

# Specialized Recreation



Bellingham  
Parks &  
Recreation  
Department

*Quality of Play — Quality of Life*

## SPECIALIZED RECREATION SERVICES

Bellingham Parks and Recreation is committed to providing quality opportunities to all members of our community. We recognize that making our services accessible for people with disabilities helps build a positive community. We strive to ensure compliance with the Americans with Disabilities Act as well as foster positive relationships between all our participants.

**Specialized Recreation services include:**

- **Programs** designed for individuals who have a disability
  - **Inclusion** support for individuals with disabilities wishing to participate in any program offered by Bellingham Parks and Recreation
  - **Liaison** to community groups serving individuals with disabilities
- The programs listed in this section are designed for individuals who have a disability. They offer opportunities for individuals to develop a skill or have opportunities for socialization.

Inclusion support services include arranging for requested accommodation or adaptation to facilitate successful participation in general programming offered by Bellingham Parks and Recreation. Participants will be asked if they require assistance or accommodation at the time of registration. Recreation staff will then contact participants and/or any advocates to arrange necessary support when indicated. For more questions regarding Specialized Recreation services, please contact Amanda Grove at 778-7000 (or 778-7011 TDD) or by email at [agrove@cob.org](mailto:agrove@cob.org)

*For information call (360) 778-7000 (or 778-7011 TDD) or visit [www.cob.org/ezreg](http://www.cob.org/ezreg)*

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## DO YOU NEED ASSISTANCE OR ACCOMMODATION?

If you have a disability and require assistance and/or accommodation to participate in any of our programs, please call at least two weeks prior to the registration deadline. Our staff can assist in obtaining special equipment, interpretive services, or other support necessary to make your involvement successful. Please look over our program offerings in this publication and contact Amanda at 778-7000 (778-7011/TDD) for more information. Please note that accommodations are most successful when we are notified as far in advance as possible.

Flyers are sent out each quarter announcing Specialized Recreation programs and events. To receive a flyer in the mail call 778-7000 (778-7011/TDD) and ask to be put on the SPIN mailing list.

## EVENTS

### SPIN DANCES

Bellingham Parks and Recreation, along with the Max Higbee Center, and Whatcom County Parks have planned four dances for individuals with disabilities. All persons age 14 and over are invited for live music, dancing and loads of fun! Donations by the Women of the Moose help make these dances possible!

**AGES:** 14 years and older  
**DAY/DATES:** Mondays, September 21 (Silver City);  
October 19 (The Gramophone Co.);  
November 16 (Fritz and the Freeloaders);  
December 21 (Whatcom Sound)  
**TIME:** 7-9 p.m.  
**LOCATION:** Bellingham Senior Center, 315 Halleck St  
**COST:** A bag of pre-packaged cookies at door  
**COORDINATOR:** Amanda Grove

## CLASSES

### GREENHOUSE GARDENING: DIG IT!

Harvest season is here! This five-week gardening program will focus on harvesting and putting our garden to rest for the cool weather. Each day participants will have the opportunity to work in the garden, create garden-inspired crafts, and just enjoy being in nature. Dig It! is being led by Libby Chenault, who with our spring and summer gardeners, created a fantastic garden this summer!

**PROG# 21332**

**AGES:** 14 years and older  
**DAY/DATES:** Wednesdays, September 2-30  
**TIME:** 3-4:30 p.m.  
**LOCATION:** Big Rock Garden Greenhouse  
**COST:** \$30  
**INSTRUCTOR:** Libby Chenault  
**MIN: 6 MAX: 8**

## MULTI-MEDIA ART

### For Adults 18 & Older with Developmental Disabilities

This class will explore the use of a variety of materials, such as watercolors, acrylics, colored pencils and inks. Participants will have the opportunity to engage in activities such as mask making, creating a collage, designing note cards and painting. Creative enrichment, individual choices and enjoyment will be emphasized.

*Minimum must be met by Monday, September 21*

**PROG# 21346**  
**AGES:** 18 years and older  
**DAY/DATES:** Mondays, September 28-December 14  
(no class Oct 19 or Nov 16)  
**TIME:** 4-6 p.m.  
**LOCATION:** Environmental Learning Center,  
514 W Holly Street  
**COST:** \$44  
**INSTRUCTOR:** Jan Lor  
**MIN: 10 MAX: 10**

## THE JOYS OF MUSIC

During our time together, we will visit familiar songs, while also experiencing the uniqueness and fun of creating our own music – individually, and as a group. Using a variety of instruments, rhythms, sounds and movement, we will explore different musical styles and cultures ... and see what unfolds! Freedom of self-expression is welcome! Deborah has a passion for music and earned a degree in Music Therapy; Healing Through Sound.

*Minimum must be met one week prior to first class.*

**PROG# 21347**  
**DAYS/DATES:** Thursdays, October 1-November 12  
**TIME:** 4:30-5:30 p.m.  
**AGES:** 14 years and older  
**LOCATION:** Environmental Learning Center,  
514 W. Holly  
**COST:** \$30  
**INSTRUCTOR:** Deborah Lutz  
**MIN: 8 MAX: 12**

## FIBER ARTS

Let's get cozy and crafty! During this six week session we will play with color, texture and patterns while enjoying the community of crafting. We will explore a variety of fiber arts

including felting, weaving, surface design and hand sewing with an emphasis on natural and recycled materials. Projects will be adapted to participants skills and interest, however everyone must be able to safely handle scissors, pins and needles. Libby Chenault is a professional fiber artist who has been teaching specialized recreation classes in Bellingham for 9 years.

*Minimum must be met by September 14*

**PROG# 21348**  
**AGES:** 16 years old and older  
**DAYS/DATES:** Thursdays, September 17-October 8  
**TIME:** 2:30-4 p.m.  
**LOCATION:** Environmental Learning Center,  
514 W Holly Street  
**COST:** \$22  
**INSTRUCTORS:** Libby Chenault  
**MIN: 6 MAX: 8**

## OUTINGS

### ALL ABOUT APPLES

Harvest apples in the morning and make a cobbler in the afternoon! While your cobbler is baking create apple print cards. Bring a sack lunch AND YOU MUST BE PREPARED TO BE OUTSIDE RAIN OR SHINE! **Personal care assistants are welcome at no cost, but must register to ensure a seat in the van.**

*Minimum must be met by Friday, October 2*

**PROG# 21352**  
**EZ REG:** Internet registration available  
**AGES:** 14 years and older  
**DAY/DATE:** Saturday, October 10  
**TIME:** 9 a.m.-4 p.m.  
**LOCATION:** Depart/return to Cornwall Park office,  
3424 Meridian Street  
**COST:** \$22  
**TRIP LEADERS:** Keri Heagle and Abby Quarterman  
**MIN: 9 MAX: 9**

## LET'S GO OUT!

Let's get together in a small group to plan and go on an outing! Have fun while you focus on building skills that will help you participate in community recreation. You will make new friends, choose the day's activity, and GO have a good time. Transportation will be by van or bus. Bring money for food and an activity (\$6 suggested.) Our instructors are experienced with supporting individual needs while creating a fun environment.

*Minimum must be met one week prior to the first class*

**PROG# 21349**  
**DAY/DATES:** Saturday, October 17

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**PROG# 21350**  
**DAY/DATES:** Saturday, November 7

**Program Registration begins Tuesday, September 8 at 8 a.m.**

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AGES: 16 years and older  
TIME: 1–5 p.m.  
LOCATION: Depart/return to Cornwall Park office,  
3424 Meridian Street  
COST: \$ 9  
INSTRUCTOR: Keri Heagle  
MIN: 4 MAX: 4

### PUMPKIN PATCH AND JACK-O-LANTERNS

Pick your perfect pumpkin and carve it for Halloween on this fun-filled fall outing. Take a hayride and see farm animals. Pack a sack lunch, dress for the weather and wear shoes that you can get mucky. **Personal care assistants are welcome at no cost, but must sign up at the time of registration to reserve a seat in the van.**

Minimum must be met by Friday, October 16

**PROG#:** 21353  
EZ REG: Internet registration available  
AGES: 14 years and older  
DAY/DATE: Saturday, October 24  
TIME: 9 a.m.–4 p.m.  
LOCATION: Depart/return to Cornwall Park office,  
3424 Meridian Street  
COST: \$22  
COORDINATOR: Amanda Grove  
MIN: 9 MAX: 9

### BE A SPORT!

Here's your chance to check out WWU basketball! Cheer on the Viking women as they play rivals Simon Fraser! Enjoy the halftime festivities, Sub Chucker, the Viking cheerleaders and support "Big Blue!" Registration cost includes transportation from P&R office, admission and staff support.

Minimum must be met by one week prior to game

**PROG#** 21351  
DAY/DATE: Sunday, November 1 (3 p.m. game)  
TIME: 1:30–5:30 p.m.  
AGES: 16 years and older  
LOCATION: Depart/return Cornwall Park office,  
3424 Meridian Street  
COST: \$17  
TRIP LEADER: Keri Heagle  
MIN: 4 MAX: 4

### TRIPS

#### SEATTLE ART MUSEUM & PIKE PLACE MARKET

Two Seattle destinations in one day! For 70 years the Seattle Art Museum (SAM), has been one of the leading arts institutes in the Northwest. It houses over 24,000 objects from past to

present from all over the world. We'll visit the Pike Place Market and learn about its history and how it has evolved since 1907. Bring a sack lunch AND please dress for walking and weather. **Personal care assistants are welcome at no cost, but must register to ensure a seat in the van.**

Minimum must be met by Friday, September 18

**PROG#** 21354  
EZ REG: Internet registration available  
AGES: 14 years and older  
DAY/DATE: Saturday, September 26  
TIME: 9 a.m.–5 p.m.  
LOCATION: Depart/return to Cornwall Park office,  
3424 Meridian Street

COST: \$22  
TRIP LEADERS: Abby Quarterman and Keri Heagle  
MIN: 9 MAX: 9

### MUSEUM OF FLIGHT

Always a popular trip! Join us as we explore the history of aviation technology. The Museum of Flight features 54 incredible airplanes – all in mint condition. We'll see aircraft such as the Blackbird spy plane and the first presidential jet – Air Force One. Watch planes and jumbo jets come and go at Boeing Field from the hands-on air traffic control exhibit. We will eat lunch at the Museum's Wings Caf , so bring \$5–\$7 dollars cash (no sack lunches allowed in the café). **Personal care assistants are welcome at no cost, but must sign up at the time of registration to save a seat in the van.**

Minimum must be met by Friday, October 30

**PROG#** 21355  
EZ REG: Internet registration available  
AGES: 14 years and older  
DAY/DATE: Sunday, November 8  
TIME: 9 a.m.–5 p.m.  
LOCATION: Depart/return Cornwall Park office,  
3424 Meridian Street

COST: \$24  
TRIP LEADERS: Keri Heagle and Abby Quarterman  
MIN: 9 MAX: 9

### THEO CHOCOLATE FACTORY TOUR

Theo chocolate is premium organic, fair-trade chocolate manufactured in Seattle. Join us on this deliciously fascinating tour and learn about how and why chocolate is the "Food of the Gods" (latin name Theobromo cacao). **Personal care assistants are welcome at no cost, but must sign up at the time of registration to save a seat in the van.**

Minimum must be met by Friday, November 6

**PROG#** 21356  
AGES: 14 years and older  
DAY/DATE: Saturday, November 14  
TIME: 9 a.m.–4:30 p.m.

LOCATION: Depart/return to Cornwall Park office,  
3424 Meridian Street  
COST: \$24  
TRIP LEADERS: Abby Quarterman and Keri Heagle  
MIN: 9 MAX: 9

### ASIAN ART MUSEUM & VOLUNTEER PARK CONSERVATORY

Feed your senses as we explore the secrets of Volunteer Park. The Conservatory houses an outstanding display of flowering plants from all over the world including 600 varieties of orchids! The Asian Art Museum captures the spiritual and cultural charms of Asia. **Personal care assistants are welcome at no cost, but must sign up at the time of registration to save a seat in the van.**

Minimum must be met by Friday, November 13

**PROG#** 21357  
AGES: 14 years and older  
DAY/DATE: Saturday, November 21  
TIME: 9 a.m.–5 p.m.  
LOCATION: Depart/return to Cornwall Park office,  
3424 Meridian Street  
COST: \$23  
TRIP LEADERS: Abby Quarterman and Keri Heagle  
MIN: 9 MAX: 9

### THE LIGHTS OF CHRISTMAS

One MILLION dazzling lights, holiday carolers and the Polar Express train will get you in the spirit for the holiday season! We will stop off for an early fast food dinner in Mount Vernon (Keri is choosing the healthiest option!!). Please bring \$5–6 for your meal! Registration covers transportation, staff support, and admission costs. **Personal care assistants are welcome at no cost, but must sign up at the time of registration to save a seat in the van. This program is not eligible for a refund.**

Minimum must be met by Monday, November 23

**PROG#** 21358  
EZ REG: Internet registration available  
AGES: 14 years and older  
DAY/DATE: Friday, December 4  
TIME: 3 p.m.–9 p.m.  
LOCATION: Depart/return Cornwall Park office,  
3424 Meridian St  
COST: \$26  
TRIP LEADERS: Keri Heagle and Abby Quarterman  
MIN: 9 MAX: 9