



Specialized Recreation “CHOICES” Fall 3 2022

<p><u>ACCESS BUS RIDERS:</u> Please schedule arrival to the Rec Center <u>NO EARLIER than 9:45 AM.</u> Pick up <u>NO LATER than 2:00 PM.</u></p>	<p><u>DID YOU REMEMBER TO:</u></p> <ul style="list-style-type: none"> • 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 <i>ONLY BRING WHAT YOU NEED!</i> Please leave unneeded items at home. 	<p><u>Contact Numbers:</u> Choices Cellphone: (206) 396 3105 RHRC Landline: (206) 801-2680 Stephanie Ruiz-Carbajal (After Program) Desk Line: (206) 801-2635</p>
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November/December

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	<p>November 14 Trip–Daiso 10:15- Walk n Roll 10:30– Just Dance! 11:30- Lunch 12:30- Beading/Crafting</p>	<p>Trip– The Burke Museum 15 10:15- Walk n Roll 10:30– Donovan Workout 11:30- Lunch 12:30- Watercolor Painting</p>	<p>Trip– Lynnwood Pool 16 *Bathing suit/ Towel needed 10:15- Walk n Roll 10:30– Kickball 11:30- Lunch 12:30- Stencil Art/Card Making</p>	<p>Trip– Kraken Iceplex 17 10:15- Walk n Roll 10:30- Yoga/Stretching 11:30- Lunch 12:30- Gaming w/Chrystel</p>
	<p>Trip–Kenmore Lanes 21 10:15- Walk n Roll 10:30– Soccer 11:30- Lunch 12:30– Science and Crafting Shrinky Dinks</p>	<p>Trip– Lynnwood Pool 22 *Bathing suit/ Towel needed 10:15- Walk n Roll 10:30- Line Dancing 11:30- Lunch 12:30- Turkey Art Project</p>	<p>Trip– Ride the Light Rail 23 10:15- Walk n Roll 10:30- Balloon Volleyball 11:30- Lunch 12:30– Movie & Popcorn</p>	<p>NO PROGRAM 24</p> 
	<p>Trip– Third Place Books 28 10:15- Walk n Roll 10:30- Bollywood Dancing 11:30- Lunch 12:30- Karaoke</p>	<p>Trip– Half Priced Books 29 10:15- Walk n Roll 10:30- Cooking-Chex Mix 11:30- Lunch 12:30- Just Dance!</p>	<p>Trip–Michaels Craft Store 30 10:15- Walk n Roll 10:30- T-Ball 11:30- Lunch 12:30- Bingo with Prizes</p>	<p>December 1 Trip–Volunteer Park Conservatory 10:15- Walk n Roll 10:30- Disney Workout 11:30- Lunch 12:30– Beading/Crafting</p>
	<p>Trip– Kraken Iceplex 5 10:15- Walk n Roll 10:30- Richard Simmons 11:30- Lunch 12:30- Pasta Art</p>	<p>Trip– Swansons Nursery 6 10:15- Walk n Roll 10:30- Bean Bag Baseball 11:30- Lunch 12:30- Art Studio w/Stephanie</p>	<p>Trip– Shack Art Museum 7 10:15- Walk n Roll 10:30- Donovan Workout 11:30- Lunch 12:30- Karaoke</p>	<p>Trip–Kenmore Lanes 8 10:15- Walk n Roll 10:30– Yoga/Stretching 11:30- Lunch 12:30- Gnome Project</p>

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
Trip-Ride the Monorail	12	Trip- Archie McPhee	13	Trip- The Dollar Store	14	Trip- Swansons Nursery	15
10:15- Walk n Roll		10:15- Walk n Roll		10:15- Walk n Roll		10:15- Walk n Roll	
10:30- Open Gym!		10:30- Balloon Volleyball		10:30- Cooking: Soup-		10:30- Winter Workout	
11:30- Lunch		11:30- Lunch		Stencil Art/Card Making		11:30- Lunch	
12:30- Penguin Crafting		12:30- B-I-N-G-O!!		11:30- Lunch		12:30- Gingerbread Houses	
				12:30- Hot Potato/Musical Chairs			

Specialized Recreation Special Events:

Saturday 12/3: Crafting with My Gnomies and Friday 12/16: Red Robin & Holiday Lights *FULL*
Visit our Website: Shorelinewa.gov/SpecRec For More Information.

Call Spartan Recreation Center to Register (206) 801-2600 Or
Register online Shorelinewa.gov/Registernow

Registration for Winter 2023-1/3/2023 Spec Rec Liability Waiver must be completed BEFORE registration

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 1 Session

1/9/23 through 2/9/23
***No Program 1/16/23**

Winter 2 Session

2/13/22 through 3/16/23
***No Program 2/20/23**

Winter 3 Session

3/20/22 through 4/20/22