

THERAPEUTIC RECREATION



SCOPE Program

The SCOPE Program helps people with disabilities join fun and safe leisure activities. We want everyone to feel included, confident, and happy while trying new things.

For more information or to get involved with SCOPE, email laura.gackstatter@longmontcolorado.gov or visit bit.ly/longmont-scope

SPORTS & MOVEMENT

SCOPE: Bowling

Join us at Centennial Lanes for a fun and exciting leisure activity or prepare for the Special Olympics Bowling Tournament in the Fall. Each bowler participates at their own pace and should have a basic knowledge of bowling. An additional fee of \$2 will be collected from each bowler per week. *"scope"*

12 & up: **Sept 10-Oct 29, Thurs, 3-4pm** 449100
Nov 5-Dec 17, Thurs, 3-4pm

Location: Centennial Bowling, 110 E 9th Ave
Fee: \$20 resident/\$25 non-resident

SCOPE: Volleyball

This program offers instruction and training in Special Olympics Volleyball Unified team competition. *"scope"*

11 & up: **Sept 8-Nov 17, Tue, 6:15-7:15pm** 449110

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
Fee: \$22 resident/\$28 non-resident

SCOPE: Line Dance

Adaptive line dance is for everyone! No prior dance experience required. Inclusive movement is taught for standing or seated participants. *"scope"*

10 & up: **Tuesdays, 4-5pm** 449513
Sep 1 | Oct 6 | Nov 3 | Dec 1

Instructor: Two Left Boots
Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
Fee: \$7 resident/\$9 non-resident

SCOPE: Yoga

Discover the benefits of yoga in a supportive and inclusive setting. This beginner-level class focuses on gentle stretching, balance, flexibility, breathing, and relaxation techniques. Adaptive options are available. No previous yoga experience is required - move, connect, and have fun! *"scope"*

10 & up: **Wednesdays, 5-5:45pm** 449525
Sept 2 | Sept 16 | Sept 30 | Oct 14 | Oct 28 | Nov 11

Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$8 resident / \$10 non-resident

SCOPE: Seed Planting and Picnic

Join us in the garden at Sandstone Ranch. We will do some work in the garden and plant some seeds in pots to take home! Afterwards, we'll enjoy the beautiful views Sandstone provides while we enjoy a packed lunch. *"scope"*

8 & up: **Sept 3, Thus, 12-1:30pm** 449523

Location: SSR Visitors Center, 3001 Sandstone Dr
Fee: \$12 resident/\$15 non-resident

SCOPE: Sing for Joy!

Sing your favorite songs with Barbara Jo and discover the magic of music! No experience needed—just a desire to have fun. Enjoy playing with bells and percussion instruments. *Care assistants are required for individuals with severe physical or emotional needs. *"scope"*

10 & up: **Tuesdays, 4-5pm** 449516

Sept 1 | Sept 15 | Oct 6 | Oct 20
Nov 3 | Nov 17 | Dec 1 | Dec 15

Instructor: Barbara Jo Kammer
Location: Izaak Walton Clubhouse, 18 S Sunset
Fee: \$10 resident/ \$12 non-resident

SCOPE: Arts & Crafts

It's time to get those creative muscles moving! Join SCOPE for a variety of creative expressions. All materials are provided. All abilities are welcome. *"scope"*

8 & up: **Mondays, 5:30-6:30pm** 449202

Sept 21 | Oct 26 | Nov 16 | Dec 21

Location: Senior Center, 910 Longs Peak Ave
Fee: \$15 resident/\$19 non-resident

SCOPE: Cooking Class

Join our hands-on cooking class and discover the joy of making delicious food! Get ready to chop, mix, and savor your tasty creations in a fun and interactive environment! *"scope"*

8 & up: **Wednesdays, 12-1pm** 449205

Sept 9 | Oct 7 | Nov 11 | Dec 9

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
Fee: \$5 resident/\$6.25 non-resident

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SCOPE: Board Game Night

Join SCOPE for our monthly board game night to try out new games or stick with the classics. "scope"

8 & up: **Fridays, 5:30-7pm** 449522
Sept 11 | Oct 9 | Nov 13 | Dec 11
Location: Senior Center, 910 Longs Peak Ave
Fee: \$15 resident/\$19 non-resident



SCOPE: Movie Night

Join in for some movie night fun! Popcorn, light refreshments, and great company! All movies will be PG-13. Movie titles are announced one week in advance. "scope"

8 & up: **Mondays, 5-7pm** 449500
Sept 14 | Oct 5 | Nov 16 | Dec 14
Location: Senior Center, 910 Longs Peak Ave
Fee: \$10 resident/\$13 non-resident

SCOPE: Parties

Join SCOPE for a themed party every month. Light refreshments provided. "scope"

8 & up: **Wednesdays, 5:30-7pm** 449520
Sept 16 | Oct 21 | Nov 18 | Dec 16
Location: Izaak Walton Clubhouse, 18 S Sunset
Fee: \$15 resident/\$19 non-resident

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EXPLORATION

SCOPE: Community Outing

Enjoy a day out in the community. This program provides the opportunity to develop a variety of important social and life skills, find new hobbies and interests, and have fun connecting with others in a new environment. "scope"

10 & up: **Tuesdays,** 449514
Sept 29 | Dec 15 10:30am-1pm
Oct 27 | Nov 19 10am-1pm
Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
Fee: \$5 resident/\$6.25 non-resident

SCOPE: Lunch Trips

Each month, join SCOPE as we visit a different restaurant for casual lunch. Transportation is provided. Cost of lunch is on your own. Spots are limited. "scope"

8 & up: **Tuesdays,** 449521
Sept 1 | Oct 6 11:30am-1:30pm
Nov 3 | Dec 1 11:30am-2pm
Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
Fee: \$6 resident/\$8 non-resident

Special Olympics 50th Anniversary

For 50 years, Special Olympics has changed lives through sports, friendship, and inclusion. It began in 1968. Today, it reaches people around the world. Athletes with intellectual disabilities play sports. They build confidence. They learn new skills. They reach their goals.

This year marks the 50th anniversary of Special Olympics. We celebrate the athletes, coaches, volunteers, families, and supporters. They help make Special Olympics strong. The theme is The Revolution Is Inclusion. Everyone belongs. Everyone has something to offer. Together, we can build communities where everyone is welcome.

