

Lewis County SPARC

Summer 2009
July, August
& September

SPARC

Specialized Activities and Recreation for the Community

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WE ARE OFF TO A POSITIVE START !!!

- Registration & Applications for attending events
- Two volunteer trainings = 15 volunteers
- Great participation at Bingo, Dances at Mariners Game.

Do you want to be **Safe and Strong** ?

This interactive training is focused on teaching people simple, safe personal boundaries to be more independent in the community and at home. Questions that will be discussed is WHY: Deflect the predator! We will replace vulnerability with knowledge and safety training. Safe and Strong will provide risk reducing automatic responses to potentially dangerous situations. Caregivers and teachers are welcome to attend also.

There is no charge for this training.

Look at the calendar for dates to reserve your space in this 6 week class. We ask that if you decide to participate you plan to attend all six classes.

To Register, call Paula at 880-0672



Volunteers needed for Bingo !!!

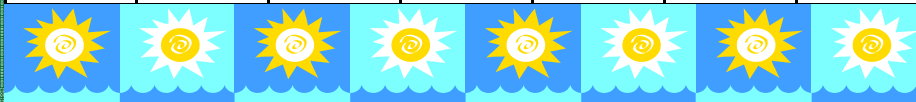
We want to make this positive for everyone, so if you have any questions or concerns please let me know.

Call Paula at 748-9558 x 107 or ask a People First member

Calendar of Activities

July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Bowling 3:00	2 Jump	3 Advisory 4pm	4
5	6 Jump	7	8 Bowling 3:00	9 Jump	10 Bingo 6:30	11
12	13 Jump	14 Dine out Safe & Strong 3-4:30	15 Bowling 3:00	16 Jump	17	18 PF Fun Day Dance 7:00
19	20 Jump	21 Safe & Strong 3-4:30	22 Bowling 3:00	23 Jump	24	25
26	27 Jump	28 Safe & Strong 3-4:30	29 Bowling 3:00	30 Jump	31 Music in the	



August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Jump	4 Safe & Strong 3-4:30	5 Bowling 3:00	6 Jump	7 Advisory 4pm Music in the Park	8 BarBQ Cookoff
9	10 Jump	11 Dine out 6:00 Safe & Strong 3-4:30	12 Bowling 3:00	13 Jump	14 Bingo 6:30	15 PF Mtg Dance
16	17 Jump	18 Safe & Strong 3-4:30	19 Bowling 3:00	20 Jump	21	22 SW WA Fair
23	24 Jump	25	26 Bowling 3:00	27 Jump	28	29 Portland Spirit
30	31 Jump					



SPORTS, HEALTH AND FITNESS

BOWLING
Join us for two games at the Fairlanes Bowling Alley. Bring your money to bowling.
Every Wednesday at 3 pm
**Cost \$4

JUMP
Join us for an hour of light exercise. Pre-registration required with Sue at Thorbeckes 748-3744
Every week **Mondays 11-12am**
Thursday 6-7 pm

OUT AND ABOUT

PORTLAND SPIRIT LUNCH TOUR We will board the Spirit at 11:30 to enjoy a formal lunch and tour of Willamette River. Register by August 4th.
August 29th **Cost \$50**
Leave Centralia Goodwill parking lot at 9am Return at 4pm
Trip needs 15 people to happen.

* Payable to PF
 ** Pay your own way



MONTHLY ACTIVITIES

BINGO

We will play 8 games of bingo, 2 card maximum. Everyone will win a prize.

Second Friday every month at Centralia College Cafeteria
6:30—8:30pm
***Cost \$5**

THEMED DANCE

Dance the evening away. Dress to the theme. Snacks will be provided.
 July: American Spirit August: 50's Sock hop September: Mardi Gras

SCHEDULED Third Saturday every month at Centralia College Cafeteria
7:00 –9:00pm
***Cost \$5**

DINE OUT

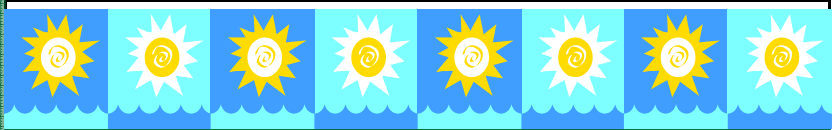
Join us each month for a great dinner out. Location varies each month. Meet at the restaurant prepared to pay for your own meal.

July: Centralia Denny's
August: Panda Inn
September: Skippers

Second Tuesday every month
6pm ****Cost \$10**

September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
			Bowling 3:00	Jump	Advisory 4pm	
6	7	8	9	10	11	12
	Jump	Dine out 6:00	Bowling	People	First Convention	
13	14	15	16	17	18	19
	Jump		Bowling 3:00	Jump		PF Mtg Dance
20	21	22	23	24	25	26
	Jump		Bowling 3:00	Jump		
27	28	29	30			
	Jump		Bowling 3:00			



COMMUNITY EVENTS

SW WA Fair

We will spend time walking around the fair seeing all the exhibits and eating our favorite fair foods. This event requires walking. Person must have good stamina. Meet on the outside of the front gate

August 22 **11-5pm** **Cost \$20**

CASCADE COUNTY COOK OFF

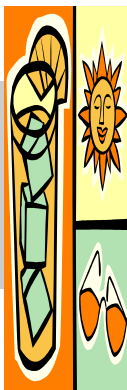
Bar-B-Q cook off by amateur and professionals. Competition and tasting event. We will meet at 11am in center field. This event requires walking. Person must have good stamina.

August 8 **11am-4pm** *** no cost Stan**
Hedwall Park **Chehalis** **bring money for spending**

MUSIC IN THE PARK

Bring a chair or blanket to sit and listen to this live music event. There are vendors that sell food and drinks available or you could picnic with your own dinner. Look for us by the flag pole.

July 31 & August 7 **7:00-9:00 pm** **No Cost**



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203 W. Reynolds Ave.
Centralia, WA 98531

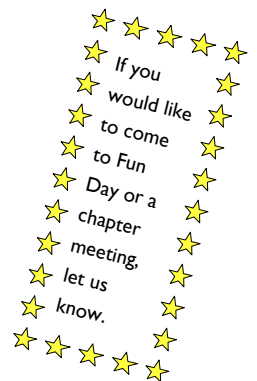
Phone: 360-880-0672 or 736-9558 x 107
Fax: 360-736-1436
Email: lcsparc@yahoo.com

**JOIN US FOR SPECIALIZED ACTIVITIES
& RECREATION IN THE COMMUNITY**



EDUCATE, ADVOCATE & CELEBRATE !!

DATE	ACTIVITY	TIME	WHERE
JULY 18	FUN DAY Train ride and Taco Potluck	9:30-11:00 11:30-2:30	STEAMTRAIN RECREATION PARK
August 15	CHAPTER MEETING Community Awareness	1:00 – 3:00 3:00-4:00	TBA
August 22	SW WA FAIR	10:00-5:00	SOCIAL SERVICES BOOTH
September 11-13	STATE CONVENTION	ALL DAY	YAKIMA
September 19	CHAPTER MEETING Community Awareness	1:00-4:00	TBA



FOR MORE INFORMATION: CALL SARILDA 748-1880 OR PAULA 880-0672
People First is a non-profit self-advocacy organization for people with developmental disabilities
An organization about working together...belonging...and learning.
A chance for leadership and success.