

Summer 2023

June - August

ADAPTIVE *Connect*

Disponible en español en
[Reno.Gov/Adaptive](https://reno.gov/adaptive)



Adaptive Cycling Center NOW OPEN

Tuesdays 12 - 6pm & Saturdays 9 - 6pm

Single Admission \$30 or Membership \$100
for unlimited rides (scholarships available)



Adaptive Connect Newsletter

is made possible by
Renown Health

If you have an event or activity that you would like posted in the next publication of Adaptive Connect, Please Contact April Wolfe at:

Phone: (775) 333 - 7765

Fax: (775) 321 - 8338

WolfeA@Reno.Gov

**Next Deadline is July 21,
2023**

Inclusion/Adaptive Recreation Staff

Therapeutic Recreation Specialist

April Wolfe

(775) 333 - 7765

Therapeutic Recreation Coordinator

Shaun Stewart

(775) 657 - 4659

Adaptive Recreation Assistant

Anthony Goulet

(775) 657 - 4661

Adaptive Recreation Tech

Bill Meacham

(775) 657 - 4661

Volunteer Opportunities

Volunteers are a vital part of the City of Reno Inclusion/Adaptive Recreation program. Volunteers will gain rewarding experiences through assisting Parks and Recreation staff with a variety of programs or providing additional support for participants. We are currently seeking volunteers for our upcoming programs!

ASL ANYWHERE

NOW AVAILABLE FOR NEVADANS

Those who are deaf and hard of hearing will now be able to better connect with family, friends and the community thanks to the Nevada Mobile Communication Access Project.

With funding from the Nevada Governor's Council on Developmental Disabilities and in coordination with the Nevada Commission for Persons Who are Deaf and Hard of Hearing, ASL Anywhere is now available for free for Nevada residents. Through the app individuals can access live interpreter services to communicate with hearing people in the same room.

"I am thrilled to announce the ASL Anywhere app is now available for Nevadans. This technology is so important for those who need ASL and I hope it helps families as we gather for the holidays," said Catherine Nielsen, Executive Director of the Nevada Governor's Council on Developmental Disabilities.

The app can be used for social gatherings, work meetings and conversations with service providers. The app connects an American Sign Language (ASL) interpreter with the individual to reduce barriers to in-person communication and can be used for requests such as ordering in restaurants, discussions with co-workers, chatting with family or other in-person needs.

To get the app, apply at ASLanywhere.com/states by clicking on the Nevada flag and completing the application. After an application is submitted, the requestor will be contacted by the organization for next steps and to get access to their free interpreter services.





SPORTS

ADAPTIVE CYCLING CENTER

Tuesdays 12 - 6pm & Saturdays 9 - 6pm

\$100 Season Membership

**Rosewood Nature Study Area
6800 Pembroke Drive**

The City of Reno is excited to expand its adaptive sports program by launching an Adaptive Cycling Center at the Rosewood Nature Study Area in Reno, Nevada. Rosewood Nature Study Area is a 219-acre wetland habitat with approximately 2.5 miles of trail and serves as a great launching point to access the Southeast Connector bike trail as well as connecting to the Tahoe-Pyramid Bike trail. Such proximity to the community's bike trail systems makes it a prime location for our adaptive equipment rental hub. The center will offer a membership-based program that will allow persons with disabilities to access our many adaptive bikes and jump directly on the trail, no bike transport needed. Families with children and/or adults with disabilities can now access a variety of adaptive bikes by appointment or during the open program hours and ride together.

MARK WELLMAN ADVENTURE DAY

Sunday, June 4

10am - 2pm

Free

Sparks Marina

Join us for a day to try new things! We'll have kayaks, adapted rock climbing equipment, and adaptive bikes available for people with disabilities, their families and friends to try. Abilities Expo Exhibitors - Access to information and resources from a variety of community organizations including opportunities to dance and exercise with the Note-Ables Music Therapy dance troop and do an art project with Arts for All Nevada!



TENNIS BUDDIES SUMMER FUN CAMP

June 19 - 22

9:30 - 11am - \$20 for 4 sessions

**Reno High School Tennis Courts
395 Booth St., Reno**

A fun, interactive, and supportive environment for individuals with developmental disabilities where athletes can improve their fitness levels and learn to play tennis. The following events will be instructed by Cindy Porath and Anne Voss, register at SierraJuniorTennis.org/partnerships/#buddies.

COMMUNITY BIKE DAYS AT SKY TAVERN

June 16, July 7, July 21 & August 18

Free

Sky Tavern - 21130 Mt. Rose Hwy

You are invited to adaptive mountain bike days with the High Fives Foundation and City of Reno. Adaptive mountain bikes will be provided by the City of Reno, or bring your own! Come enjoy an afternoon of biking, and enjoying one another's company. Follow social media channels for more details.

ICAN BIKE CAMP

June 26 - 30, 2023

**\$99 Per Rider For Nevada Residents
(scholarships available)**

**Douglas County Community Center
1329 Waterloo Lane, Gardnerville**

Kids and adults with developmental disabilities are invited to learn to ride a bike this summer! Riders attend one 75-minute session each day for five consecutive days, Monday - Friday. Riders are assisted and encouraged by two volunteer spotters and taught by trained professionals. Over the course of camp, an adapted bike is adjusted to gradually introduce more instability and to help challenge the riders at their own pace.

Register for ICan Bike at:

icanshine.org/ican-bike-gardnerville-nv/

Email Diana Rovetti for more information at:

Rovetti@unr.edu

SOCIAL PROGRAMS

CARSON CITY PARKS, RECREATION & OPEN SPACE

Mark Wellman's Adventure Day

Sunday, June 4

10am - 3pm - \$5.00

Meet at the East Parking lot of the Carson City Community Center for Transportation

Try a variety of adaptive sports like hand-cycling, kayaking, and rock climbing through the use of a broad range of adaptive equipment. This event is hosted at the annual Mark Wellman's Adventure Day at the Sparks Marina. Make sure to bring sunscreen, lunch, and plenty to drink.

Goal Getters Jog and Walk Program

Wednesdays: June 14 - August 2

5pm - 6pm - \$10.00

Meet at the Front Counter of the MAC (Multi-Purpose Athletic Center)

The Goal Getters Jog & Walk program is a great way to beat the summer heat and get your body moving. Each week participants will jog & walk at the Carson City MAC indoor track. Every lap a participant completes will be accounted for and the distance will be measured at the end of each session. As a team of Goal Getters participants will set out to go the distance.

Kayaking at Carson Aquatic Facility

Sunday, July 16

10am - 12pm - \$5.00

Carson Aquatic Facility

Learn to kayak with certified instructors at the Carson Aquatic Facility. Kayaks and life jackets are provided.

Fishing at Bailey's Pond

Saturday, July 29

9am - 11am - \$5.00

Meet at Bailey's Fishing Pond - Fuji Park

Learn how to bait a hook and reel em' in during our annual fishing adventure at Fuji Park

Dinner and a Movie

Friday, August 25

5:30pm - 8pm - \$10.00

Meet at the Community Center Board Room

Come on down to the Board Room at the Carson City Community Center and enjoy pizza, popcorn, and a movie.

CITY OF SPARKS PARK AND RECREATION

Bowling

Wednesdays

2:45pm - 4:30pm - \$2 per game

Coconut Bowl 1855 E Lincoln Way, Sparks

Bring your friends and come out to practice your game and have a great time too. We keep track of scores to average for the Special Olympics tournaments. No pre-registration necessary.

Arts and Crafts Class

Thursdays

3pm - 4pm - Free

Larry D. Johnson Community Center 1200 12th St.

We've teamed up with Arts for all Nevada to provide Weekly Wonders. Participants (16 yrs. or older) will develop their artistic abilities through a variety of fun projects. Reservations required.



NOTE-ABLE MUSIC THERAPY SERVICES

NMTSReno.org/Services

Note-Able Music Therapy Services is a nonprofit organization with a primary purpose of providing inclusive music programs and music therapy services for children and adults of all ages and disabilities. Our mission is to create lasting change in the lives of people of all abilities through music. For more information contact (775) 324-5521.

Electronic Music Classes (EMC)

Thursdays

\$50 per month

2590 Orovada St.

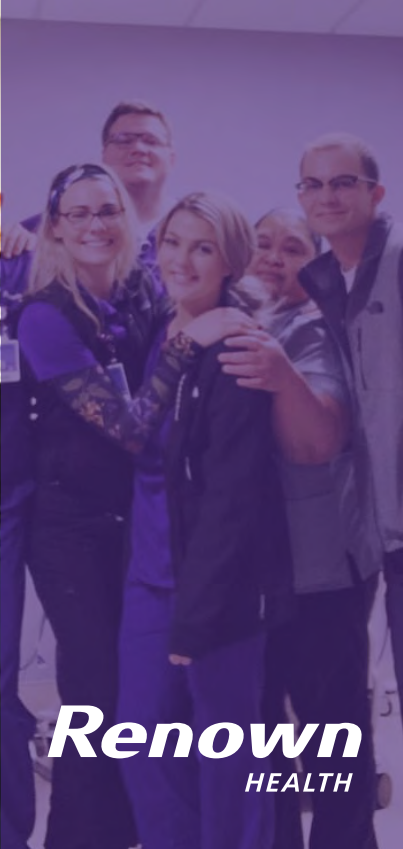
These classes fosters both technology and social skills and is geared toward teens of all abilities.

EMC 1 (Introduction) 5:15 - 6pm

Learn the basics of creating electronic music in a hands-on environment.

EMC 2 (Advanced) 6 - 6:45pm

An in-depth interactive music class through producing and DJing.



RESOURCES

RENOWN REHABILITATION HOSPITAL

Renown Rehabilitation Hospital provides a full range of rehabilitation services for these conditions: brain injury, stroke/neurological diagnoses, spinal cord injury, fractures, joint replacements, multiple trauma, cancer, Parkinson's and movement disorders, heart and lung disorders, amputation, and worker's compensation injuries.

At Renown, patient outcomes exceed national benchmarks, thanks to the team of rehab specialists.

LUNCH AND LEARN

Every 3rd Wednesday

11:30am - 1pm of each month

Meeting Virtually & EMNECC - 1301 Valley Road

Please join City of Reno, VA Sierra Nevada Healthcare system, Renown Health, and High Fives Foundation for Spinal Cord Injury/Disease specific resources, topics, and guest speakers during our monthly community-based luncheons.

HIGH FIVE HANGOUTS

**Every 2nd Wednesday of each month
6:30pm**

South 40 - 1445 S. Meadows Parkway

Join the SCI community in a monthly meet, greet, eat, and enjoy each other's company! Dinner is included. All are welcome. For additional questions, email, jarredevars7@yahoo.com.

KIWANIS AKTION CLUB

**Every 1st Tuesday of each month
6:00pm**

EMNECC - 1301 Valley Road

Join us as we plan for our next year of fun, inclusive activities including meetings, and service projects all year! We've participated in events such as the Buddy Walk, holiday caroling with Sierra High Notes, helping with holiday crafts for kids at 39 North Pole holiday festival in sparks, and a lot more!

Chartered in 2007, Atikon Club is a service group for adults with disabilities that is sponsored by the Sparks Kiwanis and the Nevada Center for Excellence in Disabilities.

If you'd like more information email

SparksKiwanis@gmail.com or Rovetti@unr.edu.

VETERAN PROGRAMS



PROJECT HERO CITY OF RENO

ProjectHero.Org

Founded in 2008, Project Hero is a groundbreaking national non-profit organization dedicated to helping Veterans and First Responders affected by PTSD, TBI and injury achieve rehabilitation, recovery and resilience in their daily lives and increasing awareness to combat the national mental health emergency posed by PTSD and TBI. For our weekly ride/event schedule follow us on Facebook at Project HERO Hub City of Reno. <https://www.facebook.com/groups/ProjectHEROCityofReno>

MILITARY SPORTS CAMP

September 11 - 15

The City of Reno will host 15 disabled veterans and injured service members with their spouse/guest for a multi-day event. There is no cost to military servicemen or women and their guest. Registration preferences will be given to Nevada Service Members and residents.

NEW ART EXHIBITION AT NEVADA MUSEUM OF ART

In Reno till July 23

Free admission for Veterans, Active military and their families

Nevada Museum of Art - 160 W Liberty Street

Come and visit the Nevada Museum of Art with the exhibit titled Ghost Army: The Combat Con Artists of World War II. This exhibition tells the story of the 23rd Headquarters Special Troops - the first mobile, multimedia, tactical deception unit in US Army history.

FIT BUT NOT FORGOTTEN

Wednesdays 5:30 - 6:30pm

Thursdays 12 - 1pm & Fridays 10 - 11am

Free

EMNECC - 1301 Valley Road

The City of Reno is offering our disabled veterans weekly fitness classes in our facility weight room. Classes will cover orientation to equipment, assessment of fitness level, proper technique to develop strength, endurance and flexibility, and discuss fitness goals. Upon completion of our four classes participants will be eligible for a FREE all inclusive facility membership good for one year.

NEVADA PARALYZED VETERANS OF AMERICA

NevadaPVA.org

This program is dedicated to improving the quality of life for veterans and our disabled community with spinal cord injury or dysfunction. Nevada PVA offers an active sports and recreation program for our members, and the disabled in our community. This organization sponsors programs in Northern Nevada that provides health benefits, support, opportunity and camaraderie for all involved.

PGA HOPE

HELPING OUR PATRIOTS EVERYWHERE

NORTHERN CALIFORNIA



PGA HOPE is the flagship military program of **PGA REACH**, the charitable foundation of the PGA of America. **PGA HOPE** introduces golf to all Veterans to enhance their mental, social, physical and emotional well-being.

The **PGA of America** and local PGA Professionals are working closely with the VA system across the country to assist Veterans in their transition. Sessions are taught by local **PGA Professionals** with assistance from trained volunteers and include clubs and equipment if needed, training aids, range balls and weekly golf course access.

INSTRUCTIONAL SESSIONS (7 WEEKS)



Host Facility

6355 Silver Lake Rd
Reno, NV 89506



Thursdays - 01:00 PM - 03:00 PM

Weekly Sessions

Graduation

FALL Aug 25 Sep 01 Sep 08 Sep 15 Sep 22 Sep 29

Oct 06

SPACE IS LIMITED, REGISTER TODAY!

To register, scan the above QR code or visit the following site:

www.pgahopencsignup.com

For additional assistance, email Jacob Fagan @ jfagan@pgahq.com

PROGRAM PARTNER



MEDIA PARTNERS



IMPACTING LIVES THROUGH GOLF | PGAREACH.COM



We are accepting summer lesson reservations beginning Thursday, June 1, 2023 for lessons starting July 5, 2023

Due to our record breaking snowfall this year, summer in the Eastern Sierra is starting later than usual. As a result of snow and snow melt, we must be flexible on the summer activities we can offer and when. We will do our best to get our normal summer activities off the ground as soon as conditions permit! These will include:

- Mountain Biking
- Road Cycling
- Paddle Boarding
- Kayaking
- Hiking
- Mammoth Mountain Adventure Center

Advanced reservations are required for all lessons and will be booked on a space-available basis. Get started booking your summer reservations by filling in your Student Information Form and signing our liability releases - the buttons below will take you there. Please note that lesson reservations can only be made over the phone, so call us starting June 1st!



Join the Ride!

760.934.0791

June 15 - Bishop City Park
Road Cycling

June 28 - Mill Pond
Road Cycling & Mountain Biking



**DISABLED
SPORTS
EASTERN
SIERRA**

Alternating Fridays: Paddling and Road Cycling

Paddling Dates: July 7, July 21, August 4, and August 18

Road Cycling Dates: July 14, July 28, August 11, and September 1

Adaptive Mountain Bike Camps

July 15 - 16 and August 12 - 13

Operation High Altitude - Military Sports Camp

August 20 - 25 (*For Active Military and Veterans Only*)

Lessons by Request Available for:

Mountain Biking, Hiking, Mammoth Mountain Adventure Center, Kayaking, Road Cycling* and Paddling*

**Offered on alternating Fridays. We cannot guarantee lessons requested for different days. No lessons on Tuesdays, office closed.*