



PRESS RELEASE

City of Los Alamitos
Contact: Recreation and Community Services
(562) 430 – 1073
Released 1/4/24

Adaptive Recreation

Los Alamitos, CA – The Los Alamitos Recreation and Community Services Department is excited to implement an Adaptive Recreation program, sponsored by the Los Alamitos Community Foundation, that entails monthly meetups for participants with special needs and their families! These monthly meetups are free, involve various activities, and are open to all ages. This is an excellent opportunity for families to connect and build relationships with one another.

There will be monthly meetups set to take place in the months of January, February, and March. All meetups will occur at the Los Alamitos Community Center Building 2 (1909 Oak St.), from 3:30 p.m. to 5:30 p.m. and require pre-registration. At the Wednesday, January 31 meetup, participants will celebrate the upcoming Lunar New Year with a fun-themed craft. The next meetup will be on Wednesday, February 28, and will incorporate a life skill lesson and an ice cream social for all to enjoy. The last meetup, “Eggcessible Extravaganza,” will be on Wednesday, March 27, from 3:30 p.m. to 7:30 p.m. and will require pre-registration timeslots for participants. Each time slot is 15 minutes, allowing up to five families with a child or participant with special needs to attend. Participants will partake in fun, inclusive egg hunts catered to special needs participants. Please note that for all meetups, all participants must be accompanied by an aide or parent/guardian. We can’t wait to have you join us for one or all of our monthly meetups.

For more information, please visit www.cityoflosalamitos.org/recreation or contact the Recreation and Community Services Department at (562) 430 – 1073.

###



ADAPTIVE RECREATION

Sponsored by:



Join Recreation Staff as they lead monthly activities for participants with special needs and their families. Participants must be accompanied by an aide or parent/guardian. Monthly meetups are FREE, open to all ages, and great networking opportunities for families!

MONTHLY MEETUPS

- * January 31, 2024 - Lunar New Year Craft 
Located: Los Alamitos Community Center Building 2
Time: 3:30 p.m. - 5:30 p.m.
- * February 28, 2024 - Life Skills and Ice Cream Social 
Located: Los Alamitos Community Center Building 2
Time: 3:30 p.m. - 5:30 p.m.
- * March 27, 2024 - Eggcessible Eggstravanganza 
Located: Los Alamitos Community Center Building 2
Time: 3:30 p.m. - 7:30 p.m. *Time slots will be available for registration starting in January.

Preregistration is required. Register at losalrecreation.myrec.com
For more information please visit cityoflosalamitos.org/recreation