

**ADAPTED RECREATION PROGRAM ACTIVITIES**

**DANCES**



**HALLOWEEN DANCE**

The Halloween Dance is the time to show off your creativity and spooky dance moves. Come in costume and impress new and old friends alike. Prizes are awarded to the best of every category.

**Location** Carrillo Street Gym  
**Info** (805) 564-5421

10/28 F 7PM-9PM \$6

**VALENTINE'S DANCE**

The Valentine's Dance gives you the chance to bring a sweetheart or just come and be sweet!

**Location** Carrillo Street Gym  
**Info** (805) 564-5421

2/10/17 F 7PM-9PM \$6

**RESOURCES**

**ALL-TERRAIN WHEELCHAIR**

Take a trip to the beach and enjoy a summer day on the sand. Two all-terrain wheelchairs are available for use, free of charge. Please contact the Cabrillo Pavilion Bathhouse staff for details.

**Location** 1118 East Cabrillo Boulevard  
**Info** (805) 897-2680

**ACTIVITIES AND CLASSES**

**INCLUSIVE YOGA FOR ALL ABILITIES**

[SantaBarbaraCA.gov/InclusiveYoga](http://SantaBarbaraCA.gov/InclusiveYoga)

Join Jessica Parsons and friends in this fully inclusive class where everyone is welcome. This is a fun class where people of all ages and abilities can use yoga as a way to become stronger, more flexible, develop core strength, and improve overall health. Bring a yoga mat and towel. Parents and caregivers are invited to join the class at no additional charge. Drop-in fee is \$8.

**Location** Carrillo Recreation Center  
**Info** (805) 564-5421

- 22381 9/20-10/25 Tue 4PM-5PM \$33 / \$30
- 22385 9/22-10/27 Thu 11AM-12PM \$33 / \$30
- 22382 11/1-12/6 Tue 4PM-5PM \$33 / \$30
- 22386 11/3-12/8 Thu 11AM-12PM \$33 / \$30

**SHAKE, RATTLE, AND ROLL**

[SantaBarbaraCA.gov/AdaptedShake](http://SantaBarbaraCA.gov/AdaptedShake)

Instructed by Karen Putnam, Shake, Rattle, and Roll is a dance program for people with disabilities, including wheelchair and scooter users and individuals with developmental/cognitive needs. Dance, socialize, and meet new people! Drop-in fee is \$8.

**Location** Carrillo Recreation Center  
**Info** (805) 564-5421

- 22421 9/15-12/1 Thu 4:30PM-5:30PM \$40

**ADAPTED BOWLING**

Adapted bowling provides an opportunity for children and adults to socialize and get physical exercise through a fun experience. Competition is not the emphasis; it's the social interaction that makes this program a winner! Come join us whether or not you are a new experienced bowler!

Fee is \$15 for bowling, shoes, and lunch. **No online registration necessary.** Please note that there is no bowling scheduled for December.

**Location** Zodo's Bowling and Beyond  
5925 Calle Real, Goleta

**Info** (805) 564-5422

- 9/17 Sat 11AM-1PM \$15
- 10/15 Sat 11AM-1PM \$15
- 11/12 Sat 11AM-1PM \$15

**ADAPTED GOLF PROGRAM**

Co-Sponsored by Cottage Rehabilitation Hospital and Cottage Rehabilitation Hospital Foundation. Designed for persons with physical, visual and/or cognitive impairments. Thirty-minute lessons include putting, chipping and/or driving with occasional use of the golf course. An adapted golf cart is available to use for participants who play from sitting or need assistance with standing balance. The program is wheelchair accessible. For information, please contact Ren  Van Hoorn, Therapeutic Recreation, at (805) 569-8999, ext. 82102 or email [rvanhoor@cottagehealthsystem.org](mailto:rvanhoor@cottagehealthsystem.org).

Fee is \$8 for a 30-minute lesson or \$30 for 6 lessons. By appointment only.

**Location** Santa Barbara Golf Club  
3500 McCaw Avenue (at Las Positas)

**Info** (805) 569-8999 Ext. 82102  
[rvanhoor@cottagehealthsystem.org](mailto:rvanhoor@cottagehealthsystem.org)

Mon 9:30AM-11:30AM

**SPECIAL EVENTS**

**THANKSGIVING LUNCHEON**

Why not have two Thanksgiving Days? Celebrate, eat and give thanks the day before Thanksgiving with your pals. This popular event has been offered to participants of Adapted Programs for 30 years. This might be the most popular event for the volunteers who enjoy serving our participants in a stylish and festive setting. Doors open at 11:30AM.

This is a free event—please RSVP by calling (805) 564-5421.

**Location** Carrillo Recreation Center  
**Info** (805) 897-2680

11/23 W 11:30AM Free!