



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 staff member, Rio James, a Certified Therapeutic Recreation Specialist.

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

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. You can also register by emailing Halie Smith at halie@turnstone.org.

For more information, contact Rio James at rio@turnstone.org or call (260) 969-7678.

Dance Camp

Turnstone is partnering with the Fort Wayne Dance Collective to provide a Dance Camp this summer! The students will learn a dance to one song where they come up with all the dance moves. This week-long program is designed to promote creativity and health and wellness and will be instructed by Jordyn Rigler. This group will perform for their family and friends on the last day of the camp.

Date	Day	Time	Age	Fee
7/10-7/14	Mon-Fri	3:00-4:00p.m.	10-15	Free
7/10-7/14	Mon-Fri	4:00-5:00p.m.	16+	Free

Location: Plassman Athletic Center at Turnstone,
Large Group Exercise Room

Register by: 6/30/17

Dental Hygiene Session

Suzy Beard, who is now retired, has been a Dental Hygienist for 50 years. She will be coming to Turnstone to talk about brushing, the importance of flossing and taking care of your mouth as a whole. Please register in advance to learn about your teeth!

Date	Day	Time	Age	Fee
7/10	Mon	6:00-7:00p.m.	12-17	Free

Location: Plassman Athletic Center, Main Conference Room

Register by: 7/5/17

Special Olympics Unified Sports Fitness Club

Join us every Thursday to stay active by walking. Monthly health/wellness information will be provided. Participants will be provided with a MovBand, provided by Special Olympics, to track their steps. Track your progress online and compete with others in the group. Incentives will be available when certain distance goals are met! Invite a friend or family member to join with you.

Date	Day	Time	Age	Fee
7/5-7/26	Wed	6:00-7:00p.m.	8+	Free

Location: Plassman Athletic Center at Turnstone, Track

Contact Rio James to get involved.

Introduction to Pottery

Come try this introductory pottery class where you can learn the basics of working with clay, how to make a pinch pot, the coil method, and design your own projects. Please bring a large shirt to cover your clothing. Tom Sherbondy, Resident Potter, will be instructing the class.

Date	Day	Time	Age	Fee
7/14-8/4	Fri	2:00-3:00p.m.	14+	\$25

Location: Clay Worx, Pottery Studio

1564 Griffin St., Fort Wayne, IN 46803

Register by: 7/7/17

Crazy Bowling

It's time to strike up some friendships and games! Come enjoy a night of bowling at Crazy Pinzs. The group will meet at the bowling alley; the address is provided below. The cost will include shoe rental along with two games. Invite your family and friends!

Date	Day	Time	Age	Fee
7/13-8/3	Thurs	6:00-7:30p.m.	12-17	\$20

Location: Crazy Pinz Entertainment Center,

1414 Northland Blvd, Fort Wayne, IN 46825

Register by: 7/7/17

Underwritten by:



Think differently about disabilities.



Free Community Swim

Fort Wayne Parks and Recreation is providing an open swim opportunity for individuals with disabilities at Northside Park Swimming Pool on Monday Nights. The program opened on June 5th and runs through August 12th. Parents must accompany children in the water. The cost is free, and there is no pre-registration required.

Date	Day	Time	Age	Fee
6/5-8/12	Mon	5:15-6:15p.m.	All	Free

Location: Northside Park Swimming Pool,

2400 Parnell Ave, Fort Wayne, IN 46805

Let's Meet at the Barr Street Market

Meet me (Rio James) downtown to visit the weekly Barr Street Market. There will be local market enthusiasts and vendors for you to choose from farm and garden products, home-based foods, natural products, music and much more! We will be identifying healthy food options, working on money management, and individuals will be able to socialize with their friends. Meet on the corner of E. Wayne St. and S. Barr St.

Date	Day	Time	Age	Fee
7/15	Sat	10:00-12:00p.m.	18+	\$5*

Location: Southeast Corner of Barr and Wayne Streets,

Fort Wayne, IN 46802

Register by: 7/7/17 *Additional amount to bring: \$5-10

Bingo Night

Bring your luck! A great opportunity to enjoy a night away from home playing Bingo and having fun! There will be various prizes for the winners, and a lite snack will be provided. Individuals will be able to work on number and letter recognition, attention span, fine motor skills and socialization.

Date	Day	Time	Age	Fee
7/17	Mon	6:00-7:30p.m.	18+	\$5

Location: Plassman Athletic Center at Turnstone,

Mezzanine East Conference Room

Register by: 7/12/17

Girl's Night Out

Calling all girls! It's time for a night full of fun. We will be showing the movie Moana with lite snacks provided. Bring your friends to kick off the weekend right by joining us for this event!

Date	Day	Time	Age	Fee
7/14	Fri	6:00-8:00p.m.	14-22	\$5

Location: Plassman Athletic Center at Turnstone,
Mezzanine West Conference Room

Register by: 7/7/17

Wiffle Ball

We have all the equipment, now we just need you! Come join us for a fun, recreational game of Wiffle Ball. You do not need previous experience with the sport, and everyone will get the chance to hit and play multiple positions.

Date	Day	Time	Age	Fee
7/12-8/2	Wed	5:00-6:00p.m.	8-16	\$20

Location: Plassman Athletic Center at Turnstone, Fieldhouse

Register by: 7/7/17

Sensitive Playground Experience

Join us for this pilot program we are offering this month! This is an opportunity for children who have Autism. Come and enjoy our Turnstone playground that offers a safe, quiet and sensory friendly environment. Families can come to play games, swing, play in the sandbox, or run around in our fenced-in area. Parents/caregivers will need to provide supervision for family members. Please contact Rio James at rio@turnstone.org or 260-969-7678 to register!

Date	Day	Time	Age	Fee
7/22	Sat	9:00-11:00a.m.	All	Free

Location: Plassman Athletic Center at Turnstone, Playground

Register by: 7/19/17

***This program will cancel for inclement weather (rain or heat advisory).

Underwritten by:



Turnstone

3320 N. Clinton St., Fort Wayne, IN 46805

260-483-2100 turnstone.org