



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, Rio James, a Certified Therapeutic Recreation Specialist.

At your initial visit on becoming an active participant, you will be asked to complete an intake form. This does not apply to the monthly dances.

To register for a program, contact Rio James at [rio@turnstone.org](mailto:rio@turnstone.org) or call (260) 969-7678.

### Teen Dance Program

This program is designed to promote creativity and health and wellness through a partnership with the Fort Wayne Dance Collective. Session 2 began in March but continues to be open to returning dancers and other interested participants. The instructor, Jordyn Rigler, empowers students while exploring movement and music. This group will perform at the disAbilities Expo on May 13th, at the Allen County War Memorial Coliseum.

Date	Day	Time	Age	Fee
4/13-5/25	Thurs	5:00-6:00p.m.	12-24	Free

Location: Plassman Athletic Center at Turnstone,  
Large Group Exercise Room

Contact Rio James to get involved.

### Sports of All Sorts

Want to try a sport but have a hard time deciding? This is the class for you! Starting in April for four weeks, we will play a different sport each session. The sporting equipment will be provided, you just need to bring yourself! Join in on the variety of soccer, volleyball, tennis, and floor hockey.

Date	Day	Time	Age	Fee
4/5-4/26	Wed	6:00-7:00p.m.	12-18	\$20

Location: Plassman Athletic Center at Turnstone, Fieldhouse

Register by: 4/4/17

### Special Olympics Unified Sports Fitness Club

Join us every Thursday to stay active by walking. Monthly health/wellness information will be provided. Participants will be provided with a MovBand, provided by Special Olympics, to track their steps. Track your progress online and compete with others in the group. Incentives will be available when certain distance goals are met!

Invite a friend or family member to join with you.

Date	Day	Time	Age	Fee
4/6-5/25	Thurs	6:00-7:00p.m.	8+	Free
5/31-6/28	Wed	6:00-7:00p.m.	8+	Free

Location: Plassman Athletic Center at Turnstone, Track

Contact Rio James to get involved.

### Introduction to Pottery

Come try this introductory pottery class where you can learn the basics of working with clay, how to make a pinch pot, the coil method, and design your own projects. Please bring a large shirt to cover your clothing. Tom Sherbondy, Resident Potter, will be instructing the class.

Date	Day	Time	Age	Fee
5/10-5/31	Wed	6:00-7:00p.m.	14+	\$25

Location: Clay Worx, Pottery Studio

1564 Griffin St., Fort Wayne, IN 46803

Register by: 5/3/17

### Girl's Day Out

Join us for this fun community outing! Let's meet at the First Presbyterian Church to see the 'Renewal Art Show' an artwork created by local artists with disabilities. We will meet by the doors of the parking lot entrance on the east side of the church. Afterwards, we'll have lunch at a nearby restaurant. Later, we'll enjoy the park outside of the Ind & Mich Power building at the corner of W. Wayne and Calhoun St. which will also serve as your pickup location.

Date	Day	Time	Age	Fee
4/7	Fri	11:00-1:30p.m.	14+	Free*

Location: First Presbyterian Church, 300 W. Wayne St,

Fort Wayne, IN 46802

Register by: 4/5/17

\*Bring \$10 for lunch.

Underwritten by:



Think differently about disabilities.

If you have any questions about these programs, please contact Rio at [rio@turnstone.org](mailto:rio@turnstone.org) or (260) 969-7678.



## Bike Fusion

This is a community bike expo at Turnstone welcome to everyone. Join us for the evening and enjoy some great food, music and opportunities to test out a bike in our fieldhouse. Bring your family and friends! If you have any questions, contact Bethany Ballard at [bethany@turnstone.org](mailto:bethany@turnstone.org) or 260-483-2100.

Date	Day	Time	Age	Fee
5/5	Sat	5:00-9:00p.m.	All Ages	Free*

Location: Plassman Athletic Center at Turnstone, Fieldhouse

\*Food will be available for purchase.

## Annual Turnstone Picnic

United Way and Labors Local Union are sponsoring this annual event for Turnstone. Clients attend free and may bring up to three guests. There will be raffle items, music, face painting, and fun! Dinner is provided, and you must register to attend!

Date	Day	Time	Age	Fee
5/3	Wed	5:00-7:00p.m.	All Ages	Free

Location: Plassman Athletic Center at Turnstone, Fieldhouse

Contact Rio James by 4/26/17 to attend.

## Game Night

Bring your luck! The third Monday of each month we will play a variety of board, card and dice games with a few prizes. A great opportunity to enjoy a night away from home playing games, socializing and having fun! Feel free to bring a friend!

Date	Day	Time	Age	Fee
4/17	Mon	6:00-7:30p.m.	18+	Free
5/15	Mon	6:00-7:30p.m.	18+	Free
6/19	Mon	6:00-7:30p.m.	18+	Free

Location: Plassman Athletic Center at Turnstone,

Mezzanine Conference Room

Register by: 4/10/17; 5/8/17; 6/12/17

## Girl's Night Out

Calling all girls! It's time for a night full of fun. There will be opportunities for games, crafts, cooking, movies, snacks, and plenty of time to socialize. Bring your friends to kick off the weekend right by joining us for this monthly event!

Date	Day	Time	Age	Fee
5/19	Fri	6:00-7:30p.m.	14-22	\$5
6/2	Fri	6:00-7:30p.m.	14-22	\$5

Location: Plassman Athletic Center at Turnstone,

ADS Kitchen

Register by: 5/12/17; 5/26/17

## disAbilities Expo 2017

This is the region's premier disAbilities Expo for services and products exclusively for all individuals with disabilities. Join in on the action at the Memorial Coliseum! There will be entertaining activities, a variety of adaptive sports exhibitions, and different musical groups.

Date	Day	Time	Age	Fee
5/13	Sat	10:00-3:00p.m.	All Ages	Free*

Location: Allen County War Memorial Coliseum

\*Event is free, parking is \$5.

## PROM

This is a formal dance, so come dressed in your fancy clothes! We will have a DJ, food, pictures, and flowers available for everyone. Bring your friends and dancing shoes! **You must register in advance for this event.**

Date	Day	Time	Age	Fee
5/12	Fri	6:30-9:00p.m.	18+	Free

Location: Plassman Athletic Center at Turnstone, Mezzanine

Register by: 5/5/17

Underwritten by:



## Turnstone

3320 N. Clinton St., Fort Wayne, IN 46805

260-483-2100 [turnstone.org](http://turnstone.org)



## Learn to Skate

Participants will learn basic skating skills, balance and control during these on-ice classes. The classes will be instructed by professional coaches who will encourage the participants in a fun and friendly environment. This will allow the participants to develop greater confidence and self-esteem. The cost covers four classes, skate rentals and bounce mania. Parents are welcome to volunteer for no additional cost.

Date	Day	Time	Age	Fee
6/1-6/22	Thurs	6:00-7:30p.m.	All Ages	TBD

Location: SportOne Parkview Icehouse

3869 Ice Way, Fort Wayne, IN 46805

Register by: 5/26/17

## Adaptive Tennis

Stay active during the summer with tennis! Players can join their friends and learn the basic skills needed to participate in this fun sport. This program is designed for individuals to increase their physical activity while improving their motor function, coordination and balance.

Date	Day	Time	Age	Fee
6/6-7/18	Tues	5:00-6:00p.m.	12-17	\$30
6/6-7/18	Tues	6:00-7:00p.m.	18+	\$30

Location: TBD

Register by: 5/29/17

## NEW! Heartland Sings

Heartland Sings is a nonprofit company of professional vocal artists and ensembles based in Fort Wayne, Indiana. The group is encouraging Turnstone clients to show off their vocal skills. Heartland professionals will coordinate rehearsals to prepare for a final concert at the end of the program. Rehearsal dates are listed below.

Date	Day	Time	Age	Fee
6/6-6/8	Tues-Thurs	12:30-2:00p.m.	10-24	Free
6/20-6/22	Tues-Thurs	12:30-2:00p.m.	10-24	Free
6/27-6/29	Tues-Thurs	12:30-2:00p.m.	10-24	Free

Location: Plassman Athletic Center at Turnstone,

Large Group Fitness Room

Contact Rio James to get involved.

Underwritten by:



## Social Saturday

On Saturdays, activities will be offered in the morning to stay active.

- We will be using the warm-water pool in May
- We will be using the various cycles and have access to one court for basketball in June

We provide the bikes, but feel free to bring your own helmet for sensory reasons if needed. Changing rooms/restrooms are available for the pool.

Date	Day	Time	Age	Fee
5/20	Sat	9:00-10:00a.m.	8-14	\$5
5/20	Sat	10:00-11:00a.m.	15+	\$5
6/3	Sat	9:00-10:00a.m.	8-14	\$5
6/3	Sat	10:00-11:00a.m.	15+	\$5

Location: Plassman Athletic Center

Register by: 5/15/17; 5/29/17

## School's Out Dance for Teens

Calling all teens! If you like music and are looking for a way to celebrate the beginning of summer, come to our school's out dance! We will be providing snacks, drinks and loads of fun tunes. Parents are welcome to stay and chaperone. Bring your friends and dancing shoes!

Date	Day	Time	Age	Fee
6/9	Fri	6:30-8:30p.m.	12-22	Free

Location: Plassman Athletic Center, Mezzanine

Register by: 6/2/17

## 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! We have a tandem bike, recumbent bikes, and many more. 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.

Date	Day	Time	Age	Fee
4/3-6-26	Mon	4:00-6:00p.m.	12+	\$20/mo
4/5-6-28	Wed	1:00-3:00p.m.	12+	\$20/mo

Location: Plassman Athletic Center, Track

Contact Rio James to get involved.