



City of Bellevue

# Highland Community Center

**Adaptive Recreation**

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Bellevue Parks & Community Services

October 16<sup>th</sup> , 2024

# AGENDA



Mission & History of Highland Center



Inclusion Plan and support



Adaptive recreation during pandemic



Opening up/current programs



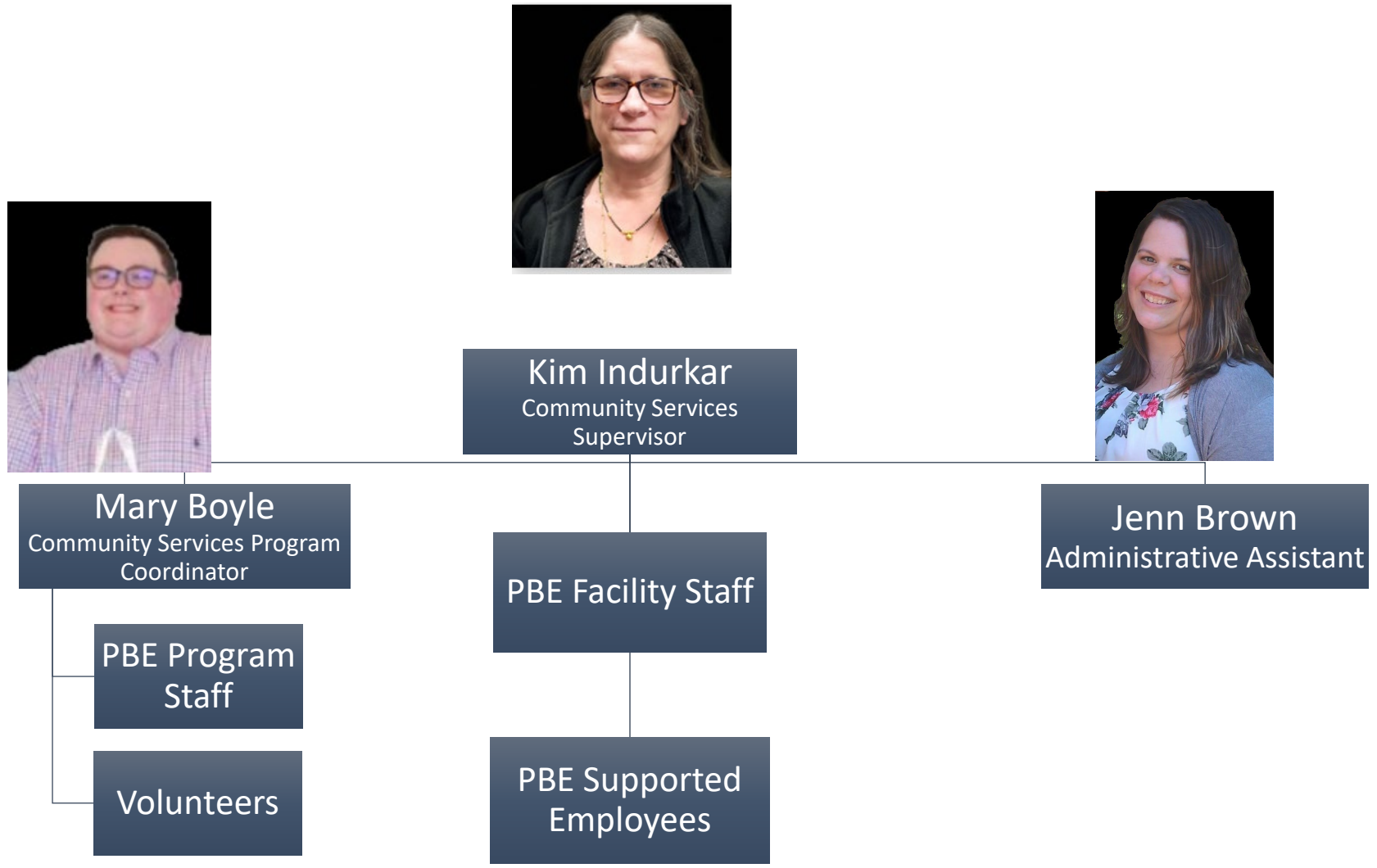
Space and community events

# Mission



- Inclusive Recreation Opportunities
- Focus on Socialization & Learning
- Empowering Participation in Community Life
- Supporting People with Disabilities

# Organizational Structure

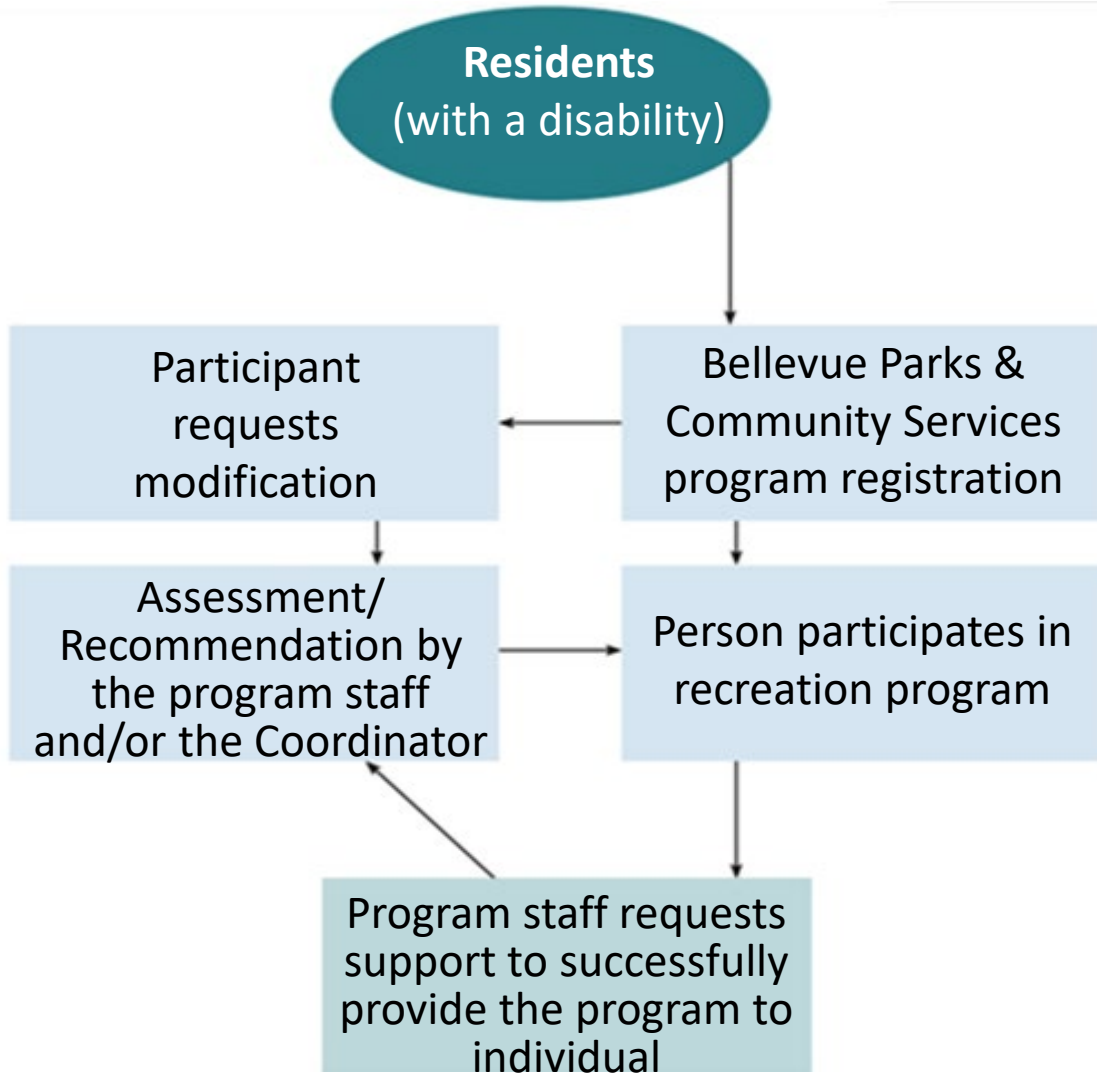


# History

- **1970's**
  - Adaptive recreation started
- **1980's**
  - Highland was established as a “specialized recreation” center
- **1990's**
  - Adaptive programs expanded to other city facilities
- **2020**
  - Virtual programs were added
- **Current**
  - Serving people with disabilities in all recreation facilities



# Inclusion Process



## Modification Examples:

- Instructor/staff training
- Program modifications
- Communication
- Equipment adaptations
- Mobility assistance
- Supervision
- Modeling

# Highland Times

## The Highland Times

### A WORD PUZZLE FAN

Michael enjoyed the crossword in the previous activity packet. He likes word games, math problems, and logic puzzles.



Thank you for sharing Michael! I've added some more word games and some logic puzzles this week, let me know what you think.

- Mary

### DID YOU KNOW...

Lars and his dad Russ are hot rod guys! Russ owns a few classic cars that he and Lars take to car shows around the area. The photo below is Lars posing with a car at one of the many shows they attend.



Great photo guys! Thank you for sharing. Keep the awesome pictures coming, we love them.

- Mary

### HIGHLAND PETS

#### Meet Tinal

Peter's dog Tina is a black lab. She enjoys going on walks to various parks around Bellevue.

Thank you for Sharing Peter!  
-Mary



Meet Tony! Lori's cat Tony is an 8 year old Tabby Point Siamese mix. Tony likes to sleep on Lori's chest. He also enjoys playing with his brother,

Meerkat, and his mother, Henrietta. They were to shy to get in this picture.

Thank you for sharing this great picture! - Mary

## Workzone

By Tara O'Rourke

### How did you get this job?

My job coach found me my first job at Microsoft Advanta in the café, but that building closed down in January 2023 because it was a leased building and Microsoft did not renew the lease. I kept telling my job coach if anything opened up on the Redmond campus to keep me posted and sure enough, last November 2023, I had an interview to work in one of the newest and biggest food halls, and a few days later I got the offer letter. I was hired back by Compass.



Tara with coworker-Mason P

### How long have you been there?

I have been in this new building, Food Hall 4, since January 2024. I started with Compass Group in April 2014, almost ten years ago.

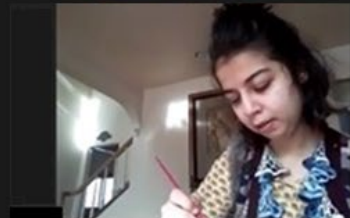
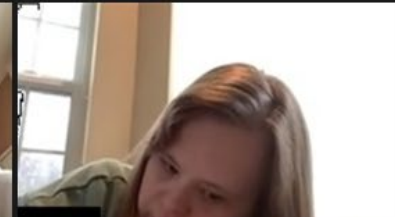
### What are you responsible for?

A few tasks I do are putting together pizza boxes, which I am super fast at; it took me one day to learn. I refill the condiments. My favorite is mobile orders. People can order ahead on their phones, and at each food station, it will have a number, for example, "101m," which stands for mobile orders, and I bring that mobile order to the mobile order



Tara cleaning

# Virtual Craft Class





# Virtual BINGO

Zoom Meeting

Bingo Number Generator - Free | X +

appzaza.com/bingo-number-generator

Choose a Bingo Ball

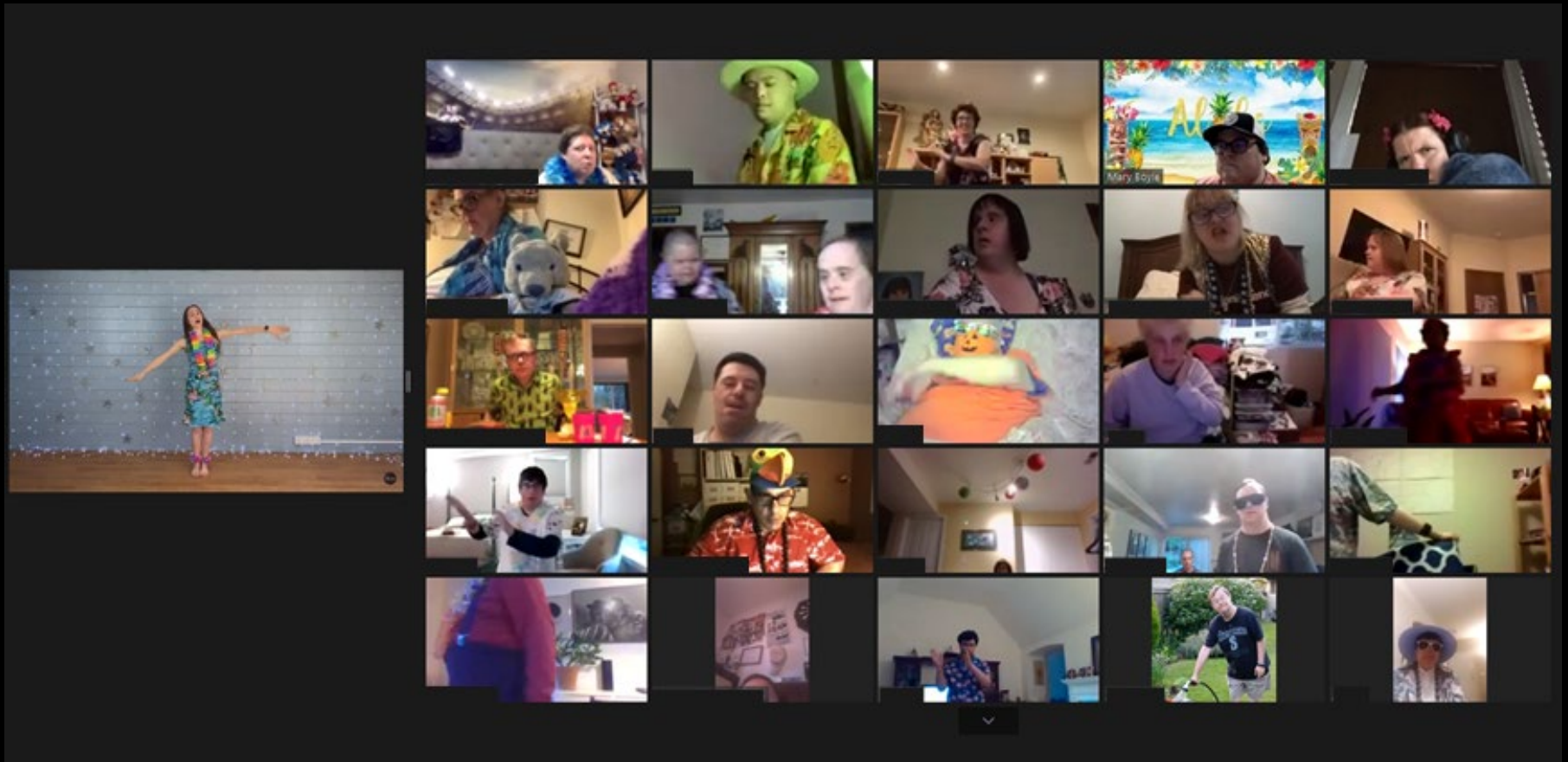
G 47

Last 5 Numbers  
G 47, G 52, N 37, N 41, B 3

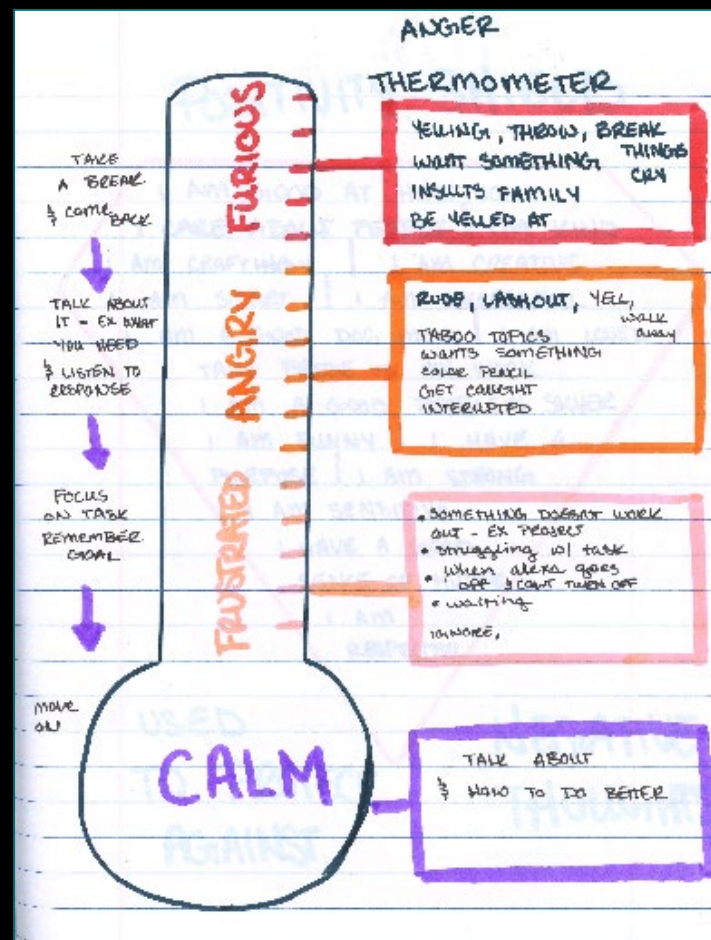
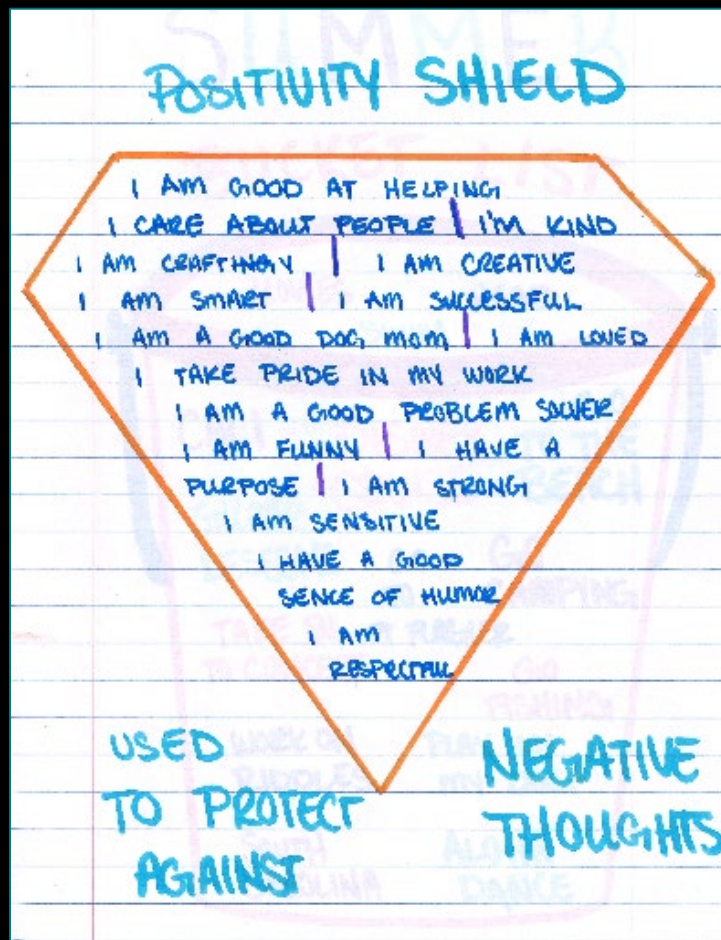
All Numbers Chosen So Far

B	I	N	G	O
1	19	33	46	63
3	21	35	47	66
4	23	36	52	70
12	24	37	56	71
13	27	41	57	74
15	28	42	58	
	30		60	

# Virtual Aloha Dance



# Virtual Mindfulness



# Opening Up



# Current Programming



# Craft Class



# Special Events



# Physical Disability (PD) Exercise





# HCC-Multi Purpose Room



# HCC- Art Room



# HCC-Fireside Room



# HCC-Gymnasium



# Accessibility Features



# Partnerships



# Hope Fest



# Welcoming Week





# Shared Space



Kendo



Culinary Camp



Gymnastics



# Questions