

Fall 2024
September-November

ADAPTIVE *Connect*



Wheelchair Sports Registration is
NOW OPEN



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: (775) 333 - 7765 WolfeA@Reno.Gov

Next Deadline is October 18, 2024

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!



City of Reno hosts Adaptive Mountain Biking Instructor Training

Six attendees, including three City of Reno employees advanced their expertise this Summer by participating in the adaptive mountain biking Level 2 Certification course through the Bike Instructor Certification Program (BICP).

Building on their previous Level 1 certification, these staff members are deepening their knowledge and skills to enhance the City's mountain biking program for individuals with disabilities. This advanced training will enable the City of Reno to expand its offerings, ensuring the continued growth of its programs and the provision of safe, exciting experiences for the community.

To learn more about this program visit: <https://icp.bike/>.

Wheelchair Rugby

Thursdays 2 - 5 p.m. \$50
EMNECC - 1301 Valley Road

Wheelchair or Quad Rugby is a fast paced and competitive sport for individuals with physical disabilities that affect all four extremities. Players use special “Rugby Wheelchairs” to play the sport. These chairs are very maneuverable and can take a hit or two. Rugby players must be able to push their own wheelchairs.

Reno Rumble Wheelchair Rugby Tournament

October 25 - October 27
EMNECC - 1301 Valley Road

The City of Reno will host their annual wheelchair rugby tournament. Teams from the United States Wheelchair Rugby Association (USWRA) will join the High Fives Wheelchair Rugby Team in a fun filled and competitive weekend of wheelchair rugby. For game schedules, to volunteer or for more information contact April Wolfe. Please come out and support the team!

Sled Hockey

Fridays 4:15 - 5:15 p.m. \$50
Reno Ice - 15500 Wedge Parkway

Participants with physical disabilities will get a chance to learn about sled hockey and get on the ice. All equipment and on-ice instruction provided. Please wear long pants and closed toed shoes. No prior experience necessary.

Wheelchair Skills and Drills

Saturdays 10 a.m. - 12 p.m. \$50
EMNECC - 1301 Valley Road

Whether you're just getting started or looking to develop your skills to get to the next level, this program will help you along your journey through sport. Practices will focus on conditioning and sport specific drills (wheelchair basketball, power soccer, etc.).

Wheelchair Basketball

Saturdays 1 - 3 p.m. \$50
EMNECC - 1301 Valley Road

Are you interested in the extreme challenge of wheelchair basketball? Wheelchair basketball is a sport for everyone - people who use wheelchairs for mobility and people who don't.

Adaptive Equipment Rental Program

Our adaptive recreation equipment is available to rent (sport wheelchairs, beach wheelchairs, hand cycles, etc.). Affordable prices for participants to try before they buy.

David's Chair Now Available at Rosewood Nature Study Area

Rosewood Nature Study Area is the newest location of a David's Chair, Action Track Chair. Whether you want to explore the park, bird watch, or fish, this off-road wheelchair will get you off the pavement! Book in advance by following these steps:

- Step 1: Go to davidschair.org
- Step 2: Hover on “request a chair” and select “request fixed location chair”
- Step 3: Scroll to “Reno Nevada” and select the day and time that you want to reserve the chair. The reservation goes to David's Chair who then confirms it with Truckee Meadows Parks Foundation.

Onsite reservations are also welcome.



Social Programs

Dance for All

For Teens and Adults with Special Needs

Halloween Dance

Sunday, October 20 from 2 - 4 p.m. \$3 at the door
City of Sparks Parks and Recreation Gym - 98 Richards Way, Sparks

Holiday Dinner and Dance

Friday, December 6 from 5 - 8 p.m.
\$5 per person (All attendees MUST be pre-registered)
City of Sparks Parks and Recreation Gym- 98 Richards Way, Sparks

Register In-Person: Monday - Thursday from 7:30 a.m.- 5:30 p.m. at the Sparks Recreation Office - 98 Richards Way or by calling (775) 353-2376.

Deadline to Register: Thursday, December 2 by 5:30 p.m. (space is limited register early).



Adaptive Fitness Classes at Upstate Nevada

Tuesdays at 11 a.m.
Wednesdays at 11 a.m.
Fridays at 2:30 p.m.

A Non-profit Gym. No cost, specialized coaching and classes for those with physical or intellectual disabilities. All fitness levels welcome.

For more information, visit upstatenevada.com or email adaptive@upstatenevada.com.

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.

Project Prom of Northern Nevada presents A Night Under the Sea

September 14 from 5 p.m.

Free entry for invitee and up to 2 guests
Ages: Adults only (18+) - RSVP Required
Douglas County Community Center - 1329 Waterloo Lane, Gardnerville

An elegant prom event for adults with developmental disabilities. Thank you to our vendor sponsors: Jam entertainment, Candlelight & Roses, Coco's n Moe's, and Derek Palmer Creative Media. For RSVP and other information visit www.projectpromofnonv.com.



City of Sparks Park and Recreation Bowling

Wednesdays from 2:45 - 4:30 p.m. - Free
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 from 3 - 4:30 p.m. - Free
Larry D. Johnson Community Center - 1200 12th Street

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.

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.

Reno Special Friends Optimist Club

2nd Saturday of each month from 4:30 - 6:30 p.m.
Take2 Performers Studio -
780 Smithridge Drive #300, Reno

Chartered in 2022, we are a strong and diverse organization of adults with intellectual and developmental disabilities. We focus on positivity, community service, friendship/fellowship, learning, and fun! For more information, text (775) 232-6066.

Kiwanis Aktion Club

1st Tuesday of each month at 6 p.m.
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.

Caregiver Support Group

Tuesdays from 5 - 6:30 p.m. - Free
2590 Orovada Street

An ongoing group for parents and caregivers of kids and adults with disabilities, including a free respite group with music activities for children and adults with disabilities and their siblings!

For more information, please contact Sharon:
sharon@nmtsreno.org.

High Fives Hangouts

2nd Wednesday of each month at 6:30 p.m.
South 40 - 1445 S Meadows Parkway

Please join the spinal cord injury (SCI) community in a monthly meet, greet, eat, and enjoy each other's company! All are welcome!



Over 1,800 grants given

THE ACTIVE FUND
Grants for adaptive sports equipment

The Active Fund

Looking to purchase your very own adaptive sports equipment? Get help funding your equipment with the Kelly Brush Foundation's Active Fund grant! Applications are now being accepted for the Kelly Brush Foundation's fall Active Fund cycle until September 18 at 5 p.m.

Anyone living in the US with paralysis from a traumatic spinal cord injury can qualify. The KBF has been giving grants for over a decade now and has provided over 1,800 pieces of equipment to people with SCIs in 50 states.



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](#).



Fit But Not Forgotten

Wednesdays from 5:30-6:30 p.m.

Thursday 12-1 p.m. & Fridays 10-11 a.m.

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.





RENO

Takeover

**SATURDAY,
SEPTEMBER 14, 2024**

BOWLING

11:00 AM

LOCATION: TBA

PVA DINNER

6:00 PM

**LOCATION: WILD RIVER GRILLE
17 SOUTH VIRGINA STREET
RENO, NV 89501**

**MONDAY,
SEPTEMBER 16, 2024**

**PVA MEMBERSHIP MEETING & LUNCH /
ADAPTIVE SPORT CLINIC (ADAPTIVE FOOTBALL)**

11:00 AM - 3:00 PM

**LOCATION: EVELYN MOUNT NORTHEAST
COMMUNITY CENTER
1301 VALLEY ROAD
RENO, NV 89512**

**SUNDAY,
SEPTEMBER 15, 2024**

MOVIE & SNACK

1:00 PM

MOVIE: TBA

**LOCATION: CINEMARK CENTURY
RIVERSIDE 12
11 NORTH SIERRA STREET
RENO, NV 89501**

**RSVP BY FRIDAY,
SEPTEMBER 6, 2024
1 (650) 399-5296 OR
AMARAL@BAWPVA.ORG**

****MEALS ARE ONLY PROVIDED DURING SCHEDULED PVA EVENTS****

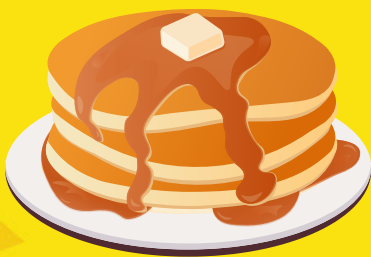
Sponsors





SEPTEMBER 7TH | SWIFT SPORTSDOME | 8AM

Join us for Northern Nevada's largest celebration of individuals with Down syndrome. Register today at dsnnn.org.



Free Breakfast

Games

Raffle

Resource Fair

Live Entertainment



Fun Swag Available!



Register Here

