

ADAPTED RECREATION PROGRAM ACTIVITIES

DANCES



SPRING FLING DANCE

This exciting springtime dinner-dance includes dancing, music provided by DJ of Ability Chris Benedict, and a delicious dinner sponsored by the Kiwanis Aktion Club!

Location Westside Neighborhood Center
Info (805) 564-5421
 3/25 Sat 4:30PM-6:30PM \$10

RESOURCES

ALL-TERRAIN WHEELCHAIR

Take a trip to the beach and enjoy a summer day on the sand. Two all-terrain wheelchairs are available for use, free of charge. Please contact the Cabrillo Pavilion Bathhouse staff for details.

Location 1118 East Cabrillo Boulevard
Info (805) 897-2680

NEWS!

WE'RE ON FACEBOOK!
 Visit us at <http://bit.ly/adaptedfb>



YOGA



INCLUSIVE YOGA FOR ALL ABILITIES

SantaBarbaraCA.gov/InclusiveYoga
 Join Jessica Parsons and friends in this fully inclusive class where everyone is welcome. This is a fun class where people of all ages and abilities can use yoga as a way to become stronger, more flexible, develop core strength, and improve overall health. Bring a yoga mat and towel. Parents and caregivers are invited to join the class at no additional charge. Drop-in fee is \$8.

Location Carrillo Recreation Center
Info (805) 564-5421
 22384 2/14-3/21 Tue 4PM-5PM \$33 / \$30
 22388 2/16-3/23 Thu 11AM-12PM \$33 / \$30
 22810 3/28-5/2 Tue 4PM-5PM \$33 / \$30
 22814 3/30-5/4 Thu 11AM-12PM \$33 / \$30

DANCE

SHAKE, RATTLE, AND ROLL

SantaBarbaraCA.gov/AdaptedShake
 Instructed by Karen Putnam, Shake, Rattle, and Roll is a dance program for people with disabilities, including wheelchair and scooter users and individuals with developmental/cognitive needs. Dance, socialize, and meet new people! Drop-in fee is \$8.

Location Carrillo Recreation Center
Info (805) 564-5421
 23662 3/2-4/6 Thu 4:30PM-5:30PM \$40

BOWLING

ADAPTED BOWLING

Adapted bowling provides an opportunity for children and adults to socialize and get physical exercise through a fun experience. Competition is not the emphasis; it's the social interaction that makes this program a winner! Come join us whether or not you are a new experienced bowler!

Fee is \$15 for bowling, shoes, and lunch. **No online registration necessary.** Please note that there is no bowling scheduled for December.

Location Zodo's Bowling and Beyond
 5925 Calle Real, Goleta
Info (805) 564-5422

3/11	Sat	11AM-1PM	\$15
4/2	Sun	9AM-12PM	\$15
5/13	Sat	11AM-1PM	\$15
6/3	Sat	11AM-1PM	\$15

GOLF

ADAPTED GOLF PROGRAM

Co-Sponsored by Cottage Rehabilitation Hospital and Cottage Rehabilitation Hospital Foundation. Designed for persons with physical, visual and/or cognitive impairments. Thirty-minute lessons include putting, chipping and/or driving with occasional use of the golf course. An adapted golf cart is available to use for participants who play from sitting or need assistance with standing balance. The program is wheelchair accessible. For information, please contact René Van Hoorn, Therapeutic Recreation, at (805) 569-8999, ext. 82102 or email rvanhoor@cottagehealthsystem.org

Fee is \$8 for a 30-minute lesson or \$30 for 6 lessons. By appointment only.
Location Santa Barbara Golf Club
 3500 McCaw Avenue (at Las Positas)
Info (805) 569-8999 Ext. 82102
rvanhoor@cottagehealthsystem.org
 Mon 9:30AM-11:30AM