



# Spring 2014

*Specialized Activities and Recreation*

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## MONTHLY ACTIVITIES

**BINGO** Everyone wins 2 prizes.

We play 8 games with 2 cards for everyone. Great prizes & Snacks!!

**Second Friday every month at Centralia College Cafeteria**  
**6:30—8:00pm**  
 \*Cost \$5



**THEMED DANCE**

Dance the evening away with live DJ  
 Dress to the theme. Snacks will be provided.  
 Great location that is very accessible to all!!

**Third Saturday every month at Centralia College Cafeteria**  
**7:00 –9:00pm \*Cost \$5**

APRIL: SPRING

MAY: FIESTA

JUNE: SPORTS

- Do you know??
- Applications are needed to attend events
  - People First members and volunteers support the program
  - The dance, bingo and game night are accessible fun for all !!!

**DINE OUT**

Join us each month for a great dinner out. Meet at the restaurant prepared to pay for your own meal.

**Second Tuesday every month**  
**5:00 pm Bring \$12**

APRIL: DAIRY QUEEN

MAY: CENTRALIA DENNYS

JUNE: PIZZA HUT

**PEOPLE FIRST**

**Third Saturday every month** Come join a group of self advocates creating ways to be included and a part of the community.

Time: 10:00-12:00 Centralia College Atrium

\*\* Pick up for Pie Orders April 19th 9am-1pm CC Cafeteria

Additional copies at : [Www.Reliableenterprises.org](http://www.Reliableenterprises.org)  
 MAILING ADDRESS: P.O. BOX 668 CHEHALIS WA 9852  
 For Questions or RSVP inquires call 880-0672

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Bowling	3 Jump	4	5
6	7 Jump	8 Dine out 5:00	9 Bowling	10 Jump	11 Bingo 6:30	12 Out & About
13	14 Jump	15	16 SO spring games Bowling	17 Jump	18	19 People First Pie Pick up SO swimming Dance 7pm
20	21 Jump	22	23 Bowling	24 Jump	25	26
27	28 Jump	29	30 Bowling			

***SPORTS, HEALTH AND FITNESS***

**BOWLING**

Go and enjoy two games at the Fairlanes Bowling Alley. Bring your own money for bowling & snacks.

There are various other times that groups bowl also, so you may want to call Fairway Lanes at 736-4100

**Every Wednesday at 3 pm**

**\*\*Cost \$5**

**JUMP**

Enjoy an hour of light exercise and great nutrition in a fun accommodating environment. Pre-registration required with Sue at Thorbeckes 748-3744

**Every week**

**Mondays 11-12am**

**Thursday 4-5 pm**

**Special Olympics**

**April 26** Spring Games (Track & Field) Tacoma


**April 19** **Swimming Regional Weyerhaeuser King County Aquatic Center (Federal Way)**

**May 29** **SPECIAL OLYMPICS TORCH RUN** from Winlock to Centralia

**May 30** **Special Olympics Summer Games** Fort Lewis and King County Aquatics Center

If you're interested in playing, volunteering or coaching a sport, please contact Barb at 740-0955


FACEBOOK PAGE <https://facebook.com/CelibratingAbilities>



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				1 Jump	2	3
4	5 Jump	6	7 Bowling	8 Jump	9 Bingo 6:30	10 Out & About
11	12 Jump	13 Dine out 5pm	14 Bowling	15 Jump	16	17 People First Mtg Dance 7pm
18	19 Jump	20	21 Bowling	22 Jump	23	24
25	26 Jump	27	28 Bowling	29 Jump	30 Torch Run & Summer Games	31 Summer Games

**Parents, caregivers, community members !!! We want to make this positive for everyone, and we could use your help. If you are interested in chaperoning, please let me know. Volunteer training can be provided, if needed. Call Paula at 880-0672**

**Applications are available on line at [www.reliableenterprises.org](http://www.reliableenterprises.org)  
Paid registrations for Out and About activities are needed by deadline posted .**



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1	2	3	4 Bowling	5 Jump	6	7
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29	30 Jump					

# OUT AND ABOUTS

LIKE us on FACEBOOK AT [www.facebook.com/LCSPARC](http://www.facebook.com/LCSPARC)

## RIDGEFIELD WILDLIFE REFUGE AND TULIP GARDEN

APRIL 12, SATURDAY

Cost: \$20

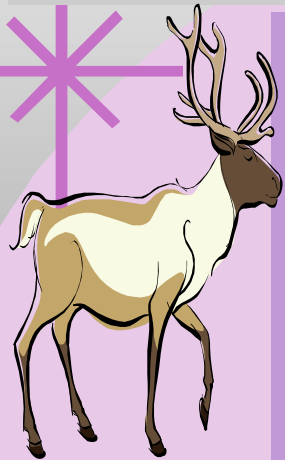
Leave Centralia Starbucks at 10 am and return 4pm

Plan to have a fun day going through the refuge and experiencing the wildlife, exhibits auto guided tour. We will then drive back through the Holland Tulip Garden in Woodland.

GeoAdventure is a free group activity kit that includes a GPS unit and a bag of clues designed for ages 12 and up. Great for scout troops, families, and other groups. Follow this link to find out more: [GeoAdventure](#)

**Bring money for lunch and souvenirs.**

**PAY REGISTRATION BY APRIL 4TH**



## NORTHWEST TREK COST \$30 SATURDAY, MAY 10

LEAVE CENTRALIA STARBUCKS 10:00 AND RETURN AT 4PM

A narrated tram tour of the free-roaming area allows you to see bison, Roosevelt elk, moose, mountain goats and other native animals, up close in their natural habitats. A self-guided walking tour along the paved trails in the core of the park provides the opportunity to see grizzly bears, wolves and more in naturalistic exhibits.

**BRING A SACK LUNCH IN A BACKPACK WITH PLENTY OF WATER.**

People going need to be prepared for a day of walking and lots of stamina.

**LIMITED SEATS: PAY REGISTRATION BY MAY 2ND**

## RAINERS GAME

SUNDAY, JUNE 8

Cost : \$25

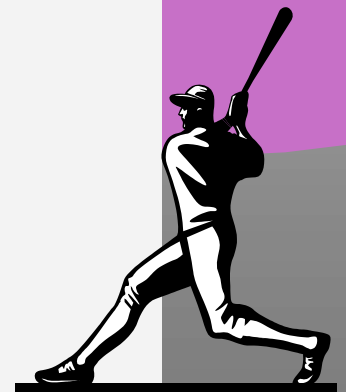
Leaving Centralia Starbucks at 11:30 and returning 5pm

**Let's go to the ball game. Have fun watching the Rainiers vs. Tacoma Rainiers vs. Albuquerque Isotopes**

Cheney Stadium, Tacoma, WA

Bring money for lunch!!! We are eating at the stadium and it can be pricey.

**LIMITED SEATING: PAY REGISTRATION BY MAY 30TH**



REGISTRATION CAN BE MAILED TO :

SPARC, P.O. BOX 668 CHEHALIS, WA 98532 IF YOU HAVE ANY QUESTIONS: CALL PAULA AT 360-880-0672

