



SALINA PARKS & RECREATION  
THERAPEUTIC RECREATION PROGRAM

# NEWS & VIEWS

**River Walking**  
\$8/\$16 for both classes  
Tues., July 5 & 19

Enjoy walking in the coolness of the water at Kenwood Cove! Pick-ups begin at 6:30 pm. Please have your swimsuit on when we arrive to pick you up! River Walking is from 7:15-8:15 pm. Participants will still receive Mileage Club "Toe Tokens" and get credit for the time spent river walking if also enrolled in Mileage Club.

**Healthy Cooking** Accessible  
\$8/\$13 Limit 8  
Wed., July 6

Mostly reserved for participants with mobility issues, this class will be held from 3:00-4:30 pm in the K-State Extension Kitchen at the city/county building, 300 W. Ash St., room 109. Participants will help prepare a dish to take home, and help clean up after the lesson. This month's recipe is Mandarin Chicken Salad. You may only attend one cooking class to give everyone a chance to attend.

**Wet Your Whistle**  
\$5/\$10  
Fri., July 8

Beat the heat with a cool treat! We're heading over to Dairy Queen on Buckeye

St. for our treat this month! Pick-ups begin at 2:00 pm. We'll enjoy some ice cream, or a drink and some social interaction from 3:00-4:00 pm. You may bring extra money if you wish to purchase any food.

**So You Think You Can Dance?**  
\$8/\$16  
Mon., July 11 & 25

Do you love music? Do you like to dance? Need a little exercise? Let Morgan & Megan teach you some fun dance moves! Pick-ups start at 4:30 and the class runs from 5:30-6:30 pm This month we will be at Oakdale Park Stage unless it's too hot. Then it will be held at Friendship Center!

**Bowling I & II**  
\$7/\$12 per session  
Wed., July 13 & 20

You may bowl two games each week. Cost includes shoe rental. Please bring money if you wish to purchase food or drinks. Pick-ups begin at 2:00 pm and bowling is from 3:00-4:00 pm at All Star Lanes.

**Afternoon Movie**  
\$10/\$15  
\$20/25 w/snack included  
Mon., July 18

Join us for a movie at the AMC theaters in the mall. Pick-ups begin at 2:45 pm.

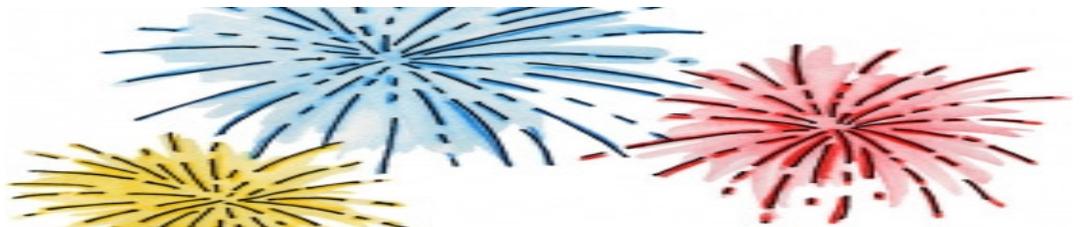
When we get to the mall, you'll choose a movie to watch. **\*\*We are now offering the option of pre-paying for your snack when you enroll. This will eliminate the necessity of you bringing extra money to the theatre. However, you may still sign up as usual and purchase your own snacks at the theater if you prefer.**

**Cooking Class Non-Accessible**  
\$8/\$13 Limit 8  
Fri., July 22

Join us at the Salina Emergency Food Bank for a cooking lesson from 3:00-4:00 pm. Participants will help prepare a dish to take home, and help clean up after the lesson. Pick-ups begin at 2:00 pm. You may only attend one cooking class to give everyone a chance to attend.

**Pool Party**  
\$12/\$17  
Wed., July 27

It's a party at Kenwood Cove! You can come whether you want to swim, or not!! Cost includes pool admission, your supper and a drink. Pick-ups begin at 4:00 pm and the party is from 5:00-7:00 pm. If you're not riding our vehicles, tell the pool staff you're with the Therapeutic Recreation group and meet us at the cabanas by the restrooms.



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