



Adaptive Recreation

Activities & Events



October 2013

Volume 26, Issue 22

African Violet

Disability Awareness Month Kick-Off



October is Disability Awareness Month! Please join the Mayor's Office for People with Disabilities and other community partners

to kick-off Disability Awareness Month on Friday, October 4th in the gym from 9:30am-12 pm. The purpose of Disability Awareness Month and this kick off is to bring awareness to accomplishments of people with disabilities "as they help to keep the nation strong", and to say we appreciate those persons, agencies/organization who have stepped up to the plate to level the playing field for people with disabilities by addressing and removing barriers, providing programs and services, offering employment opportunities and more. For more information contact the MOPD at 832-394-0814

Halloween Party and Costume Contest Friday, November 1st



White Cane Safety Day

Friday, October 25, 2013
 10am to 1pm
 Houston City Hall, 901 Bagby Street

The Department of Assistive and Rehabilitative Services (DARS) - Division for Blind Services, the Houston Mayor's Office for People with Disabilities and other local and state organizations have partnered to celebrate Houston's 2013 White Cane Safety Day.

At this event, we will have businesses, educators and community service providers that will be on hand to provide resources and information as it pertains to individuals with visual impairments, as well as to those with other disabilities. We will also have a proclamation ceremony, non-visual activities, music, refreshments and a special appearance by Mayor Annise Parker!

If you have questions about the event, would like to get involved or would like to contribute a donation, please contact Committee Chair, Marian Hall at 713-802-3100 or marian.hall@dars.state.tx.us.

Metal & Muscle Expo 2013

The 5th Annual Metal & Muscle Expo is Saturday, October 5th in Hall E of the GRB Convention Center. All sports clinics, demonstrations and competitions are free and open to the public.



Saturday Clinic Schedule:

9am-Sitting Volleyball Clinic	11am—Power Soccer Clinic
9am—Air Gun Clinic #1	11am—Jiu Jitsu Clinic
9am—WC Rugby Clinic	11:30am—Amputee Running Clinic
9:30am—Powerlifting Clinic	11:30am—WC Racing Clinic #1
10am—Air Guns Clinic #2	12pm—Indoor Rowing Clinic
10am—Hand Cycling Clinic #1	2pm—Judo Clinic, WC Tennis Clinic
10:30am—Boccia Ball Clinic	3pm—Sled Hockey Clinic



TEXAS REGIONAL SPORTS



November 5, 2013 Joint Election Early Voting Schedule Metropolitan Multi-Service Center 1475 West Gray

Early Voting Hours of Operation

October 21 - October 25:	8:00 a.m. - 4:30 p.m.
October 26:	7:00 a.m. - 7:00 p.m.
October 27:	1:00 p.m. - 6:00 p.m.
October 28 - November 1:	7:00 a.m. - 7:00 p.m.

Photo I.D. will be required. Voters who currently do not have an approved form of photo ID may apply for an Election Identification Certificate (EIC) at no charge with the Department of Public Safety. For more information: Call 512-424-2600 or visit <http://www.txdps.state.tx.us/DriverLicense/electionID.htm>

Friends of the MMSC

The Friends of the Park Council at MMSC serves to support the staff and programs of Adaptive Recreation. They also help communicate the vision, goals and services of Adaptive Recreation to constituent communities and provides a forum for program ideas and services. The Friends of the Park Council at MMSC meets on the second Tuesday of each month at 4:30 PM. Come speak your mind!

Looking for us?

Adaptive Recreation
 1475 W. Gray St. ▪ Houston, TX 77019
 Phone: (832) 395-7333 ▪ Fax: (713) 529-4726
 Find us online at:
www.houstontx.gov/parks/adaptivesports.html

October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT / SUN																																											
	1 9a-1p Living Hope WC Association Meeting (AR1) 9:15a Tai Chi Class (AR1) 10a-12p HAPS Tai Chi (Staff Lounge) 2p-4p Bridge Group (AR1) 2p-5p Boccia Ball (GYM) 6p-8p Urban Harvest Meeting (AR2) 6p-9p Youth WC Basketball (GYM)	2 10a-1p Beginner Weight Training (FR) 12p-2p HAPS Tango (GYM-SS) 2p-4p Art Class (AR3) 6p-9p WC Basketball (GYM)	3 8a-1p AAA Advisory Committee (GYM-LS) 8a-9p Metal to Muscle Expo (GRBCC) 8:30a-4:30p Easterseals (AR2) 9a-11a HAPS Land Exercise (AR3) 9a-1p Visually Impaired Advocates Meeting (AR1) 1p-4p Because We Are People Too (AR1) 6p-9p WC Rugby (GYM)	4 8a-3p 5th Annual Disabilities Awareness Month (GYM) 8a-9p Metal to Muscle Expo (GRBCC) 9a-10:30a Yoga (AR1) 4p-7:30p The River Musical Theatre (AR1)  5p-10p ARC %Masquerade Ball+ 7p-8:30p WC Tennis (TC)	5 8a-1p The River Fall Camp (AR1,2&3) 8a-5p African Violet Society (GR & Foyer) 8a-9p Metal to Muscle Expo (GRBCC) 11a-3p Bariatric Reunion (GYM)																																											
7 10a-1p Beginner Weight Training (FR) 11:45a-12:45p Line Dancing (GYM-SS) 2p-4p Independent Art Group (AR3) 6p-9p WC Basketball (GYM)	8 9a-1p Living Hope WC Association Meeting (AR1) 9:15a Tai Chi Class (AR1) 9a-3p River Performance Troupe (GYM) 10a-12p HAPS Tai Chi (Staff Lounge) 11a-12p Beading (GR) 2p-4p Bridge Group (AR1) 2p-5p Boccia Ball (GYM) 4p-6p Friends of the MMSC Meeting (AR2) 6p-9p Youth WC Basketball (GYM) 7p-9p Bonsai Society (AR1)	9 8a-1p Deaf Seniors Meeting (GYM-LS) 9a-1p Designers Choice Society (AR1) 10a-1p Beginner Weight Training (FR) 12p-2p HAPS Tango (GYM-SS) 2p-4p Art Class (AR3) 6p-9p WC Basketball (GYM)	10 9a-11a HAPS Land Exercise (AR3) 9a-1p Visually Impaired Advocates Meeting (AR2) 10a-2p Daylily Society (GYM-LS) 11a-12p Beading (GR) 1p-4p Because We Are People Too (AR1) 4p-6p Houston Commission on Disabilities (GYM-LS) 6p-9p WC Rugby (GYM)	11 7p-8:30p WC Tennis (TC)	12 8a-1p The River Fall Camp (AR1,2&3) 8a-3p HAVIN Fall Social 11a-1p WC Power Soccer (GYM) 11a-3p C-10 Diversabilities %Unique Abilities Event (Park) 1p-3p Hotwheels Youth Soccer (GYM)																																											
14 10a-1p Beginner Weight Training (FR) 11:45a-12:45p Line Dancing (GYM-SS) 1p-3p Poetry Group (AR1) 2p-4p Independent Art Group (AR3) 6p-9p Houston Urban Gardens (GR) 6p-9p WC Basketball (GYM)	15 8a-1p White Cane Safety Day (AR2) 9a-1p Living Hope WC Association Meeting (AR2) 9:15a Tai Chi Class (AR1) 10a-12p HAPS Tai Chi (Staff Lounge) 11a-12p Beading (GR) 2p-4p Bridge Group (AR1) 2p-5p Boccia Ball (GYM) 6p-9p Youth WC Basketball (GYM)	16 8a-3p GSD Health & Safety Fair Day (GYM) 10a-1p Beginner Weight Training (FR) 12p-2p HAPS Tango (GYM-SS) 2p-4p Art Class (AR3) 5p-8:30 HLVLP/Lyonell Basell Pro Bono Legal Clinic (AR1&GR) 6p-8p Community Gardening Group (AR2) 6p-9p WC Basketball (GYM)	17 9a-11a HAPS Land Exercise (AR3) 9a-1p Visually Impaired Advocates Meeting (AR2) 11a-12p Beading (GR) 11a-2p Metrolift Community Meeting (GYM) 1p-3p MOPD & South TX College of Law (MOPD Office) 1p-4p Because We Are People Too (AR1) 5p-8:30p Book Club (AR2) 6p-9p WC Rugby (GYM)	18 9a-10:30a Yoga (AR1) 7p-8:30p WC Tennis (TC)	19 8a-1p The River Fall Camp (AR1,2&3) 8a-10p Women's Empowerment Forum (GYM) 9a-3p National Teen Safety Drivers Week																																											
21 8a-4:30p Early Voting for Joint Election (AR2&3) 10a-1p Beginner Weight Training (FR) 11:45a-12:45p Line Dancing (GYM-SS) 2p-4p Independent Art Group (AR1) 6p-9p WC Basketball (GYM)	22 8a-4:30p Early Voting for Joint Election (AR2&3) 9a-1p Living Hope WC Association Meeting (AR1) 9:15a Tai Chi Class (AR1) 10a-12p HAPS Tai Chi (Staff Lounge) 11a-12p Beading (GR) 2p-4p Bridge Group (AR1) 2p-5p Boccia Ball (GYM) 6p-9p Youth WC Basketball (GYM)	23 8a-4:30p Early Voting for Joint Election (AR2&3) 8a-1p Deaf Seniors Meeting (GYM-LS) 10a-1p Beginner Weight Training (FR) 12p-2p HAPS Tango (GYM-SS) 2p-4p Art Class (AR3) 6p-9p WC Basketball (GYM)	24 8a-4:30p Early Voting for Joint Election (AR2&3) 9a-11a HAPS Land Exercise (GYM-LS) 9a-1p Visually Impaired Advocates Meeting (AR1) 9a-3p Goodwill Job Fair (GYM-SS) 11a-12p Beading (GR) 1p-4p Because We Are People Too (AR1) 5p-9p Volunteer Parking Enforcement Class (AR2) (6p-9p WC Rugby (GYM)	25 8a-4:30p Early Voting for Joint Election (AR2&3) 7p-8:30p WC Tennis (TC)	26 7a-7p Early Voting for Joint Election (AR2&3) 8a-11a WC Rugby (GYM) 10a-12p Houston Low Vision Club (GR) 10a-2p Indoor WC Soccer (GYM) 11a-1p Power Soccer (GYM) 1p-3p Hotwheels Youth Soccer (GYM) 5p-9p Down Syndrome Dance (GYM) 6p-9p Houston Urban Farmers (GR)																																											
28 7a-7p Early Voting for Joint Election (AR2&3) 10a-1p Beginner Weight Training (FR) 11:45a-12:45p Line Dancing (GYM-SS) 2p-4p Independent Art Group (AR1) 6p-9p WC Basketball (GYM)	29 7a-7p Early Voting for Joint Election (AR2&3) 9a-1p Living Hope WC Association Meeting (GYM-Stage Side) 9:15a Tai Chi Class (AR1) 10a-12p HAPS Tai Chi (Staff Lounge) 11a-12p Beading (GR) 2p-4p Bridge Group (AR1) 2p-5p Boccia Ball (GYM) 6p-9p Youth WC Basketball (GYM)	30 7a-7p Early Voting for Joint Election (AR2&3) 8a-4p District 4 (GYM-LS) 10a-1p Beginner Weight Training (FR) 12p-2p HAPS Tango (GYM-SS) 2p-4p Art Class (AR3) 6p-9p WC Basketball (GYM)	31 7a-7p Early Voting for Joint Election (AR2&3) 9a-11a HAPS Land Exercise (GYM-LS) 9a-1p Visually Impaired Advocates Meeting (AR1) 11a-12p Beading (GR) 6p-9p WC Rugby (GYM)	20 Center Closed 27 1p-6p Early Voting for Joint Election (AR2&3)																																												
FR-Fitness Room GR-Green Room LS-Lobby Side SS-Stage Side TC-Tennis Courts	2013 Hours of Operation <table border="0"> <tr> <td>Pool</td> <td>9:00 AM . 7:00 PM</td> <td>Monday</td> <td>8:00 AM . 7:00 PM</td> </tr> <tr> <td></td> <td>9:00 AM . 7:00 PM</td> <td>Tuesday</td> <td>8:00 AM . 7:00 PM</td> </tr> <tr> <td></td> <td>9:00 AM . 7:00 PM</td> <td>Wednesday</td> <td>8:00 AM . 7:00 PM</td> </tr> <tr> <td></td> <td>9:00 AM . 7:00 PM</td> <td>Thursday</td> <td>8:00 AM . 7:00 PM</td> </tr> <tr> <td></td> <td>9:00 AM . 3:00 PM</td> <td>Friday</td> <td>8:00 AM . 4:00 PM</td> </tr> <tr> <td colspan="4" style="text-align: center;">Closed Saturday/Sunday Closed</td> </tr> </table>		Pool	9:00 AM . 7:00 PM	Monday	8:00 AM . 7:00 PM		9:00 AM . 7:00 PM	Tuesday	8:00 AM . 7:00 PM		9:00 AM . 7:00 PM	Wednesday	8:00 AM . 7:00 PM		9:00 AM . 7:00 PM	Thursday	8:00 AM . 7:00 PM		9:00 AM . 3:00 PM	Friday	8:00 AM . 4:00 PM	Closed Saturday/Sunday Closed				2013 Holiday Schedule* <table border="0"> <tr> <td>New Year's Day (Observed)</td> <td>Monday, Jan. 2</td> </tr> <tr> <td>Martin Luther King, Jr. Day</td> <td>Monday, Jan. 16</td> </tr> <tr> <td>Memorial Day</td> <td>Monday, May 28</td> </tr> <tr> <td>Independence Day</td> <td>Wednesday, July 4</td> </tr> <tr> <td>Labor Day</td> <td>Monday, Sept. 3</td> </tr> <tr> <td>Veterans Day</td> <td>Monday, Nov. 11</td> </tr> <tr> <td>Thanksgiving Day</td> <td>Thursday, Nov. 28</td> </tr> <tr> <td>Day After Thanksgiving</td> <td>Friday, Nov. 29</td> </tr> <tr> <td>Christmas Eve (Observed)</td> <td>Tuesday, Dec. 24</td> </tr> <tr> <td>Christmas (Observed)</td> <td>Wednesday, Dec. 25</td> </tr> </table>		New Year's Day (Observed)	Monday, Jan. 2	Martin Luther King, Jr. Day	Monday, Jan. 16	Memorial Day	Monday, May 28	Independence Day	Wednesday, July 4	Labor Day	Monday, Sept. 3	Veterans Day	Monday, Nov. 11	Thanksgiving Day	Thursday, Nov. 28	Day After Thanksgiving	Friday, Nov. 29	Christmas Eve (Observed)	Tuesday, Dec. 24	Christmas (Observed)	Wednesday, Dec. 25
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