



# The Buzz

## Adaptive Recreation Activities

MAY-AUGUST 2026



Who will win this game of Uno at board games and cards night?

### 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](mailto:kkeenan@rentonwa.gov)

### Adaptive Prom

Thursday, 6–8pm  
June 18

**AGES 5 & UP.** Boogie on down to Renton Community Center! Enter the Enchanted Forest in your prom attire and dance the night away. Light snacks will be provided.

NR \$15 / R \$10 30783  
Preregistration required  
Renton Community Center

**ACCESS TRANSPORTATION:** Please schedule drop-offs no earlier than 5:45pm and pick-ups no later than 8:15pm. Participants routinely picked up late may be charged for staff time accrued.



Happy Birthday, Gloria, at our birthdays dance.



[rentonwa.gov/adaptive](http://rentonwa.gov/adaptive)  
[rentonwa.gov/register](http://rentonwa.gov/register)



Shonta and Brandon display their ping pong prowess.

## SPECIAL OLYMPICS

### Softball

**Mondays, 6–7:30pm**  
**June 15–August 10**

**AGES 8 & UP.** Hey batter batter! Swing on down to Liberty Park and Cedar River Park and join us for another season of Special Olympics Softball. Bring a glove, water and a positive attitude! **NO PROGRAM JULY 20**

NR \$15 / R \$10 30758  
Preregistration required  
Local Parks TBD

**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.

### Golf

**Sundays, 2–4pm**  
**June 21–August 9**

**AGES 8 & UP.** FORE!!! Grab your golf bag and a set of tees and come work on your golf game at the Maplewood Driving Range as we prepare for the Special Olympics golf season. **NO PROGRAM JULY 26**

NR \$15 / R \$10 30760  
Preregistration required  
Maplewood Golf Course

**ACCESS TRANSPORTATION:** Please schedule drop-offs no earlier than 1:45pm and pick-ups no later than 4:15pm. Participants routinely picked up late may be charged for staff time accrued.

## FITNESS

### Healthy Athletes

**Thursday, 6–7pm**  
**May 7–August 13**

**AGES 14 & UP.** Fun fitness workouts on the same schedule as Club Thursday, coupled with wellness and nutrition education. All fitness levels are welcome!

**NO PROGRAM MAY 14, MAY 28, JUNE 18, JULY 16, JULY 23**

NR \$15 / R \$10 30767  
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.

### Adaptive Cycling for Fun and Exercise

**Monday, 6–7pm**  
**June 15–August 9**

**AGES 8 & UP.** Come out for a wheel-y good time. Gear up and join Coach Troy as you ride around Cedar River Park at RCC. Bring your bike and helmet along with some water.

NR \$15 / R \$10 30766  
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.

## CLUB THURSDAY

**Every Thursday 7–8:30pm**  
**May 7–August 13**

**AGES 14 & UP.** Meet us at the Renton Community Center for an evening filled with friends and fun! Activities vary from week to week—see below. Light snacks are provided.

**NO PROGRAMS MAY 14, MAY 28, JUNE 18, JULY 16, JULY 23**

NR \$15 / R \$10 30768  
Preregistration required  
Renton Senior Activity Center

- May 7: Zine Making
- May 21: Star Wars Dance
- June 4: Bingo
- June 11: Yarn Art
- June 25: Make a Strawberry Parfait
- July 2: 4th of July Dance
- July 9: Cookie Decorating
- July 30: Friendship Art
- August 6: Sock Decorating
- August 13: Birthday 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.



Spring has sprung! Decorating flower pots soon to be filled with flower seeds.

# EXCITING EXPEDITIONS

ONE FIELD TRIP PER PARTICIPANT.  
CHOOSE YOUR FAVORITE!

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.

## Bellevue Botanical Gardens

Tuesday, 11am–5pm  
May 26

**AGES 14 & UP.** Put this on your plant-er. Let's walk through Bellevue Botanical Gardens and enjoy the beautiful plants and flowers.

NR \$15 / R \$10 30769  
Preregistration required  
Meet at Renton Community Center

**ACCESS TRANSPORTATION:** Please schedule drop-offs no earlier than 10:30am and pick-ups no later than 5:30pm. Participants routinely picked up late may be charged for staff time accrued.

## DubSea Fish Sticks Baseball Game

Saturday, 5–10pm  
June 13

**AGES 14 & UP.** Play Ball! We're off to see the DubSea Fish Sticks baseball team play the Utah Yaks at Mel Olson Stadium.

NR \$15 / R \$10 30770  
Preregistration required  
Meet at Renton Community Center

**ACCESS TRANSPORTATION:** Please schedule drop-offs no earlier than 4:30pm. Please do not schedule Access for pick up.

## Sno-King Ice Arena

Friday, 11:30am–4pm  
July 10

**AGES 14 & UP.** Escape the heat and come ice skating. We'll have a n-ice time on the ice! We'll have lunch after skating.

NR \$15 / R \$10 30781  
Preregistration required  
Meet at Renton Community Center

**ACCESS TRANSPORTATION:** Please schedule drop-offs no earlier than 11:00am and pick-ups no later than 4:30pm. Participants routinely picked up late may be charged for staff time accrued.

## Concert at Coulon

Thursday, 5:30–8:30pm  
August 20

**AGES 14 & UP.** Let's meet at Coulon Beach Park for dinner and a show! We'll have dinner at Ivar's or Kidd Valley before walking over to listen to the concert at Coulon.

NR \$15 / R \$10 30773  
Preregistration required  
Meet at Renton Community Center

**ACCESS TRANSPORTATION:** Please schedule drop-offs no earlier than 5:00pm and pick-ups no later than 9:00pm. Participants routinely picked up late may be charged for staff time accrued.

## Adaptive Rec SWIM NIGHT

**AGES 3 & UP.** Come join us for an exclusive swim session at the Henry Moses Aquatic Center! This after-hours event is open only to Adaptive Recreation participants, family, and caregivers. Enjoy the VIP experience and have a fun night swimming, sliding, or maybe just floating in the lazy river!

Preregistration required

Friday, 6:30–8:30pm  
July 24

NR \$15 / R \$10 30776

**ACCESS TRANSPORTATION:** Please schedule drop-offs no earlier than 6:15pm and pick-ups no later than 8:45pm. Participants routinely picked up late may be charged for staff time accrued.

Friday, 7:15–9:15pm  
August 28

NR \$15 / R \$10 30778

**ACCESS TRANSPORTATION:** Please schedule drop-offs no earlier than 7:00pm and pick-ups no later than 9:30pm. Participants routinely picked up late may be charged for staff time accrued.



Stephen and Ryan focused on pinball at the Seattle Pinball Museum.





# The Buzz Activities **May 2026**

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2 Soccer Regionals Starfire Sports
3	4 Track and Soccer Practice 6-7pm Hazen High School	5	6 Track and Soccer Practice 6-7pm Hazen High School	7 Healthy Athletes 6-7pm • RCC Club Thursday 7-8:30pm Zine Making RCC	8	9
10	11 Track and Soccer Practice 6-7pm Hazen High School	12	13 Track and Soccer Practice 6-7pm Hazen High School	14 NO HEALTHY ATHLETES NO CLUB THURSDAY	15	16 Track Team Highland Games Interlake High School
17	18 Track and Soccer Practice 6-7pm Hazen High School	19	20 Track and Soccer Practice 6-7pm Hazen High School	21 Healthy Athletes 6-7pm • RCC Club Thursday 7-8:30pm Star Wars Dance • RCC	22	23
24	25 NO PRACTICE! MEMORIAL DAY	26 Exciting Expedition: Bellevue Botanical Gardens 11 am – 5 pm	27 Track and Soccer Practice 6-7pm Hazen High School	28 NO HEALTHY ATHLETES NO CLUB THURSDAY	29 State Spring Games University of Puget Sound Tacoma	30 State Spring Games University of Puget Sound Tacoma
31 State Spring Games University of Puget Sound Tacoma						 CITY OF RENTON <b>PARKS &amp; RECREATION</b>




# The Buzz Activities June 2026

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4 <b>Healthy Athletes</b> 6–7pm • RCC <b>Club Thursday</b> 7–8:30pm Bingo • RCC	5	6
7	8	9	10	11 <b>Healthy Athletes</b> 6–7pm • RCC <b>Club Thursday</b> 7–8:30pm Yarn Art • RCC	12	13 <b>Exciting Expedition:</b> Fish Sticks Baseball Game 5 – 10 pm
14 <b>Golf</b> 2–4pm Maplewood Golf Course	15 <b>Cycling for Fun and Exercise</b> 6–7pm RCC <b>Softball</b> 6–7:30pm Liberty Park	16	17	18 <b>Adaptive Prom</b> 6–8pm • RCC <b>NO HEALTHY ATHLETES</b> <b>NO CLUB THURSDAY</b>	19	20
21 <b>Golf</b> 2–4pm Maplewood Golf Course	22 <b>Cycling for Fun and Exercise</b> 6–7pm • RCC <b>Softball</b> 6–7:30pm Liberty Park	23	24	25 <b>Healthy Athletes</b> 6–7pm • RCC <b>Club Thursday</b> 7–8:30pm Make a Strawberry Parfait • RCC	26	27
28	29 <b>Cycling for Fun and Exercise</b> 6–7pm • RCC <b>Softball</b> 6–7:30pm Liberty Park	30				  <b>CITY OF RENTON</b> <b>PARKS &amp; RECREATION</b>



# The Buzz Activities July 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 <b>Healthy Athletes</b> 6–7pm • RCC <b>Club Thursday</b> 7–8:30pm 4th of July Dance • RCC	3	4
5 <b>Golf</b> 2-4pm Maplewood Golf Course	6 <b>Cycling for Fun and Exercise</b> 6–7pm • RCC <b>Softball</b> 6–7:30pm Liberty Park	7	8	9 <b>Healthy Athletes</b> 6–7pm • RCC <b>Club Thursday</b> 7–8:30pm Cookie Decorating RCC	10 <b>Exciting Expedition:</b> Sno-King Ice Arena 10 am – 1 pm	11
12 <b>Golf</b> 2-4pm Maplewood Golf Course	13 <b>Cycling for Fun and Exercise</b> 6–7pm • RCC <b>Softball</b> 6–7:30pm Liberty Park	14	15	16 <b>NO HEALTHY ATHLETES</b> <b>NO CLUB THURSDAY</b>	17	18
19 <b>Golf</b> 2-4pm Maplewood Golf Course	20 <b>Cycling for Fun and Exercise</b> 6–7pm • RCC <b>Softball</b> 6–7:30pm Liberty Park	21	22	23 <b>NO HEALTHY ATHLETES</b> <b>NO CLUB THURSDAY</b>	24 <b>Adaptive Swim</b> 6:30–8:30 pm Henry Moses Aquatic Center	25 <b>Renton River Days Parade</b>
26 <b>Golf</b> 2-4pm Maplewood Golf Course	27 <b>Cycling for Fun and Exercise</b> 6–7pm • RCC <b>Softball</b> 6–7:30pm Liberty Park	28	29	30 <b>Healthy Athletes</b> 6–7pm • RCC <b>Club Thursday</b> 7–8:30pm Friendship Art RCC	31	



# The Buzz Activities **August 2026**

SUN	MON	TUE	WED	THU	FRI	SAT
						1
<b>2</b> <b>Golf</b> 2-4pm Maplewood Golf Course	<b>3</b> <b>Cycling for Fun and Exercise</b> 6-7pm RCC  <b>Softball</b> 6-7:30pm Liberty Park	<b>4</b>	<b>5</b>	<b>6</b> <b>Healthy Athletes</b> 6-7pm RCC  <b>Club Thursday</b> 7-8:30pm Sock Decorating RCC	<b>7</b>	<b>8</b> <b>Softball Regional Tournament</b> Everett
<b>9</b> <b>Golf</b> 2-4pm Maplewood Golf Course	<b>10</b> <b>Cycling for Fun and Exercise</b> 6-7pm RCC  <b>Softball</b> 6-7:30pm Liberty Park	<b>11</b>	<b>12</b>	<b>13</b> <b>Healthy Athletes</b> 6-7pm RCC  <b>Club Thursday</b> 7-8:30pm Birthday Dances RCC	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> <b>Exciting Expedition:</b> Concert and Dinner at Coulon 6 - 8 pm	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> <b>Adaptive Swim</b> 6:30-8:30 pm Henry Moses Aquatic Center	<b>29</b>
<b>30</b>	<b>31</b>					 CITY OF RENTON <b>PARKS &amp; RECREATION</b>



# 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

**Hazen High School**  
1101 Hoquiam Ave NE, Renton, WA 98059

**Henry Moses Aquatic Center**  
1719 Maple Valley Hwy, Renton, WA 98057

**Liberty Park**  
1101 Bronson Way N, Renton, WA 98057

**Maplewood Golf Course**  
4050 SE Maple Valley Rd, Renton, WA 98058

**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](mailto: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*