



**Sports & Recreation
Program Guide**

JANUARY-MARCH 2019

Getting Involved

Opportunities in this issue are open to both individuals with and without a permanent physical disability and/or visual impairments.

Register

At your initial visit on becoming an active participant, you will be asked to complete an intake form.

- To register for a Recreational program contact Turnstone's receptionist by visiting them at the Plassman Athletic Center main desk or by calling the main number at (260) 483-2100. Payment due upon registration
- To register for a Community program please follow the instructions for that specific program.
- To register for a Competitive sport you MUST contact Molly Cinker at Molly@turnstone.org or call (260) 969-7642.

For more information

Recreational & Community Programs are planned, coordinated and provided by Turnstone staff member, Kevin Hughes who can be reached for additional information at Kevin@turnstone.org or (260) 969-7654. Competitive Sports are planned, coordinated and provided by Turnstone staff member, Molly Cinker who can be reached for additional information at Molly@turnstone.org or call 260.969.7642.

Individuals with Visual Impairments

If you are blind or visually impaired, we would LOVE to chat with you. With the addition of the Men's & Women's Resident Goalball teams living and training on our campus, we're blessed to have these ambassadors with various levels of visual impairments helping with many of our programs. Individuals are welcome to participate in all our programs; however, please contact the appropriate program coordinator to confirm any adaption that might be needed.

Individuals with Physical Disabilities

All opportunities in this issue (unless otherwise noted) are designed and developed for individuals with a permanent physical disability that precludes them from participating at a high level with their peers in non adaptive programs. Amputation/limb loss, spinal cord injury, spina bifida, leg length discrepancy, permanent joint disorders, cerebral palsy/brain injury/stroke and other orthopedic and locomotor disabilities are just a few of the examples that would qualify a person for programs in this issue.



Citilink Bus Route at Turnstone

Route # 8 (Glenbrook/Northrop) 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. After the pickup at Turnstone, the next stop is Glenbrook Mall before it goes. 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. Riders may still cross over Clinton to catch Bus 8 as it heads 'Inbound' to 'Central Station'. This stop at Turnstone is available Monday- Friday from 6:50 am – 8:45 pm.

We welcome your input about the Citilink Bus System. We will continue to work with them to make transportation for individuals with disabilities efficient and more user friendly. For more information or to obtain a route schedule, contact Turnstone staff, Kathy Baer, at ext. 233 or kathyb@turnstone.org

Open Gym

When Turnstone's Plassman Athletic Center Fieldhouse (courts & track) is not being utilized, it's open to anyone in the community. We encourage you to contact us at (260) 483-2100 for updated court availability prior to your or your group's arrival.






\$ Open Gym Fees

\$5 per person for non-current Turnstone members
FREE for all current Turnstone clients

Bowling

Course #1 19SR-01

Bowling is an inclusive, accessible program that allows everyone to come together for a great time of bowling and socialization. The alley has ramps for those who need them. There is an \$8 per night visitors fee. Please RSVP.






-  **Crazy Pinz**
1414 Northland Blvd. 46825
-  **Fri., Feb. 22, March 1,8,15**
-  **6-8 PM**
-  **12+ years**
-  **\$20**

Boccia






Course #s 1 19SR-04, 1 19SR-05

The sport is played on a flat, smooth surface, where players must throw or roll colored balls as close as possible to a white target ball, known as the "jack". The player, pair or team with the most balls near the jack is the winner. Individuals can either throw, kick or use a ramp to propel the ball which makes this sport accessible to many.

COURSE 119SR-04

-  **Center Mezzanine**
-  **Tues. Jan 29, Feb 5 & 12**
-  **4-5:30 PM**
-  **12+ years**
-  **\$16**

COURSE 119SR-05






-  **Center Mezzanine**
-  **Wed. March 13, 20, 27**
-  **5:30-7 PM**
-  **12+ years**
-  **\$16**

Sit Volleyball

Course #1 19SR-02

Learn from the best. Our coach is Steve Florio who is also a USA Volleyball's National Sitting Team Athlete Development Coach and the Head Women's Volleyball Coach at PFW will guide you in this sport. Just as the name would suggest all athletes are sitting on the floor to compete in this sport. The net is lowered and the court is smaller but all other aspects of the sport are the same. Individuals with amputation and/or solid trunk movement will adapt much quicker. Home Competition Opportunity: April 26-28, 2019 at Turnstone (Endeavor Games)






COURSE 119SR-02

-  **Plassman fieldhouse**
-  **Mon., Feb. 4,11,18**
-  **5:30-7 PM**
-  **10+ years**
-  **\$15**

Open Cycling

register at front desk

Come and tryout these sets of wheels! We have handcycles, recumbent trikes, along with tandem bikes that are geared towards individuals with visual impairments, available for use. New participants must schedule an appointment to determine the proper bike. Members should swipe their card at the front desk for each visit. Please RSVP.






-  **Fieldhouse**
-  **Tuesday, Thursday**
-  **9-11 AM (Tues.); 1-3 PM (Thurs.)**
-  **12+ years**
-  **\$20/MONTH**

Youth Fit






Course # 1 19SR-03, 219SR-01

Kids can try out different sports and learn how to properly work out. Half the time the kids will be playing a new sport (changes each day) and the other 30 minutes the kiddos will be involved with a group exercise with one of our fitness specialist. This is a great opportunity for kids to try out a sport and see what they like the best.

COURSE 119SR-03-Basketball



-  **Fitness & Fieldhouse**
-  **Tues., Jan 15, 2019**
-  **5:30-6:30 PM**
-  **4-8 years**
-  **\$10**

COURSE 219SR-01-Baseball

-  **Fitness & Fieldhouse**
-  **Wed., April 17, 2019**
-  **5:30-6:30 PM**
-  **4-8 years**
-  **\$10**

Aktion Club (Service Club)






The Fort Wayne Aktion Club is a great way for 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. If you are interested in attending, please contact Angela Radford at tuffy506@aol.com or call 260.418.5305.

-  **West Mezzanine Conference Room**
-  **Wed., January 2, 16, Feb. 6 & 20, March 6 & 20**
-  **6:30-7:30 PM**
-  **18+ years**
-  **dues based on membership**






Veteran's Social

Designed to help veterans and members of the Armed Forces with disabilities meet their health and fitness goals as well as explore sports and recreation opportunities while engaging with other veterans at monthly socials. Please contact EJ Whitney 260.483.2100 ext. 277 or ej@turnstone.org

BASKETBALL-

-  **Fieldhouse**
-  **Fri., January 18**
-  **5:30-7:30 PM**
-  **veterans (& up to 3 guests)**
-  **Free**

TBD-

-  **Fieldhouse**
-  **Fri., March 15**
-  **12-2 PM or 5:30-7:30 PM TBD**
-  **veterans (& up to 3 guests)**
-  **Free**

Teen Turnstone Takeover

Course #119SR-06






Teens take over Turnstone! Join us for a night of Nerf War, swimming, pizza, basketball and more!

-  **Fieldhouse & Pool**
-  **Fri., January 4**
-  **6-8 PM**
-  **12-18 years**
-  **\$8**

Tai Chi

Course # 119SR-09

Tai Chi, also called Tai Chi Chuan, is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion. This class will be led by instructor Jason Goree, and is for adults!

-  **Large group exercise room**
-  **Mon., February 4th-25th**
-  **5-6 PM**
-  **26+ years**
-  **\$36**

Adult's Social (TAP: Turnstone Adult Party)

Course # 119SR-07

Every month 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.

CANDY MAKING-

Course 119SR-07

 ADS Rec Room

 Wed., February 13

 6-8 PM


 12-18 years (teen); 18+ years (TAP)


 \$10

Fort Wayne Amputee Support Group

Join with fellow amputees for support, education, inspiration, and a chance to build new friendships. Friends and family are always welcome! Contact Bill Bailey at 260.431.7290 for more information.

 Plassman Main Conference Room

 Wed., Jan 23, Feb 27, March 27

 7-8:30 PM

 any

 Free

Cheerleading


Course # 119SR-08

Come learn how to cheerlead with Leo's cheerleading squad. This course will go over the basics of cheerleading and will give participants opportunities to cheer at special events! We will not be meeting on 1/21 due to Martin Luther King.

 Large Group Fitness Room

 Mon., January 7th- February 18th

 6-7 PM






 12+ years

 \$20








Young Adult Blind and Low Vision Support Group

Join with fellow young adults for support, education, inspiration, and a chance to build new friendships. Each night there will be topic discussions, along with suggested social events and community outings. Contact Patrick Robinson at 260.246.8618 for more information! This new group is looking for ideas on future topics and speakers!

-  **The League**
5821 S Anthony Blvd 46816
-  **January 8, February 12, March 12, first Tues. of the month**
-  **6-7:30 PM**
-  **18-55 years**
-  **Free**

Turnstone's Parent Support Group

Typical group discussion varies but may include how to deal with children's behavior, how to be an advocate for your child, how to navigate school system services, community resources and services, how to deal with the challenges and emotions of raising a child with a disability and other pertinent issues. Primary caregivers of any age child are welcome. Contact Angela Williams at 260.483.2100 ext. 253 or angela@turnstone.org to register or to be added to the monthly email reminder list. Childcare is available at no charge if you arrange it with Angela the week before.






-  **Pediatric Conference Room**
-  **3rd Wednesday of each month**
-  **6:30-8 PM**
-  **Any**
-  **Free**

Air Gun

Course # 119SR-10






Open to the experienced shooter who wants to improve on their precision along with brand new individuals looking at giving Air Gun a shot. Participants will learn the proper safety before shooting as well as techniques to help their aim. For individuals with visual impairments you can shoot by using a SCATT program where you can hear a beeping sounds that becomes a higher pitch as you get closer to the target. You must register with Kevin Hughes at 260.969.7654 or kevin@turnstone.org before your first session.

Home Competition Opportunity:
April 26-28, 2019 at The X-Count (Endeavor Games)

-  **The X Count**
5301 Merchandise Dr. 46825
-  **Wed., Jan 9-April 17**
-  **6:30-8 PM**
-  **14+ years**
-  **Free**

Curling






Is a game of strategy that is adaptable to just about every type of disability. Competition is open to male and female athletes with a permanent physical disability in either the upper and/or lower body. This sport is adaptable for both individuals who have the balance to stand-up along with individuals that compete in a wheelchair. Instruction provided by the Fort Wayne Curling club. No experience or special equipment is needed. Dress warmly! RSVP must be submitted directly to Craig Fisher at craig@FortWayneCurling.com

-  **Fort Wayne Curling Club**
3674 N Wells St, 46808
-  **Sun. Jan. 6th- Mar. 31st**
-  **3-4:30 PM**
-  **10+ years**
-  **Free**

Rowing (Indoor)

Course # 119SR-11

Indoor rowing ergs is the ultimate core workout. This program will be for individuals who want to train to be part of our outdoor rowing program (late May through August) along with individuals who want a great fitness workout. Athletes in this sport compete in specific divisions based on their level of mobility or visual impairment. Limited spots are available. RSVP/register by contacting Kevin Hughes (kevin@turnstone.org) or 260.969.7654






-  **Small Group Fitness**
-  **Tues., January 15th-March 26th**
-  **6-6:45 PM**
-  **16+ years**
-  **\$80**

Skiing






Course # 119SR-12--15

Turnstone invites you to join us on two ski trips. Trained adaptive instructors from The Adaptive Sports Connection provide all the adaptive equipment, experience, knowledge and expertise to guide you in bi-ski or mono-ski along with adaptive stand-up ski bikes. They also have skiing for individuals with visual impairments. All ability levels are encouraged to hit the slopes. For individuals who aren't able to fully control their speed, the trained instructors are tethered to the participant to ease them in the paths. No cost to Veterans; however, they still need to RSVP. Limited spots are available. Register by contacting Kevin Hughes (kevin@turnstone.org) or 260.969.7654.

Course 119SR-12

-  **Mad River Mountain**
1000 Snow Valley Rd,
Zanesfield, OH 43360
-  **Sat., January 19**
-  **8:30-12 PM**
-  **8+ years**
-  **\$50**






Course 119SR-13

-  **Mad River Mountain**
-  **Sat., January 19**
-  **12-3:30 PM**
-  **8+ years**
-  **\$50**






Power Soccer

Course # 318SR-13

This is soccer with a fun twist. Athletes use their specialized chairs to push an enlarged soccer ball down the court into the opponents goal. This is a team sport that encourages team work and communication. We're always looking for new athletes! Home Competition: March 2-3, 2019 (Premier & Presidents) Home Competition: March 22-23, 2019 (Premier) Greenwood, IN

-  **Fieldhouse**
-  **Mondays**
-  **5:30-7 PM**
-  **5+ years**
-  **TBD**

Course 119SR-14

-  **Mad River Mountain**
-  **Sat., February 9**
-  **8:30-12 PM**
-  **8+ years**
-  **\$50**






Course 119SR-15

-  **Mad River Mountain**
-  **Sat., February 9**
-  **12-3:30 PM**
-  **8+ years**
-  **\$50**

Goalball

Course # 119SR-16






USA Women's Head Coach, Jake Czechowski, will train and guide you in goalball tailored for individuals with visual impairments. Skills Development for both the recreational and competitive level. Individuals who excel will be directed to competition opportunities. USA Men's & Women's resident athletes will assist Coach Jake when their schedule permits. This program is open to those with and without a visual impairment. Individuals without an visual impairment may participate by playing or helping on the sidelines as extras. Please RSVP. Home Competition Opportunity: April 26-28, 2019 at Turnstone (Endeavor Games)

-  **Goalball Center of Excellence**
-  **Thurs., Jan 10, 24, Feb 7, 21, March 7, 21**
-  **4-6 PM**
-  **12+ years**
-  **Free**

Track & Field

Course # 318SR-16

Track and Field is a very diverse sport, which allows athletes to perform in individual events or as a team. Athletes work towards their own personal goals in throwing shot put, javelin, racing in a racing chair and many other opportunities. Athletes in this sport compete in specific divisions based on their level of mobility or visual impairment. Home Competition Opportunity: April 26-28, 2019 at Turnstone (Endeavor Games)

-  **Fitness & Fieldhouse**
-  **8+ years**
-  **Mon. & Thurs. Jan 14-Aug 2**
-  **TBD**
-  **5:30-7 PM**


Sled Hockey

Course #318SR-15


If you like the ice, sled hockey is for you! Sled Hockey consist of athletes using sleds and two sticks with pics to propel themselves around the ice rink. This is a team sport where five individuals and one goalie compete against teams. We're always looking for new athletes!

Away Competition: January 5-6, 2019 (Adults) Fraser, MI March 16-17, 2019 (Adults) Grand Rapids, MI April 4-7, 2019 (Adults) Wesley Chapel, FL ... Nationals Home Competition: February 2-3, 2019 (Youth) Thunder Ice February 16-17, 2019 (Adults) SportONE

 TBD

 Sun., Jan. 13, 20, 27, Feb. 22nd, March 1, 8, 15

 TBD

 12+ years

 TBD

Wheelchair Basketball

Course # Prep 318SR-10, Varsity 318SR-11, Bandits, 318SR-12


Many of the same rules from its counterpart apply in the wheelchair game. While plays and tactics are similar, special rules, such as those to accommodate dribbling from a wheelchair, are also in place. We're always looking for new athletes!


Away Tournaments:
January 12-13, 2019 (Prep & Varsity) Grand Rapids, MI
February 23-24, 2019 (Prep & Varsity) Milwaukee, WI
March 29-31, 2019 (Prep & Varsity) Chicago, IL ... Nationals

Home Tournaments:
January 26-27, 2019 (Prep & Varsity Divisions) Regional
February 2-3, 2019 (Division III)

 Fieldhouse

 Tuesday, Thursday

 5:30-7 PM

 8+ years

 TBD

4-H After School Program

Course #119SR-17-19

Turnstone is partnering with 4-H in offering a monthly opportunity for young people to develop skills for a life time in fun interactive way. Please RSVP.


CONSUMER SMART


Course 119SR-17

how to save money on groceries? Blind taste test, games and more!

 Mezzanine

 Tues., January 22

 4:30-5:30 PM

 8-18 years

 \$5


SCIENCE WHIZ


Course 119SR-18

join us for several fun science experiments!

 Mezzanine

 Tues., February 19

 4:30-5:30 PM

 8-18 years

 \$5


Quad Rugby


Course # 318SR-14

The flow of the game is a mixture between rugby and wheelchair basketball. This is a team sport where four individuals compete on a basketball court with the objective to cross the goal line with a volleyball. This sport is tailored towards individuals with impairment in both their lower and upper extremities. The wheelchair they used are engineered to allow individuals with limited upper body push their chair at a high level. We're always looking for new athletes

 Fieldhouse

 Mondays

 7-9 PM

 12+ years


 TBD


MICROWAVABLE


Course 119SR-19

join us to learn initiative meals utilizing only a microwave

 Mezzanine

 Tues., March 26

 4:30-5:30 PM

 8-18 years

 \$5

