

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's ID Recreation Coordinator 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 ext 346. Payment is due upon registration.

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

Coming up at Turnstone:

Giving back volunteer fair April 12th

Endeavor Games April 20th-22nd

DisABILITIES expo May 12th

United Way Picnic May 15th

Goalball Nationals June 21st-23rd

Power Soccer Nationals June 28th-30th

For more information check out our website:

www.turnstone.org

Turnstone will be closed 4/26, 5/28

Basketball

Come play basketball with Turnstone! This will be a time where you can work on your basketball skills, meet new friends and have fun!

Course #	Date/Day	Time	Age	Fee
218ID-01	4/11-5/16Wed	6:00-7:00pm	12+	\$25

Location: Plassman Athletic Center at Turnstone

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, but swipe your key tag at each visit.

Cycling Membership

Date/Day	Time	Age	Fee
4/3-6/26 Tues	9:00-11:00am	Any	\$20/month
4/5-6/28Thurs	1:00-3:00pm	Any	

Location: Track, Plassman Athletic Center at Turnstone

Unified Fitness Club with Special Olympics

Maintain your fitness goals with the Unified Fitness Club. This is a group that focuses on having fun while being physically active. This group will also focus on proper nutrition, hydration and building healthier habits.

Course #	Date/Day	Time	Age	Fee
218ID-02	4/5-6/7 Thurs	6:30-7:00pm	All ages	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.

Tennis the MENNIS

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. Participants in this group will have an extra opportunity to participate in an adaptive tennis clinic at the DisABILITIES expo on May 12th (more details in guide).

Course #	Date/Day	Time	Age	Fee
218ID-03	5/15-6/5 Tues	6:00-7:00pm	12+	\$20

Location: Plassman Athletic Center at Turnstone

Underwritten by:

Martial Arts

Everybody loves Kung Foo Fighting! Course will be lead by Sifu Jason Goree. He is a certified fifth degree black belt in Kung Fu and has been teaching for over 20 years. This 6 week 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
218ID-04	4/13-5/18 Fri	4:00-5:00pm	12+	\$35
218ID-05	5/25-7/6 Fri	4:00-5:00pm	12+	\$35

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

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

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.

Course #	Date/Day	Time	Age	Fee
218ID-06	4/11-5/16 Wed	4:00-5:00pm	12+	\$25
218ID-07	5/23-6/27 Wed	4:00-5:00pm	12+	\$25

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

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

Night of friendship

Come learn a new craft, as we will be teaching you how to make friendship bracelets. Friendship bracelets are fun, easy to make and make a wonderful gift. This night will enable you to develop new friendships! Food and drink will be provided. This program is open to anyone who has a physical or intellectual disability!

Course #	Date/Day	Time	Age	Fee
218ID-08	5/4 Fri	6:00-7:30pm	13+	\$8

Location: ADS recreation room at Turnstone Entrance B

Register by 5/3

If you have any dietary restrictions please let us know by 4/5.

Youth and Young Adult Dance Program

This program is designed to promote creativity and health and wellness through a partnership with the Fort Wayne Dance Collective and the AWS Foundation. 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.

Course #	Date/Day	Time	Age	Fee
Youth				
218ID-09	4/12-5/17 Thurs	5:00-5:45pm	9-16	Free
Young Adult				
218ID-10	4/12-5/17 Thurs	5:45-6:30pm	17+	Free

Location: Large group exercise room, Plassman Athletic Center at Turnstone

*This group will perform at the disABILITIES Expo on May 12th, at the Allen County War Memorial Coliseum.

SNACK ATTACK!

Are you tired of expensive and dissatisfying snacks? Learn how to make snacks that are easy to make, healthy and kind to your budget! Make some for you and to share with family and friends!

Course #	Date/Day	Time	Age	Fee
218ID-11	5/22 Tues	3:00-4:30pm	Any	\$8

Location: Main Conference Room at The Plassman Athletic Center at Turnstone

Second City and the Jesters

Nick and Lisa from Second City Chicago will be leading an improv workshop. This workshop will teach you the basics of improv. You will also be empowered to break out of your comfort zone, get silly and most importantly have fun! Limited spots available, so you must pre-register to attend!

Course #	Date/Day	Time	Age	Fee
218ID-12	5/18 Fri	10:00am-12:00pm	16+	Free

Location: The mezzanine, Plassman Athletic Center at Turnstone

Underwritten by:

DisABILITIES Expo 2018

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
----------	------	-----

5/12 Sat	10:00-3:00pm	Any
----------	--------------	-----

Location: Allen County War Memorial Coliseum

Event is free but 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.

Course #	Date/Day	Time	Age	Fee
----------	----------	------	-----	-----

218ID-13	5/25 Fri	6:00-8:00pm	18+	Free
----------	----------	-------------	-----	------

Location: The Mezzanine at Turnstone

Summer Loving Dance

Get out your Poodle Skirts and hairspray for our Summer Loving Grease themed dance! There will be light snacks, refreshments, photo ops, dancing and more!

Course #	Date/Day	Time	Age	Fee
----------	----------	------	-----	-----

218ID-14	6/15 Friday	6:00-8:00pm	18+	Free
----------	-------------	-------------	-----	------

Location: The Mezzanine at Turnstone

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

www.turnstone.org (260) 483-2100

Underwritten by:

United Way 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 with Colin Lyman at 260-483-2100 ext 353.

Date/Day	Time	Age	Fee
----------	------	-----	-----

5/15 Tues	4:00-6:30pm	Any	Free
-----------	-------------	-----	------

Location: Plassman Athletic Center at Turnstone

Johnny Appleseed Aktion Club

To provide adults living with disabilities an opportunity to develop initiative, leadership skills and to serve their communities. Aktion Clubs draw members from various organizations that support individuals with disabilities, as well as other community programs. Aktion clubs can also be established at churches, libraries, YMCAs, lodges or similar facilities. A Kiwanis club, composed of like-minded, service-oriented people from the community, serves as the club's sponsor. This group meets at Turnstone the first and third Wednesday of each month.

If you are interested in attending please contact Angela Radford at Tuffy506@aol.com or call 260-418-5305, please indicate that you are inquiring about Aktion club if you leave a message.

Date/Day	Time	Age	Fee
----------	------	-----	-----

4/4, 4/18, 5/2, 5/16, 6/6, 6/20	6:30-7:30pm	18+	*
---------------------------------	-------------	-----	---

Location: The west mezzanine conference room at Turnstone

*Program Dues based on membership.

Swimming

Northside Park Swimming Pool has a swim night dedicated to individuals with disabilities. Please check in before entering the pool. A parent must accompany each child in the water. No registration required; however, to learn more contact the parks department at 260-427-6705.

Day	Time	Age	Fee
-----	------	-----	-----

Mon	5:15-6:15p.m.	12-18	Free
-----	---------------	-------	------

*Starts weekly on June 4

Location: Northside Park Swimming Pool,
2400 Parnell Ave, Fort Wayne, IN 46805