tacoma Arts Live and the ACE program, Tahoma Bird Alliance, Tacoma Lawn Bowling Club, SAMi/TPS, Elements of Education, Braeburn House, Meadow Park Golf Course, Washington Trails Association, Spun, Manitou Park Presbyterian Church, Fircrest Presbyterian Church, Meadow Park Golf Course, Bowlero Lanes of Lakewood, and special thanks to all our volunteers and Sequoia supporters. We love our community, and we couldn't do it without you!

Donate!

Consider supporting our programs and our scholarship fund by making a monthly donation on our donorbox.

Thank you!

<https://donorbox.org/sequoia-tr-support>

About Us

Founded in Aug 2021, Friends of Sequoia Therapeutic Recreation (DBA Sequoia Therapeutic Recreation) is a 501(c)3 nonprofit charitable organization providing inclusive community based therapeutic recreation activities one on one and in small groups for people with intellectual and developmental disabilities (I/DD) and their families

Our Mission:

Cultivating confidence, friendships, joy, and respect.

Vision:

To be well-respected and trusted.

Values:

Sincerity, Honesty, Long-term relationships, Mutual Respect, Inclusive Community

Volunteer with us!

Interested in helping out with programs, getting involved with our mission, and forming relationships with an awesome group of people? Visit our website SEQUOIATR.ORG and navigate to the "Volunteer" tab. You won't regret it!



Rainey & Audrey our Next Move Interns

Sequoia TR is able to provide services and activities for the community thanks to grants, supporters, and donations. Special thank you to the **Names Family Foundation**.

Every donation of time and financial contributions helps! Thank you.

Follow our socials and check our website for the online Sequoia Spirit Wear store.



Peggy & Neal

Sequoia Therapeutic Rec.



**DUSTY BOOTS
BOOGIE**

REGISTER HERE!

SUNDAY, NOVEMBER 9TH

1:00 - 4:00 PM

REGULAR: **\$34**
WITH SCHOLARSHIP: **\$17**

TACOMA ARMORY: 1001 S YAKIMA AVE

- ✦ LINE DANCES
- ✦ FUN FAKE TATTOOS
- ✦ DRUMMING
- ✦ OLD-TIMEY PHOTOBOOTH

SEQUOIA
THERAPEUTIC RECREATION



Mary Bridge Children's
Physical Medicine & Rehab Clinic Presents

A WIDER LENS

A film celebration of stories and
perspectives from and about individuals
with intellectual, physical, and/or
developmental disabilities.

SATURDAY
November 8th
2 0 2 5

The Grand Cinema
606 Fawcett Ave.
Tacoma, WA 98402

TWO DIFFERENT VIEWING OPTIONS
11:30am-1:00pm or 2:30pm-4:00pm

Experience a powerful lineup of
films that inspire, educate, and
promote understanding. Engage
in meaningful conversation with
healthcare providers, community
members, parents, caregivers,
and advocates.

Scan here for tickets:



Tickets \$5 + ticketing fees

*Let's come together to foster inclusivity and celebrate
diverse voices. We hope to see you there!*

MultiCare 
Mary Bridge Children's 

Mary Bridge Movie