Welcome to the new and improved Adaptive and Inclusive Recreation (AIR) Newsletter! AIR is committed to providing positive recreation experiences and opportunities for participants of all abilities. We are ready to kick off the new year with exciting programs and events.

While we have a wide variety of specialized programs, we encourage you to look at the Parks and Recreation website, gsoparksandrecc.com, to explore all programs offered through the department. Through our inclusion support services, we provide modifications upon request for individuals with disabilities in our general recreation programs. To request inclusion support services, please contact us at air@greensboro-nc.gov.

Sharon Williams, LRT/CTRS, CPRP
AIR Coordinator
Greensboro Parks and Recreation

You now have three ways you can register:
ONLINE: www.greensboro-nc.gov/air
MAIL: Use enclosed form and mail to:
1001 4th Street, Greensboro, NC 27405
PHONE: 336-373-2626

Saturday Bowling  All Ages.
If you enjoy bowling this program is right up your alley! Ramps and bumpers are available.
January 25 - March 21
Saturdays • 9:30 - 11 am
FEE: $32 Cost includes 2 games, equipment rental and 8 days of bowling.
Triad Lanes 21 Oak Branch Dr.

Spring Dance  All Ages.
Tuesday, March 31 • 6 - 8 pm
Put on your dancing shoes and come to the annual spring dance.
Barber Park Event Center
1502 Barber Park Dr.

Camp Joy is an inclusive summer day camp for ages 5 and older of all abilities, including but not limited to physical, developmental, visual, and/or hearing disabilities.

Camp Joy, located at Hagan-Stone Park in Pleasant Garden, offers two three-week sessions for individuals with varying abilities and a one-week session (Blended Mobility Week) designed for individuals with physical disabilities. Camp facilities include six cabins, a multipurpose building, and arts and crafts shelter.

Campers also have access to the Hagan-Stone Park facilities, which include an accessible playground, nature trails, and a pool! Camp Joy offers a wide variety of activities including arts and crafts, music, swimming, sports, and outdoor activities. Each summer, the camp hosts talent shows, movie days, cook outs, theme weeks, and more!
FOR AGES 7+

Adaptive Golf Clinics
AGES 7+
March 14, April 4, May 9
Saturdays, 9 - 10:30 am
These clinics are designed to teach adaptive techniques for individuals with physical disabilities or limitations. Golf professionals offer instruction to both introduce people to the game and to get others back in the game.
Gillespie Golf Course
306 E. Florida St, Greensboro, NC 27406
Registration: 336-373-2626 or air@greensboro-nc.gov

Objective Rallypoint Veteran’s Archery
April 6 - 27
Mondays, 5 - 6 pm
These clinics are designed to teach military veterans the fundamentals of archery. The clinics are FREE. All abilities and skill levels welcome.
Hester Park Archery Range
3615 Deutzia Street, Greensboro
Registration: 336-373-2626 or air@greensboro-nc.gov

FOR AGES 13+

Gate City Wheelers
Wheelchair basketball is open to anyone with a physical disability wanting to play! Co-ed and beginners are welcome!
Registration: 336-373-2626 or daviswayne553@yahoo.com

FOR AGES 18+

Weekly Programs

Social Hour
January 27 - April 27
Mondays, 10 - 11 am
A weekly program enjoying various activities such as cooking, planting, playing cards, etc while socializing and meeting new friends in a fun and friendly environment.
Lindley Recreation Center
2907 Springwood Dr.

BOWLING
January 28 - April 28
Tuesdays, 10 - 11:30 am
Get ready to roll! In this weekly program we’ll socialize and try to top our best scores! Adaptive equipment available if needed.
FEE: $2 PER GAME
Triad Lanes
21 Oak Branch Dr.

Chair Fitness
January 31 - May 1
Fridays, 10:30 - 11:15 am
Designed to increase muscular strength, range of motion, and flexibility. Go at your own pace high, low, or just with the flow. Hand held weights and bands will be provided.
Smith Active Adult Center
2401 Fairview St.

Community Day Trips
Who doesn’t like to take an adventure! We will go out into the community to explore new places and socialize with peers.

January 21
U.S. Figure Skating Championship
Greensboro Coliseum, 1921 W. Gate City Blvd.
11 am

January 30
CAN-NC, Bell Campus
2400 Summit Ave, Greensboro, NC 27405
10 am

February 6
Amtrak Ride to Burlington
10 am
2408 S. Church St, Burlington, NC 27215

February 12
Greensboro Cultural Center Wednesday Concert
200 N. Davie St, Greensboro, NC 27401
10:30 am

February 19
Fox 8 Studio Tour/Lunch
10 am
2005 Francis St, High Point, NC 27263

February 27
Bus Tour of Greensboro
10 am
Bring a bag lunch

March 5
Old Salem Bake Shop/Marketplace Mall
10 am
2101 Peters Creek Pkwy, Winston-Salem, NC 27127

March 12
University Galleries, Dudley Building
10:30 am
302 University Circle Greensboro, NC 27411

March 19
Lazy 5 Ranch/Lunch
11 am
15100 Mooresville Rd, Mooresville, NC 28115

March 26
Bus Tour of High Point
10 am
Bring a bag lunch

April 2
Fishing & Picnic at Lake Higgins
10 am
(bring your own lunch)
4235 Hamburg Mill Rd, Summerfield, NC 27358

April 9
Biltmore House in Asheville
$60
1 Lodge St, Asheville, NC 28803
Includes ticket and transportation fee

April 16
Bicentennial Garden Tour
10 am
1105 Hobbs Road, Greensboro

April 23
Movie Day at Lindley Rec Center
10 am
2907 Springwood Drive, Greensboro

April 30
Adaptive Golf Clinic at Gillespie/Lunch
10 am
306 E. Florida St, Greensboro, NC 27406

May 5
Triad Farmer’s Market/Moose Café
10 am
2914 Sandy Ridge Rd, Colfax, NC 27235

May 7
Spring Picnic at Keeley Park
$3
11 am
4100 Keeley Road, McLeansville, NC 27301

For more information, please contact:
Anita Cunningham
336-275-1377

For more information, please contact:
Melody Inglesby
336-587-5725