



The Buzz

Adaptive Recreation Activities

FALL 2025 // SEPTEMBER–DECEMBER



Adaptive Recreation participated in the Renton River Days parade in July!

Greetings Participants and Supporters

This program is designed for individuals in the Renton area with physical and/or neurological disabilities. The City of Renton is proud to provide a range of activities for participants to choose from including recreational, social, and enrichment opportunities.

Preregistration is required for all programs. For more information call Kerri Keenan at 425-430-6748 or email kkeenan@rentonwa.gov

FITNESS

Healthy Athletes/Fit 5

Every Thursday, 6–7pm
September 11–December 11

AGES 14 & UP. Fun fitness workouts on the same schedule as Club Thursday, coupled with wellness and nutrition education. We will be utilizing the Fit 5 model – a plan for physical activity, nutrition and hydration. All fitness levels are welcome!

NO PROGRAMS: SEPT 25, OCT 23, NOV 6, NOV 27

NR \$15 / R \$10 26778
Preregistration required
Renton Senior Activity Center

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 5:45pm and pick-ups no later than 7:15pm (unless participant is also attending Club Thursday after this class). Participants routinely picked up late may be charged for staff time accrued.



Using the outdoor fitness machines at the Senior Activity Center.



rentonwa.gov/adaptive
rentonwa.gov/register



Board game night.

CLUB THURSDAY

Every Thursday 7–8:30pm
September 11–December 11

AGES 14 & UP. Meet us at the Senior Activity Center for an evening filled with friends and fun! Activities vary from week to week—see below. Light snacks are provided. **NO PROGRAMS SEPT 25, OCT 23, NOV 6, NOV 27**

NR \$20 / R \$17 26751
Preregistration required
Renton Senior Activity Center

- September 11: Outdoor Games
- September 18: Country Western Dance
- October 2: Bingo
- October 9: Talent Show
- October 16: Pumpkin Carving:
Bring your own pumpkin
- October 30: Halloween Dance
- November 13: Art Night
- November 20: Birthday Dance
- December 4: Trivia
- December 11: Holiday Dance

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 6:45pm and pick-ups no later than 8:45pm. Participants routinely picked up late may be charged for staff time accrued.

SPECIAL OLYMPICS

Basketball

Mondays, 6–7:30pm
December 1–February 23

AGES 8 & UP. New to basketball? “Nothing but net” expert? Basketball is open to adults and youth of all skill levels! Equipment is provided, dress to move and bring water!
NO PRACTICE DEC 22 & 29 for winter break and JAN 19 in observance of Martin Luther King, Jr. Day.

NR \$15 / R \$10 26770
Preregistration required
Renton Community Center

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 5:45pm and pick-ups no later than 7:45pm. Participants routinely picked up late may be charged for staff time accrued.

Basketball Team Skills

Tuesdays, 6–7pm
December 2–February 24

AGES 8 & UP. Special Olympics Team Skills Basketball is a competition focused on fundamental basketball skills, designed for athletes with lower ability levels who may not yet be ready for traditional team play.
NO PRACTICE DEC 23 & 30 for winter break.

NR \$15 / R \$10 26767
Preregistration required
Renton Community Center

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 5:45pm and pick-ups no later than 7:15pm. Participants routinely picked up late may be charged for staff time accrued.



Bowling

Saturdays, 12–2pm
August 16–October 25

Nov 1: Sub-Regional Tournament
Nov 15: Regional Tournament
Both tournaments to be held at Kenmore Lanes

AGES 8 & UP. Ready, set, bowl! Special Olympics bowling is open to youth and adults of all skill ability. Join us for practices at Bowlero South Seattle.

CURRENTLY FULL – WAITLIST ONLY
NR \$15/ R \$10 24863
Preregistration required
Bowlero South Seattle

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 11:45am and pick-ups no later than 2:15pm. Participants routinely picked up late may be charged for staff time accrued.

SPORTS

Pickleball Club

Tuesdays, 6–7pm
September 9–November 4

AGES 8 & UP. Join us for evening sessions filled with fun, friends, and of course Washington’s state sport, Pickleball! Practices are open for youth and adults of all skill levels. Equipment is provided. However, if you prefer, you are welcome to bring your own. Please dress for movement and bring water. Note: We are scheduling friendly competitions with Issaquah. Dates will be confirmed at practice.

NR \$15 / R \$10 26772
Preregistration required
Renton Community Center

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 5:45pm and pick-ups no later than 7:15pm. Participants routinely picked up late may be charged for staff time accrued.

EXCITING EXPEDITIONS

Come join us as we get out into the community. We will explore different places and create new memories. Transportation will be provided to the venue. However, participants will need to provide their own transportation to and from Renton Community Center.

Tacoma Rainiers

**Tuesday, 10:30am–4:30pm
September 16**

AGES 14 & UP. Come and enjoy an afternoon of baseball! Root for the Tacoma Rainiers as they play the Oklahoma City Comets. Your ticket gets you into the game and includes a ballpark meal (hot dog, snack, and bottled water) plus a signature Rainiers hat.

NR \$36 / R \$30 26793
Preregistration required
Renton Community Center

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 10am and pick-ups no later than 5pm. Participants routinely picked up late may be charged for staff time accrued.



Having a great time at a past trip to Dave & Busters!



Having a great time at a past trip to Dave & Busters!

Thomasson Family Farm

**Thursday, 10am–4pm
October 23**

AGES 14 & UP. Come and enjoy some time on the farm!! We're heading to Thomasson Family Farm in Enumclaw for an afternoon of fun. Ticket price includes many farm activities such as a corn maze, life-size foosball, an adult trike track and gift shop. The price of a pumpkin and lunch is not included. We will stop for lunch. **Please bring approximately \$40 for lunch and a pumpkin.**

NR \$24 / R \$20 26796
Preregistration required
Renton Community Center

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 9:30am and pick-ups no later than 4:30pm. Participants routinely picked up late may be charged for staff time accrued.

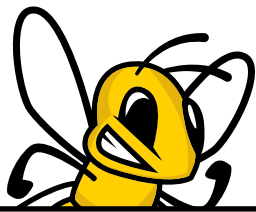
Escape Room

**Thursday, 10:30am–3pm
November 6**

AGES 18 & UP. Ahoy, there! Sure Lock Escapes recently discovered the E.S. Caper, an infamous pirate ship known to have a particularly scallywaggy crew, shipwrecked among the cliffs of Cypher Island. No one yet has been brave enough to board the ship, for the promise of danger is nearly as certain as the promise of great treasure and adventure! Will you be the first to venture into the hull of the enigmatic E.S. Caper to discover what mysteries lie within? We will stop for lunch after our adventure. **Please bring approximately \$20 for lunch. A waiver will need to be signed before participating.**

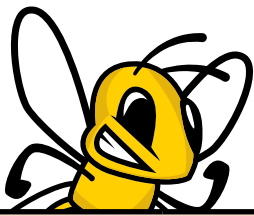
NR \$66 / R \$55 26797
Preregistration required
Renton Community Center

ACCESS TRANSPORTATION: Please schedule drop-offs no earlier than 10am and pick-ups no later than 3:30pm. Participants routinely picked up late may be charged for staff time accrued.



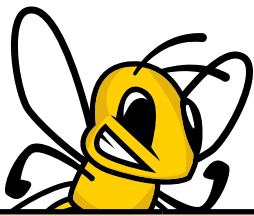
The Buzz Activities **September 2025**

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6 Bowling 12–2pm Bowlero
7	8	9 Pickleball 6–7pm RCC	10	11 Healthy Athletes/Fit 5 6–7pm Club Thursday 7–8:30pm Outdoor Games	12	13 Bowling 12–2pm Bowlero
14	15	16 Exciting Expeditions Tacoma Rainiers Game 10:30a– 4:30p Pickleball 6–7pm RCC	17	18 Healthy Athletes/Fit 5 6–7pm Club Thursday 7–8:30pm Country–Western Dance	19	20 Bowling 12–2pm Bowlero
21	22	23 Pickleball 6–7pm RCC	24	25 NO PROGRAMS	26	27 Bowling 12–2pm Bowlero
28 	29	30 Pickleball 6–7pm RCC				



The Buzz Activities **October 2025**

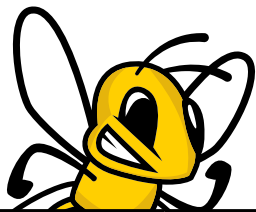
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 Healthy Athletes/Fit 5 6–7pm Club Thursday 7–8:30pm Bingo	3	4 Bowling 12–2pm Bowlero
5	6	7 Pickleball 6–7pm RCC	8	9 Healthy Athletes/Fit 5 6–7pm Club Thursday 7–8:30pm Talent Show	10	11 Bowling 12–2pm Bowlero
12	13	14 Pickleball 6–7pm RCC	15	16 Healthy Athletes/Fit 5 6–7pm Club Thursday 7–8:30pm Pumpkin Carving (Bring your own pumpkin)	17	18 Bowling 12–2pm Bowlero
19	20	21 Pickleball 6–7pm RCC	22	23 Exciting Expeditions Thomasson Family Farm 10am–4pm	24	25 Bowling 12–2pm Bowlero
26 	27	28 Pickleball 6–7pm RCC	29	30 Healthy Athletes/Fit 5 6–7pm Club Thursday 7–8:30pm Halloween Dance	31	



The Buzz Activities **November 2025**

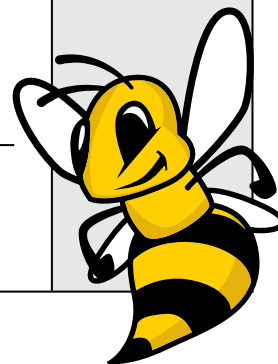
SUN	MON	TUE	WED	THU	FRI	SAT
						1 Bowling Sub Regional Kenmore Lanes
2	3	4 Pickleball 6–7pm RCC	5	6 Exciting Expeditions Escape Room 10:30am–3pm	7	8
9	10	11	12	13 Healthy Athletes/Fit 5 6–7pm Club Thursday 7–8:30pm Art Night	14	15 Bowling Regional Kenmore Lanes
16	17	18	19	20 Healthy Athletes/Fit 5 6–7pm Club Thursday 7–8:30pm Birthdays Dance	21	22
23	24	25	26	27 Thanksgiving NO PROGRAMS	28	29
30						





The Buzz Activities **December 2025**

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Basketball 6–7:30pm RCC	2 Team Skills Basketball 6–7pm RCC	3	4 Healthy Athletes/Fit 5 6–7pm Club Thursday 7–8:30pm Trivia	5	6
7	8 Basketball 6–7:30pm RCC	9 Team Skills Basketball 6–7pm RCC	10	11 Healthy Athletes/Fit 5 6–7pm Club Thursday 7–8:30pm Holiday Dance	12	13
14	15 Basketball 6–7:30pm RCC	16 Team Skills Basketball 6–7pm RCC	17	18 NO PROGRAMS	19	20
21	22	23	24	25	26	27
	NO PROGRAMS					
28	29	30	31			
	NO PROGRAMS					





The Buzz

Adaptive Recreation Activities

City of Renton
1055 S Grady Way
Renton WA 98057

Access Transportation

Please schedule drop offs no earlier than 15 minutes before an activity begins and pick ups no later than 15 minutes after an activity ends.

Activity Locations

Renton Community Center

1715 Maple Valley Hwy, Renton, WA 98057

Renton Senior Activity Center

211 Burnett Ave N, Renton, WA 98057

Bowlero South Seattle

100 Andover Park W. Tukwila, WA 98188

WE NEED YOUR EMAIL! Activities may change as the quarter progresses. Make sure we have your correct email on file by calling 425-430-6700 or emailing recreation@rentonwa.gov.

One Dream at a Time Foundation

Thank you to One Dream at a Time Foundation for helping to provide programs at a reduced cost to participants in the adaptive community!

Thank You