



The Buzz

Adaptive Recreation Activities

MAY-AUGUST 2019



This program is designed for individuals in the Renton area with special needs, including those who have a physical or developmental disability, and provides group leisure and recreational activities.

This brochure can also be viewed online at rentonwa.gov/recreation. Pre-registration is required for all programs. **For more information:** call Mary Adams at 425-430-6748 or email madams@rentonwa.gov

Club Thursday

Thursdays, 7:00pm–8:30pm, Renton Senior Activity Center

March 14–May 23 ★ NR \$40 / R \$34 ★ 290

June 6–August 22 ★ NR \$40 / R \$34 ★ 2303

Ages 16 and up. Don't miss this exciting weekly social club for teens and adults. Small snacks will occasionally be served. Register today to join the fun!

If taking Access, please schedule drop-offs to the Senior Center no earlier than 6:45pm and pick-ups from the Senior Center no later than 8:45pm.



MAY 2
Cinco de Mayo
Dance

MAY 9
Card Making
for Meals on
Wheels

MAY 16
Pizza & Board
Game Night

MAY 23
Retro Dance

MAY 30
No Club

JUNE 6
Talent Show

JUNE 13
Ice Cream Social

JUNE 20
Card Game Night
and Coloring

JUNE 27
Prom Night

JULY 4
No Club

JULY 11
Spirit of America
Dance

JULY 18
Outdoor Game
Night

JULY 25
Pizza and Board
Games

AUG 1
Bingo Night

AUG 8
Movie Night

AUG 15
Super Hero Dance

AUG 22
Karaoke Night



EXCITING EXCURSIONS

Ages 16 & up. Join us for some great excursions. **Meet at the Renton Community Center.** Admission fees and excursion times vary. Please call 425-430-6748 for any questions.

Dine Out

Bring \$35 for your meal, soft drinks and dessert. No Access pick-up.

May 21	Tu	4:30–7pm	NR \$20 / R \$16	265
Jul 16	Tu	4:30–7pm	NR \$20 / R \$16	2307
Aug 13	Tu	4:30–7pm	NR \$20 / R \$16	2293

Movie & Lunch *(Bring \$30)*

May 3	F	11:00am–4:00pm	NR \$15 / R \$12	281
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Ceramics Painting & Lunch *(Bring \$35)*

May 7	Tu	11:00am–4:00pm	NR \$24 / R \$20	282
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Northwest Trek & Lunch *(Bring \$40)*

May 17	F	11:00am–4:00pm	NR \$24 / R \$20	283
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Pet Palooza *(Bring \$25)*

May 18	Sa	10:00am–3:00pm	NR \$24 / R \$20	284
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Farmers Market & Dinner *(Bring \$15)*

Jun 4	Tu	2:30–6:30pm	NR \$15 / R \$12	2299
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West Seattle Water Taxi & Lunch *(Bring \$30)*

Jun 12	W	11:00am–4:00pm	NR \$24 / R \$20	2294
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Movie & Lunch *(Bring \$30)*

Jun 21	F	11:00am–4:00pm	NR \$15 / R \$12	2290
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Urban Craft Show & Lunch *(Bring \$40)*

Jun 29	Sa	10:00am–3:00pm	NR \$24 / R \$20	2301
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Berry Picking & Lunch *(Bring \$50)*

Jul 10	W	11:00am–4:00pm	NR \$24 / R \$20	2305
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Alki Beach & Lunch *(Bring \$20)*

Jul 12	F	11:00am–4:00pm	NR \$15 / R \$12	2287
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Annual Seafair Pow Wow and Indigenous Culture Festival *(Bring \$40)*

Jul 20	Sa	10:00am–3:00pm	NR \$24 / R \$20	2308
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Soccer Golf & Lunch *(Bring \$40)*

Jul 24	W	11:00am–4:00pm	NR \$24 / R \$20	2309
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Ceramics Painting & Lunch *(Bring \$35)*

Aug 7	W	11:00am–4:00pm	NR \$24 / R \$20	2297
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Northwest Trek & Lunch *(Bring \$40)*

Aug 9	F	11:00am–4:00pm	NR \$15 / R \$12	2300
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T-Mobile Park Tour & Lunch *(Bring \$40)*

Aug 21	W	11:00am–4:00pm	NR \$36 / R \$34	2296
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Evergreen State Fair & Lunch *(Bring \$50)*

Aug 23	F	11:00am–4:00pm	NR \$15 / R \$12	2298
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Garlic Festival & Lunch *(Bring \$50)*

Aug 24	Sa	9:00am–4:00pm	NR \$34 / R \$30	2295
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ARTS & CULTURE

Books, Snacks & Crafts

Ages 13 and up. This summer's read aloud book is *There's An Owl in the Shower* by Jean Craighead George. Each week there will be a craft and snack related to the current chapter. No reading skills required, just a listening ear and a curious spirit!

RCC Room A

NR \$48 / R \$40

Classes: 7

Jun 18–Jul 30	Tu	4:00–5:30pm	2289
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Healthy Relationships

Ages 18 and up. This three-session course discusses healthy relationships with practical information to help establish and respect boundaries so that they can have fulfilling, safe, healthy relationships with family, friends, coworkers, helpers and significant others.

RSAC, 211 Burnett Ave N

FREE: Pre-registration required

Classes: 3

Aug 1–15	Th	5:30–7:00pm	2353
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Internet Safety with the Renton Police Department

Ages 16 and up. Sgt. Ryan Rutledge with the Renton Police will be sharing the best practices to safely enjoy what the internet has to offer. Learn about the good, bad, and in-between things that can happen while using the internet and social media, along with tips to better protect yourself while online.

RSAC, 211 Burnett Ave N

FREE: Pre-registration required

Classes: 1

Aug 22	Th	5:30–6:30pm	2357
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May 2019 The Buzz Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Track & Soccer 6:00-7:00pm	2 Healthy Athletes 6:00-7:00pm Club Thursday Cinco de Mayo Dance 7:00-8:30pm	3 Movie & Lunch 11:00am-4:00pm	4
5	6 Track, Soccer, Cycling 6:00-7:00pm	7 Ceramic Painting & Lunch 11:00am-4:00pm Dance w/o Limits Ages 6-12: 3:00-3:45pm Ages 13+: 4:00-4:45pm Pokemon Go Club 6:00-7:00pm	8 Track & Soccer 6:00-7:00pm	9 Healthy Athletes 6:00-7:00pm Club Thursday Card Making for Meals on Wheels 7:00-8:30pm	10	11
12	13 Track, Soccer, Cycling 6:00-7:00pm	14 Dance w/o Limits Ages 6-12: 3:00-3:45pm Ages 13+: 4:00-4:45pm Pokemon Go Club 6:00-7:00pm	15 Track & Soccer 6:00-7:00pm	16 Healthy Athletes 6:00-7:00pm Club Thursday Pizza & Board Games 7:00-8:30pm	17 Northwest Trek & Lunch 11:00am-4:00pm	18 Pet Palooza & Lunch 10:00am-3:00pm
19	20 Track, Soccer, Cycling 6:00-7:00pm	21 Dine About Town 4:30-7:00pm Pokemon Go Club 6:00-7:00pm	22 Track & Soccer 6:00-7:00pm	23 Healthy Athletes 6:00-7:00pm Club Thursday Retro Dance 7:00-8:30pm	24	25
26	27 Memorial Day No Program	28	29 Track & Soccer 6:00-7:00pm	30 No Program	31	



FOR MORE INFORMATION: call Mary Adams at 425-430-6748 or email madams@rentonwa.gov

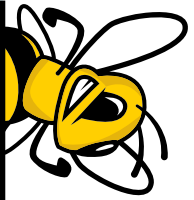


June 2019 The Buzz Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Special Olympics Spring Games
2 Special Olympics Spring Games	3	4 Renton Farmers Market & Dinner 2:30-6:30pm	5	6 Healthy Athletes 6:00-7:00pm Talent Show 7:00-8:30pm	7	8
9	10	11 Spring Sports Banquet 6:00-7:00pm	12 West Seattle Water Taxi & Lunch 11:00am-4:00pm	13 Healthy Athletes 6:00-7:00pm Ice Cream Social 7:00-8:30pm	14	15
16	17 Softball, T-Ball & Young Athletes 6:00-7:00pm	18 Books, Snacks & Crafts 4:00-5:30pm	19 Softball & T-Ball 6:00-7:00pm	20 Healthy Athletes 6:00-7:00pm Card Game Night 7:00-8:30pm	21 Movie & Lunch 11:00am-4:00pm	22
23/30	24 Softball, T-Ball & Young Athletes 6:00-7:00pm	25 Books, Snacks & Crafts 4:00-5:30pm	26 Softball & T-Ball 6:00-7:00pm	27 No Healthy Athletes PROM NIGHT 7:00-8:30pm	28	29 Urban Craft Show 10:00am-3:00pm



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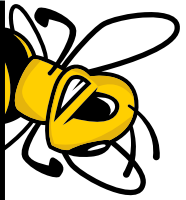


July 2019 The Buzz Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Softball, T-Ball & Young Athletes 6:00-7:00pm	2 Books, Snacks & Crafts 4:00-5:30pm	3 Softball & T-Ball 6:00-7:00pm	4 No Program Happy 4th of July!	5	6
7	8 Youth Adaptive Day Camp 9:00am-3:00pm Softball, T-Ball & Young Athletes 6:00-7:00pm	9 Youth Adaptive Day Camp 9:00am-3:00pm Books, Snacks & Crafts 4:00-5:30pm	10 Youth Adaptive Day Camp 9:00am-3:00pm Berry Picking & Lunch 11:00am-4:00pm Softball & T-Ball 6:00-7:00pm	11 Youth Adaptive Day Camp 9:00am-3:00pm Healthy Athletes 6:00-7:00pm Spirit of America Dance 7:00-8:30pm	12 Youth Adaptive Day Camp 9:00am-3:00pm Alki Beach & Lunch 11:00am-4:00pm	13
14	15 Softball, T-Ball & Young Athletes 6:00-7:00pm	16 Dine About Town 4:00-7:30pm Books, Snacks & Crafts 4:00-5:30pm	17 Softball & T-Ball 6:00-7:00pm	18 Healthy Athletes 6:00-7:00pm Outdoor Game Night 7:00-8:30pm	19	20 Annual Seafair Powwow & Indigenous Cultural Festival 10:00am-3:00pm
21	22 No Athletics	23 Books, Snacks & Crafts 4:00-5:30pm	24 No Athletics Soccer Golf & Lunch 11:00am-4:00pm	25 Healthy Athletes 6:00-7:00pm Pizza & Board Games 7:00-8:30pm	26	27
28	29 Youth Adaptive Day Camp 9:00am-3:00pm Softball, T-Ball & Young Athletes 6:00-7:00pm	30 Youth Adaptive Day Camp 9:00am-3:00pm Books, Snacks & Crafts 4:00-5:30pm	31 Youth Adaptive Day Camp 9:00am-3:00pm Softball & T-Ball 6:00-7:00pm			



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August 2019 The Buzz Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Youth Adaptive Day Camp 9:00am-3:00pm Healthy Relationships 5:30-7:00pm Bingo Night 7:00-8:30pm	2 Youth Adaptive Day Camp 9:00am-3:00pm	3
4	5 Softball, T-Ball & Young Athletes 6:00-7:00pm	6	7 Ceramics Painting & Lunch 11:00am-4:00pm Softball & T-Ball 6:00-7:00pm	8 Healthy Relationships 5:30-7:00pm Movie Night 7:00-8:30pm	9 NW Trek & Lunch 11:00am-4:00pm	10
11	12 Softball, T-Ball & Young Athletes 6:00-7:00pm	13 Dine About Town 4:00-7:30pm	14 Softball & T-Ball 6:00-7:00pm	15 Healthy Relationships 5:30-7:00pm Super Hero Dance 7:00-8:30pm	16	17
18	19	20	21 T-Mobile Field & Lunch 11:00am-4:00pm	22 Internet Safety with Renton Police 5:30-7:00pm Karaoke Night 7:00-8:30pm	23 Evergreen State Fair & Lunch 11:00am-4:00pm	24 Garlic Festival & Lunch 9:00am-4:00pm
25	26	27	28	29	30	31



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SPECIAL OLYMPICS

Healthy Athletes— Fitness and Wellness

Ages 16 and up. Fun fitness workouts every week, coupled with wellness and nutrition education. *No class on 6/27.*

RSAC Gym, 211 Burnett Ave N

NR \$19 / R \$16 **Classes: 6**
Jun 6–Jul 25 Th 6:00–7:00pm 2288

Young Athletes T-Ball

Ages 3–7 yrs. Bring a glove, water and be ready to play! Registration must be completed before participation at practice or competition. Held at Renton High School, on softball diamond off of Logan Ave S. *No practice on 7/22.*

Renton High School, softball diamond

NR \$16 / R \$13 **Classes: 8**
Jun 17–Aug 12 M 6:00–7:00pm 2306

Softball & T-Ball

Ages 8 and up. Bring a glove, water and be ready to play! Registration must be completed before participation at practice or competition. *No practice on 7/22 or 7/24.*

Renton High School

NR \$40 / R \$34 **Classes: 16**
Jun 17–Aug 14 MW 6:00–7:00pm 2304

ADAPTIVE DAY CAMPS

Activity camps for children of differing abilities.

All About Animals!

Ages 5–10 yrs. Participants will have nature themed activities and visit the Woodland Park Zoo. Experience summer with amazing games, swimming, songs, arts & crafts, and field trips! Preregistration is required. *Aide free with participation registration.*

RCC Room A

Instr: Mary Adams

NR \$200 / R \$175 **Classes: 5**
Jul 8–12 M–F 9:00am–3:00pm 2212

Splish Splash

Ages 5–10 yrs. Participants will have aquatic themed activities and visit the Seattle Aquarium. Experience summer with amazing games, swimming, songs, arts & crafts, and field trips! Preregistration is required. *Aide free with participation registration.*

RCC Room A

Instr: Mary Adams

NR \$200 / R \$175 **Classes: 5**
Jul 29–Aug 2 M–F 9:00am–3:00pm 3924

RENTON ADAPTIVE RECREATION PRESENTS

PROM NIGHT

2019

DJ RANDY IN THE MIX
06.27.19 • 7-8:30 PM • RSAC
WITH A RED CARPET WELCOME

Softball & T-Ball may be cancelled due to rain, smoke or heat. Call to check status:

WEATHER HOTLINE 425-243-9109



City of Renton
 Recreation Division
 1715 SE Maple Valley Highway
 Renton, WA 98057

**PRESORTED
 STANDARD**
 US POSTAGE PAID
 RENTON WA
 PERMIT NO. 137



In partnership with the
 Renton Police Department:

INTERNET SAFETY

Discussing the good, bad and in-between
 of what can happen to us online and how
 we can better protect ourselves.

AUGUST 22ND, 5:30-7 PM, SENIOR CENTER
 REGISTER TODAY TO RESERVE YOUR SPOT

ADAPTIVE RECREATION

SPECIAL EVENT

AT THE AQUATIC CENTER

POOL PARTY

SATURDAY, JULY 20 #2501 or AUGUST 10 #2502
 Registration required • \$5.00 • 6:30–8:30pm

Swimmers of all ages and abilities are invited to come
 experience the water park in a safe setting. Staff will assist if
 needed for participants with water fear and shyness. Care giver
 entrance fee is waived when attending with a paying swimmer.



Ways to Register

ON-LINE * NEW WEBSITE *

New and improved recreation registration website. Available 24 hours a day. Allows you to view courses, register, and view your account information.

rentonwa.gov/recreation

Go to the "Course Registration" link.

NOTE: You will need to create a new account. (The Cyber-signup website is no longer used.)

WALK IN

Renton Community Center
 1715 SE Maple Valley Hwy Renton, WA 98057

Monday–Thursday 7:00am–7:00pm

Friday 7:00am–5:00pm

Saturday 9:00am–5:00pm

PHONE IN

Person-to-person phone-in registration

Monday–Friday 10:00am–4:00pm

Call 425-430-6700

Please have registration information and credit card ready.