

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 needs 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 or call (260) 969-7678.

Coming up at Turnstone:

CLOSED: November 22nd & 23rd (Thanksgiving)

CLOSED: December 24th, December 25th (Christmas),
December 31st

Turnstone's 75th Birthday Bash

Turnstone will be welcoming staff, clients and community supporters of past and present to celebrate its 75th Birthday. The milestone event will take place in the Plassman Athletic Center from 4-6pm and will include several fun activities, the official Turnstone Corvette Raffle winner drawing and, of course, birthday cake!

Course/Dates (s)	Day	Time	Age	Fee
Oct 4	Thurs	4:00-6:00 p.m.	ALL	FREE

Location: Plassman Athletic Center at Turnstone (Fieldhouse)
RSVP: No sign-up needed ... looking forward to seeing you here!

Unified Fitness Club 2.0 with Special Olympics

Maintain your fitness goals with the Unified Fitness Club 2.0.

Upon completing a health screening, participants will receive a MOVband. This is a group that focuses on having fun while being physically active. Participants can receive prizes for when they hit their fitness goals. This group will also focus on proper nutrition, hydration and building healthier habits. Friends and family are welcome, as well!



Course #	Date/Day	Time	Age	Fee
418ID-01	10/11-12/21	Thurs 5:00-6:00pm	8+	Free
	10/3-12/19	Wed 8:30-11:00am	10-11am	(Open track)

Location: Turnstone Plassman Athletic Center.

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

New Splash , Rec and Cycle Time!



Turnstone's pool track and courts are open! Come join Rebekah during these times to walk the track, swimming, use adapted cycles, play basketball, floor hockey, flag football and other fun activities! This program is free for participants but you must register to participate. This program will occur twice a month on Tuesdays and twice a month on Fridays (sometimes less or more depending on the holidays!).

Course#	Date	Day	Time	Age	Fee
418ID-02	10/5-12/30	Tues/Fri	12:30-2:00pm	Any	Free

October dates: 5th, 9th, 19th and 23rd

November dates: 2nd, 6th, 16th, 19th and 29th

December Dates: 7th, 11th and 21st.

Location: Turnstone Plassman Athletic Center

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Youth and Young Adult Dance

This program is designed to promote creativity and health and wellness through a partnership with the Fort Wayne Dance Collective and the AWS Foundation. The instructor, Jordyn Rigler, empowers students while exploring movement and music. This session will include a special performance.



Course #	Date/Day	Time	Age	Fee
Youth				
418ID-03	10/2 -11/27	Tues 5:00-5:30pm	8-15	Free
Young Adult				
418ID-04	10/2 -11/27	Tues 5:30-6:30pm	16+	Free
Location: Large group exercise room, Plassman Athletic Center at Turnstone.				

Monster Mash Bash

Monster mash in your spooky costumes and dancing shoes. These dances are a partnership between Turnstone and ESARC. They are a chance to meet new friends, eat good food, and dance your heart out! There will be a spooky bar, games and light snacks provided. Come see what all the hype is about!



Course #	Date/Day	Time	Age	Fee
418ID-05	10/26 Fri	6:00-8:00pm	18+	Free
Location: Mezzanine at Turnstone				

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 4 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
418ID-06	10/5-10/26	Fri 4:00-5:00pm	12-18	\$35
418ID-07	11/2-11/30	Fri 4:00-5:00pm	12-18	\$35
Location: Large Group Exercise room, Plassman Athletic				

New Teen Fall Harvest Dance

You've asked and we listened! Turnstone is partnering with the YMCA and ESARC to host our first youth Fall Harvest dance. This dance will be a fundraiser for Fort Wayne's community harvest food bank. We ask that everyone bring a non perishable item as a donation! Light snacks and drinks will be provided.

Course #	Date/Day	Time	Age	Fee
418ID-08	11/9, Fri	6:30-8:00pm	13-18	*
Location: Parkview YMCA				
* donation of a non perishable item is requested for entry				

White Elephant Christmas Dance

Turnstone is partnering with ESARC to host a Christmas themed dance on December 1st! Join us for an end of the year holiday celebration. This year we will be doing a white elephant gift exchange! This is an opportunity to be silly and make someone's day! Bring a small gift under \$10 to participate and gifts will be exchanged during the dance. There will be Christmas cookies and punch served!



Course #	Date/Day	Time	Age	Fee
418ID-09	12/1 Sat	2:00-4:00pm	18+	Free
Location: ADS Recreation area				

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Aktion Club (Service Club)

The Fort Wayne Aktion Club is a great way to give adults with disabilities an opportunity to develop initiative, leadership skills and to serve their communities. This club is a division of the Johnny Appleseed Kiwanis club.

Course/Date (s)	Day	Time	Age	Fee
Year Round	*	6:30-7:30pm	18+	**
*This group meets the 1st and 3rd Wednesday of each month				
**Program Dues based on membership				
Location: Plassman Athletic Center at Turnstone (West Mezzanine Conference Room)				
RSVP: 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 or email.				

Teen's Social (Throwdown Night)

Every month our teens have a gathering, sometimes at Turnstone, sometimes out at different locations. It's a great time to socialize and just hang out with friends your age.

Course/Date (s)	Day	Time	Age	Fee
Course: 418ID-10				
October 26	Fri	5:30p-7:30 p.m.	12-19	\$8
Activity: Halloween Theme				
Location: ADS Recreation Area(Plassman Athletic Center Entrance)				
Course: 418ID-11				
November 3	Sat	6:00p-9:00 p.m.	12-19	\$8
Activity: Board Game Night				
Location: Center Mezzanine (Plassman Athletic Center Entrance)				
Course: 418ID-12				
December 12	Wed	5:30p-7:30 p.m.	18+	\$8
Activity: Holiday Theme				
Location: Center Mezzanine (Plassman Athletic Center Entrance)				

Adult's Social (TAP: Turnstone Adult Party)

Our adults have a gathering, sometimes at Turnstone, sometimes out at different locations. It's a great time to socialize and just hang out with other adults.

Course/Date	Day	Time	Age	Fee
Course: 418ID-13				
December 12	Wed	5:30p-7:30 p.m.	18+	\$8
Activity: Holiday Theme				
Location: Center Mezzanine (Plassman Athletic Center Entrance)				

Open Cycling

Whether you have an opening in your schedule, or just want to come increase your heart rate 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.



<u>Cycling Membership</u>				
Date/Day	Time	Age	Fee	
10/2-12/18	Tues 9:00-11:00am	Any	\$20/month	
10/4-12/20	Thurs 1:00-3:00pm	Any		
Location: Track, Plassman Athletic Center at Turnstone.				
Schedule an appointment by calling 260-483-2100				

Frankenscience!

Through the generous support of the AWS Foundation, Science Central is able to host Special Abilities Days for members of the community with special abilities FREE with pre-registration. On Special Abilities Days, modifications are made to exhibits and programs so that everyone can enjoy a day at Science Central!

Course #	Date/Day	Time	Age	Fee
418ID-14	11/3 Sat	1:00-5:00pm	8-13	Free
Location: Science Central				

Fitness Information

Membership Fees

Enjoy the facility and opportunities that are offered by becoming a member. Evaluation and additional fee will be conducted for new members. **Includes use of track.*

<u>Program</u>	<u>Price:</u>	<u>Month</u>	<u>Annually</u>
Fitness or Pool		\$30	\$300
Both		\$35	\$350
Silver Sneakers is covered by Medicare Advantage Plan			
Plus Companion (age 18+)		\$55	\$550
Family (2 adults & children under 21)		\$75	\$750

*For more information, ask to speak with a fitness specialist.

Open Track Program

Run, walk, or push! Turnstone's six-lane indoor 230-meter track is available year round for your fitness needs. Track your distance or leisurely walk with other members. Six laps around the track equals one mile.

To participate, complete a waiver, and sign in at the main desk each time you arrive.

Open Track Hours:

Monday-Friday 6:00 a.m. to 3 p.m.

**Schedule availability at fieldhouse entrance.*

Open Track Fees:

Individuals: \$5/drop-in or \$25/month (includes shower & locker usage)

Businesses: \$25/employee up to \$250 per month for 1-20 employees per organization (includes shower and locker usage)

Please contact Michelle Kimpel for additional information at 483-2100 ext. 283.

Lap Club

Ripple some waves with youth that are wanting to enhance independence and function in an aquatic environment with the support and encouragement from peers. Participants are divided into groups based off of their age and skill level.

Mini Lap Club

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Age</u>	<u>Fee</u>
9/25-11/6	Tues	4:15-5:00 p.m.	1-5	\$50

Course: 418HW-04

Please contact Joe Guise for additional information at 483-2100 ext. 340.

Location: Turnstone Therapy Pool

Lap Club

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Age</u>	<u>Fee</u>
9/10-10/22	Mon	5:00-6:00p.m.	5-18	\$50

Course: 418HW-02

11/5-12/17	Mon	5:00-6:00p.m.	5-18	\$50
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Course: 418HW-03

Please contact Kelsey Church for additional information at 483-2100 ext. 352.

Location: Plassman Athletic Center Pool

Citilink Information



Citilink Bus #8 Route Change

Citilink's Bus # 8 (Glenbrook/Northrup) now stops at Turnstone, on our side of Clinton!

The bus stops north of the Clinton/Livingston intersection, near the Mi Parrilla Restaurant.

The bus makes this stop at approximately 50 minutes past the hour on the 'Outbound Route' after it leaves Central Station. High traffic may cause additional delay in this stop. After the pickup at Turnstone, the next stop is Glenbrook Mall before it goes north on Coldwater.

For passengers needing to catch the 'Inbound Route' towards Central Station, there is an option to board Bus 8 at Turnstone and ride it north until the bus makes the turnaround at Glenbrook before heading downtown to Central Station.

Crossing over Clinton Street to catch Bus 8 as it heads 'Inbound' to 'Central Station' is not recommended due to the high volume of traffic on Clinton Street.

This stop at Turnstone is available Monday- Friday from 6:50 am - 8:45 pm.

This route does not operate on Saturday, Sundays or holidays.

We welcome your input about the Citilink Bus System. We will continue to work with them to make transportation for people with disabilities efficient and more user friendly. For more information or to obtain a route schedule, contact Turnstone staff Kathy Baer at 260 969-7637 or kathy@turnstone.org

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