

THE THERAPEUTIC RECREATION PROGRAM

Serving citizens of Chesapeake with disAbilities, our Certified Therapeutic Recreation Specialists are dedicated to maintaining an atmosphere which promotes leisure awareness, social interaction, and personal achievement. We hope you will join us in experiencing how recreation can enhance health, independence and quality of life!

For further information regarding our **Therapeutic Recreation Program**, please contact:
Kim Pimento, CTRS at (757) 962-5828.

Unless otherwise noted target populations for most TR Program activities include: Individuals with intellectual disabilities, mild to moderate autism, cerebral palsy, muscular sclerosis, physical disabilities, visual and/or hearing impairments. *Pre-requisites typically include:* ability to manage personal belongings with minimal assistance, ability to follow 1 to 2-step directions, and have a desire to participate.

Advance registration or sign-ups are required for all Therapeutic Recreation Activities.

Participants are always welcome to join general leisure programs that may be of interest & benefit to them. If assistance is needed to enjoy an inclusion opportunity, our staff may be available to assist you! Please call us for further information.

Steps to TR Program Participation It's as easy as 1-2-3!

1. Complete a Participant Screening Packet available through the TR Program or on-line at www.cityofchesapeake.net/tr
2. Attend a screening interview with CTRS. If you have previously completed a participant screening, your file will be reviewed annually by a CTRS on staff.
3. Register or sign-up for activities in the Leisure Guide.

Therapeutic Rec Special Events

Mini Mash Halloween Dance **NEW!**

Fee: \$7 Time: 4 to 6:30pm AGE: 7-14

Attention all MINI ghoulies and goblins: mark your calendar for the upcoming Mini Monster Mash Halloween Dance! There may be a few tricks and lots of treats as door prizes are awarded throughout the night

PROG#	LOC	DAY	DATE	REG BY
51026-72	RCCC	Sat	Oct 24	Oct 19

Monster Mash Halloween Dance **NEW!** AGE: 13+

Fee: \$7 Time: 7 to 9:30pm

Attention all ghoulies and goblins: mark your calendar for the Monster Mash Halloween Dance! There may be a few tricks and lots of treats as door prizes are awarded through-out the night.

PROG#	LOC	DAY	DATE	REG BY
51026-71	RCCC	Sat	Oct 24	Oct 19

Holiday Gathering **NEW!** AGE: 18+

Fee: \$5 Time: 6 to 8pm

Season's Greetings! Deck the halls with us as we celebrate the holiday season with a tour of Portlock Galleries at SoNo, refreshments, and activities. This event is open to adults with disabilities or special needs and their families.

PROG#	LOC	DAY	DATE	REG BY
58001-99	PG@SoNo	Thu	Dec 17	Dec 14

Snowflake Ball **NEW!** AGE: 13+

Fee: \$7 Time: 6:30 to 9pm

Mark your calendars for our annual Snowflake Ball. Wear your best outfit for this evening of dancing fun as door prizes are awarded throughout the night. Pre-registration required.

PROG#	LOC	DAY	DATE	REG BY
51026-03	RCCC	Sat	Jan 23	Jan 18

Gifts by Loving Hands **NEW!** AGES: 15+

Fee: \$15

Make wonderful gifts from the heart for your loved ones and friends. Open to all who can participate with minimal to moderate assistance.

LOC: Portlock Galleries at SoNo Annex.

PROG#	DAY	TIME	DATE	REG BY
52000-75	Thu	1-4p	Dec 10	Dec 4
52000-76	Thu	5:30-8p	Dec 10	Dec 4
52000-77	Fri	1-4p	Dec 11	Dec 4

On-going Activities - Therapeutic Recreation

Alley Cats Bowling AGE: All
Join Alley Cats Bowling & make new friends. Open for all ages & abilities; meets at Great Bridge AMF Bowling Lanes. Call 962-5828 for dates, times and fee. *Prerequisites:* Participants must be accompanied by a parent or guardian or be authorized to be in the facility independently.



Ghost Train Outing AGE: 14 +
Fee: \$10 Time: 6 to 9pm
Meet at River Crest Community Center and load up for the Ghost Train at Northwest River Park. Independent mobility required; limited availability for wheelchair transportation.

PROG#	LOC	DAY	DATE	TIME	REG BY
56001-98	RCCC	Thu	Oct 29	6pm	Oct 23

TEENS in Motion AGE: 13 - 22
Time: 3:30 to 6pm

This program on Wednesdays at DCCC offers your child with special need the opportunity to improve social skills, increase independence, and explore leisure interests. Structured activities include arts & crafts, physical activities, and coop-erative games. Follows school calendar and does not meet on early release or closed school days.

PROG#	DATE	FEE	REG BY
54022-88	9/16-30	\$21	9/11
54022-89	10/7-28	\$28	10/02
54022-90	11/4-18	\$21	10/31
54022-91	12/12-16	\$21	11/30
54022-92	1/6-27	\$28	1/1
54022-93	2/3-24	\$28	1/29
54022-94	3/3-31	\$35	2/26

The C.R.E.w Club AGE: 20+
Fee: \$5 Time: 5:30 to 7:30pm

Come to Portlock Galleries @ SoNo to take part in learning about leisure resources and building your leisure & social skills while planning/participating in recreation activities and community outings. Participants are responsible for all outing costs (admissions, tickets, souvenirs, etc). Limited space is available for wheelchairs.

PROG#	DAY	DATE	REG BY
54026-68	Mon	10/5, 19	10/2
54026-69	Mon	11/9, 23	11/6
54026-70	Mon	12/7, 21	12/4
54026-90	Mon	1/11, 25	1/8
54026-91	Mon	2/8, 22	2/5
54026-92	Mon	3/8, 22	3/5

Holiday Makeover **NEW!** AGE: 21+
Relax and let a beauty expert give you tips on skin care and makeup. **Portlock Gallery at SoNo Annex.** Reservations required. **Ladies only**, please! **Thu., Nov 19, 10-noon.**

Celebration Day for People with DisABILITIES! AGE: ALL
A FREE information fair for people living with challenges. Vendors serving special populations will be on hand to present the latest and greatest adaptive equipment, services, health-care, nutrition, and leisure activities in the area. Activities, door prizes, refreshments enhance the morning. **RCCC from 10a.m.-1p.m. on Dec. 5.**

Police Academy **NEW!** AGE: 18 +
Open to all individuals interested in learning about the police department. Topics include forensic investigation, canine forces, SWAT Team, outings to the jail and court rooms, and community policing. Graduating participants will receive a certificate and picture with instructor. Course geared to students able to fully participate and understand the basic concept. Course held in the annex of the Portlock Galleries at SoNo. Free to participants. Participants must attend 5 out of the 6 sessions to receive their certificate.

Register for activities with program numbers by using registration form. Download form or register online at CityofChesapeake.net/GUIDE