



# R.A.D.D. ACTIVITIES—Fall '23/Winter '24

RADD is a special recreation program designed for people ages 15 and above with developmental disabilities. RADD's mission is to provide equal opportunity for personal growth for individuals with developmental disabilities through recreational activities and community involvement.

**To Participate** in RADD programs, all new participants must complete a RADD Participant Form and a RADD Code of Conduct.

**For More Information** about RADD programs and the REACH Scholarship, call (925) 931-5365.

## Exertion Level—Scale of 1-5

- 1 = low: mainly seated activities, some standing or walking 1 block
- 2 = low/moderate: walking the equivalence of 4 blocks
- 3 = moderate: a combination of low/high impact activities
- 4 = moderate/high: walking the equivalence of 7 blocks
- 5 = high exertion: walking the equivalent of 10+ blocks

**To Register** for RADD programs visit

[www.pleasantonfun.com](http://www.pleasantonfun.com), call 925-931-5365 or visit the Pleasanton Senior Center's front desk. To register using RADD REACH scholarship funds, you must contact the Senior Center.

- Pre-registration and payment are required for all activities—“drop-ins” are not allowed.
- **Please only sign up for one Pizza & Bowling night per session.**
- If participant is unable to attend a class, early cancellation will enable wait list participants to register.
- RADD Staff will attend each event.
- Caregivers must stay with participant off-site and remain in building on-site.
- Caregivers will have to bring or pay for their own food.

## RADD Line Dancing

Includes entree, beverage and instructor-led Line Dancing. Pleasanton Senior Center, 5353 Sunol Blvd. **Level 3**

<b>7985</b>	F	10/27	5:00pm-7:00pm	\$24R/\$27N
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## RADD Breakfast Club\*

Includes entree, beverage, tax and tip. Drop-off/pick-up: **9/16** Bosco Bones & Brews 11922 Main St, Sunol. **1/27:** Vic's All Star Kitchen, 201 Main St, Pleasanton. **Level 1**

<b>7986</b>	Sa	Bosco's	9/16	8:30am-10:00am	\$24R/\$27N
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<b>7987</b>	Sa	Vic's	1/27	8:30am-10:00am	\$24R/\$27N
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## RADD Fun with Sunflower Hill\*

Sunflower Hill staff-led Recess at the Ranch and craft. Drop off/Pick-up: Hagemann Ranch, 455 Olivina Ave., Livermore. **Level 3** 7988

Su	9/24	2:00pm-5:00pm	\$23R/\$26N
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## RADD Cooking

Come learn how to make cookies and enjoy your creations.

Pleasanton Senior Center, 5353 Sunol Blvd. **Level 1**

<b>7993</b>	F	10/13	6:00pm-8:00pm	\$24R/\$27N
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## RADD Dance

Includes music, dancing, games and light snack on 10/20, dinner on 12/15. Pleasanton Senior Center, 5353 Sunol Blvd. **Level 1**

<b>7994</b>	F	Halloween	10/20	7:00pm-9:00pm	\$24R/\$27N
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<b>7995</b>	F	Holiday	12/15	6:00pm-9:00pm	\$24R/\$27N
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## RADD Paws to Read

Storytime with our friendly dogs! Please: no participants afraid of dogs or with known allergies to dogs. Pick-up/Drop-off: Pleasanton Public Library 400 Old Bernal Ave., Pleasanton. **Level 1**

<b>7997</b>	Th	11/30	6:00pm-8:00pm	\$23R/\$26N
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## RADD Trips\*

Includes ticket into venue, lunch and transportation. Drop-off/Pick-up Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton. **Level 1.**

<b>7999</b>	W	Nutcracker	12/6	10:15am-2:15pm	\$40R/\$44N
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## RADD Dining Out\*

Includes dinner and beverage. Pick up/Drop off: Chili's, 4801 Hopyard Rd., Pleasanton. **Level 1**

<b>8001</b>	F	Chili's	1/5	6:00pm-8:00pm	\$38R/\$41N
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## RADD Dinner & Bingo or Movie

Includes dinner and either a movie or Bingo. Wear comfy clothes and bring a pillow (for the movie) for an evening of fun! Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton. **Level 1**

<b>7989</b>	F	Bingo	9/29	6:00pm-8:00pm	\$24R/\$27N
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<b>8000</b>	F	Movie	1/19	6:00pm-9:00pm	\$24R/\$27N
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## RADD Golf\*

Includes lunch, games, golf lesson and course play. Drop-off/Pick-up—**9/10:** The First Tee of the Tri-Valley, 4501 Pleasanton Ave., (Fairgrounds) Pleasanton; **11/5:** PGA Superstore, 4990 Dublin Blvd, Dublin. **Level 4.**

<b>7983</b>	Su	First Tee	9/10	10:30am-12:30pm	\$28R/\$31N
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<b>7984</b>	Su	PGA	11/5	10:30am-12:30pm	\$28R/\$31N
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## RADD Pizza & Bowling

Includes shoes, bowling, pizza and beverage. Drop off/Pick up: Earl Anthony's Dublin Bowl, 6750 Regional St., Dublin. **Level 3** *Please only sign up for 1.*

<b>7991</b>	F	10/6	4:00pm-6:00pm	\$28R/\$31N
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<b>7992</b>	F	11/17	4:00pm-6:00pm	\$28R/\$31N
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## RADD Tennis

Your supportive coaches use transition balls and modified rules to adapt to different abilities and skill levels.

Tennis & Community Park | Instructor: Diana Mae

<b>8002</b>	Tu	9/5-9/26	2:00pm-3:00pm	\$84R/\$92N
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<b>8005</b>	Tu	10/3-10/24	2:00pm-3:00pm	\$84R/\$92N
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<b>8006</b>	Tu	10/31-11/21	2:00pm-3:00pm	\$84R/\$92N
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<b>8007</b>	Tu	11/28-12/19	2:00pm-3:00pm	\$84R/\$92N
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<b>8009</b>	Tu	1/9-1/30	2:00pm-3:00pm	\$84R/\$92N
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**\*If participant needs a caregiver, contact the Senior Center to register the caregiver for any trip, ticketed program or dining out.**