

# Adaptive Recreation Activities & Events



November 2013 Volume 27, Issue 23

## Gateway to Gold

Launched in 2013, Gateway to Gold is the new U.S. Paralympics initiative for identifying and recruiting Paralympic eligible athletes who show an ability to compete in the future at an elite level. Gateway to Gold participants go through sport specific tests and evaluations to determine if they are ready for the next level of opportunity in Paralympic sport. Come see if you have what it takes. Sunday, 11/10 at 9:00AM. Pre-registration is required.



## West Gray Line Dancers

Line-dancing is designed to exercise both minds and bodies, but participants are looking forward to it for another reason -- laughter. "When we're there, we laugh a lot," says Wanda Moran, "Laughing is something we don't do often enough." The laughter comes from time spent with good friends, as well as mistakes and successes with line dancing. Sheila Happy Feet Brown teaches this class on the stage side of the gym every Monday from 11:45AM-12:45PM. Come join the fun!



## Our Mission, Vision & Goals

**Houston Parks and Recreation Department Mission:**  
*To enhance the quality of urban life by providing safe, well maintained parks and offering affordable programs for the community.*

### HPARD Adaptive Recreation Vision & Goals

- Improve the quality of life for individuals with a physical disability in the City of Houston by ensuring greater access to recreation programs, wellness activities and park facilities.
- To be a leader in providing meaningful opportunities for people with disabilities to participate in fully accessible sports, recreation and wellness activities.
- To promote and provide organized and accessible sports, recreation and wellness opportunities for youth and adults with physical disabilities.
- To improve the lives of people with a disability through recreation programs, and to positively impact the Greater Houston area through education and awareness.
- To foster relationships with service providers, individuals and organizations.
- To provide recreation and sports activities at no charge to people with physical disabilities.

*From the  
Houston Parks & Recreation Family*



## 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](http://www.houstontx.gov/parks/adaptivesports.html)

## Community Center Alert

**MMSC  
Pool Hours  
Friday  
November 22<sup>nd</sup>  
9:00AM - 12:00PM**



# November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT / SUN																																		
2013																																							
				<p>1 7a-7p Early Voting for Joint Election (AR2&amp;3) 9a-10:30a Yoga (AR1) 9a-2p Fall Participant Party (GYM)  10:30a-1:30p Houston Federation of Garden Clubs (AR1) 4p-7:30p The River Musical Theatre (AR1) 5p-10p ARC Dance <i>Fall Festival</i> (GYM) 7p-8:30p WC Tennis (TC)</p>	<p>2 8a-1p The River Fall Camp (AR1,2&amp;3) 8a-4:30p Special Olympics Coaches Training (GR) 11a-1p Power Soccer (GYM)</p>																																		
				<p>3 <b>Center Closed</b> 1p-5p Begonia Society (GR) 2p-5p Youth Beep Baseball (Ball field)</p>																																			
<p>4 9a-12p Computer Lab (AR2) 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)</p>	<p>5 7a-7p Election Day (AR2&amp;3) 9a-1p Living Hope WC Association Meeting (GYM-SS) 9:15a Tai Chi (AR1) 10a-12p HAPS Tai Chi (AR1) 11a-12p Beading (GR) 2p-4p Bridge Group (AR1) 6p-9p Youth WC Basketball (GYM) 7p-10p Plumeria Society (GR)</p>	<p>6 9a-12p Computer Lab (AR2) 10a-1p Beginner Weight Training (FR) 12p-2p HAPS Tango (GYM-LS) 2p-4p Art Class (AR3) 6p-9p WC Basketball (GYM) 6:30p-10p Bonsai Society (AR1)</p>	<p>7 8a-1p AAA Advisory Committee (AR2) 8:30a-4:30p Easterseals HOYO (GYM-LS) 9a-11a HAPS Land Exercise (AR3) 9a-1p Visually Impaired Advocates Meeting (AR1) 11a-12p Beading (GR) 1p-3p Poetry Group (AR2) 3p-5p Because We Are People Too Choir (AR1) 6p-9p WC Rugby (GYM)</p>	<p>8 8a-3p Houston Federation Of Garden Clubs Society (GYM-SS) 7p-8:30p WC Tennis (TC)</p>	<p>9 7a-2p HAVIN/Freedom Scientific Seminar (GYM) 8a-1p The River Fall Class (AR1,2&amp;3) 2p-4p Hotwheels Youth WC Basketball (GYM) 4p-7p Easter seals Family Day Out (GYM)</p>																																		
				<p>10 8a-2p Gateway To Gold (GYM)</p>																																			
<p>11 <b>Center Closed</b> <b>Pool Closed</b> <b>City Holiday</b></p>  <p>8a-2p Far Corner Garden Club Society (GYM-LS) 6p-9p Houston Urban Gardeners Society (GR)</p>	<p>12 9a-1p Living Hope WC Association Meeting (AR3) 9:15a Tai Chi (AR1) 10a-12p HAPS Tai Chi (AR1) 11a-12p Beading (GR) 11:30a-12:30 MOPD (AR2) 2p-4p Bridge Group (AR1) 4p-6p Friends of the MMSC Meeting (AR2) 4p-7p Bariatric Boot Camp (AR3) 6p-9p Youth WC Basketball (GYM) 7p-9p Bonsai Society (AR1) 7p-10p Plumeria Society (GR)</p>	<p>13 8a-1:30p Houston Federation Society (AR1) 9a-12p Computer Lab (AR2) 9a-5p 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)</p>	<p>14 9a-11a HAPS Land Exercise (AR3) 9a-1p Visually Impaired Advocates Meeting (AR2) 9a-2p Daylily Society (GYM-LS) 11a-12p Beading (GR) 3p-5p Because We Are People Too Choir (AR1) 4p-6p Houston Commission on Disabilities Meeting (GYM-LS) 6p-9p WC Rugby (GYM)</p>	<p>15 9a-10:30a Yoga (AR1) 7p-8:30p WC Tennis (TC)</p>	<p>16 8a-1p The River Fall Camp (AR1,2&amp;3) 9a-12p Youth Beep Baseball (Ball field) 10a-12p Power Soccer (GYM) 12p-10p Living Hope WC Association Meeting (GYM) 1p-1:30 SCI Support Group (GR)</p>																																		
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<p>18 9a-12p Computer Lab (AR2) 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)</p>	<p>19 9a-1p Living Hope WC Association Meeting (AR3) 9:15a Tai Chi (AR1) 10a-12p HAPS Tai Chi (AR1) 11a-12p Beading (GR) 2p-4p Bridge Group (AR1) 6p-9p Youth WC Basketball (GYM) 6p-10p Bromeliad Society (AR1) 7p-10p Plumeria Society (GR)</p>	<p>20 9a-12p Computer Lab (AR2) 10a-1p Beginner Weight Training (FR) 12p-2p HAPS Tango (GYM-LS) 6p-9p WC Basketball (GYM)</p>	<p>21 9a-11a HAPS Land Exercise (AR3) 9a-12p Health &amp; Wellness Fair (GYM) 12:30p-2:30p Visually Impaired Advocates Luncheon (GYM) 11a-12p Beading (GR) 1p-3p MOPD &amp; South TX College of Law (MOPD Office) 3p-5p Because We Are People Too Choir (AR1) 5p-8:30p Book Club (AR3) 5p-9p Volunteer Parking Enforcement Class (AR2) 6p-9p WC Rugby (GYM) 6p-10p Bromeliad Society (GR)</p>	<p>22 <b>Pool will close at 12:00p</b> 7p-8:30p WC Tennis (TC)</p>	<p>23 8a-1p The River Fall Camp Recital 9a-12:30p Houston Low Vision Club (GR) 1p-3p Youth WC Basketball (GYM) 3p-6p Easter seals Family Day Out (GYM)</p>																																		
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<p>25 9a-12p Computer Lab (AR2) 10a-1p Beginner Weight Training (FR) 11:45a-12:45p Line Dancing (GYM-SS) 2p-4p Independent Art Group (AR3) 6p-9p Houston Urban Farmers Society (GR) 6p-9p WC Basketball (GYM)</p>	<p>26 9a-1p Living Hope WC Association Meeting (AR3) 9:15a Tai Chi (AR1) 10a-12p HAPS Tai Chi (AR1) 11a-12p Beading (GR) 2p-4p Bridge Group (AR1) 6p-9p Youth WC Basketball (GYM) 6p-9p Houston Urban Farmers Society (AR1) 7p-10p Plumeria Society (GR)</p>	<p>27 9a-12p Computer Lab (AR2) 10a-1p Beginner Weight Training (FR) 12p-2p HAPS Tango (GYM-SS) 6p-9p WC Basketball (GYM) 6p-10p Cactus &amp; Succulent Society (GR)</p>	<p>28 <b>Center Closed</b> <b>Pool Closed</b> <b>City Holiday</b></p> 	<p>29 <b>Center Closed</b> <b>Pool Closed</b> <b>City Holiday</b></p> 	<p>30 8a-11a WC Rugby (GYM) 11a-1p Hot wheels Youth WC Basketball (GYM)</p>																																		
<p>FR-Fitness Room GR-Green Room LS-Lobby Side SS-Stage Side TC-Tennis Courts</p>	 <p>houstons PARKS &amp; recreation department www.houstonparks.org A CAPRA Accredited Agency</p>		<p style="text-align: center;"><b>2013 Hours of Operation</b></p> <table border="0"> <tr> <td style="text-align: center;"><b>Pool</b></td> <td style="text-align: center;"><b>Fitness Room</b></td> </tr> <tr> <td>9:00 AM . 7:00 PM <b>Monday</b></td> <td>8:00 AM . 7:00 PM</td> </tr> <tr> <td>9:00 AM . 7:00 PM <b>Tuesday</b></td> <td>8:00 AM . 7:00 PM</td> </tr> <tr> <td>9:00 AM . 7:00 PM <b>Wednesday</b></td> <td>8:00 AM . 7:00 PM</td> </tr> <tr> <td>9:00 AM . 7:00 PM <b>Thursday</b></td> <td>8:00 AM . 7:00 PM</td> </tr> <tr> <td>9:00 AM . 3:00 PM <b>Friday</b></td> <td>8:00 AM . 4:00 PM</td> </tr> <tr> <td colspan="2" style="text-align: center;"><b>Closed Saturday/Sunday Closed</b></td> </tr> </table> <p style="text-align: center;"><b>Adaptive Recreation Administrative Office Hours</b> Monday - Friday / 9:00 AM - 5:00 PM</p> <p style="text-align: center;">** Pool Closed for Lunch/Breaks 2:00 PM - 3:15 PM** **Monday through Thursday**</p>		<b>Pool</b>	<b>Fitness Room</b>	9:00 AM . 7:00 PM <b>Monday</b>	8:00 AM . 7:00 PM	9:00 AM . 7:00 PM <b>Tuesday</b>	8:00 AM . 7:00 PM	9:00 AM . 7:00 PM <b>Wednesday</b>	8:00 AM . 7:00 PM	9:00 AM . 7:00 PM <b>Thursday</b>	8:00 AM . 7:00 PM	9:00 AM . 3:00 PM <b>Friday</b>	8:00 AM . 4:00 PM	<b>Closed Saturday/Sunday Closed</b>		<p style="text-align: center;"><b>2013 Holiday Schedule*</b></p> <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><b>Veterans Day</b></td> <td><b>Monday, Nov. 11</b></td> </tr> <tr> <td><b>Thanksgiving Day</b></td> <td><b>Thursday, Nov. 28</b></td> </tr> <tr> <td><b>Day After Thanksgiving</b></td> <td><b>Friday, Nov. 29</b></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> <p style="text-align: center;"><i>*The center will be closed on the following recognized holidays*</i></p>	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	<b>Veterans Day</b>	<b>Monday, Nov. 11</b>	<b>Thanksgiving Day</b>	<b>Thursday, Nov. 28</b>	<b>Day After Thanksgiving</b>	<b>Friday, Nov. 29</b>	Christmas Eve (Observed)	Tuesday, Dec. 24	Christmas (Observed)	Wednesday, Dec. 25
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Scheduled activities and times are subject to change without notice please contact the Adaptive Recreation office at (832) 395-7333 for updates.