

# 2015

# Spring


*Specialized Activities and Recreation  
 in the Community*

Calendar  
 Page 2 & 3  
Monthly  
 Cover  
Out & About  
 Back page

## MONTHLY ACTIVITIES

**BINGO** Everyone wins 2 prizes.


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



**2ND FRIDAY EVERY MONTH**  
**6:30—8:00pm \*Cost \$5**  
**Centralia College cafeteria**

PLEASE NOTE:  
 ALL ACTIVITIES ARE  
 SUBJECT TO  
 CHANGE WITHOUT  
 NOTICE!

**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: Quesadilla Factory**  
**MAY: Casa Ramos**  
**JUNE: DragonFly Chinese**

**LEWIS COUNTY PEOPLE FIRST**  
**Third Saturday every month** Come join a group of self advocates creating ways to be included and a part of the community.  
 NEW Time: 2-4PM Centralia College Atrium

*Parents, caregivers, community members !!! We want to make this positive for everyone, and we could use your help. If you are interested in supporting this program, please call 360-880-0672 Volunteer training can be provided, if needed.*

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

# APRIL



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 BOWLING	2 JUMP 4-5PM	3	4
5	6 JUMP 11-12	7	8 BOWLING	9 JUMP 4-5PM	10 BINGO 6:30PM	11 OUT AND ABOUT 10am-4pm
12	13 JUMP 11-12	14 DINE OUT 5PM	15 BOWLING	16 JUMP 4-5PM	17	18 2-4 PM PF MTG DANCE 7-9 PM
19	20 JUMP 11-12	21	22 BOWLING	23 JUMP 4-5PM	24	25
26	27 JUMP 11-12	28	29 BOWLING	30		

## SPORTS, HEALTH AND FITNESS

### BOWLING

Go and enjoy two games at the Fair Way Lanes 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

Weds. Bowling is full.

\*\*Cost \$5

### JUMP

### Call to confirm June times

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

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

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

# MAY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	JUMP 11-12	5	6 BOWLING	7 JUMP 4-5PM	8 BINGO 6:30	9
10	JUMP 11-12	12 DINE OUT 5:00PM	13 BOWLING	14 JUMP 4-5PM	15	16 Pf SW MINI CONF. 10-3PM DANCE 7-9
17 Rainiers game 12-5pm	JUMP 11-12	19	20 BOWLING	21 JUMP 4-5PM	22	23
24	JUMP 11-12	26	27 BOWLING	28 JUMP 4-5PM	29	30
31						

# JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 BOWLING	4	5	6
7	8	9 DINE OUT 5:00PM	10 BOWLING	11	12 BINGO 6:30	13 OUT AND ABOUT 10am-3pm
14	15	16	17 BOWLING	18	19	20 PF MTG 2-4 DANCE 7-9
21	22	23 Spaghetti Feed 4:30-7:00	24 BOWLING	25	26	27
28	29	30				

**LEWIS Co. People First Spaghetti Feed \$7.00 for one, \$20 for 4  
Immanuel Lutheran Church Centralia 6/23/15 4:30-7pm  
Join us for a great meal and supporting the Self Advocacy movement**

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 .

# OUT AND ABOUTS

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

**Notice: Registrations are NON-Refundable.  
If you can't attend after registering your paid  
Registration can be credited for the next event only .Please come with  
your backpack, walking shoes and good attitudes!!**

**FOREST LEARNING CENTER**

**SATURDAY, APRIL 11**

**COST \$20**

**LEAVE CENTRALIA STARBUCKS 10 AM AND RETURN AT 4PM**

The Forest Learning Center at Mount St. Helens is located just inside the blast zones of one of the most powerful volcanic eruptions in North America. Within months of the 1980 eruption of Mount St. Helens, Weyerhaeuser began planting 18 million seedlings in the aftermath.

During a visit, you can:

- Walk through a life-like forest and experience the Eruption Chamber.
- Learn about forest recovery, reforestation and conservation of forest resources.
- See spectacular views of the mountain, elk and replanted forests.
- Hike a short trail through the planted forest and learn about biodiversity.

**Bring \$20 for lunch at 19 mile house and souvenirs.**

**Pay registration by APRIL 4TH**

**TACOMA RAINIERS VS. LAS VEGAS 51'S**

**SUNDAY, MAY 17**

**Cost: \$30**

**Leave Centralia Starbucks at 12:00 pm and return 5pm**

Take Me Out to the Ball Game...Take me out with the crowd.. Hours of fun!

JOIN US for a day at the Game! Cheney Stadium Tacoma.

Game starts at 1:30. A hat/hot dog with chips and pop is included for the first 20 who register.

**Bring \$10 for snack /souvenir**

**PAY REGISTRATION BY MAY 4TH**



**Nisqually Wildlife Refuge**

**SATURDAY, JUNE 13**

**10am—3pm**

**COST: \$15**



**LEAVE CENTRALIA STARBUCKS 10 AM AND RETURN AT 4PM**

A visit to NWR to enjoy nature, walk the trails and explore. Many trails and boardwalks to view birds and wild life in this area. Bring your camera to take pictures, as the NWR offers an exciting experience to treasure.

This trip is going to require a lot of activity. Most of this time will be walking.

Plan to wear good walking shoes, a light raincoat possibly, and LUNCH and water!!

**Additional money for snack or souvenir**

**Pay Registration by JUNE 5TH**

REGISTRATION CHECKS SHOULD BE MAILED TO :

**PEOPLE FIRST C/O PAULA WIND P.O. BOX 668 CHEHALIS, WA  
98532 IF YOU HAVE ANY QUESTIONS: CALL 360-880-0672**

