

NEW STUDENT VOLUNTEER ORIENTATION

Tuesday, 1/26, 2:00-3:30 PM
215 N. Mason – ARO Office

ARO requests that new students and volunteers attend an initial orientation to learn about ARO policies and procedures. Also required are: an application, pass a background check, and sign a confidentiality agreement & photo release.

Please RSVP to Becca Heinze.

ABILITY AWARENESS TRAINING

Thursday, 1/28, 6:00-8:00 PM

215 N. Mason – 1st Floor Community Room
ARO requests that new students and volunteers attend an initial training to learn about supporting people with disabilities to promote independence and skill building in our participants. This hands-on, experiential training will also include PIZZA.

Please RSVP to Becca Heinze.

Contact Information

Renee Lee, CTRS: ARO Supervisor:
970.224-6027 or ree@fcgov.com

Becca Heinze, CTRS: Therapeutic Recreation
Coordinator & Volunteer Coordinator:
970-224-6125 or bheinze@fcgov.com

Brenda McDowell, Adaptive Rec Coordinator:
970.416.2024 or bmcdowell@fcgov.com

Alison Cope, OTR: acope@frii.com

Chelsea McGowen, CTRS: Program Manager:
970.224.6330 or cjm7612@alum.uncw.edu

Giant Friends Club Special Event

The Giant Friends Club (GFC) brings together children of all abilities to play, learn, and build friendships. Assist with "Colorado Day," themed carnival style games, face-painting and activities. Note: Please dress in costume & for the weather.

Friday, 4/8, 9:30 AM – 1:00 PM

Volunteer age: 14 years & up

Coordinator: Renee Lee

Actual event time: 10:30 AM – 12:30 PM

Location: Inspiration Playground, Spring Canyon Park

VETERAN PROGRAMS

ARO is pleased to have been selected to receive renewal grant funding in support of Paralympic sport and physical activity programs for disabled Veterans and disabled members of the Armed Forces! Programs in cycling, aquatics, boccia and iRest yoga will be offered to Veterans free of charge. To get additional information on 2016 Veteran Recreation Programs and volunteer or register, please contact Renee Lee, [\(970\)224-6027](mailto:ree@fcgov.com).

INCLUSION SUPPORT PARTNER

Serve as an inclusion support facilitator for an individual with a disability in a general recreation class. Requests are received on a weekly basis. Contact Becca Heinze, Volunteer Coordinator for additional information.

SPECIALIZED PROGRAMS

Adaptive Swim Lessons

With guidance from a Water Safety Instructor, volunteers work in a 1:1 setting with a participant to develop basic to more advanced swimming skills.

Tuesdays, 2/9-4/26, 4:00-6:00 PM and / or

Thursdays, 2/11-4/28, 4:30-6:40 PM

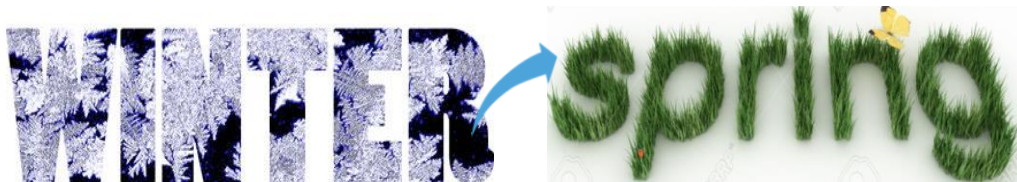
NOTE: Class will not be held on 3/15, 3/17.

Location: Edora Pool Ice Center (EPIC)

Coordinator: Becca Heinze

Training: Tues, 2/2 or Thurs 2/4: 4:30-6:30 PM

Check out our webpage: fcgov.com/aro



(AP) ALTERNATIVE PROGRAMS

Volunteers for programs in this section must be at least 18 years of age and older. Activities listed in this section are designed for adults ages 18 and over with intellectual disabilities. Alternative programs focus on fun and community involvement, and are designed to enhance confidence and social skills. We rely heavily on volunteer involvement for the success of these experiences. **All classes meet at the Senior Center, 1200 Raintree Drive, unless otherwise noted.**

Monthly Themed Dances

Dances are large fun-filled events based on a particular theme. Dressing for the theme is highly encouraged. Volunteer roles include dancing, mingling, serving snacks and being a positive role model.

Coordinator: Brenda McDowell, bmcdowell@fcgov.com or 970-414-2024.

Friday, 1/29 **Mardi Gras Bash** 5:30-8:15 PM

Friday, 2/26 **Be my Valentine** 5:30-8:15 PM

Friday, 3/18 **The Golden Oldies** 5:30-8:15 PM

Friday, 4/29 **90's Dance** 5:30-8:15 PM

Friday, 5/20 **Greek Toga Party** 5:30-8:15 PM

AP Crafts/Arts

Support full engagement in the creative process while making awesome artsy projects! Coordinator: Becca Heinze

Mardi Gras Mask Making: (2 weeks) Thursdays, 1/21 & 1/29, 3:30 PM-5:30 PM

Spring Garden Themed Crafts: (2 weeks) Wednesdays, 4/13 & 4/20, 3:30 PM-5:30 PM

Classes are led by Alison Cope, OTR.

AP Cooking

Support participants while they learn independent cooking skills. Coordinator: Becca Heinze

Soup du jour: Wed, 2/24, 6:00-8:30 PM

Cooking By The Color Red: Wed, 3/23, 6:00-8:30 PM

Cooking by the Color Green: Tues, 4/12, 6:00-8:30 PM

Cooking by the Color White: Tues, 4/19, 6:00-8:30 PM

AP Movie Nights

Travel with a group to a local theatre to watch a movie on the big screen. Movie ticket cost is included.

Tuesday, 1/12, 5:30-9:15 PM

Tuesday, 4/26, 5:30-9:15 PM

Tuesday, 2/16, 5:30-9:15 PM

Tuesday, 5/17, 5:30-9:15 PM

Tuesday, 3/29, 5:30-9:15 PM

AP Restaurant Nights

Travel with a group to a restaurant for dinner to enjoying a night out on the town. \$12 of dinner/tip is included.

Monday, 1/25, 5:30-8:15 PM

Thursday, 3/10, 5:30-8:15 PM

Wednesday, 5/11, 5:30-8:15 PM

Monday, 2/29, 5:30-8:15 PM

Thursday, 4/7, 5:30-8:15 PM

AP Bowling

This is a program designed for any skill level and emphasizes FUN! Volunteer roles include lane assignments, operating the score system, cheering on participants and keeping the flow of the program.

Saturdays, 2/6-3/5 10:15-11:45 AM and 4/2-4/30, 10:15-11:45 AM

Coordinator: Brenda McDowell

Location: Chipper's Lanes North

AP Travel & Outings

Travel with a group to assist with chaperoning and leadership. Trips depart from the Senior Center, Lobby: 1200 Raintree Drive. Coordinator: Becca Heinze, 224-6125 or bheinze@fcgov.com

Snow Tubing at Beaver Meadows

Friday, 02/5, 08:15 AM-3:45 PM

Spring Ice Show, EPIC Ice Arena *Meets at EPIC

Friday, May 6th 6:30 PM - 9:15 PM

Ring of Fire Dinner Theatre

Sunday, 3/13, 11:00 AM-4:30 PM

Loveland Laser Tag & Fun Zone

Saturday, May 7th 12:45 PM-5:15 PM

Movie Bistro, Foothills Mall

Monday, April 11th 5:15 PM – 9:15 PM

OUTDOOR RECREATION

Trail Mix

This is a walking club that will explore different trails located in the area. Please bring water and a jacket and wear comfortable walking shoes. The group meets in front of the Senior Center. Coordinator: Becca Heinze

Fridays, 4/8-5/6, 3:45 PM – 6:15 PM (Skip 4/29)



Guided Outdoor Adventures

Assist participants with visual impairments access outdoor recreation opportunities including hiking & recumbent cycling. Coordinator: Becca Heinze

Wednesdays: 3/30, 4/27 & 5/18, 12:15 PM-3:45 PM

Location: Meet at Foothills Activity Center, Community Room

Training: Before class on 3/30 at 12:00 PM

OUTDOOR RECREATION (Continued)

**SPECIALIZED PROGRAMS
(Cont'd)**

Theatre Acting Class

Assist with fun theater games, improve, and skits & create a final show! Coordinator: Alison Cope

Saturdays, 3/19-4/30, 1:45-4:15 PM
Final Performance: April 30th!

Location: NACC
or Thursday, 2/4 4:45 PM-6:45 PM

Work Out Partners

Help a partner with disabilities develop healthy exercise habits! Partners matched up & work-outs will be set up at pre-determined, but flexible times for the next 11 weeks.

Match up meeting & Training: **Wednesday, 2/17, 5:00-6:30 PM; NACC**

Coordinator: Renee Lee

Adaptive Yoga

You will assist participants in a variety of Yoga postures that can be practiced from a chair, standing or seated on the floor; specifically designed for people with multiple sclerosis, spinal cord injury or other neuromuscular disorders and adapted for people of all physical abilities. Coordinator: Renee Lee

Thursdays, 2/4-3/10 & 3/31-5/5 12:45-2:15 PM

Note: Dress in athletic clothing.

Volunteer Age: 18 years & up

Location: Raintree Athletic Club

Training: January 26th, 9:30 AM – 11:00 AM @ the ARO Office.

MS Aqua

Exercise and assist individuals with Multiple Sclerosis and other neurological disorders in the swimming pool while gaining an understanding of the therapeutic properties of water exercise.

1/05 – 5/26, Tues & Thurs, 9:15-10:45 AM.

(Skip 3/15, 3/17)

Volunteer Age: 18 years & up

Coordinator: Becca Heinze

Location: Mulberry Pool

Note: Please bring bathing suit and towel.

Volunteer age: 18 years & up

Training: Tuesday, 1/26, 9:30-11:00 AM, ARO office.

Movement & Sensory Play

Work with children ages 2-5 yrs to develop gross motor movement and spatial awareness in a group setting.

Fridays, 3/4-4/1, 3:30-5:00 (Skip 3/18)

Coordinator: Brenda McDowell

Location: NACC

PARALYMPIC SPORTS

Assist with sports programs for individuals ages 14 and older with physical disabilities. Sports vary by season. For more information, contact Renee Lee, CTRS @ ree@fcgov.com or 970-224-6027.

Indoor Adaptive Boccia

Mondays, 1/25-5/2 (skip 2/15, 3/14), 10:45 AM -12:15 PM

Coordinator: Renee Lee

Volunteer roles include set-up, scorekeeping, refereeing and playing! **Note:** Please wear athletic clothing and tennis shoes. Training provided at 1st class.

Wheelchair Rugby

Volunteer roles include set-up, equipment maintenance, refereeing, scorekeeping, timing and possibly even playing!

Tuesdays, 2/16-5/3, 5:30-8:30 PM (skip 3/15).

Training: 2/16, 5:00 PM

Please wear athletic clothing and tennis shoes.

Location: Northside Aztlan Community Center

Coordinator: Renee Lee

Adaptive Skiing Trips

Ride with the group to Eldora Mountain Resort's adaptive skiing /boarding program. Coordinator: Renee

Sundays: 1/24, 1/31, 2/7, 2/21, 2/28

7:15 AM-6:00 PM

Location: Leave from Fort Collins Senior Center

Adaptive Cycling

Assist the ARO leader with equipment, & partner up with people with disabilities ages 12 and older to introduce them to riding hand-cycles, tandems, and/or three wheeled bikes. Coordinator: Renee Lee

Thursdays, 4/14-4/28, 3:30-6:00 PM

Location: Meet at the ARO office to load equipment and then travel to Lee Martinez parking lot.

Adaptive Cycling for Veterans

Thursdays, 4/14-4/28, 5:30-7:30 PM

Location: Meet at Lee Martinez Park parking lot.

Save the date! Adaptive Cycling Clinic

Saturday, 5/14 – Times TBA. Clinic facilitated by National Sports Center for the Disabled (NSCD)

UNIFIED SPORTS

Players with and without disabilities play as teammates against other integrated teams. For more information or to volunteer, contact Brenda McDowell at bmcdowell@fcgov.com or 970.416.2024.

Adult Basketball

Season includes practices and scrimmages.

Tournament: Saturday, February 27th. Time TBA.

Saturdays, 1/9-3/12 from 2:15 PM-6:45 PM

Note: One hour practices will be scheduled between 2:15 PM -7:30 PM.

Volunteer age: 16 years & up

Coordinator: Brenda McDowell

Location: Webber Middle School



Youth/Teen Basketball

Assist with coaching individuals ages 8-21 with and without disabilities on unified teams. Tournament: Saturday, February 27th. Time TBA.

Tuesdays, 1/12-3/1, 4:45 PM-7:15 PM

Volunteer age: 8 years & up

Note: Please dress in athletic wear with tennis shoes.

Coordinator: Brenda McDowell

Location: Beattie Elementary Gym

Training: First day at 4:30 PM

Junior Unified Soccer

Assist with coaching individuals ages 8 to 21 years of age with and without disabilities.

Tournament: 4/25

Mondays, 3/21-4/25, 4:45-6:15 PM

Volunteer age: 8 years & up

Location: Troutman Park Soccer Fields

Training: 3/21 at 4:30 PM before first practice.

Adult Unified Soccer

Assist with coaching individuals ages 16 years of age and older with and without disabilities.

Wednesdays, 3/23-4/27, 5:15-7:00 PM

Location: Troutman Park Soccer Fields

Tournament: 4/24

Volunteer age: 18 years & up. Volunteers who play in the tournament will also need to complete the Special Olympics volunteer application and required online trainings.

Adult Softball

Coaches and partners are needed to assist individuals ages 16 years and older with and without disabilities to fully participate, become more skilled at softball, & compete in the Regional Special Olympics tournament.

5/16-8/1, Mondays 5:00-8:00 PM

Note: Teams will have practice/games for one hour. **NOTE:** No practice on 5/30.

Age: 16 years & up

Location: Beattie Elementary Ballfields