



These sports, recreation and leisure programs are designed to improve overall health and wellness, increase physical activity level, socialization opportunities and independence. The programs are planned, coordinated and provided by Turnstone staff member, Rebekah Worpell, a Certified Therapeutic Recreation Specialist.

Anyone with an intellectual or developmental disability is welcome to be involved; including anyone who is not a Turnstone client. All programs are adaptable to individuals at any skill level. Family members or caregivers are always welcome to attend programs with a participant. If participant need extra assistance please bring another person to help assist in programming.

At your initial visit on becoming an active participant, you will be asked to complete an intake form. You MUST complete this form in order to participate in programs here at Turnstone.

To register for a program, you MUST contact Turnstone's receptionist by visiting them at one of our main desks (Peds, ADS, or Plassman) or by calling the main number at 260-483-2100. Payment is due upon registration.

For more information, contact Rebekah Worpell at [rebekah@turnstone.org](mailto:rebekah@turnstone.org) or call (260) 969-7678.

### Additional Turnstone Events:

Prep Varsity Regional: January 27th-28th

DII WCB Adult Tournament: February 3rd-4th

Sled Hockey: February 10th-11th

Casino Night at Turnstone: March 10th 7:00-10:00pm.

Power Soccer: March 3rd-4th.

### Turnstone will be closed all of the following dates:

New Years Day, January 1st.

Martin Luther King Day, January 15th

Good Friday, March 30th

Easter, April 1st.

## New Years Kickoff



Join Turnstone and Special Olympics in our New Years kick off event. This event we will be focusing on how to build a healthier lifestyle by developing reasonable goals and how to attain them. We will also be discussing proper nutrition and how to eat well on a budget.

Course #	Date/Day	Time	Age	Fee
118ID-01	1/5 Fri	6:00-8:00pm	6+	\$8

**Location:** Mezzanine, Plassman Athletic Center at Turnstone  
**Register by** 1/2

## Bocce

Come join us in learning to play this Sport. Participants will learn the fundamental skills needed to play this sport and will build on the foundational skills taught in this program.



Course #	Date/Day	Time	Age	Fee
118ID-02	1/3-1/24 Wed	4:00-5:00pm	8+	\$20

**Location:** Court 1, Plassman Athletic Center at Turnstone  
**Register by** 12/29

## Open Cycling

Whether you have an opening in your schedule, or just want to come increase your heartrate by riding our bikes around the track, this program may be for you! New participants must schedule an appointment to determine the appropriate bike, and all participants must call in advance to participate. You may come as often as you want during the times below for only \$20 a month.



<u>Cycling Membership</u>			
Date/Day	Time	Age	Fee
1/2-3/27Tues	9:00-11:00am	Any	\$20/month
1/4-3/29Thurs	1:00-3:00pm	Any	

**Location:** Track, Plassman Athletic Center at Turnstone

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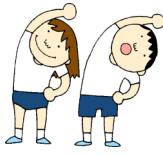


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## The MOV Crew with Special Olympics

Maintain your new years resolutions by joining the MOV Crew. This is a group that focuses on having fun while being physically active. Participants will be provided with an MOV band (upon request) from Special Olympics that will help track your fitness goals. Participants can earn prizes when they achieve the goals they set for this program.



Course #	Date/Day	Time	Age	Fee
118ID-03	1/4-3/2Thurs	6:00-7:00pm	8+	Free

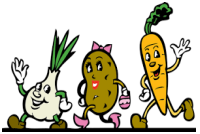
**Location:** Center of Excellence Goalball Gym at Turnstone

\*Note: Please bring attire that is appropriate for being physically active and that is not revealing.

\*Preregistration is required for the MOV bands.

Register by 1/2

## Winter Farmer's Market



Participants will learn healthy food options, how to buy seasonally and work on developing a budget. Participants in this program will be given the tools to develop a weekly grocery budget, that incorporates a healthy lifestyle. Come join us in supporting local businesses!

Course #	Date	Day	Time	Age	Fee
118ID-04	1/13	Sat	10:00am-12:00pm	18+	\$8
118ID-05	2/10	Sat	10:00am-12:00pm	18+	\$8
118ID-06	3/10	Sat	10:00am-12:00pm	18+	\$8

**Location:** Concourse at Parkview Field

Note: Meet Rebekah at the front entrance of Parkview Field. This group meets the second Saturday of each month. Free parking is available in the silver lot and is located corner of Brackenridge and Ewing St. Enter through the ballpark gates.

- Please bring a minimum \$5 dollars to get what you need for the market, and bring a grocery bag for your produce.
- Register the Friday prior by 5pm.

## Swim lessons

Learn to swim with Turnstone! This program is designed for individuals of all skill levels, and will work on developing the fundamental skills needed to swim. A certified lifeguard will be there to ensure the safety of all the participants.



Course #	Date/Day	Time	Age	Fee
118ID-07	1/20Sat	12:30-1:30pm	6+	\$8
118ID-08	2/17Sat	12:30-1:30pm	6+	\$8
118ID-09	3/17Sat	12:30-1:30pm	6+	\$8

\*Note: Participants must register a week prior to the session and complete a participant assessment to participate. Please bring attire appropriate for swimming, and not revealing. Participants must be continent to participate.

**Location:** Large Pool, Plassman Athletic Center, Turnstone

## Intro to Martial Arts

Everybody loves Kung Foo Fighting! Come join turnstones first intro to martial arts course! Course will be lead by Sifu Jason Goree. He is a certified 5th Fifth Degree Black Belt in Kung Fu and has been teaching for over 20 years. This course will focus on building foundational skills needed for this Chinese Martial Art (Shaolin Kung-Fu). Participants of all skill levels are welcome!



Course #	Date/Day	Time	Age	Fee
118ID-10	2/2-2/23Fri	4:00-5:00pm	5+	\$25
118ID-11	3/2-4/6Fri	4:00-5:00pm	5+	\$25

\*Please bring attire appropriate for working out and that is not revealing.

**Location:** Large Group Exercise room, Plassman Athletic Center at Turnstone

Register by 1/29 for 1st session, and 2/26 for 2nd session.

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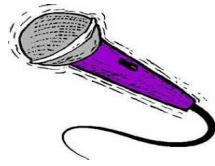


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## Open Mic

Come join Turnstone and Gigi's Playhouse in this 5 week open mic program! Be ready to get those creative juices flowing, performance's are not limited to but include comedy, music, and poetry. We will be spending 4 weeks prepping our performances and on the 5th week we will be performing our pieces at Gigi's Playhouse! The final performance will be set in Gigi's coffee shop where there will be snacks and coffee sold!



Course #	Date/Day	Time	Age	Fee
118ID-12	2/5-3/12	Mon 7:00-8:00pm	8+	Free

**Location:** Gigi's Playhouse

Register by 2/1

## Cardio Drumming

Come ready to rock and sweat! This is a fitness class that incorporates the fun of drumming and the benefits of physical activity. In this program participants will increase their balance, coordination and fitness levels. This class is an accessible class and can be modified based on participant needs. This class will be lead by Rebekah Worpell and Emilee Stemmler, a Certified Fitness Specialist.



Course #	Date/Day	Time	Age	Fee
118ID-13	2/7-3/28	Wed 4:00-5:00pm	8+	\$30

**Location:** Large Group Exercise Room, Plassman Athletic Center

\*Note: Please bring attire appropriate for working out and that it is not revealing.

Register by 1/29

## Valentine's Day Party



Can you feel the love tonight? Celebrate Valentine's Day with a night filled with music, crafts, dancing and love. We will be creating Valentines for our loved one's while enjoying music and developing new friendships.

Course #	Date/Day	Time	Age	Fee
118ID-14	2/14	Wed 6:00-8:00pm	18+	\$8

**Location:** Mezzanine, Plassman Athletic Center Turnstone.

Register by 2/10

## Find Your Center

Come learn how to find your center . In this class participants will learn different breathing techniques and yoga postures designed to promote relaxation and decrease stress. This course will help improve balance, core strength and flexibility. It is recommended that you bring your own yoga mat( if needed mats can be provided upon request).



Course #	Date/Day	Time	Age	Fee
118ID-15	2/8-3/28	Mon 5:00-6:00pm	8+	\$30

**Location:** Large Group Exercise Room, Plassman Athletic Center

\*Note: Please bring attire appropriate for working out and that it is not revealing.

Register by 1/29

## St Patrick's Day Dance

Turnstone is partnering with Easter Seals Arc to host a community St Patrick's Day Dance on March 23rd for anyone who enjoys to dance and socialize. Come join us for a night of live music, dancing and friends. Light snacks and refreshments will be provided.



Course #	Date/Day	Time	Age	Fee
118ID-16	3/23	Fri 6:30-9:00p.m	18+	Free

**Location:** Plassman Athletic Center, Mezzanine

Register by 3/19

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## Guys Night

The first ever guys night at Turnstone! We will be doing different activities each night that will focus on developing new skills and friendships. We will be kicking the year off with a night at the Shrine Circus, a movie night, and finally going to the monster truck rally!



Course #	Date/Day	Time	Age	Fee
118ID-17	1/26 Fri	7:00-10:00pm	13+	TBD

Event: Shrine Circus

Location: Allen County War Memorial Coliseum

Register by 1/20

Course #	Date/Day	Time	Age	Fee
118ID-18	2/16 Fri	6:00-8:00pm	13+	\$8

Event: Movie Night

Location: Mezzanine, Plassman Athletic Center, Turnstone

Register by 2/12

Course #	Date/Day	Time	Age	Fee
118ID-19	3/17 Sat	5:30-7:00pm	13+	TBD

Event: Monster Truck Rally

Location: Allen County War Memorial Coliseum

Register by 3/10

## Girls just want to have fun!

We will be doing a different activity that focuses on female empowerment and self care. The first night we will be having a Wonder Woman themed movie night, the second event we will be treating ourselves at the women's expo and the third night we will be watching a derby girls match!



Course #	Date/Day	Time	Age	Fee
118ID-20	1/6 Sat	6:00-8:30pm	13+	\$8

Event: Wonder Woman Movie Night

Location: Mezzanine, Plassman Athletic Center Turnstone.

Register by 1/4

Course #	Date/Day	Time	Age	Fee
118ID-21	2/24 Sat	11:00-1:00pm	13+	\$15

Event: The Women's Expo

Location: Allen County War Memorial Coliseum

Register by 2/18

Course #	Date/Day	Time	Age	Fee
118ID-22	3/24 Fri	6:00-8:30pm	13+	\$15

Event: Derby Girls Game

Register by 3/18

Location: Allen County War Memorial Coliseum.

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