



FOCUS

*PC2 for Developmental Disabilities
Winter, 2026 ~ Volume 31, Issue 2*



WINTER ICE! SPECIAL EDITION

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

**Check inside for
activity ideas during
December, 2025 & beyond!**



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.

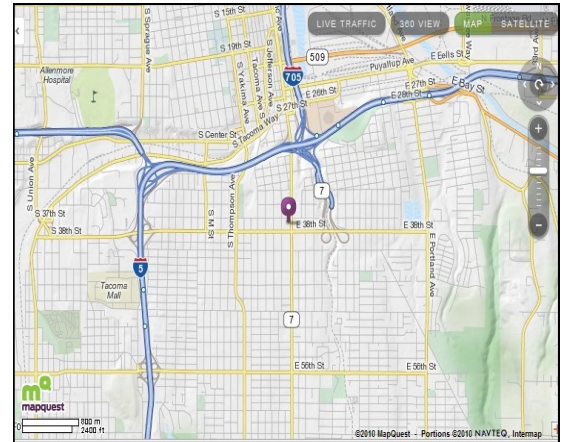
PC2 is comprised of both individuals & organizations of parents, guardians, professionals, & other partners interested in the well-being of individuals with developmental disabilities. Opportunities to gain information, education, & networking are available through our newsletter, website at www.pc2online.org, 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 are Monday-Thursday, 9 a.m.-4 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



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From the Director's Desk . . .

Dear Families & Friends of PC2:

I'm often asked about natural supports and non-paid caregivers. We see families struggling to make ends meet. As parents you are often not paid caregivers, but the responsibility comes with a cost. Not to complain or whine. Just opening the window on honest stories and conversations. And maybe by sharing our journeys, we realize we are more alike than different.

Family members who need care for their daily needs are a central part of the family. We see you. Caregivers working hard every day. We see you. Making sure your loved one is cared for and given dignity and respect, while you advocate and ensure they have choice and a voice. We see you.



Families often struggle to try and find care. There is a huge lack of quality caregivers. Parents continue to work hard, helping others in the community to see their sons and daughters in a good light. Giving time and resources to meet their needs, which often includes a high financial cost. Costs which are not paid by DDCS for care that is often required around the clock, 24/7. Time that is not reimbursed by insurance or waivers. Everyday costs. Some financial, some with tolls on caregivers' well-being and overall health, especially as we age.

The expenses of everyday life that often aren't considered in the big conversations. We see you - concerned about your sons and daughters state of mind, making sure they believe in themselves. The additional laundry (water, laundry soap), personal care supplies (shampoo, shaving cream, razors, vitamins, toilet paper), which often can't be paid for with SSI dollars and is not covered under health insurance plans. Office visit co-pays. Adaptations to the home - wider doorways, bathroom modifications. Medical equipment. Threshold ramps to get through the front door. Bathroom remodels with shower access. Extra incontinence supplies, which aren't always delivered in timely fashion if the doctor didn't sign the order. Protective rubber sheets and pads. Home repairs. Cleaning up messes caused by urine on the floor or the hole in the wall made by the wheelchair while trying to navigate independently. Learning the phlebotomist's name, because they can get that blood draw with the first poke. Staying vigilant and watching out for our sons and daughters well-being and financial interests.

We see you juggling doctor appointments and how skilled you have become at handling the logistics of it all - the specialists, the dentists, the appointments that are often miles and miles from home because they are the only ones who will see your son or daughter. We see you. When you're in the community trying to get your son or daughter through doors that are not accessible just to get to the bathroom. We see moms taking their sons into the women's restroom and dads taking their daughters into the men's restroom. Crisis intervention, lack of sleep, having to be vigilant at all times. Making sure gas is in the car in case there's an emergency in the night. And making sure your son or daughter has social time with their friends other than with you. We see you.

Having to budget and manage meals. We see you. As you age and the physical support that you provide becomes a challenge for you. It's the physical work and stress that comes with being a caregiver. We see you, even when you are in need of care yourself, putting your sons and daughters first. And you start to wonder - who will care for my loved one when I am no longer here? The strains on relationships has resulted in many single parent households, with no one to help shoulder the responsibilities.

We honor you, brave family members, who are holding up this huge caregiving responsibility, because we know that 78% of individuals who experience a developmental disability are being cared for in their family home. Thank you - for all you do!

As we head into 2026, we want to remind you that we're here to support you and to help you navigate the numerous complex systems you deal with for your sons and daughters care, We see you. We're here for you!

Happy Holidays,

Michele & the PC2 Staff

SAVE THE DATE!
SATURDAY, JANUARY 24, 2026, 11 AM-3 PM
DDCS (DDA) PAPERWORK EVENT,
STAR CENTER, TACOMA, WA
(see page 9 for more info)

In Memoriam : Jo Butts

Jo Butts Former Executive Director, PAVE

In 1981 a proposal was submitted to the US Department of Education funding the Parent Training and Information (PTI) Center in WA State. This grassroots effort "was literally written by a group of parents sitting around Marty Gentili's kitchen table. Marty was the first Executive Director and served in that capacity until her death from cancer in 1992" wrote Jo back in 2006.



Jo's career with PAVE included being the Assistant Director (1982-1992) and then the Executive Director until she retired in 2009. The countless thousands of lives Jo made sure received support, choices for their loved one, and hope spans both her professional and personal life.

To know her was to marvel at her determination, perseverance, resourcefulness, and exceptional gifts as a gardener. The PAVE Board of Directors and staff are grateful for Jo's legacy as it lives on within the heart of the organization.

While she is no longer with us, her light shines brightly for all of us to provide support, training, information and resources to empower and give voice to individuals, youth and families impacted by disabilities in Washington.

To her entire family from her PAVE family, we send our love, gratitude, and condolences. Let all the bells ring!

<https://tacomaarts.wordpress.com/.../childrens-bell.../>

<https://www.facebook.com/PAVE.WA>



Michel Andre Raymond

Born January 14 1947 in Bremerton Washington, Mike faced significant challenges early in life due to disabilities. Institutionalized at age 4, this deeply affected his older sister Rhonda, who later encouraged him to take control of his own life. At 20, Mike chose independence not only for himself but also for those still confined within institutional walls. He sought employment and began building a loving family with his wife

Diane, also a former Rainier School resident, and their daughter Tara. They were proud homeowners and active members of their community.

"If I can do it, you can do it!" was one of his rallying cries as he encouraged others to join the fight against segregation. "People First, disabilities second" embodies the simple respect he championed. "Shut them down" is the call to action until the day institutionalization ends. Mike inspired thousands in Washington state, many of whom continue the fight for independence and inclusion.

Mike was a passionate advocate for people with disabilities, inspiring many with his charisma and dedication. He chaired numerous organizations and contributed to important legislative changes that improved countless lives.

He was predeceased by his wife Diane in 2016 after a 47-year, happy marriage. This was his greatest heartbreak. It was then he noticed that some adult family homes can still be run like institutions, deepening his pain. He found comfort with his family on the Hood Canal, where the community embraced him even though his Green Bay Packers took precedence over the Seahawks. He lived his last years content, refusing to retire from advocacy.

He is survived by his daughter Tara, a dedicated teacher; his grandson Joe; his sisters Rhonda and Tammy; and a large extended family who remember him as a hero and champion for disability rights. Michel's legacy continues to inspire efforts toward inclusion and equality. Michel passed peacefully into the arms of our Lord on September 17, 2025, at 7:20 pm in Silverdale, Washington, with family by his side. His remembrance was held on November 24, 2025, in Gig Harbor.

<https://www.altogetherfuneral.com/obituaries/d-20794869/university-place-washington/michel-andre-raymond/september-2025>

In Memoriam : Mike Raymond

DVR Employment: What Families Need to Know Now

Washington's Division of Vocational Rehabilitation (DVR) is making **big changes**, and families of anyone who is/will be seeking employment support need to be in the know.

Starting **December 8, 2025**, every new DVR applicant will be placed on a waiting list for services. This shift makes it more important than ever for students to get connected early, ideally *before* leaving the school system.

Getting connected early increases the likelihood that services will be available when the student leaves school.

DVR: What is it?

DVR helps people with disabilities prepare for, find, and keep a job. Students with an **IEP, 504 plan, or any disability-related documentation** are eligible to engage with DVR services. Individuals with the **most significant disabilities** are given the highest priority when service slots open.

DVR Services:

1. Pre-Employment Transition Services (Pre-ETS)

Before a student applies for full DVR services, they can receive **Pre-Employment Transition Services (Pre-ETS)**. This is an early-start option for youth **ages 14–21 who have an IEP, 504, or other proof of disability**.

Pre-ETS includes **five essential skill-building** areas:

- Job Exploration Counseling
- Work-Based Learning Experiences
- Counseling on Postsecondary Education
- Workplace Readiness Training
- Instruction in Self-Advocacy

Pre-ETS can be provided **while the student is still in school** and does *not* require them to go through DVR's new waitlist to get started. It's one of the best ways to build skills early and avoid delays later.

2. Pierce County's School-to-Work & Job Foundation

In Pierce County, the Job Foundation & School-to-Work pathway helps students build momentum toward employment before exiting school.

Job Foundation (ages 19–20)

Students work with employment providers and their school team to discover strengths, interests, and supports needed for future jobs.

School to Work (ages 20–21)

Students are referred to DVR but with waitlists now in place, early referral is critical. DVR ideally opens employment plans in the fall of the student's last year, supporting job development and placement.

Long-Term Supports (ages 21–22)

DDA, DVR, counties, and employment providers coordinate ongoing supports so the student can maintain employment after school exit.

Why Families Should Start NOW

With DVR waitlists in effect, here's what families can do today:

Start Early in the transition program don't wait until graduation year.

Connect with Pre-ETS early (ages 14–21) to build job readiness before applying for full DVR services.

Apply for DVR while still in school so students can move up the waitlist sooner.

Use School-to-Work and Job Foundation partnerships to keep momentum moving even if DVR services are delayed.

Remember: Students with the most significant disabilities receive the highest priority for service openings.

Websites to Visit:

[Division of Vocational Rehabilitation | DSHS](#)

[School-to-Work | DSHS](#)

[Student and Youth VR Transition Services | DSHS](#)

[School to Work | Pierce County, WA - Official Website](#)

[Job Foundation | Informing Families](#)



Dear Community Members:

PC2 is pleased to announce the launch of **Open Arms**, a brand-new peer-led support group, created for parents and caregivers raising children of all ages with developmental disabilities and other special healthcare challenges.

Open Arms is designed to be a warm, welcoming space where families can find connection, encouragement, and understanding. Our goal is to offer ongoing support in a setting where parents can share experiences, access resources, and feel truly supported by others who “get it.”

Open Arms:

*Your place for ongoing support.
A group for parents raising children with
DD & other special healthcare challenges.*

Our first gathering will be **January 15, 2026**, with meetings continuing **on the 3rd Thursday of the month, 5:30-7:30 p.m.** at:

TACID
6315 South 19th Street
Tacoma, WA 98466
(Located on the TCC campus)

PC2 is honored to offer this group to the community, and we look forward to walking alongside families as they navigate their unique journeys.

We warmly invite you to join us and become part of this supportive community.

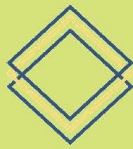
With appreciation,

PC2 & the Open Arms Support Group Team

PC2's Caregiver Support Group

Advocacy Day : 1/28/2026

EMPLOYMENT FOR ALL ADVOCACY DAY!



**Community
Employment
Alliance**
Since 1974

--[Click here to RSVP](#)--

Morning Session - 10:00-11:30 AM

Location: [The United Churches of Olympia](#)
[Virtual Option available](#)

Learn about bills and budget issues
related to supported employment,
community inclusion, and more!

Rally - 1:00-1:45 PM

Location: [North Steps of the Legislative
Building](#)

Join us to make your voice heard!

Legislator Meetings - 1:45-5:00 PM

We will schedule meetings with our
own local legislators.

[Use this Spreadsheet](#) to track your
meetings with legislators



Contact Us
360-536-0125



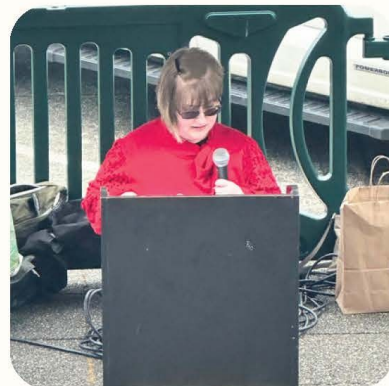
Aaron@Community
EmploymentAlliance.org

10 AM - 5 PM

28

JANUARY

**CAPITOL
CAMPUS,
OLYMPIA**



Mark Your Calendar and
join us for a

DDCS PAPERWORK EVENT



ABOUT

Paperwork events provide the opportunity for individuals with intellectual and developmental disabilities and their families to meet with staff from Developmental Disabilities Community Services (formerly DDA), PC2, and Pierce County, to ask questions about DDCS services and get help completing the DDCS 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 January 15th.****



11:00am – 3:00pm
@ STAR Center
3873 S 66th St Tacoma, WA

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



-OR-

**Copy and paste the link below
into your browser**

<https://tinyurl.com/JAN2026PW>



DDCS (DDA) Paperwork Event



We are pleased to announce that the

HealthMatters Program application is open for WINTER 2026 enrollment.

HealthMatters Program is an evidence-based (ACL Title III-D approved list) 12-week health promotion program led by support staff and developed for and by the people with intellectual and developmental disability (IDD).

[APPLY HERE](#)

The deadline to apply is January 9th, 2026 (5pm CT). Please read the Application Instructions first and note training dates.

Approved Organizations will be contacted by January 16th, 2026.

What is HealthMatters Program?

A health promotion program **delivered in-person, hybrid, or virtually**, and **provides community staff and caregivers strategies and materials** to support healthy options and choices among people with IDD.

Consists of a **12-week program** that includes 36 interactive health education lessons and physical activity videos using paper-based curriculum and Virtual Coach Google Classroom.

View **Health Matters Curriculum Preface** and [Table of Contents](#).

Provided **FREE** for 12-months.

Other questions?

Contact Jasmina Sisirak at jsisirak@uic.edu or visit our website at www.HealthMattersProgram.org

5204 Solberg Drive SW
Lakewood, WA 98499
Phone: 253.584.1001/Fax: 253.581.4741
centerforce.net



Find us on social media



@centerforcelakewood

Centerforce announces executive director retirement and successor appointment

Centerforce's Board of Directors is announcing the retirement of its long-serving Executive Director Debby Graham, effective at the end of the year. Concurrently, we have hired her successor Mark Mattke as the nonprofit's new Executive Director, effective Dec. 16.

Celebrating a legacy of leadership

The Board extends its heartfelt gratitude and appreciation to Debby Graham for her profound 32 years of leadership. Since May of 1994, Debby has grown Centerforce into a robust agency serving approximately 300 clients in individual employment, community inclusion, and related services across Pierce, south King and Thurston counties.

A tenure marked by strong professionalism and passion, she successfully navigated challenges ranging from legislative policy shifts and funding consistency issues to the unique management challenge of delivering services remotely during the COVID crisis. Her legacy is a testament to her dedication and extends not only to Centerforce but also within the region's intellectual and developmental disabilities community. Let's celebrate and honor her career and this well-earned retirement.



Debby Graham

Welcome the new Executive Director

Following a comprehensive executive search process, the Board of Directors is delighted to welcome Mark Mattke as its new Executive Director. Mark will officially begin his role on Dec. 16, ensuring a strong and smooth transition period.

Mark joins Centerforce from the Spokane Workforce Council, where he served as its CEO for the past 19 years. He was responsible for uniting private and public partners to transform the regional talent development system. His work ensured that a diverse workforce had access to meaningful employment and that the dynamic needs of businesses were met. Mark led an innovative organization that successfully leveraged and blended multiple revenue streams from federal, state, local and philanthropic sources to support a customer-centric model and achieve client outcomes.



Mark Mattke

About Centerforce

Centerforce is dedicated to supporting individuals with intellectual and developmental disabilities in achieving meaningful employment and community inclusion across Pierce, south King and Thurston counties.

Centerforce



PARKS TACOMA

WINTER FUN

for the whole family!

Live Holiday Music (Free) December 2, 9, 16 and 23, 10am-12pm Center at Norpoint	Community Market Resource Fair (Free) December 13, 11am-2pm Eastside Community Center
Holiday Drop and Shop December 5, 12 and 19, 6-9pm STAR Center	Story Hour: Evergreen Gardens (Free) December 18, 11am WW Seymour Conservatory
Santa visits the Conservatory (Free) December 6 and 13, 10am-2pm WW Seymour Conservatory	50+ Winter Ball December 19, 1-4 pm Center at Norpoint
Cocoa and Carols December 6 from 4-5:30pm WW Seymour Conservatory	Adaptive and Specialized Winter Ball December 19, 5:30-7pm STAR Center
Christmas Regale December 6, 11am-4pm Fort Nisqually Living History Museum	Christmas Eve Jingle Bell Run December 24, Start times at 9am and 11am Wright Park
Salmon Saturdays (Free) December 6 and 13, 12-2 pm Swan Creek Park	Winter Wildland December 26-28, 9:30am-3pm Northwest Trek Wildlife Park
Holiday Blast (Free) December 6, 1-4pm: Center at Norpoint December 13, 11am-2pm: Eastside Community Center	Winter Flower Show: Cozy Feelings at Home December 6-January 7 during operating hours WW Seymour Conservatory
Volunteer Work Parties (Free) December 6, 7, 12, 13, 20 and 27 Check website for times and locations	Zoolights November 28 - January 4, 4:30-10pm Point Defiance Zoo & Aquarium
Holiday Creation Stations (Free) December 7, 14 and 21, 10am-1pm WW Seymour Conservatory	Zoolights Dog Days December 1, 3, 9, 10 and January 4, 4:30-10pm Point Defiance Zoo & Aquarium
Poinsettia Sale December 9, 3-6 pm WW Seymour Conservatory	Polar Bear Plunge January 1, 10am-2pm Point Defiance Marina

parkstacoma.gov/holiday-activities-2025

PARKS TACOMA

ADVENTURE WITHIN REACH

QUARTERLY GUIDE | 2026-Q1 | JAN • FEB • MARCH

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

DIGITAL EDITION

Special - Olympics
Play With Us!
details on page 7.4

Pierce County Parks
SPECIALIZED RECREATION - ADVENTURE WITHIN REACH

SCAN HERE • OPEN • AIM • TAP
PRIVACY.FLOWCODE.COM

WWW.PIERCECOUNTYWA.GOV/PCSR | 253-798-4199 **REGISTRATION OPENS DEC 15**

Pierce Co. Parks Specialized Rec.



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, welcoming 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 - 4:00 PM
Tuesday	9:00 AM - 4:00 PM
Wednesday	9:00 AM - 4:00 PM
Thursday	9:00 AM - 4:00 PM
Friday	9:00 AM - 4:00 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

106 active now

Joined

Invite

You

Photos

Events

File

Write something...

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

WHAT'S INSIDE?

Registration	pg 4
How-to-information, payment options, and policies	
Monthly Calendars	pg 5-7
January, February, and March 2026	
Art & Leisure	pg 8-10
Cooking, Art, and Social Fun	
Community Programs & Events	pg 11-12
Club Pierce, Activities out in the Community, Special Events and Trips	
Fitness & Sports	pg 13
Special Olympics	pg 14-15



Cover Image: 2025 Winter Season Special Olympics Athletes at the WA State Games. - Come and play with us! See page 14 to learn more -

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

Pierce Co. Parks Specialized Rec.

REGISTRATION INFORMATION



REGISTRATION OPENS DEC 15: 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 - 4:00 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.



ACCOMODATION: To request accomodations, 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

JANUARY 2026



SUN	MON	TUES	WED	THURS	FRI	SAT
28	29	30	31	1	2	3
	Office Closed NO PROGRAMS	Office Closed NO PROGRAMS	Office Closed NO PROGRAMS	NEW YEAR'S DAY HOLIDAY ★ Office Closed NO PROGRAMS	Office Closed NO PROGRAMS	1:00 SO Basketball Competitive 5v5 Lakewood Community Center
4	5	6	7	8	9	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	11:30 Art Class Lakewood Community Center 5:30 SO Basketball Indy Skills 5v5 Lakewood Community Center 6:00 Ready, Set, Cook! STAR Center 6:30 SO Basketball Team Skills 5v5 Lakewood Community Center	9:30 Virtual Chat ZOOM 6:00 SO Basketball Traditional 5v5 Lakewood Community Center	9:00 Club Pierce Lakewood Community Center 6:30 SO Basketball Competitive 5v5 Lakewood Community Center	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 New Year Sparkle! Environmental Services Building	1:00 SO Basketball Competitive 5v5 Lakewood Community Center 5:00 BINGO Party! Winter Wonderland Lakewood Community Center
11	12	13	14	15	16	17
11:15 Summer Swim Social (with transport) Lakewood Community Center 12:00 Summer Swim Social (no transport) SummerYMCA	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	11:30 Art Class Lakewood Community Center 5:30 SO Basketball Indy Skills 5v5 Lakewood Community Center 6:00 Ready, Set, Cook! STAR Center 6:30 SO Basketball Team Skills 5v5 Lakewood Community Center	9:00 The Hangout Lakewood Community Center 9:30 Virtual Chat ZOOM 4:30 Friends Night Out Lakewood Community Center 6:00 SO Basketball Traditional 5v5 Lakewood Community Center	9:00 Club Pierce Lakewood Community Center 6:30 SO Basketball Competitive 5v5 Lakewood Community Center	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	1:00 SO Basketball Competitive 5v5 Lakewood Community Center
18	19	20	21	22	23	24
	MLK JR BIRTHDAY HOLIDAY ★ Office Closed NO PROGRAMS	11:30 Art Class Lakewood Community Center 5:30 SO Basketball Indy Skills 5v5 Lakewood Community Center 6:00 Ready, Set, Cook! STAR Center 6:30 SO Basketball Team Skills 5v5 Lakewood Community Center	9:00 The Hangout Lakewood Community Center 9:30 Virtual Chat ZOOM 6:00 SO Basketball Traditional 5v5 Lakewood Community Center	9:00 Club Pierce Lakewood Community Center 6:00 Game Night Puyallup Recreation Center 6:30 SO Basketball Competitive 5v5 Lakewood Community Center	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	1:00 SO Basketball Competitive 5v5 Lakewood Community Center
25	26	27	28	29	30	31
1:30 Tasty Travels: Mexico! STAR Center	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	11:30 Art Class Lakewood Community Center 5:30 SO Basketball Indy Skills 5v5 Lakewood Community Center 6:00 Ready, Set, Cook! STAR Center 6:30 SO Basketball Team Skills 5v5 Lakewood Community Center	9:00 The Hangout Lakewood Community Center 9:30 Virtual Chat ZOOM 6:00 SO Basketball Traditional 5v5 Lakewood Community Center	6:30 SO Basketball Competitive 5v5 Lakewood Community Center	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	1:00 SO Basketball Competitive 5v5 Lakewood Community Center

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DIGITAL EDITION

5

Pierce Co. Parks Specialized Rec.

Pierce Co. Parks Specialized Rec.



SUN	MON	TUES	WED	THURS	FRI	SAT
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 Swim PLU Pool	2 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	3 11:30 Art Class Lakewood Community Center 5:30 SO Basketball Indv Skills 5v5 Lakewood Community Center 6:00 Ready, Set, Cook! STAR Center 6:30 SO Basketball Team Skills 5v5 Lakewood Community Center	4 9:30 Virtual Chat ZOOM 6:00 SO Basketball Traditional 5v5 Lakewood Community Center	5 9:00 Club Pierce Lakewood Community Center 5:30 Mini Golf & Dinner Tower Lanes Ent. Center 6:30 SO Basketball Competitive 5v5 Lakewood Community Center	6 9:30 Virtual Chat ZOOM 10:30 Low Aerobics Lakewood Community Center 1:00 Coloring Club Lakewood Community Center 3:30 Rec Bowling Paradise Lanes Ent. Center	7 1:00 SO Basketball Competitive 5v5 Lakewood Community Center
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 Swim PLU Pool	9 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	10 11:30 Art Class Lakewood Community Center 5:30 SO Basketball Indv Skills 5v5 Lakewood Community Center 6:00 Ready, Set, Cook! STAR Center 6:30 SO Basketball Team Skills 5v5 Lakewood Community Center	11 9:00 The Hangout Lakewood Community Center 9:30 Virtual Chat ZOOM 6:00 SO Basketball Traditional 5v5 Lakewood Community Center	12 9:00 Club Pierce Lakewood Community Center 6:30 SO Basketball Competitive 5v5 Lakewood Community Center	13 10:30 Low Aerobics Lakewood Community Center 1:00 Coloring Club Lakewood Community Center 3:30 Rec Bowling Paradise Lanes Ent. Center 6:00 Monthly Dance Fairy Tale! Meridian Habitat Park	14 1:00 SO Basketball Competitive 5v5 Lakewood Community Center 5:00 BINGO Party! Sweetheart Lakewood Community Center
15 11:15 Summer Swim Social (with transport) Lakewood Community Center 12:00 Summer Swim Social (no transport) Summer YMCA	16 PRESIDENTS DAY HOLIDAY Office Closed NO PROGRAMS	17 11:30 Art Class Lakewood Community Center 5:30 SO Basketball Indv Skills 5v5 Lakewood Community Center 6:00 Ready, Set, Cook! STAR Center 6:30 SO Basketball Team Skills 5v5 Lakewood Community Center	18 9:00 The Hangout Lakewood Community Center 9:30 Virtual Chat ZOOM 6:00 SO Basketball Traditional 5v5 Lakewood Community Center	19 6:00 Game Night Puyallup Recreation Center 6:30 SO Basketball Competitive 5v5 Lakewood Community Center	20 9:30 Virtual Chat ZOOM 10:30 Low Aerobics Lakewood Community Center 1:00 Coloring Club Lakewood Community Center 3:30 Rec Bowling Paradise Lanes Ent. Center	21 1:00 SO Basketball Competitive 5v5 Lakewood Community Center
22 1:30 Tasty Travels: India! STAR Center	23 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	24 11:30 Art Class Lakewood Community Center 5:30 SO Basketball Indv Skills 5v5 Lakewood Community Center 6:00 Ready, Set, Cook! STAR Center 6:30 SO Basketball Team Skills 5v5 Lakewood Community Center	25 9:00 The Hangout Lakewood Community Center 9:30 Virtual Chat ZOOM 6:00 SO Basketball Traditional 5v5 Lakewood Community Center	26 9:00 Club Pierce Lakewood Community Center 6:30 SO Basketball Competitive 5v5 Lakewood Community Center	27 9:30 Virtual Chat ZOOM 10:30 Low Aerobics Lakewood Community Center 1:00 Coloring Club Lakewood Community Center 3:30 Rec Bowling Paradise Lanes Ent. Center	28

Image: Monthly Dance Fun! See page 12 to learn more.



SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 9:30 Virtual Chat ZOOM 5:00 GC Peers Crew Lakewood Community Center 3:30 Let's Play Sports! Lakewood Community Center	3 11:30 Art Class Lakewood Community Center 6:00 Ready, Set, Cook! STAR Center	4 9:30 Virtual Chat ZOOM	5	6 9:30 Virtual Chat ZOOM 10:30 Low Aerobics Lakewood Community Center 1:00 Cocoa Social Sprinker Recreation Center 3:30 Rec Bowling Paradise Lanes Ent Center	7
8	9 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 SO Swimming PLU Pool	10 11:30 Art Class Lakewood Community Center 6:00 Ready, Set, Cook! STAR Center	11 9:00 The Hangout Lakewood Community Center 9:30 Virtual Chat ZOOM 4:30 Friends Night Out Lakewood Community Center 6:00 SO & Rec Soccer Sprinker Recreation Center	12 9:00 Club Pierce Lakewood Community Center	13 10:30 Low Aerobics Lakewood Community Center 1:00 Cocoa Social Sprinker Recreation Center 3:30 Rec Bowling Paradise Lanes Ent Center 6:00 Monthly Dance Shamrock Shuffle! Environmental Services Building	14 5:00 BINGO Party! Lucky Charms Lakewood Community Center
15	16 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 SO Swimming PLU Pool	17 11:30 Art Class Lakewood Community Center 6:00 Ready, Set, Cook! STAR Center	18 9:00 The Hangout Lakewood Community Center 9:30 Virtual Chat ZOOM 6:00 SO & Rec Soccer Sprinker Recreation Center	19 9:00 Club Pierce Lakewood Community Center 6:00 Game Night Puyallup Recreation Center	20 9:30 Virtual Chat ZOOM 10:30 Low Aerobics Lakewood Community Center 1:00 Cocoa Social Sprinker Recreation Center 3:30 Rec Bowling Paradise Lanes Ent Center	21
22 11:15 Sumner Swim Social (with transport) Lakewood Community Center 12:00 Sumner Swim Social (no transport) Sumner YMCA	23 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	24 11:30 Art Class Lakewood Community Center 6:00 Ready, Set, Cook! STAR Center	25 9:00 The Hangout Lakewood Community Center 9:30 Virtual Chat ZOOM 6:00 SO & Rec Soccer Sprinker Recreation Center	26 9:00 Club Pierce Lakewood Community Center	27 9:30 Virtual Chat ZOOM 10:30 Low Aerobics Lakewood Community Center 1:00 Cocoa Social Sprinker Recreation Center 3:30 Rec Bowling Paradise Lanes Ent Center	28
29 1:30 Tasty Travels: Ireland! STAR Center	30 9:30 Virtual Chat ZOOM 6:30 SO Swimming PLU Pool	31	1	2	3	4

Image: Monday Club Pierce! See page 11 to learn more.

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DIGITAL EDITION **7**

Pierce Co. Parks Specialized Rec.

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

ART & LEISURE

Ready, Set, Cook!

Come learn how to create delicious meals and enjoy making new friends at the same time! Each week we'll make a simple dish that you can recreate at home.

AGE: 18+ MEMBER RATE: \$40
NON-MEMBER RATE: \$80

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

CODE	DAY	DATE	TIME	REGISTER BY
21154	Tues	Jan 6-27	6:00-7:30 pm	Jan 2
21155	Tues	Feb 3-24	6:00-7:30 pm	Jan 30
21156	Tues	March 3-24	6:00-7:30 pm	Feb 27

NO Ready, Set, Cook!: March 31



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
NON-MEMBER RATE: \$80

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

CODE	DAY	DATE	TIME	REGISTER BY
21146	Fri	Jan 9-30	1:00-2:30 pm	Dec 31
21147	Fri	March 6-27	1:00-2:30 pm	Feb 28

NO Cocoa Social: Jan 2, Feb - Check out February Coloring Club!

8

DIGITAL EDITION



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Tasty Travels

Take a virtual trip to another country! Learn about the culture, cook a traditional dish, and make a craft.

- January: Mexico
- February: India
- March: Ireland

AGE: 13+ MEMBER RATE: \$29
NON-MEMBER RATE: \$58

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

CODE	DAY	DATE	TIME	REGISTER BY
21185	Sun	Jan 25	1:30-3:00 pm	Jan 23
21186	Sun	Feb 22	1:30-3:00 pm	Feb 20
21187	Sun	March 29	1:30-3:00 pm	March 27

NEW Coloring Club



Cocoa Social will take a short break in February due to facility availability, but we're excited to bring something new in its place — Coloring Club at Lakewood Community Center! Each week features a new coloring theme, giving participants a chance to relax, chat with friends, and get creative between Aerobics and Recreational Bowling. We'll have markers, colored pencils, crayons, and gel pens available—but feel free to bring your own favorites too!

Weekly Themes:

- Week 1: Winter Series
- Week 2: Mindful Moments
- Week 3: Mandalas Patterns
- Week 4: Sweet Treats

AGE: 16+ MEMBER RATE: \$40
NON-MEMBER RATE: \$80

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

CODE	DAY	DATE	TIME	REGISTER BY
21148	Fri	Feb 6-27	1:00-2:30 pm	Feb 1

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
21158	Tues	Jan 6	11:30 am-1:30 pm	Jan 5
21159	Tues	Jan 13	11:30 am-1:30 pm	Jan 12
21160	Tues	Jan 20	11:30 am-1:30 pm	Jan 19
21161	Tues	Jan 27	11:30 am-1:30 pm	Jan 26
21162	Tues	Feb 3	11:30 am-1:30 pm	Feb 2
21163	Tues	Feb 10	11:30 am-1:30 pm	Feb 9
21164	Tues	Feb 17	11:30 am-1:30 pm	Feb 16
21165	Tues	Feb 24	11:30 am-1:30 pm	Feb 23
21166	Tues	March 3	11:30 am-1:30 pm	March 2
21167	Tues	March 10	11:30 am-1:30 pm	March 9
21168	Tues	March 17	11:30 am-1:30 pm	March 16
21169	Tues	March 24	11:30 am-1:30 pm	March 23

NO Art Class: March 31

NEW Game Night

Previously known as Board Game Night, this program is expanding to include even more ways to play and connect! Join us for an evening of social connection, fun with friends, and a variety of games. Each month will feature a different theme. Ranging from Bingo and board games to air hockey and other game room favorites.

We'll provide everything you need, but you're welcome to bring your own favorite games to share. Not familiar with the games? No worries—Pierce County staff will be there to help you learn and have fun!

Monthly Themes:

- January: Bingo
- February: Game Room
- March: Board Games

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

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

CODE	DAY	DATE	TIME	REGISTER BY
21175	Thurs	Jan 22	6:00-7:30 pm	Jan 21
21176	Thurs	Feb 19	6:00-7:30 pm	Feb 18
21177	Thurs	March 19	6:00-7:30 pm	March 19

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Virtual Social Chat

Fill your cup with coffee, tea, juice, or water, log in, and let's chat 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
21235	M/W/F	Jan 5-30	9:30-10:00 am
21236	M/W/F	Feb 2-27	9:30-10:00 am
21237	M/W/F	March 2-30	9:30-10:00 am

NO Virtual Chat: Jan 19, Feb 13, 16, March 13



DIGITAL EDITION

9

Pierce Co. Parks Specialized Rec.

ART & LEISURE



Grit City Peers Crew

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

AGE: 12+ **MEMBER RATE:** \$30/Jan/Feb, \$40/March
NON-MEMBER RATE: \$60/Jan/Feb, \$80/March

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

CODE	DAY	DATES	TIME	REGISTER BY
21150	Mon	Jan 5-26	5:00-6:30 pm	Jan 2
21151	Mon	Feb 2-23	5:00-6:30 pm	Jan 30
21152	Mon	March 2-23	5:00-6:30 pm	Feb 27

NO Grit City Peers Crew: Jan 19, Feb 16, March 30

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!

** 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
21171	Wed	Jan 14-28	9:00 am-2:00 pm	Jan 12
21172	Wed	Feb 11-25	9:00 am-2:00 pm	Feb 9
21173	Wed	March 11-25	9:00 am-2:00 pm	March 2

NO Hangout: Jan 7, Feb 4, March 4



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
21217	Sun	Jan 11	12:00-2:00 pm	Jan 8
21218	Sun	Feb 15	12:00-2:00 pm	Feb 12
21219	Sun	March 15	12:00-2:00 pm	March 12

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
21221	Sun	Jan 11	11:15 am-2:45 pm	Jan 8
21222	Sun	Feb 15	11:15 am-2:45 pm	Feb 12
21223	Sun	March 15	11:15 am-2:45 pm	March 12



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
21189	Mon	Jan 5-26	9:00 am-2:00 pm	Dec 29
21190	Mon	Feb 2-23	9:00 am-2:00 pm	Jan 26
21191	Mon	March 9-23	9:00 am-2:00 pm	Feb 23

NO Mon Club Pierce: Jan 19, Feb 16, March 2, 30

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

CODE	DAY	DATES	TIME	REGISTER BY
21192	Thurs	Jan 8-29	9:00 am-2:00 pm	Dec 29
21193	Thurs	Feb 5-26	9:00 am-2:00 pm	Jan 26
21194	Thurs	March 12-26	9:00 am-2:00 pm	Feb 23

NO Thurs Club Pierce: Jan 1, 22, Feb 19, March 5

NEW Friends Night Out 🤝

Friends Night Out is all about building friendships, making memories, and having a great time together. Each outing will feature a different activity, from catching a movie or attending a play, enjoying a special dinner, going to enjoying a unique community event or special activity. *Starting and ending location will always be at the Lakewood Community Center.*

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

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

CODE	DAY	DATE	TIME	REGISTER BY
21182	Wed	Jan 14	4:30-8:30 pm	Jan 7

Round Table pizza & trivia night

CODE	DAY	DATE	TIME	REGISTER BY
21183	Wed	March 11	4:30-8:30 pm	March 4

South Hill Mall spring scavenger hunt & dinner at Golden Corral



Mini Golf & Dinner

Meet at Tower Lanes Entertainment Center for a relaxed game of indoor miniature golf complete with waterfalls, fountains, and bridges. The group will also enjoy a tasty dinner in the bowling alley's private party room. Registration includes mini golf, casual style dinner, and drink. *Indoor Mini golf course not ADA.*

AGE: 13+ MEMBER RATE: \$30
NON-MEMBER RATE: \$60

LOCATION: Tower Lanes Entertainment Center / Shuttle - Yes
6323 6th Ave, Tacoma WA 98406

CODE	DAY	DATE	TIME	REGISTER BY
21195	Thurs	Feb 5	5:30-7:30 pm	Feb 3

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11

Pierce Co. Parks Specialized Rec.

COMMUNITY PROGRAMS & EVENTS



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

New Year Sparkle!

LOCATION: Environmental Services Building / Shuttle - Yes
9850 64th St W, University Place WA 98467

CODE	DAY	DATE	TIME	REGISTER BY
21179	Fri	Jan 9	6:00-8:00 pm	Jan 8

Fairy Tale!

LOCATION: Meridian Habitat Park / Shuttle - Yes
14422 Meridian E, Puyallup WA 98375

CODE	DAY	DATE	TIME	REGISTER BY
21180	Fri	Feb 13	6:00-8:00 pm	Feb 12

Shamrock Shuffle!

LOCATION: Environmental Services Building / Shuttle - Yes
9850 64th St W, University Place WA 98467

CODE	DAY	DATE	TIME	REGISTER BY
21181	Fri	March 13	6:00-8:00 pm	March 12

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

JANUARY - WINTER WONDERLAND BINGO!

Frosty fun and cozy winter prizes

CODE	DAY	DATE	TIME	REGISTER BY
21197	Sat	Jan 10	5:00-7:00 pm	Jan 9

FEBRUARY - SWEETHEART BINGO!

Celebrate friendship and Valentine cheer.

CODE	DAY	DATE	TIME	REGISTER BY
21198	Sat	Feb 14	5:00-7:00 pm	Feb 13

MARCH - LUCKY CHARMS BINGO!

St. Patrick's fun and lucky prizes.

CODE	DAY	DATE	TIME	REGISTER BY
21199	Sat	March 14	5:00-7:00 pm	March 13



12 **DIGITAL EDITION**



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FITNESS & SPORTS

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
21210	Mon	Jan 5-26	3:30-4:30 pm	Jan 5
21211	Mon	Feb 2-23	3:30-4:30 pm	Feb 5
21212	Mon	March 2-23	3:30-4:30 pm	March 5
NO Let's Play Sports!: Jan 19, Feb 16, March 30				

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
21205	Fri	Jan 9-30	10:30 am-12:00 pm	Jan 5
21206	Fri	Feb 6-27	10:30 am-12:00 pm	Feb 5
21207	Fri	March 6-27	10:30 am-12:00 pm	March 5
NO Low Impact Aerobics: Jan 2				

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
21214	Mon	Jan 5-26	6:30-7:30 pm	Jan 5
21215	Mon	Feb 2-23	6:30-7:30 pm	Feb 5
NO Rec Swim: Jan 19, Feb 16, March				

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@piercecounitywa.gov. Price includes shoe rental and two games. All abilities welcome!



AGE: 8+	MEMBER RATE: \$36, NON-MEMBER RATE: \$72			
LOCATION:	Paradise Lanes Entertainment Center / Shuttle - Yes, 12505 Pacific Ave S, Tacoma WA 98444			
CODE	DAY	DATE	TIME	REGISTER BY
21201	Fri	Jan 9-30	3:30-5:00 pm	Jan 5
21202	Fri	Feb 6-27	3:30-5:00 pm	Feb 5
21203	Fri	March 6-27	3:30-5:00 pm	March 5
NO Rec Bowling: Jan 2				

Recreational Soccer Soccer is a wonderful sport for all abilities. Athletes who participate in Recreational soccer are able to improve their overall physical fitness through training and skill development. Athletes will learn the basics of the game and experience the benefits of playing as a team, which promotes communication, camaraderie, and friendship.

For competitive opportunities, please see page __ for our Special Olympics Soccer season. When registering, please choose either SO Soccer or Rec Soccer.



AGE: 8+	MEMBER RATE: \$80, NON-MEMBER RATE: \$160			
LOCATION:	Sprinker Recreation Center / Shuttle - Yes, Turf Fields, 521 Military Road S, Tacoma WA 98444			
CODE	DAY	DATE	TIME	REGISTER BY
21213	Wed	March 11-May 27	6:00-8:00 pm	March 6

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DIGITAL EDITION 13

Pierce Co. Parks Specialized Rec.

SPECIAL OLYMPICS

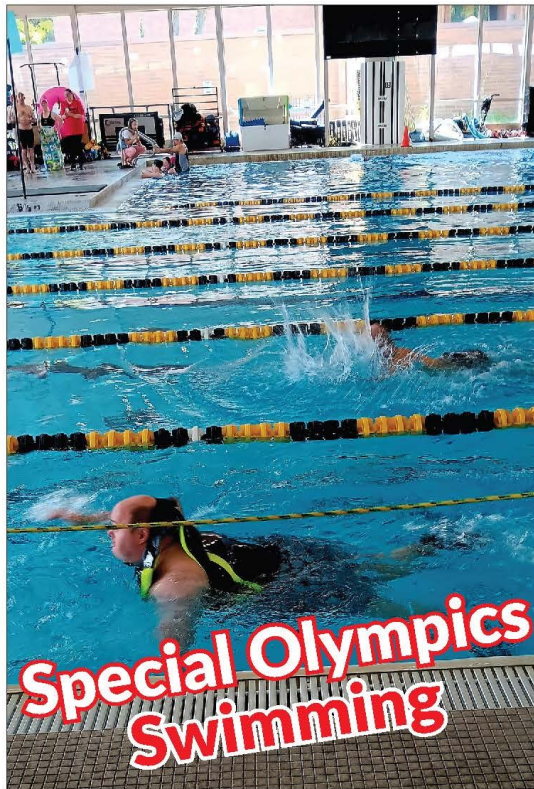
**Please Note:**

- 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@pierce-countywa.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.

14

DIGITAL EDITIONwww.piercecountywa.gov/pcsr | 253-798-4199

SPECIAL OLYMPICS



**Special Olympics
Swimming**

SO Swimming (Spring Season)

This is an intermediate/advanced level swimming program and **NOT** recommended for beginners. Limited number of spots available.

This registration includes weekly practice, and regional competitions. Please wear comfortable swim wear and a bring a filled water bottle each day. Swim goggles are encouraged, but not required.

AGE: 8+ MEMBER RATE: \$68
NON-MEMBER RATE: \$136

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

CODE	DAY	DATE	TIME	REGISTER BY
21225	Mon	March 9-May 18	6:30-7:30 pm	March 6

NO SO Swimming: March 23



**Special Olympics
Soccer**

SO Soccer (Spring Season)

Soccer is a wonderful sport for all abilities. Athletes who participate in soccer are able to 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.

This registration includes weekly practice, scrimmage and regional competitions. Pierce County Parks will provide athletes with a soccer jersey. Athletes are responsible for all other athletic apparel (shorts, socks, shin guards and cleats) must be worn).

AGE: 8+ MEMBER RATE: \$80
NON-MEMBER RATE: \$160

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

CODE	DAY	DATES	TIME	REGISTER BY
21224	Wed	March 11-May 27	6:00-8:00 pm	March 6

Pierce Co. Parks Specialized Rec.



Pierce County *Parks*

SPECIALIZED RECREATION - ADVENTURE WITHIN REACH

9112 Lakewood Dr SW
Lakewood, WA 98499



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



ICE LIGHTS

November 28 - January 3
Holiday Ice Skating and More at Sprinker Recreation Center!

FRI, NOV. 28 11:30 AM - 10:00 PM SAT, NOV. 29 11:30 AM - 10:00 PM SUN, NOV. 30 11:30 AM - 10:00 PM MON, DEC. 1 10:30 AM - 1:15 PM 6:00-9:00 PM TUE, DEC. 2 10:30 AM - 1:15 PM 6:00-9:00 PM WED, DEC. 3 10:30 AM - 1:15 PM 6:00-9:00 PM THUR, DEC. 4 10:30 AM - 1:15 PM 6:00-9:00 PM FRI, DEC. 5 10:30 AM - 1:15 PM 6:00-10:00 PM SAT, DEC. 6 2:00-10:00 PM	SUN, DEC. 7 11:30 AM - 10:00 PM MON, DEC. 8 10:30 AM - 1:15 PM 6:00-9:00 PM TUE, DEC. 9 10:30 AM - 1:15 PM 6:00-9:00 PM WED, DEC. 10 10:30 AM - 1:15 PM 6:00-9:00 PM THUR, DEC. 11 10:30 AM - 1:00 PM 6:00-9:00 PM FRI, DEC. 12 10:30 AM - 1:15 PM 6:00-10:00 PM SAT, DEC. 13 11:30 AM - 10:00 PM SUN, DEC. 14 11:30 AM - 10:00 PM MON, DEC. 15 10:30 AM - 1:15 PM 6:00-9:00 PM	TUE, DEC. 16 10:30 AM - 1:15 PM 6:00-9:00 PM WED, DEC. 17 10:30 AM - 1:15 PM 6:00-9:00 PM THUR, DEC. 18 10:30 AM - 1:15 PM 6:00-9:00 PM FRI, DEC. 19 10:30 AM - 1:15 PM 6:00-10:00 PM SAT, DEC. 20 11:30 AM - 10:00 PM SUN, DEC. 21 11:30 AM - 10:00 PM MON, DEC. 22 11:30 AM - 10:00 PM TUE, DEC. 23 11:30 AM - 10:00 PM WED, DEC. 24 9:00 AM - 2:00 PM <i>Building Closes at 2:00 PM</i>	THUR, DEC. 25 <i>Building Closed</i> FRI, DEC. 26 11:30 AM - 10:00 PM SAT, DEC. 27 11:30 AM - 10:00 PM SUN, DEC. 28 11:30 AM - 10:00 PM MON, DEC. 29 11:30 AM - 10:00 PM TUE, DEC. 30 11:30 AM - 10:00 PM WED, DEC. 31 9:00 AM - 2:00 PM <i>Building Closes at 2:00 PM</i> THUR, JAN. 1 <i>Building Closed</i> FRI, JAN. 2 11:30 AM - 10:00 PM SAT, JAN. 3 11:30 AM - 10:00 PM
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ICE SKATING | ICE BUMPER CARS | CHRISTMAS LIGHT SHOW | FALLING SNOW

WWW.PIERCECOUNTYWA.GOV/ICELIGHTS

SPRINKER RECREATION CENTER | 521 MILITARY RD. S, TACOMA 98444 | (253) 798-4000



Pierce County Parks



PIERCE COUNTY PARKS
FANTASY LIGHTS

NOV. 28 - JAN. 4
 5:30 - 9:00 PM | SPANAWAY PARK

ADVANCED ADMISSION TICKETS ARE AVAILABLE
 ONLINE AND AT SPRINKER RECREATION CENTER

Brought to you by:
























DEC 20

Winter Solstice Celebration LUMINARY WALK & NIGHT MARKET

Join us for a celebration of the Winter Solstice and the return of longer days and shorter nights, strolling along our candle-lit Luminary Trail through the park. The flat, paved loop is perfect for those with limited mobility, including strollers, wheelchairs, and small children. Create a solargraph with the Pierce College Science Dome and track the sun's path across the sky as the seasons change. Shop local, handmade, artisan crafts at the Night Market, and purchase dinner from a local food truck. Add on our "activity package" to create a seasonal celebration craft to take home. Supplies are limited; activity packages may not be available for purchase onsite.

All Ages
 5:00 - 9:00 PM
 Frontier Park
 FREE Event & Night Market Admission
\$3/Luminary Walk Trail, \$5/Activity Package Add On

Tickets & Info available online: PierceCountyWa.Gov/Events

Volunteers Wanted!



DEC 31

NOON Year's Eve Party!

RING IN THE NEW YEAR - A LITTLE EARLY!
We're celebrating with a family-friendly party made just for kids. Count down to a colorful balloon drop at 12 PM sharp, then keep the celebration going with a lively dance party! Enjoy punch and light snacks, snap some photos, and get creative with festive crafts. Plus, test your skills at carnival-style games and other fun activities. It's the perfect way to kick off the New Year with fun, music, and plenty of celebration—before bedtime!

All Ages
 10:30 AM - 12:30 PM
 \$12/Person, Ages 2 & under are free
 Frontier Park, Lodge

Volunteers Wanted!

Winter 2026 | Jan - March | Vol. 20 |



SEQUOIA
THERAPEUTIC RECREATION

Quarterly NEWSLETTER

Featured Functions

POINT DEFIANCE ZOO AND AQUARIUM TOUR

Join STR friends on an exclusive tour of the zoo and aquarium hosted by SAMI High School Students. Enjoy the tour with minimal crowds in the PDZA's off-season. Please pack your own lunch.

Thursday, January 15

10:00 am - 2:00 pm

Thursday, January 22

10:00 am - 2:00 pm

\$25.00 Registration | \$15 with scholarship
Point Defiance Zoo and Aquarium: 5400 N Pearl St, Tacoma, WA 98407, USA

DANCE & MORE

Move to the beat in this lively and inclusive program at the University YMCA dance studio! Each session will get you moving with a fun mix of rhythmic activities such as line dancing, drumming, and simple movement routines. No experience needed—just bring your energy, comfortable shoes, water, and a willingness to have fun while staying active. STR is excited to partner with the University YMCA to offer this new and engaging class!

(Session 1) January 7 - February 11

Wednesdays 12:00 - 1:30 pm

(Session 2) February 18 - March 25

Wednesdays 12:00 - 1:30 pm

\$90.00 Registration | \$75 with scholarship
University YMCA Student Center: 1710 Market St, 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
- Cooking
- Painting Classes
- Community Inclusion, Life Skills, Staff & Family Consultation, and Community Engagement
- NEW! From the Director's Desk and more!



Nicky



Howdy Megan

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!



Inclusive art project

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.



Maddie and Josh are too sweet to be devils

Sequoia Therapeutic Rec.

Group Activities & Events

COOKING

Ready to sharpen your kitchen skills and cook up some fun? Join us for this hands-on cooking course where you'll learn and build essential kitchen techniques in a supportive, small-group setting. Discover how to prepare easy, delicious, and nutritious meals you can recreate at home.

No experience? No problem! Whether you're brand new to cooking or looking to expand your skills, our instructors will guide you step by step. You'll leave class with your own visual cookbook and greater confidence in the kitchen.

New location: Hunt Middle School Teaching Kitchen!

(Session 1) January 8 - February 12

(Session 2) February 19 - March 26

\$240.00 Registration | \$100 with scholarship

Hunt Middle School Teaching Kitchen: 6501 S 10th St, Tacoma, WA 98465, USA



Fun with Rachel, Bartek & Chris

Thursdays 5:00 - 7:00 pm

Thursdays 5:00 - 7:00 pm

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!

January 5 - March 23

\$225.00 Registration | \$110 with scholarship

Fircrest Presbyterian Church: 1250 Emerson St, Fircrest, WA 98466, USA

Mondays 12:30 - 2:30 pm



Swana & Jace yeehaw



Tacoma Musical Playhouse



Outlaw Amanda

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 15 minutes early for a bit of practice before the program starts at 4. 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.

January 7 - March 25

\$246.00 Registration | \$110 with scholarship

Bowlero Lanes of Lakewood: 3852 Steilacoom Blvd SW, Lakewood, WA 98499, USA

Wednesdays 3:45 - 5:30 pm





Annie & Elijah



Wanted for being so nice



Fun at bowling

BUNCO PARTY

Join us for an entertaining Valentine themed afternoon in our office space located at 1124 Broadway in the heart of Tacoma. Engage in a delightful social dice game with your friends. 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.

Saturday, February 7

12:30 - 3:30 pm

\$37.00 Registration | \$15 with scholarship
Broadway Office: 1124 Broadway, Tacoma, WA 98402, USA

EXPLORATORY ART

This six-week class is a perfect introduction to the vibrant world of two dimensional art. We will explore a variety of materials and techniques, including collage, painting, drawing, and pastels. Students will be introduced to and inspired by famous artworks as we learn the basics of color theory and composition. This is a welcoming, exploratory environment designed to foster creativity and joyful discovery.

February 17 - March 24

Tuesdays 4:00 - 5:30 pm

\$156.00 Registration | \$65 with scholarship
Hunt Middle School: 6501 S 10th St, Tacoma, WA 98465, USA

PAINTING FUNDAMENTALS

Designed for those ready to build on their painting skills, this six-week class focuses exclusively on painting. We will first focus on acrylic painting techniques, and then dive into watercolor. Students will work on creating both realistic and abstract artwork, learning to develop and express their artistic voices. We move beyond color and composition, exploring all the elements of art and principles of design. This technique-based course provides a supportive space for artistic growth.

January 6 - February 10

Tuesdays 4:00 - 5:30 pm

\$156.00 Registration | \$65 with scholarship
Broadway Office: 1124 Broadway, Tacoma, WA 98402, USA

BIRDBABILITY®

Join Sequoia and the Tahoma Bird Alliance for a guided bird-watching adventure at one of Tacoma's newest parks! A knowledgeable guide from the Tahoma Bird Alliance will share insights about local bird species and help participants spot a variety of feathered friends along the way. Trails are paved and accessible, making this program suitable for all mobility levels. This outing will take place rain or shine—please dress appropriately for the weather.

Saturday, March 21

10:00 am - 12:00 pm

\$18.00 Registration | \$15 with scholarship
Orangegate Park: 8491 Pipeline Rd E, Tacoma, WA 98443, USA

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



Sequoia Therapeutic Rec.

REGISTRATION INFORMATION FOR GROUP ACTIVITIES

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?

Additional Opportunities

NOT THE RIGHT MOM- SEQUOIA SOCIAL & CONNECTION

Enjoy a Social Connection Group while your family member or care giver attends a showing of "Not the Right Mom." We will have a great time socializing, playing games, and engaging in creative activities in a supportive and inclusive setting. This is a free service provided by Sequoia Therapeutic Recreation with an aim to foster community and support families and caregivers so they can enjoy the show. Tickets & Information for the Not the Right Mom can be found here: <https://www.tacomaartslive.org/events/not-the-right-mom-a-full-spectrum-comedy/>

Sunday, March 8

2:00 pm - 5:00 pm

Tacoma Armory: 1001 S Yakima Ave, Tacoma, WA 98405, USA



Robbie the super hero

Ask us about our new small groups.
Transportation Club, Supper Club, and Table
Top Games Club.
Use your Life Skills, Community Engagement
or Community Inclusion to connect with others
who share similar interests!



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.



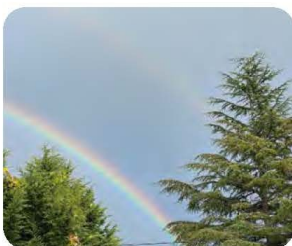
Community Engagement

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.



Sequoia Therapeutic Rec.

From the Director's Desk

As we close out 2025, I'm filled with gratitude for how far STR has come in such a short time. This past year, we expanded our one-on-one and small group activities, welcomed more families into our community, and saw our participants build meaningful friendships, confidence, and joy—the very benchmarks of our mission. We deepened relationships with local partners who believe in community inclusion, and our team of staff, volunteers, and board members grew stronger and more committed than ever.

What continues to inspire me most are the small, powerful moments we see every day: someone laughing with a friend they didn't know six months ago, trying a new activity for the first time, or proudly showing up—fully included—in their community. These moments remind me that change doesn't always require big leaps; sometimes, it begins with a single welcoming invitation.

As we step into 2026, our path is clear: keep nurturing sincerity, trust, and respect while creating more spaces where people with I/DD and their families feel not just included, but truly valued and connected. I'm excited for the year ahead—full of growth, partnership, and possibility—and I'm thankful to each of you for helping build this with us.

Here's to a season of warmth, encouragement, and community.

Thank you,
Kodi



Halloween Bunco Kodi & Claudia



Goodbye 2025. Hello 2026



Free Inclusive Opportunities

Elements of Education is a Tacoma-based non-profit that got a grant from Tacoma Creates to provide a number of inclusive events through June. Some STR folks might have participated in a few activities already such as the mural painting workshops in September and the jigsaw puzzle painting workshops in November. Here's a look ahead at some of the other free inclusive opportunities Elements is offering in the Winter Quarter.

PONGO POETRY WRITING WORKSHOP

Join us for a poetry workshop perfect for writers of all abilities. New to poetry-writing? No problem! The PONGO method makes expressing yourself through poetry easy and accessible to anyone! This activity will also be open to more experienced writers who want to come join and have a creative space to write on their own if they don't want to follow along with the method. There will be a chance to publish your poem in a PONGO anthology at the end!

Saturday, December 6

2:00 pm - 4:00 pm

FREE, register here: <https://forms.gle/NypA2FD32vzqaQoZ9>
Broadway Office: 1124 Broadway, Tacoma, WA 98402, USA

BLOCK PRINT YOUR OWN WRAPPING PAPER

Sustainable wrapping paper doesn't have to be boring! Join this workshop where you'll learn how to create your own block prints and stamp and customize the pattern on your own wrapping paper to use this holiday season. Take home your stamp at the end to reuse it for customizing whatever you want. This event is free, inclusive, and open to individuals of all ages and abilities.

Saturday, December 13

12:00 pm - 2:00 pm

FREE, register here: <https://forms.gle/tF3zlhHqoFgaNUfV8>
Wheelock Branch, Tacoma Public Library: 3722 North 26th Street Tacoma, WA 98407

BOOKBINDING AND JOURNAL MAKING

Learn the art and history of bookbinding and create your own personalized journal that you can write, draw, and express yourself in! This event is free, inclusive, and open to individuals of all ages and abilities, so spread the word!

Tuesday, December 30

10:00 am - 12:00 pm

FREE, register here: <https://forms.gle/mBWRNGVVHfuCYXTF9>
South Tacoma Branch, Tacoma Public Library: 1102 Tacoma Ave. South Tacoma, WA 98402.



Kay creates



Jace meditative painting



Great work Neal!





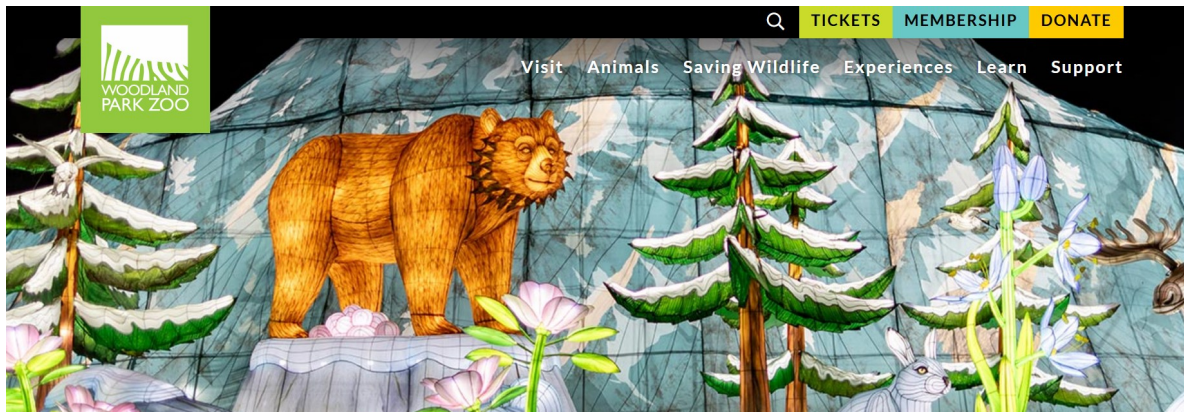
Zoolights

NOVEMBER 28, 2025 – JANUARY 4, 2026

4:30PM – 10:00PM

Stroll through a magical world with over 1.5 million sparkling lights. A classic holiday tradition, Zoolights has dazzled our community for 38 years. Online timed tickets are required. Our aquariums are closed and animals are sleeping during Zoolights. Visit during the day to see your favorite animals. Closed Dec. 24 & 25. Zoolights is presented by BECU.

For more information, please visit:
<https://www.pdza.org/event/zoolights/>



WILDLANTERNS

presented by Western Washington Toyota Dealers

November 14, 2025 – January 18, 2026

4:00 – 9:00 p.m.

(Last entry at 8:30 p.m.)

For more information, please visit: <https://www.zoo.org/wildlanterns>



Not Forgotten Ministries

A worship service created with love for
individuals with special needs and their families.
Everyone belongs. Everyone is seen.
Everyone can encounter God here.

Next service:
December 21, 2025, 1:00 p.m.

Join us in Boles Chapel or on Facebook Live.

<https://www.facebook.com/Notforgotten7>

For more information, please
email leland1977@gmail.com
or visit www.tmitacoma.org

2026 Advocacy Days



The Arc
Washington State

Advocacy Days 2026

December 10th, 2025 7:00pm	Get ready to Advocate! (Virtual) How can you be involved and make a difference for people with I/DD?
January 7th, 2026 7:00pm	What to Expect this Session (Virtual) What are the current issues facing people with I/DD?
January 14th, 2026 10:00am	Protect our Services and our Rights (Virtual) How do we ensure we have the services we need and that our rights to live in the community are protected?
January 21st, 2026 10:00am	Protect Our Right to Community Living (CRSA/SAIL Rally - In Person) How do we ensure we have the services & supports needed to live successfully in the community?
January 28th, 2026 10:00am	Protect Our Right to Employment (CEA Rally - In Person) How do we ensure that individuals have the adequate supports and individualized services needed to work and build relationships in the community?
February 3rd, 2026 7:00pm	Session Update (Virtual) What is happening, and what can you do?
February 4th, 2026 10:00am	Protect Services that Support Families (Virtual) How can we ensure families have the support they need to thrive?
February 11th, 2026 10:00am	Protect Our Access to Housing (Virtual) How can we ensure that people with I/DD have Safe, Affordable, and inclusive places to live?
February 18th, 2026 10:00am	Protect Our Students' Rights to Education (Virtual) How do we ensure that Every Student Has the right to an Inclusive Education?
February 25th, 2026 10:00am	Protect Our Workforce (Virtual) How do we ensure there is a quality workforce available to provide care?
March 4th, 2026 10:00am	What Can You Do Now? (Virtual) How do we ensure that people with I/DD are protected from budget cuts?
March 18th, 2026 7:00pm	Session Wrap-up (Virtual) What happened? What is next?

To register for Advocacy Days visit <http://bit.ly/3WwMs1E>

To register, please visit:
<https://arcwa.org/advocacy/advocacy-days/>



GET INVOLVED!



Changes Are Made by Those Who Show Up!

Your elected officials represent you, but they can't do this effectively if they don't know what you want. It's about building a relationship with those who make decisions.



Take Action!

- Attend [Advocacy Days](#) every Wednesday during legislative session.
- Join a local advocacy group such as a [Parent/Family Coalition](#) or a [Self-Advocacy organization](#).
- Visit The Arc of Washington State's Online [Action Center](#) and sign up for alerts.



Visit our ["Tools you Can Use"](#) page to learn more about how you can be involved.

View our bill tracker and [budget side by side](#).

For additional information: (888) 754-8798, ext. 6 or email Cathy@arcwa.org
<https://arcwa.org/>

2026 Advocacy Days

To register, please visit:
<https://arcwa.org/advocacy/advocacy-days/>

***FROM THE BOARD &
STAFF OF PC2:

WE WISH YOU &
YOUR FAMILY A VERY
HAPPY HOLIDAY SEASON!***

