



SEQUOIA
THERAPEUTIC RECREATION

Quarterly

NEWSLETTER

Featured Functions

“CLUE” CAPER: WHODUNNIT?

Join us for a night out watching the classic play “Clue” put on by Curtis’ drama department. Will you figure out ‘whodunnit’? Will you dress as one of the iconic characters? Was it Professor Plum with the rope in the library? Miss Scarlet with the candlestick in the kitchen? Find out with us!

Support staff need to register for this activity so they have a ticket.

Thursday, April 11th

6:30 meeting time, 7:00 showtime

\$33.00 Registration | \$16 with scholarship

Curtis High School, 8425 40th St W, University Place, WA 98466, USA

RAINIER’S BASEBALL BASH

Meet at Cheney Stadium at 5:00pm to party before the first pitch in the third base Party Deck which is reserved exclusively for our group and is ADA accessible. Experience includes buffet dinner and drinks. We cannot predict the ending time but suggest a 9pm pick up time. Tickets are limited, everyone planning on attending needs to register and receive a ticket for admission. Please read more details on the website! Thanks to a grant and individual donation we are able to offer this at a VERY low cost to you. :)


Tuesday, May 14

Meet us at 5:00p for a 6:05 game time


\$32.00 Registration | \$16 with scholarship

Cheney Stadium, 2502 S Tyler St, Tacoma, WA 98405 on the PARTY DECK!


Contact Us!

 Follow our Instagram:


@sequoiatr253

 Follow our Facebook:


facebook.com/Sequoiatr

 Check out our website:


www.sequoiatr.org

 Call Us:

(253) - 203 - 6111

 Email Executive Director

kodi@sequoiatr.org

 Our main office:

6613 S. Cheyenne St, Tacoma, WA,
USA

Inside the Issue:

Registration info for:

- Sequoia Social
- Bowling
- Birdability®
- Water Works
- Lawn Bowls
- Footgolf & Golf
- Rainier’s Game
- “Clue” at Curtis Theater...

and more!



STR at the Rainier’s game last year



Catch Rhubarb at the game

BIRDABILITY®

Meet your friends at from Sequoia TR and new friends from the Tahoma Bird Alliance (previously Tahoma Audubon) to learn about birds and their habitats. These are flat paved loops, perfect for all abilities. Naturalists teach us about the birds we see or hear. Dress appropriately for the weather.

Sunday, April 28th 1:00 - 3:00 pm:

Titlow Lodge, 8425 6th Ave, Tacoma, WA 98406, USA

Saturday, May 18th 10:00 am - 1:00 pm:

Billy Frank Jr. Nisqually Wildlife Refuge, 100 Brown Farm Rd NE, DuPont, WA 98327, USA

Saturday, June 8th 10:00 am - 12:00 pm:

Swan Creek, 2106 E 44th St, Tacoma, WA 98404, USA

\$16.35 Registration | \$8 with scholarship

Birdability® is a registered trademark of Birdability, a Texas nonprofit corporation.



Friendship bracelets made during a Sequoia Social



Singing karaoke at the Sequoia Social



Going for a strike at Bowlero Lanes



Enjoying birdwatching during a Birdability® walk despite the rain

SEQUOIA SOCIAL

Have fun Monday afternoons playing games, creating crafts, and more in this 10-week session. Please bring a caregiver to assist you with your personal care needs. It's ok to bring a snack.

April 8 - June 17

Mondays 12:30 - 2:30 pm

\$264 Registration | \$135 with scholarship

Fircrest Presbyterian Church, 1250 Emerson St. Fircrest, WA 98466

BOWLING

Meet up and bowl 2 games each Wednesday for 10 weeks at Bowlero Lanes of Lakewood. Recreational bowling, no lane switching, all skill levels welcome. Registration fee includes shoe rentals and games. Let Sequoia TR staff know if you have friends you'd specifically like to bowl with.

April 10 - June 19

Wednesdays 4:00 - 5:30 pm

\$207 Registration | \$105 with scholarship

Bowlero Lanes of Lakewood 3852 Steilacoom Blvd SW, Lakewood, WA 98499



Bowlers fist bump after a great bowl



Footgolf at Meadow Park



Summer '23 Annual Picnic

WATER WORKS!

Thanks to a generous grant, enjoy this class at a fraction of the price! Join us for a water-based fun fitness class led by STR. Choose from swimming laps or water aerobics with a kickboard while enjoying music and having fun! Family members are also invited to sign up and join in. We ask that registrants be comfortable in the water, and be willing and ready to have fun! Folks need to pull their hair up and wear regular swimming trunks/suits, and feel free to bring goggles, nose plugs, or swim caps.

April 20th & May 11

Saturdays 1:30 - 2:30 pm

\$11.00 Registration | \$6 with scholarship

Rogers Aquatic Center, 12801 86th Ave E, Puyallup, WA 98373, USA

BUNCO PARTY

Engage in a social dice game with your friends after a simple supper. Bunco is played in groups of four. Expect friendly rotations of seats and tables. Beginners welcome. Win mystery prizes!

Saturday, May 4th

5:00 - 7:30 pm

\$20.00 Registration | \$10 with scholarship

Fircrest Presbyterian Church, 1250 Emerson St. Fircrest, WA 98466

SUMMER BREAK! June 24th - July 7th

No Programs during this time

LAWN BOWLS

Enjoy Lawn Bowls Monday evenings at Wright Park on the green. No experience necessary. Due to the fickle nature of the green in spring walker and wheelchair users will need to hold off joining until later in the season when the green is harder. Contact STR for info.

June 10 & June 17

Mondays 5:30 - 7:00 pm

\$30.00 Registration | \$15 with scholarship

Wright Park on the Lawn Bowls Green, Tacoma, WA, 98405

GOLFING/ FOOTGOLF

Choose to golf or footgolf with STR and Meadow Park friends on the William's Nine. All skill levels. No gear required for footgolf; bring clubs or request some if you plan to golf.

June 11 & June 18

Tuesdays tee times 5:30, 5:40, 5:50 pm

\$30.00 Registration | \$15 with scholarship

Meadow Park, 7108 Lakewood Dr W, Tacoma, WA 98467, USA

Save the Date!

Family Camping Trip

Sleep two nights in tents and enjoy nature with us!

August 27th -29th Sequest State Park

Annual Picnic

All are welcome to eat snacks, play games, and enjoy fellowship together.

August 4th Sunnyside Beach

Individual Services

Sequoia Therapeutic Recreation is a vendor providing DDA individual services to help folks meet their individual goals in the community as listed in their Individual Plans.

Ask your Developmental Disabilities Administration Case Resource Manager if you qualify for Specialized Habilitation, Community Engagement, or Community Inclusion. See our website for more information.

Community Partners & Supporters

THANK YOU to the Names Family Foundation, Tahoma Bird Alliance, Tacoma Lawn Bowling Club, SAMi/TPS, Meadow Park Golf Course, Washington Trails Association, Spun, Manitou Park Presbyterian Church, Fircrest Presbyterian Church, Meadow Park Golf Course, Bowlero Lanes of Lakewood, and special thanks to all our volunteers and Sequoia supporters, We love our community!

Donate!

Consider supporting our programs and our scholarship fund by making a monetary donation on our WA Gives page.

Thank you!

<https://www.wagives.org/organization/Sequoiatr>

About Us

Founded in Aug 2021, Friends of Sequoia Therapeutic Recreation (DBA Sequoia Therapeutic Recreation) is a 501(c)3 nonprofit charitable organization providing inclusive community based therapeutic recreation activities one on one and in small groups for people with intellectual and developmental disabilities (I/DD) and their families

Our Mission: Cultivating confidence, friendships, joy, and respect.

Vision: To be well-respected and trusted

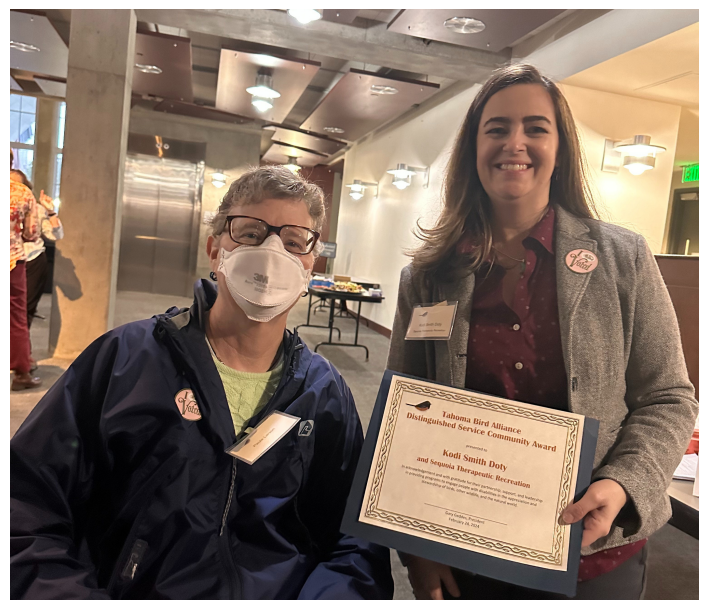
Values: Sincerity, Honesty, Long-term relationships, Mutual Respect, Community



STR's Kodi and Kay Doty met with community partner and supporter the Washington Trails Association and made wonderful connections with other community organizations!

Sequoia TR is able to provide services and activities for the community thanks to grants, supporters, and donations. Special thank you to the **Names Family Foundation**. Every donation of time and financial contributions helps! Thank you.

Follow our socials and check our website for the online Sequoia Spirit Wear store; opening soon...



STR was the Tahoma Bird Alliance Distinguished Service Community Award 2024 recipient!

Spring Quarter 2024

Mini Printable Calendar

APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
SPRING BREAK (NO PROGRAMS)						
7 LAST DAY OF BREAK	8 FIRST DAY OF SPRING QUARTER Sequoia Social 12:30-2:30	9	10 Bowling 4-5:30	11 "Clue" 6:30pm	12	13
14	15 Sequoia Social 12:30-2:30	16	17 Bowling 4-5:30	18	19	20 Water Works 1:30-2:30
21	22 Sequoia Social 12:30-2:30	23	24 Bowling 4-5:30	25	26	27
28 Birdability @Titlow 1-3pm	29 Sequoia Social 12:30-2:30	30				

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Bowling 4-5:30	2	3	4 Bunco Party 5-7:30pm
5	6 Sequoia Social 12:30-2:30	7	8 Bowling 4-5:30	9	10	11 Water Works 1:30-2:30
12	13 Sequoia Social 12:30-2:30	14 Rainier's Baseball Bash 5:00-9pm	15 Bowling 4-5:30	16	17	18 Birdability @Nisqually 10-1pm
19	20 Sequoia Social 12:30-2:30	21	22 Bowling 4-5:30	23	24	25
26	27 No Sequoia Social	28	29 No Bowling	30	31	

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Sequoia Social 12:30-2:30 Lawn Bowls 5:30-7:00pm	4	5 Bowling 4-5:30	6	7	8 Birdability Swan Creek 10-12pm
9	10 Sequoia Social 12:30-2:30 Lawn Bowls 5:30-7:00pm	11	12 Bowling 4-5:30	13	14	15
16	17 Sequoia Social 12:30-2:30	18 Footgolf/ Golf 5:30-7:00pm	19 Bowling 4-5:30	20	21	22
23 LAST DAY OF SPRING QUARTER	24	25	26	27	28	29/30
SUMMER BREAK (NO PROGRAMS)						