

# A.R.A.P. - Accessible Recreation

The Redwood City Accessible Recreation Activities Program has some fun and exciting events coming up. ARAP is designed to serve teens and adults with physical and/or developmental disabilities from all over the Bay Area. All events are held at the Veterans Memorial Senior Center in Redwood City unless otherwise stated. If you have any questions about ARAP, please call Michele Venneri at (650) 780-7344 or Christina Coronado at (650) 780-7343

## INCLUSION BUDDY PROGRAM

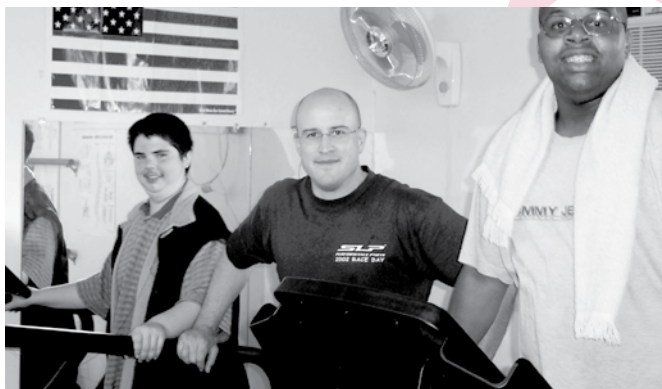
Redwood City is committed to insuring that people of **ALL** abilities have access to our programs. If you are in need of assistance with any program listed in the Redwood City Recreation Guide, please contact Stephanie Douglas at (650) 780-7313. Reasonable accommodations including specialized equipment or a buddy assistant may be provided depending on circumstances and availability.



## Fitness

### Evening Fitness Club (on-going) • PE Room

Have fun while exercising in our evening Fitness Classes. Every Tuesday night from 7:00-8:00pm. Cost is \$5 per class. Scott Lohmann, a certified personal fitness instructor, will lead participants in safe, individually tailored work-outs.



## Upcoming Events

### ARAP Fundraiser

**Thursday, June 18<sup>th</sup> • 6-8pm**

PLEASE join us for a delicious meal at Chevy's in redwood city and help out the Accessible Recreation Program at the same time. Chevys will donate 25% of your meal to our program which will help us to provide future programs and scholarships.

## Dances

### Under the Sea

**Saturday, June 20<sup>th</sup> • 7-9pm**

Join us for a night under the sea with fantastic music, yummy treats and a opportunity drawing. Fee: \$10 per person. If you attend the Chevys Fundraiser the night before the cost will be \$5.00!

## Friday Night Spring Socials

Call Christina or Michele at (650) 780-7344 by the Wednesday before the event to RSVP!

### BBQ in the Park Friday, June 26<sup>th</sup> • 6-8pm

Please join us for an old fashion BBQ in the beautiful Red Morton park with games and delicious food. Fee: \$20

### Karaoke & Snow Cones Friday, July 10<sup>th</sup> • 6-8pm

Please join us for a night of karaoke and Snow cones...Can life get any better?  
Fee: \$10

### Malibu Grand Prix Miniature Golfing Friday, August 14<sup>th</sup> • 6-8:30pm

Enjoy a fun night of miniature golfing with friends. Afterwards we will enjoy pizza and arcade.  
Fee: \$20