SEPTEMBER 2024 ADAPTIVE PROGRAMS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	No Programs HAPPY LABOR Day *********************************	3 12:00pm-12:30pm Zoom 2:30pm-3:30pm Wheelchair Basketball @ JCC 3:30pm - 4:30pm Wii @ JCC	4 2:30pm - 3:30pm Walking @ Big Dipper 3:30pm- 4:30pm Games@ Big Dipper	5 1:00pm-2:15pm Swimming@ MSRC 2:30pm-3:30pm Art @ MSRC	6 2:30pm—4:00pm Bingo @ JCC	7
8	9 1:30pm-2:30pm Noel Wien Library Tour 3:00pm—4:30pm Bowling @ Arctic Bowl	10 12:00pm-12:30pm Zoom 2:30pm-3:30pm Open Gym @ JCC 3:30pm - 4:30pm Wii @ JCC	2:30pm - 3:30pm Walking @ Big Dipper 3:30pm- 4:30pm Games@ Big Dipper	12 _{1:00pm-2:15pm} Swimming@ MSRC 2:30pm-3:30pm Art @ MSRC	13 2:30pm—4:00pm Open Gym @ JCC	14
15	16 3:00pm—4:30pm Bowling @ Arctic Bowl	1712:00pm-12:30pm Zoom 2:30pm-3:30pm Wheelchair Basketball @ JCC 3:30pm - 4:30pm Wii @ JCC	2:30pm - 3:30pm Walking @ Big Dipper 3:30pm- 4:30pm Games@ Big Dipper	19 1:00pm-2:15pm Swimming@ MSRC 2:30pm-3:30pm Art @ MSRC	20 2:30pm—4:30pm Paint Night @ JCC	7:00pm - 9:00 pm Special Olympics Dance @ Elks
22	23 3:00pm—4:30pm Bowling @ Arctic Bowl	24 12:00pm-12:30pm Zoom 2:30pm-3:30pm Open Gym @ JCC 3:30pm - 4:30pm Wii @ JCC	25 2:00pm-4:00pm FRA Fashion Show @ Centennial Hall Theatre (Pioneer Park)	26 1:00pm-2:15pm Swimming@ MSRC 2:30pm-3:30pm Art @ MSRC	27 2:00pm- 4:30pm PROM @ JCC	28
29	30 3:00pm—4:30pm Bowling @ Arctic Bowl			You must Pre-register for ALL programs at least 48 hours in advance!		

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OCTOBER 2024 ADAPTIVE PROGRAMS Fri Sat Mon Tue Wed Thu 1 _{12:00pm-12:30pm} 5 1:00pm-2:15pm 2:30pm - 3:30pm 2:30pm-4:30pm You must Pre-register for Zoom Swimming@ Walking @ Big Dipper Movie @ JCC 2:30pm-3:30pm **ALL programs at least** 3:30pm- 4:30pm **MSRC** Wheelchair Basketball Games@ Big Dipper 2:30pm-3:30pm Art @ @ JCC 48 hours in advance! **MSRC** 3:30pm - 4:30pm Wii @ JCC 8 _{12:00pm-12:30pm} 6 12 10 _{1:00pm-2:15pm} 2:30pm - 3:30pm 5:30pm - 7:30pm 3:00pm-4:30pm Walking @ Big Dipper Swimming@ **Spooky Trail** Zoom **Bowling @ Arctic Bowl** 3:30pm- 4:30pm **MSRC** @ Tanana Lakes 2:30pm-3:30pm Games@ Big Dipper 2:30pm-3:30pm Art @ Open Gym @ JCC **MSRC** 3:30pm - 4:30pm Wii @ JCC 13 17 15 12:00pm-12:30pm 2:30pm - 3:30pm **No Programs** 1:00pm-2:15p 3:00pm-4:30pm 7:00pm - 9:00 pm Zoom Walking @ Big Dipper Swimming@ **Bowling @ Arctic Bowl Special Olympics** 2:30pm-3:30pm 3:30pm- 4:30pm **MSRC** Dance @ Elks Wheelchair Basketball Games@ Big Dipper 2:30pm-3:30pm Art @ @ JCC **MSRC** ALASKA DAY 3:30pm - 4:30pm Wii @ JCC 26 22 12:00pm-12:30pm 3:00pm-4:30pm 2:30pm - 3:30pm 1:00pm-2:15pm 2:00pm - 4:30pm Zoom Walking @ Big Dipper Swimming@ Halloween Karaoke Party **Bowling @ Arctic Bowl** 2:30pm-3:30pm 3:30pm- 4:30pm **MSRC** @ JCC Open Gym @ JCC Games@ Big Dipper 2:30pm-3:30pm Art @ 3:30pm - 4:30pm MSRC Wii @ JCC 2912:00pm-12:30pm 1:00pm-2:15pm 2:30pm - 3:30pm 3:00pm-4:30pm Zoom **Bowling @ Arctic Bowl** Walking @ Big Dipper Swimming@ 2:30pm-3:30pm 3:30pm- 4:30pm **MSRC** Wheelchair Basketball Games@ Big Dipper 2:30pm-3:30pm Art @ @ JCC **MSRC** 3:30pm - 4:30pm Wii @ JCC Recreation Program Manager : Michelle Leonard

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MSRC = Mary Siah *JCC = Joy Community Center*