

December 2005

## Recreation and Social Ideas for Young Adults with Disabilities

### Issaquah Parks & Recreation

Many programs for Special Needs; also summer camps.  
Call Carol Decker at 425-837-3310

### Redmond Parks

Many programs for Special Needs, also summer camps.  
Contact Barb Wolf at 425-556-2300, or visit [www.Redmond.gov](http://www.Redmond.gov)

### Renton Community Services Department

Call 425-430-6700, or visit [www.ci.renton.wa.us](http://www.ci.renton.wa.us)

### Bellevue Parks & Recreation–Highland Center

Call 425-452-7686

### SiView Metropolitan Park District (North Bend)

Watch for information: they are just starting some programs!  
Call 425-831-1900

### Little Bit Therapeutic Riding Center–Woodinville

Call 425-882-1554

### Hawk Ridge Therapeutic Riding Horseback Riding–Preston

Call 425-222-0080

### Mercer Island Moms

Sponsor dinner and dancing four times a year.  
Call 206-723-3699

### Skiforall

Year-round programs and summer camps  
Call 425-462-0978

### Elder and Adults Day Services–Bellevue

Has evening programs for young adults with disabilities; transportation & dinner provided  
Call 425-867-1799

### ABCT Social group

A group of students from the Venture program at BBC who has organized their own social group; they do many different things together.  
Call 206-524-2092, or visit [www.abctevents.com](http://www.abctevents.com)

### Young Life

Meets Monday nights 7-8:30 at the Westminster Chapel  
Call Liz Steiker at 425-766-0947

### Tennis at Robinswood–Bellevue

Wednesdays from 3:45-4:45pm  
Call Doris at 425-452-7690

### Special Olympics

Softball, Basketball, other sports  
Call 392-5682

### Challenger Baseball

“Little League” baseball for those with special needs.  
Call 425-557-0103

### Dance Connection Specialty Programs

Call 425-392-3411, or visit [www.danceconnection.biz](http://www.danceconnection.biz)

### Special Populations Aquatic Therapy

Call Harriet Ott at 425-830-7746, or visit [www.cisaquatics.com](http://www.cisaquatics.com)

### The Children’s Hospital Summer Camp Guide

Now available at: <http://www.cshcn.org/resources/campcalendar.cfm?intro=yes>

If you cannot access by the web, contact Andrea McCullough at 206-987-5325, or e-mail her at [andrea.mccullough@seattlechildrens.org](mailto:andrea.mccullough@seattlechildrens.org)

### Camps for children with autism—sponsored by HSDC (Hearing, Speech, Deafness Center)

For information call 206-323-5770, or e-mail [Speech@hsrc.org](mailto:Speech@hsrc.org) or visit [www.hsrc.org](http://www.hsrc.org)

### Volunteers of America

Have three programs, listed below, and have provided recreation for almost 30 years.

Call 425-259-3191 or 360-793-0646, or e-mail [camp@voaww.org](mailto:camp@voaww.org)

1. Camp Volasuca, Sultan, WA - Heated pool, hikes, drama, high and low energy games, campfires plus more.
2. Travel tours - Victoria, dude ranch, Coeur D'Alene/Silverwood theme park, cruises, camping in Cascades and more.
3. They will host your individual camping group designing the experience to your campers' ages and abilities.

### Friendship Adventures

Trips and one-day outings and events; includes camping, theme parks, out-of-state sporting events, dances and more; a big group went on a cruise last year. Activities are geared towards high school and adult populations, but do not preclude youngsters!

Call Maureen Browning at 425-821-5680, or visit [www.friendshipadventures.org](http://www.friendshipadventures.org)

### Sundial

Disneyland and Disneyworld trips, cruises, international experiences, music lover's tours and more.

Call 1-800-547-9198, or visit [www.sundialtour.com](http://www.sundialtour.com), or e-mail [ssv@sundial-travel.com](mailto:ssv@sundial-travel.com)

### TRIPS Inc.

Vacations for travelers with DD

Call 1-800-686-1013, or visit [www.tripsinc.com](http://www.tripsinc.com)

### Mt Hood Kiwanis Camp—Oregon

Three camp types, listed below.

Call 503-452-7416, or visit [www.mhkc.org](http://www.mhkc.org), or e-mail [camping@mhkc.org](mailto:camping@mhkc.org)

1. Main camp - sleep in lodges or cabins, one-on-one with a camper/counselor; fishing, hikes, arts and crafts, campfire program, swimming, horseback riding, plus lots more.
2. Canoe camp at Trillium Lake - tents, fishing, hiking, crafts and more; also includes visits to main camp to join in the activities there.
3. Trip and travel camp - day-long excursions; river rafting, ropes course; as well as regular programs at the main camp.

### Wilderness Inquiry

San Juans sea kayaking; Broken Group Islands kayaking; North Cascades backpacking; Olympics coastal trail hike; Other North American destinations, also international. Good selection, 25+ years in business.

Call 1-800-728-0719, or visit [www.wildernessinquiry.org](http://www.wildernessinquiry.org)

### D'Gadabouts

Most events and trips originate and end in the Newberg and McMinnville areas of Oregon (WSW of Portland); they have day trips, weekends and longer trips and if a destination is close to Seattle or if the group is passing through on their way someplace, joining D'Gadabouts is a possibility.

Call 503-538-9118 or 503-538-5275, or e-mail [dgads99@hotmail.com](mailto:dgads99@hotmail.com)