

June  
2016

SALINA PARKS & RECREATION  
THERAPEUTIC RECREATION PROGRAM

# NEWS & VIEWS

**Mileage Club**  
\$5/\$13 for both classes  
Mon., June 6 & 20

Mileage Club participants receive "Toe Tokens" for each mile walked plus additional incentives for goals reached. This month we will walk at Indian Rock Park. In case of inclement weather we will walk at the mall. Pick-ups begin at 2:00 pm and we will walk from 3:00-4:00 pm.

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

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. You may only attend one cooking class to give everyone a chance to attend.

**So You Think You Can Dance?**  
\$8/\$16 for both classes  
Mon., June 13 & 27

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 at Friendship Center.

**River Walking**  
\$8/\$16 for both classes  
Tues., June 14 & 28

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

**Bowling I & II**  
\$7/\$12 per session  
Wed., June 15 & 29

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.

**Cooking Class Non-Accessible**  
\$8/\$13 Limit 8  
Fri., June 17

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.

**Wichita Wingnuts**  
\$60  
Sun., June 19

Remember! No door-to door transportation today. Meet the charter coach at the Bicentennial Center parking lot at 10:45 am. The bus departs at 11:00 am sharp! Our approximate arrival back in Salina will be 5:00 p.m. You will need to find a ride back to your house!!

**Afternoon Movie**  
\$10/\$15  
\$20/25 w/snack included  
Wed., June 22

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.**

COMING NEXT MONTH!!  
AT KENWOOD COVE



JULY 27  
5:00-7:00 PM



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