

# UPWARD

## Unique Programs for Windsor Area Residents with Disabilities

Please call 970-674-3520 for information on any UPWARD recreation program. The Town of Windsor offers a wheelchair-accessible bus that can accommodate two wheelchairs. Qualified individuals with disabilities will be provided reasonable accommodations for all programs. Need a little help to get involved? Check out the information on our Reduced Fee Program on page 92. Staff are responsible for participants during program hours only.

## Active

### Bocce

Join us to play this fun, classic summer backyard sport! Don't worry if you've never played before — we'll teach you!

**Location:** Meet at the Boardwalk Park Shelter

**Age:** 8+

**Registration Deadline:** Two days prior

Tu	6/4 - 6/25	5 - 6 p.m.	\$20	#225014.01
Tu	7/2 - 7/30	5 - 6 p.m.	\$25	#225014.02
Tu	8/6 - 8/27	5 - 6 p.m.	\$20	#225014.03

### Bowling

Join us as we venture to Highland Park Lanes in Greeley for non-competitive, but hilariously fun bowling that works on basic skills, good sportsmanship, social interaction, and fun. All skill levels are welcome; adaptable to all. The price includes two games, shoe rental, and transportation.

**Location:** Meet in front of the Windsor CRC

**Age:** 11+

**Registration Deadline:** Two days prior

W	4/3 - 4/24	3:30 - 5:45 p.m.	\$36	#125050.04
W	5/1 - 5/29	3:30 - 5:45 p.m.	\$45	#225050.01
W	6/5 - 6/26	3:30 - 5:45 p.m.	\$36	#225050.02
W	7/3 - 7/31	3:30 - 5:45 p.m.	\$45	#225050.03
W	8/7 - 8/28	3:30 - 5:45 p.m.	\$36	#225050.04

### Summer Swimming

Take a break from the summer heat and spend a couple of hours in the pool! Must be comfortable unattended in the water. Don't forget a towel and sunscreen.

**Location:** Meet at Chimney Park Pool

**Age:** 14+

**Registration Deadline:** Two days prior

M	4/29*	4 - 6 p.m.	\$8	#125016.04
M	6/10 - 6/24	3 - 5 p.m.	\$24	#225015.01
M	7/1 - 7/29	3 - 5 p.m.	\$40	#225015.02
M	8/5	3 - 5 p.m.	\$8	#225015.03

*\*Last date of our winter swimming indoors at the Windsor CRC Pool.*

### Summer Exploring

We're excited to explore the trails and natural areas around our great town and Northern Colorado as the week comes to a close and the day cools off. Bring your walking shoes and your sense of adventure!

**Location:** Meet in front of the Windsor CRC

**Age:** 8+

**Registration Deadline:** Two days prior

F	6/14	6:30 - 8 p.m.	\$8	#225020.01
F	7/12	6:30 - 8 p.m.	\$8	#225020.02
F	8/9	6:30 - 8 p.m.	\$8	#225020.03

## Social Recreation

### Dinner Night Out

You choose the restaurant! Treat yourself to delicious food and fantastic company. Participants are responsible for bringing money for their own meal, including tip. We recommend bringing \$20. Don't miss out on the fun! Dinner Night Out events are wheelchair accessible.

**Location:** Meet in front of the Windsor CRC

**Age:** 11+

**Registration Deadline:** One week prior

F	5/3	5 - 7:30 p.m.	\$10	#225065.01
F	6/7	5 - 7:30 p.m.	\$10	#225065.02
F	7/5	5 - 7:30 p.m.	\$10	#225065.03
F	8/2	5 - 7:30 p.m.	\$10	#225065.04



### Gardening

Learn how to plant and manage your own garden! Educational trips to local farms, farm stands, and stores to learn about the wonderful homegrown fare may also be planned.

**Location:** Meet at the UPWARD Garden — behind the Eaton House by Boardwalk Park

**Age:** 6+

**Registration Deadline:** Two days prior

Tu	6/4 - 6/25	4 - 5 p.m.	\$16	#225017.01
Tu	7/2 - 7/30	4 - 5 p.m.	\$20	#225017.02
Tu	8/6 - 8/27	4 - 5 p.m.	\$16	#225017.03

### Market to Meal

Positive eating habits are a key to a healthy lifestyle. We will venture to the local supermarket and our UPWARD Garden to select fresh ingredients to prepare a healthy meal. Participants will learn kitchen techniques, and, of course, sample the finished products! Please notify the coordinator of any known allergies.

**Location:** Kitchen, Windsor CRC

**Age:** 8+

**Registration Deadline:** Two days prior

Th	4/18	4 - 6:30 p.m.	\$12	#125001.04
Th	5/9	4 - 6:30 p.m.	\$12	#225012.01
Th	6/13	4 - 6:30 p.m.	\$12	#225012.02
Th	7/18	4 - 6:30 p.m.	\$12	#225012.03
Th	8/8	4 - 6:30 p.m.	\$12	#225012.04

### Movie Night Out

Lights! Camera! Action! Join us for some entertainment on the big screen! The price includes a movie ticket and transportation. Bring some extra cash for snacks, if desired. The selected movie will be rated G to PG-13. Actual movie titles and approximate departure times will be determined closer to the event date. Movie Night Out events are wheelchair accessible.

**Location:** Meet in front of the Windsor CRC

**Age:** 13+

**Registration Deadline:** Two days prior

F	4/26	3:30 - 6:30 p.m.	\$13	#125013.04
F	5/31	3:30 - 6:30 p.m.	\$13	#225013.01
F	6/28	3:30 - 6:30 p.m.	\$13	#225013.02
F	7/26	3:30 - 6:30 p.m.	\$13	#225013.03
F	8/23	3:30 - 6:30 p.m.	\$13	#225013.04

## Trips

We're excited for all of our UPWARD excursions this summer and hope you'll join us!

**Location:** Meet in front of the Windsor CRC

**Registration Deadline:** One week prior

## Glow Golf

Try your hand at a round of miniature golf that gets "glowing" reviews. Each hole's green and obstacles are illuminated by black light, which makes the adventure extra colorful! The price includes a ticket to golf, equipment, and transportation. The golf course is wheelchair accessible.

**Age:** 10+

Sa	4/27	1 - 3:30 p.m.	\$15	#125066.05
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## Flutterby Ceramics

Feeling creative? Join us for a fun time at a paint-your-own-pottery studio. You'll pick your piece and paint colors, and then get to relax during this therapeutic program. The price includes supplies and transportation. The studio is wheelchair accessible.

**Age:** 10+

Sa	5/18	2 - 4:30 p.m.	\$22	#225061.01
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## Photography in the Park

There is beauty all around us in nature, but sometimes you have to stop and take a closer look to really appreciate it. That's what we'll be doing as we capture photos of amazing finds within our own Windsor parks. Participants will get to take home a print of their favorite photo.

**Location:** Meet in front of the Windsor CRC

**Age:** 8+

**Registration Deadline:** Two days prior

Sa	7/13	9 - 11 a.m.	\$15	#225010.01
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## Treat Yourself — Spa Night

As the summer winds down, join us for a relaxing night to treat yourself and try some homemade spa treatments. Light refreshments will be available.

**Location:** Oak Room, Windsor CRC

**Age:** 6+

**Registration Deadline:** Two days prior

Th	8/29	5 - 6 p.m.	\$10	#225062.02
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## Trips

### The Gardens on Spring Creek

Learn about all types of gardens — flower, rock, Xeric, and vegetable — and what works well to grow in our Colorado land. We'll also dive into the importance of environmental stewardship through horticulture as we explore this local botanical garden. The Gardens is wheelchair accessible.

**Age:** 10+

Sa	6/8	9:30 a.m. - 12:30 p.m.	\$15	#225061.02
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### Rockies Game

Help us cheer on the Colorado Rockies against the San Diego Padres! Please bring a sack lunch or money to purchase food at Coors Field. The stadium is wheelchair accessible.

**Age:** 13+

Su	6/16	11 a.m. - 6:30 p.m.	\$40	#225061.04
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### NoCo Bead and Metal

Fashion is art and we'll be learning to fashion original, wearable art! You'll get to take home your newest accessory. The price includes supplies and transportation. The studio is not wheelchair accessible.

**Age:** 13+

Sa	6/29	9:30 a.m. - 12:30 p.m.	\$25	#225061.05
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### Spring Canyon Park

Join us for a stroll around Spring Canyon Park in Fort Collins, and then cool off in the water features at Inspiration Playground. The park features an adaptive playground and a splash pad with fun for all ages. Please bring a sack lunch and your swimsuit. The park is wheelchair accessible.

**Age:** 10+

Sa	7/27	10 a.m. - 1:30 p.m.	\$15	#225061.06
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### Fort Collins Downtown Exploration

Take a stroll in beautiful downtown Fort Collins during the annual NewWestFest! The night will start out at Comet Chicken, with an after-dinner treat stop at Walrus Ice Cream (dessert included in the registration). Then we'll explore downtown Fort Collins, enjoying the late summer evening and music from NewWestFest. The trip is wheelchair accessible.

**Age:** 13+

Sa	8/10	4:30 - 8:30 p.m.	\$25	#225061.09
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