

The Redwood City Accessible Recreation Activities Program has some fun and exciting events coming up. ARAP is designed to serve teens and adults with physical and/or developmental disabilities from all over the Bay Area. All events are held at the Veterans Memorial Senior Center in Redwood City unless otherwise stated. If you have any questions about ARAP, please call Michele Venneri at (650) 780-7344 or Christina Coronado at (650) 780-7343

INCLUSION BUDDY PROGRAM

Redwood City is committed to insuring that people of ALL abilities have access to our programs. If you are in need of assistance with any program listed in the Redwood City Recreation Guide, please contact Stephanie Douglas at (650) 780-7313. Reasonable accommodations including specialized equipment or a buddy assistant may be provided depending on circumstances and availability.

Fitness

Evening Fitness Club (on-going) • PE Room

Have fun while exercising in our evening Fitness Classes. Every Tuesday night from 7:00-8:00pm. Cost is \$5 per class. Scott Lohmann, a certified personal fitness instructor, will lead participants in safe, individually tailored work-outs.



Friday Night Spring Socials

Call Christina or Michele at (650) 780-7344 by the Wednesday before the event to RSVP!

Basketball and Pizza Friday, May 15th • 6-8pm

Join us for some basketball at Red Morton followed by a meal of cheesy pizza.
Fee: \$15

BBQ in the Park Friday, June 26th • 6-8pm

Please join us for an old fashion BBQ in the beautiful Red Morton park with games and delicious food. Fee: \$20

Karaoke & Snow Cones Friday, July 10th • 6-8pm

Please join us for a night of karaoke and Snow cones...Can life get any better?
Fee: \$10

Upcoming Events

GREASE is the WORD!

Saturday, April 4th • 12:30-6pm

The one that you want is back! GREASE, Time Magazine's 2007 pick for "#1 musical of the year," is rockin' across the country in this brand new production direct from Broadway. Fee: \$65

Magic of ARAP

Saturday, April 25th • 6-8pm

Please join Redwood City Community Services as we celebrate the Redwood City Accessible Recreation program. This evening will feature a spaghetti dinner, a video honoring our participants and an opportunity to give your feedback on the future of our program. Accompanied with a few surprises, it's bound to be MAGICAL!!!
FEE: \$ 20

Soap Making Extravaganza

Saturday, May 2nd • 1-3pm

Come join us for a fun day of mothers day gift making. We will be making beautiful soaps and cards while enjoying delicious treats and hanging out with friends. Fee: \$35

ARAP Fundraiser

Thursday, June 18th • 6-8pm

PLEASE join us for a delicious meal at Chevy's in redwood city and help out the Accessible Recreation Program at the same time. Chevys will donate 25% of your meal to our program which will help us to provide future programs and scholarships.

Dances

Under the Sea

Saturday, June 19th • 7-9pm

Join us for a night under the sea with fantastic music, yummy treats and a opportunity drawing. Fee: \$10 per person. If you attend the Chevys Fundraiser the night before the cost will be \$5.00!