

ADAPTIVE *Connect*

ADAPTIVE CONNECT

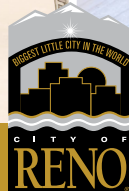
Fall 2026
September-November



**Wheelchair Sports
Registration is NOW OPEN!**

**Wheelchair Basketball,
Wheelchair Rugby, Sled Hockey,
and Wheelchair Skills and Drills!**

SEE PAGE 3 FOR MORE DETAILS





Adaptive Sports Equipment Lands in Nepal!

Through the support of donors and adaptive sports leaders throughout the United States, we successfully organized and shipped a container of equipment—including basketball and rugby wheelchairs, handcycles, tandems, and wheelchair pickleball gear—following a reciprocal adaptive sports exchange with Nepal.

This initiative marks the introduction of handcycles and tandems for Nepalis, and our local partner BIA has begun to coordinate adaptive cycling events. As a result, individuals with disabilities in Nepal now have access to adaptive sports opportunities that foster community engagement, personal empowerment, and improved quality of life.



Renown

HEALTH



Adaptive Connect Newsletter is made possible by Renown Health

If you have an event or activity that you would like posted in the next publication of Adaptive Connect, Please Contact April Wolfe at:

Phone: 775-333-7765

WolfeA@Reno.Gov

Next Deadline is October 16, 2026

Volunteer Opportunities

Volunteers are a vital part of the City of Reno Inclusion/Adaptive Recreation program. Volunteers will gain rewarding experiences through assisting Parks and Recreation staff with a variety of programs or providing additional support for participants.

We are currently seeking volunteers for our upcoming programs!

Inclusion/Adaptive Recreation Staff

Therapeutic Recreation Specialist

April Wolfe
775-333-7765

Inclusion/Therapeutic Recreation Coordinator

Shaun Stewart
775-657-4659

Adaptive Recreation Assistant

Anthony Goulet
775-657-4661

Adaptive Recreation Tech.

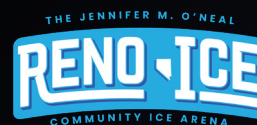
Bill Meacham
Ralph Bell
775-657-4661

SPORTS

RENO ICE SLED HOCKEY FUNDRAISER



OCT. 24, 2026 7PM
TAHOE BLUE EVENT CENTER
75 HWY 50, STATELINE, NV



Our friends from the Reno Ice Sled Hockey Team are joining us for "All Abilities Night" with a pre-game and intermission exhibition on October 24! They will also be raising funds for their home tournament and upcoming travel season.

To support Reno Ice, scan the QR code to purchase the Tahoe Knight Monster game tickets (includes exhibition game)!



Wheelchair Rugby

Thursdays from 2-5 p.m. \$50
EMNECC - 1301 Valley Road

Wheelchair or Quad Rugby is a fast paced and competitive sport for individuals with physical disabilities that affect all four extremities. Players use special "Rugby Wheelchairs" to play the sport. These chairs are very maneuverable and can take a hit or two. Rugby players must be able to push their own wheelchairs.

Reno Rumble Wheelchair Rugby Tournament

October 30 - November 1, 2026
Plumas Gym - 575 Monroe Street

The City of Reno will host their annual wheelchair rugby tournament. Teams from the United States Wheelchair Rugby Association (USWRA) will join the High Fives Wheelchair Rugby Team in a fun filled and competitive weekend of wheelchair rugby. For game schedules, to volunteer or for more information contact April Wolfe. Please come out and support the team!

Adaptive Equipment Rental

Our adaptive recreation equipment is available to rent (sport wheelchairs, beach wheelchairs, hand cycles, etc.). Affordable prices for participants to try before they buy.

Wheelchair Basketball

Saturdays from 10 a.m. - 12 p.m. \$50
EMNECC - 1301 Valley Road

Are you interested in the extreme challenge of wheelchair basketball? Wheelchair basketball is a sport for everyone - people who use wheelchairs for mobility and people who don't. No prior experience necessary.

Adaptive Fitness at Upstate Nevada

Tuesdays, Wednesdays and Fridays 11 a.m.

No cost, specialized coaching and classes for those with physical or intellectual disabilities. All fitness levels welcome!

Email: adaptive@upstatenevada.com
Website: upstatenevada.com

Wheelchair Skills and Drills

Saturdays from 1-4 p.m. \$50
EMNECC - 1301 Valley Road

Whether you're just getting started or looking to develop your skills to get to the next level, this program will help you along your journey through sport. Practices will focus on conditioning and sport specific drills (wheelchair basketball, power soccer, etc.).

Sled Hockey

Fridays from 4:15-5:15 p.m. \$50
Reno Ice - 15500 Wedge Parkway

Participants with physical disabilities will get a chance to learn about sled hockey and get on the ice. All equipment and on-ice instruction provided. Please wear long pants and closed-toed shoes. No prior experience necessary.

UPSTATE NEVADA'S

GLOW ROW FOR ADAPTIVE FITNESS



A fundraiser to provide 40 individuals with disabilities with annual memberships to Upstate Nevada in 2027



A celebration of adaptive fitness and the inclusion of the disability community in health spaces

TEAMS OF 4 - MARATHON ROW

SATURDAY, OCTOBER 10TH (4 - 10 PM)

J RESORT'S GLOW PLAZA



Register your team here!
Opens August 3rd.



Don't want to row
but want to help?
Scan to donate to
an adaptive
athlete!



Questions?

Contact the Upstate Team at 775-530-5038 or
upstatenevada@gmail.com

SOCIAL PROGRAMS

Dance for All – For Teens and Adults with Special Needs

Halloween Dance

Sunday, October 25 from 2-4 p.m.

\$5 at the door or pay in advance by calling the City of Sparks Parks and Recreation Department at 775-353-2376.

City of Sparks Parks and Recreation Gym - 98 Richards Way, Sparks

Holiday Dinner and Dance

Friday, December 4 from 5-8 p.m.

\$7 per person (All attendees MUST be pre-registered)

City of Sparks Parks and Recreation Gym - 98 Richards Way, Sparks

Register In-Person: Monday-Thursday from 7:30 a.m. - 5:30 p.m. or call 775-353-2376.

Deadline to Register: Monday, November 30 by 5:30 p.m. (space is limited register early).

City of Sparks Park and Recreation

Bowling

Wednesdays from 2:45-4:30 p.m. - Free Coconut Bowl 1855 E Lincoln Way, Sparks

Bring your friends and come out to practice your game and have a great time too. We keep track of scores to average for the Special Olympics tournaments. No pre-registration necessary.

Arts and Crafts Class

Thursdays from 3-4:30pm - Free Larry Johnson Community Center - 1200 12th Street

We've teamed up with Arts for all Nevada to provide Weekly Wonders. Participants (16 yrs. or older) will develop their artistic abilities through a variety of fun projects. Reservations required.

Down Syndrome Network of Northern Nevada

www.dsnnn.org

The Down Syndrome Network of Northern Nevada (DSNNN) is a network of family, friends and individuals dedicated to provide information, education, and support as we raise awareness of Down syndrome in Northern Nevada.

New Program Alert - The Hip Hop Chromies!

Registration is now open for our new dance crew! This dance crew will make their debut at Idols and Icons in November, hosted by Take2 Performers Studios, after 8 weeks of dance lessons.

The goal is for the crew to eventually dance at pep rallies at schools around Reno. Visit DSNNN for all the details!

Note-able Music Therapy Services

www.nmtsreno.org/services

Note-Able Music Therapy Services (NMTS) is a nonprofit organization with a primary purpose of providing inclusive music programs and music therapy services for children and adults of all ages and disabilities. Our mission is to create lasting change in the lives of people of all abilities through music. For more information contact 775-324-5521.

Sips & Sounds Fundraiser

Friday, September 11 from 6-8:30 p.m.

Join us for Sips & Sounds, an immersive fundraising event supporting NMTS programs and services. Enjoy interactive musical experiences, curated beverages, delicious bites, and a memorable evening of music and community. Tickets are \$85, with early-bird pricing of \$75 available through August 28. Space is limited.

Please contact Wendy Firestone with any questions regarding this event by emailing wendy@nmtsreno.org.



Ranger Activities - Walk with Us

Join the park rangers in this free series of informational walks at Idlewild Park on Wednesdays from 11 a.m.-12 p.m.! This series of walks is designed to be inclusive to individuals with limited mobility, and all members of the community.

- 9/2/26
- 9/16/26
- 10/7/26
- 10/21/26
- 11/4/26
- 12/2/26
- 12/30/26



RESOURCES

Renown Rehabilitation Hospital

Renown Rehabilitation Hospital provides a full range of rehabilitation services for these conditions: brain injury, stroke/neurological diagnoses, spinal cord injury, fractures, joint replacements, multiple trauma, cancer, Parkinson's and movement disorders, heart and lung disorders, amputation, and worker's compensation injuries.

At Renown, patient outcomes exceed national benchmarks, thanks to the team of rehab specialists.

Adaptive Swim Lessons

In these private swim lessons, persons with a large spectrum of disabilities can work 1:1 with a trained adaptive instructor to meet swimming goals and work towards independence. To participate in this course, guardians must first fill out an Assessment and Accommodation Request. For more information: SwimLessons@Reno.Gov

High Fives Hangouts

2nd Wednesday of the month
6:30 p.m.

Great Basin Brewing Co. - 5525
South Virginia Street (New location)

The 2nd Wednesday of each month please join the spinal cord injury (SCI) community in a monthly meet, greet, eat, and enjoy each other's company! All are welcome!

Family Respite Care of Nevada

www.frcnevada.org

Family Respite Care of Nevada (FRC Nevada) was founded in 1995 as the Northern Nevada R.A.V.E. Family Foundation with the mission to improve the well-being of families by providing respite - a much-needed and well-deserved break - to caregivers of children with special needs. This includes children with developmental disabilities, autism, a special health care need, children with mental and behavioral health concerns, children in foster care, and their siblings who reside in the home.



The Active Fund
Grants for Adaptive Sports Equipment

Kelly Brush Foundation Fall Active Fund

kbf.org/theactivefund

Applications are now being accepted for the Kelly Brush Foundation's fall Active Fund! This program provides grants to help fund the adaptive sports equipment of your choosing. Anyone living in the United States with paralysis caused by an acquired spinal cord injury is eligible to apply. The KBF has been giving grants for over a decade now and has provided over 2,100 pieces of equipment to people with SCIs in 50 states.

Applications are due September 23 at 5 p.m. EDT, but make sure to start early. Applicants must provide documentation of paralysis, which can take a couple of weeks to receive.

These grants can be life-changing! If you or someone you know has tried an adaptive sport but thought they could never afford the equipment, the Active Fund is there to help! Go to the website for more information, including application guidelines.

Challenged Athletes Foundation (CAF)

www.challengedathletes.org

CAF's 2026-2027 Annual Grant Program will open for applications on September 28 and close on November 13 at 5 p.m. PT. This year's application window is seven weeks, so starting early will give you the best chance to submit a complete application.

We'll share important updates in the coming weeks about changes to the process, eligibility, and documentation requirements, along with tips to help you prepare.

Create or update your profile to begin the Medical Verification of Disability process. Visit the website for more details!



kbf.org/theactivefund



VETERAN PROGRAMS



Trauma Sensitive Yoga

Tuesdays 11 a.m. - 12 p.m.

Free for Veterans

EMNECC – 1301 Valley Road

Trauma Center Trauma Sensitive Yoga (TCTSY), is a type of yoga practice that is also a clinical intervention for complex trauma or chronic, treatment-resistant PTSD, and has been proven to successfully reduce PTSD symptoms. TCTSY provides opportunities for choice making and interception (recognizing sensations that occur within your body).

Veterans may learn to listen to their bodies, allowing their sensations to guide their choices. During a TCTSY practice, Veterans are offered the options to follow along with the instructor, choose a different form of movement than the instructor, or rest at any time.

Practices will include an offering of stretching movements, balancing and strengthening shapes, opportunities to notice breath sensations, and an option for a rest at the end. They are appropriate for practitioners at all levels and are accessible to those who have never done yoga before.

To register local Veterans can enroll at any City of Reno's Parks and Recreation facility.

Project Hero City of Reno

weareprojecthero.org

Founded in 2008, Project Hero is a groundbreaking national non-profit organization dedicated to helping Veterans and First Responders affected by PTSD, TBI and injury achieve rehabilitation, recovery and resilience in their daily lives and increasing awareness to combat the national mental health emergency posed by PTSD and TBI. For our weekly ride/event schedule follow us on Facebook at Project HERO Hub City of Reno.

Fit But Not Forgotten

Wednesdays 5:30-6:30 p.m. at Moana Springs Community Aquatics and Fitness Center - 240 W. Moana Lane

Wednesdays 5:30-6:30 p.m., Thursday 12-1p.m., and Fridays 10-11 a.m. at EMNECC - 1301 Valley Road

Free for Veterans

The City of Reno is offering our disabled veterans weekly fitness classes in our facility weight room. Classes will cover orientation to equipment, assessment of fitness level, proper technique to develop strength, endurance and flexibility, and discuss fitness goals. Upon completion of our four classes participants will be eligible for a FREE all inclusive facility membership good for one year.

David J. Drakulich Art Foundation for Freedom of Expression

djdfoundation.org

DJD Foundation's mission and vision are dedicated to the individuals who serve in the US Military, Veterans, and their supporters. The personal narratives and historical truths that emerge through the arts, humanities, and recreation produce resources that nourish the wellness and enlightenment of the entire community. DJD Foundation is a community-based arts organization that offers free programming for Veterans. Most of our classes and workshops are open to the public. Our mission and vision are dedicated to the individuals who serve in the US Military, Veterans, and their supporters. The personal narratives and historical truths that emerge through the arts, humanities, and recreation produce resources that nourish the wellness and enlightenment of the entire community.

Nevada Paralyzed Veterans of America

NevadaPVA.org

This program is dedicated to improving the quality of life for veterans and our disabled community with spinal cord injury or dysfunction. Nevada PVA offers an active sports and recreation program for our members, and the disabled in our community. This organization sponsors programs in Northern Nevada that provides health benefits, support, opportunity and camaraderie for all involved.

Local Representative:

Kurt Redinbaugh 775-527-8761
redinbaughk@gmail.com



5th Annual MOVEMENT FAIR

Move More. Live Better.
Connect More.



SATURDAY,
SEPTEMBER 19, 2026
1:00-4:00 PM



RENO-SPARKS
CONVENTION CENTER
Hall A16-18



FREE PARKING
Mention Event
West/NW Entrances



Featured Keynote Presentation

Rewriting the Parkinson's Story: From Diagnosis to Possibility

This inspiring keynote reframes Parkinson's from decline to possibility, highlighting how proactive, evidence-based strategies can help people maintain function, independence, and quality of life at every stage.

Presentations Begin at 1:45 PM, rooms 14 & 15

PRESENTED BY



Sherrie Gould,
MSN, NP-C, CRMD



Kelly Papesch,
DNP, CMRD

Experts in movement disorders care, dedicated to helping people live well at every stage.



Connect
with resources,
care partner,
and experts.



Discover
new ways to
move, feel better,
and stay active.



Learn
from leading
professionals in
Parkinson's care.



Be Inspired
by a community
that moves
together.

Free and open to the public
Learn More at:
www.pscnn.org

Join Us!

Scan to learn about
sponsorship opportunities



[weblink.donorperfect.com/
2026MovementFair](https://weblink.donorperfect.com/2026MovementFair)

Together, ♥
we can move more,
connect more, and
live better.

A community event for
people living with Parkinson's,
care partners, families, and
healthcare professionals.