



# Specialized Recreation “CHOICES” Winter 1 2023

### ACCESS BUS RIDERS:

Please schedule arrival to the Rec Center  
**NO EARLIER than 9:45 AM.**  
 Pick up **NO LATER than 2:00 PM.**

### DID YOU REMEMBER TO:

- Bring your lunch every day (including drink, utensils, napkin)
- Write your name on your lunch bag and/or water bottle
- Appropriately dress for the current weather conditions
- Limit the need of a microwave for lunch. (Microwave not available on field trips)
- Be sure to ***ONLY BRING WHAT YOU NEED!*** Please leave unneeded items at home.

### Contact Numbers:

Choices Cellphone: (206) 396 3105  
 RHRC Landline: (206) 801-2680  
 Stephanie Ruiz-Carbajal (After Program)  
 Desk Line: (206) 801-2635

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

January/February

<b>January 9</b> <b>Trip- Half Priced Books</b> 10:15- Walk n Roll 10:30- Yoga/ Stretching 11:30- Lunch 12:30- All About Me & Sharing	<b>Trip- Daiso 10</b> 10:15- Walk n Roll 10:30- Soccer 11:30- Lunch 12:30- Karaoke/Cider & Coco	<b>Trip- Kraken Iceplex +Seattle Library 11</b> 10:15- Walk n Roll 10:30- Balloon Volleyball 11:30- Lunch 12:30- Kindness Project	<b>Trip- Goodwill 12</b> 10:15- Walk n Roll 10:30- Just Dance 11:30- Lunch 12:30- MLK project
<b>NO PROGRAM 16</b> 	<b>Trip- Bowling 17</b> 10:15- Walk n Roll 10:30- Donovan Workout 11:30- Lunch 12:30- Games Games Games!	<b>Trip- Frye Art Museum 18</b> 10:15- Walk n Roll 10:30- Rosie Project 11:30- Lunch 12:30- Richard Simmons	<b>Trip- Lightrail +Uwajimaya 19</b> 10:15- Walk n Roll 10:30- Disney Workout 11:30- Lunch 12:30- Choices Classic Games
<b>Trip- Bill/Melinda Gates Discovery Center 23</b> 10:15- Walk n Roll 10:30- Kickball 11:30- Lunch 12:30- Bingo with prizes!	<b>Trip- Ride the Light Rail 24</b> 10:15- Walk n Roll 10:30- Musical Chairs/Hot Potato 11:30- Lunch 12:30- Science	<b>Trip- Lynnwood Pool 25</b> 10:15- Walk n Roll 10:30- Soccer 11:30- Lunch 12:30- Karaoke	<b>Trip- Arena Sports Minigolf 26</b> 10:15- Walk n Roll 10:30- Yoga/Stretching 11:30- Lunch 12:30- Origami with Shay
<b>Trip- Third Place Books 30</b> 10:15- Walk n Roll 10:30- Donovan Workout 11:30- Lunch 12:30- Crafting	<b>Trip- Aquarium 31</b> 10:15- Walk n Roll 10:30- Rock Band 11:30- Lunch 12:30- Bollywood Dancing	<b>February 1</b> <b>Trip- Bowling</b> 10:15- Walk n Roll 10:30- Just Dance 11:30- Lunch 12:30- Cooking/Soup	<b>Trip-The Burke Museum 2</b> 10:15- Walk n Roll 10:30- Gym games 11:30- Lunch 12:30- Lava Lamps

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
<b>Trip- Kraken Iceplex +Seattle Library</b>	<b>6</b>	<b>Trip- Lynnwood Pool</b>	<b>7</b>	<b>Trip- Ballard Locks</b>	<b>8</b>	<b>Trip- Ride the Ferry</b>	<b>9</b>
10:15- Walk n Roll		10:15- Walk n Roll		10:15- Walk n Roll		10:15- Walk n Roll	
10:30- Yoga/Stretching		10:30- Fitness Circle/Bocce Ball		10:30- Rosie Project		10:30- Dance Workout	
11:30- Lunch		11:30- Lunch		11:30- Lunch		11:30- Lunch	
12:30- Bingo with prizes!		12:30- Beading/Stencils/ Card Making		12:30- Richard Simmons		12:30- Movie and Popcorn/ Card Making	

**Specialized Recreation Special Events:**

**Friday 1/13: Indoor Swim**

**Saturday 1/28: Glazed & Amazed**

**Saturday 2/11: Everett Silvertips Hockey**

**Visit our Website: [Shorelinewa.gov/SpecRec](http://Shorelinewa.gov/SpecRec) For More Information.**

**Call Spartan Recreation Center to Register (206) 801-2600 Or**

**Inclement Weather Policy:**

**If the Shoreline School District is closed, Choices is closed.**

**If the schools are running on a 2-hour delay, Choices will start at its normal time.**

**\* Mask Policy \***

**Specialized Recreation will continue to require masks to attend program. The safety of the participants is our top priority these uncertain times. Please provide your own masks as we do not have an unlimited supplies.**

**Please note that this Program schedule is up to change at the discretion of Specialized Recreation Staff. Staff do their best to stick to the schedule printed here.**

**Winter 2 Session**

2/13/23 through 3/16/23

**\*No Program 2/20/23**

**Winter 3 Session**

3/20/23 through 4/20/23

**Spring 1 Session**

5/1/23 through 6/1/23

**\*No Program 5/29/23**