



Specialized Recreation "CHOICES" Winter 2 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 <u>leave</u> 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
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February 13 Trip- Goodwill/Kraken 10:15- Walk n Roll 10:30- Yoga & Meditation 11:30- Lunch 12:30- Valentines Crafting	Valentines Party No Trip 10:15- Walk n Roll 10:30- Just Dance 11:30- Lunch 12:30- Karaoke Party	14	Trip- Half-Price Books 10:15- Walk n Roll 10:30- Balloon Soccer 11:30- Lunch 12:30- Origami w/ Shay	15	Trip- Kenmore Lanes 16 10:15- Walk n Roll 10:30- Donovan Workout 11:30- Lunch 12:30- Beading/Fuse Beads
NO PROGRAM 20 Happy Presidents Day!	Trip- Everett Mall/ Bobakhan Toys 10:15- Walk n Roll 10:30- Balloon Volleyball 11:30- Lunch 12:30- Art Project	21	Trip- Costco/Spartan 10:15- Walk n Roll 10:30- Bollywood workout 11:30- Lunch 12:30- Bingo with Prizes	22	Trip- Third Place Books 23 & Albertsons 10:15- Walk n Roll 10:30- Basketball Skills 11:30- Lunch 12:30- Crafting
Trip-Ride the Light Rail 27 10:15- Walk n Roll 10:30- Richard Simmons 11:30- Lunch 12:30- Science/bouncy balls	Trip-Lynnwood Pool 10:15- Walk n Roll 10:30- Kickball 11:30- Lunch 12:30- Craft/ Watercolor Art	28	March Trip- Petco/Kraken 10:15- Walk n Roll 10:30- Rosie Project 11:30- Lunch 12:30- Just Dance!	1	Trip- NW African 2 American Art Museum 10:15- Walk n Roll 10:30- Yoga & Stretching 11:30- Lunch 12:30- Gaming w/Chrystel
Trip-Kenmore Lanes 6 10:15- Walk n Roll 10:30- Bean Bag Baseball 11:30- Lunch 12:30- Drawing w/ Stephanie	Trip-Daiso 10:15- Walk n Roll 10:30- Disney Workout 11:30- Lunch 12:30- Dance Decorations!	7	Trip- Aquarium 10:15- Walk n Roll 10:30- Cooking/Pizza 11:30- Lunch 12:30- Seated Workout	8	Trip- Crossroads 9 10:15- Walk n Roll 10:30- Cornhole 11:30- Lunch 12:30- Dance Decorations

	13	14		15		16
Trip- Half Price Books	Trip- Arena Sports		Trip- Lynnwood Pool		Trip– Dollar Store	
10:15- Walk n Roll	10:15- Walk n Roll		10:15- Walk n Roll		10:15- Walk n Roll	
10:30– Chicken War	10:30- Soccer		10:30– Donovan workout		10:30– Balloon Volleyball	
11:30- Lunch	11:30- Lunch		11:30- Lunch		11:30- Lunch	
12:30- Bingo with Prizes	12:30- Karaoke		12:30- Dance Decoration!		12:30- Movie & Popcorn	
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TUESDAY

WEDNESDAY

Specialized Recreation Special Events:

Friday 2/24: Dinner & a Movie and Saturday 3/11: MoPop

Visit our Website: Shorelinewa.gov/SpecRec For More Information.

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

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 *

MONDAY

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 3 Session
3/20/23 through 4/20/23
Spring 1 Session
5/1/23 through 6/1/23
*No Program 5/29/23
Spring 2 Session
6/5/23 through 6/29/23
*No Program 6/19/23

THURSDAY