

Specialized Recreation



HALLOWEEN SPOOKTACULAR DANCE

Saturday, October 31
5:30-8:00pm

Come in costume for an evening of fun dancing and socializing with your friends!

- \$5.00 per person at the door
- Caretakers are free
- Volunteers welcome!
- Snacks and punch provided.

UPCOMING EVENTS:

Valentines Sweetheart Dance

Saturday
February 13, 2015
5:30-8:00pm, \$5

Bingo Night

Saturday
March 5, 2015
6-8:30pm, \$5

North Kirkland Community Center
12421 103rd Ave NE, Kirkland, WA

**Please preregister by calling or emailing with the number attending 2 weeks in advance.

**RSVP or Questions:

Maureen@friendshipadventures.org
or call 425.444.3132 or 360.668.3840.

Friendship Adventures is an all volunteer non-profit organization dedicated to enriching the lives of people with developmental disabilities by social, recreational, and educational activities in a safe, engaging environment building confidence and interpersonal skills.

Specialized recreation staff is on-site to provide leadership to the programs. Staff is unable to provide attendant care or provide one-on-one behavior management care. Caregivers may be required, and can participate in our programs free of charge when assisting participants who need one-on-one assistance.



Shining Stars Dance **NEW!**

Ages 7 to 13 years

Introducing a new dance program for children with developmental challenges. Every child has the ability to shine and just as each star is unique, so is your child with his or her own unique abilities! Dance is a great way to exercise, and is also a form of self-expression, encouraging creativity and social interaction. Miss Kellsie will teach simple dance moves and routines that will bring out the shining star in each child and together they'll light up the room! This program is geared for children with challenges such as autism, downs syndrome & emotional/psychological disabilities.

Participants need to have the skills to participate and cooperate in group settings • Caregivers are always welcome to join at no charge • If you have questions or to find out more about our program please call, 425.587.3352 • Instructor: Kellsie Steele • Location: NKCC

Fall 6 weeks • No class 11/23
Resident \$43 / Non-Resident \$52

Mon	5:40-6:25pm	Sept 14-Oct 19	46775
Mon	5:40-6:25pm	Nov 2-Dec 14	46776

Winter 5 weeks • No class 1/18 & 2/15
Resident \$36 / Non-Resident \$43

Mon	5:40-6:25pm	Jan 11-Feb 22	46777
Mon	5:40-6:25pm	Feb 29-Mar 28	46778

Cooking with Karen **NEW!** Workshop

This specialized class will teach students the basics in: cooking, kitchen skills, safety, nutrition and food choices. Come create and taste easy delicious recipes in this fun paced class. *A \$10 food and supply fee will be collected at the beginning of class, please bring exact change.*

Participants need to have the skills to participate and cooperate in group settings • Caregivers are always welcome to join at no charge
Instructor: Karen Renfroe-Gilgens

Location: PKCC • Residents \$25 / Non Residents \$30

Tue	2:30-4:30pm	Sept 15	46977
Tue	2:30-4:30pm	Oct 20	46978
Tue	2:30-4:30pm	Nov 17	46979
Tue	2:30-4:30pm	Jan 19	46982
Tue	2:30-4:30pm	Feb 16	46983
Tue	2:30-4:30pm	Mar 15	46984