

**THERAPEUTIC RECREATION
FALL AND HOLIDAY 2023 PROGRAMS**

THERAPEUTIC RECREATION

“Recreational therapy, also known as therapeutic recreation, is a systematic process that utilizes recreation and other activity-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions, as a means to psychological and physical health, recovery and well-being. Further, “Recreational Therapy” means a treatment service designed to restore, remediate and rehabilitate a person’s level of functioning and independence in life activities, to promote health and wellness as well as reduce or eliminate the activity limitations and restrictions to participation in life situations caused by an illness or disabling condition.”

American Therapeutic Recreation Association

All participants need to complete an assessment prior to registering for programs. Assessment information packets are available online for you to print and complete prior to attending an assessment with a Certified Therapeutic Recreation Specialist (C.T.R.S.). The assessment will ensure all staff are aware of each individual’s communications style, necessary modifications, and other helpful information that will eliminate barriers to recreation participation. We will also establish measurable goals that each participant will be encouraged to work on while in T.R. programs. To set up an assessment or if you have any questions, please call 757-382-1328.

REGISTRATION FOR FALL/HOLIDAY PROGRAMS WILL OPEN ON August 14th

CLASSES

TR - Instructional Bowling (Ages 18+)

Learn the foundational skills of bowling while working with your peers to increase social skills, verbal/communication skills, focus of attention, money management and more! Bring \$8 each week. (\$4/game. We will play 2 games) Min 2/Max 10

Bowlero

Thursdays, 2:30-4:00pm, \$15

6374-55 September 14-November 16

(Register by September 7)

TR- Stretch and Decompress (Ages 18+)

Spend some time stretching and practicing different mindfulness skills every week. In this new class, we meet to de-stress and decompress through different stretching techniques and by learning new methods to relaxation.

Indian River Community Center

Wednesdays, 3:00-3:50pm, \$15

6366-04 September 13-November 15

(Register by September 6)

SOCIAL GROUP

This social group is dedicated to increasing participants’ independence while creating opportunities for individuals to make new friends and enjoy fun activities.

C.R.E.W (Chesapeake Recreation, Education and Wellness) Club (on-site) (AGES 18+)

Indian River Community Center; Mondays, 5:30-7:00pm Min 2/ Max 20

6374-56	Trivia Night	\$10	September 18	(Register by September 11)
6374-57	Karaoke Night	\$10	October 16	(Register by October 9)
6374-58	Friendsgiving Meal	\$15	November 6	(Register by October 30)
6374-59	Holiday Party	\$15	December 4	(Register by November 27)

OUTINGS

C.R.E.W (Chesapeake Recreation, Education and Wellness) Club (AGES 18+)

Mondays, 5:30-7:30pm (hours may vary slightly based on outing), \$10

Spend a few evenings socializing with friends over food and games! Registration fee does not include cost of food. Drop off and pick up will be at the site of the outing. Min 2/ Max 10

6390-35	Dinner at Kyoto		September 25	(Register by September 18)
6390-36	Pumpkin Patch		October 30	(Register by October 23)
6390-37	Cinema Café		November 13	(Register by November 6)
6390-38	Holiday Lights Tour		December 18	(Register by December 11)

(The time for this outing will be 5:00-8:00pm)

TR-CRUISIN' AROUND TOWN (AGES 18+)

Catch a ride on the "Chesapeake Express" van/bus and enjoy a community-based outing around town. Goals will include, but are not limited to, improving money-management skills, socialization, independence, coping abilities, appropriate behavior in the community and HAVING FUN! Must register for trip one week in advance. Drop off/Pick up location is Chesapeake Parks Recreation and Tourism Administrative Office - 1224 Progressive Drive, Chesapeake, VA 23320. Min 2/ Max 8

Thursdays, 10:00am-1:30pm

6390-39	Nauticus	\$ 20	September 7	(Register by August 31)
6390-40	Virginia Beach Farmers Market	\$ 10	October 5	(Register by September 28)
6390-41	Bee and the Biscuit	\$ 10	November 9	(Register by November 2)
6390-42	Holiday Shopping	\$ 10	December 7	(Register by November 30)

SPECIAL EVENTS

Therapeutic Recreation special events are intended to create an independent environment where participants can build relationships and improve social skills with their peers. Pre-registration is **required** for all dances. At the door registration will be an additional \$10 fee. No outside food or drink will be allowed.

TR-Adaptive Water Sports (AGES 6+)

If you like water and adventure, THIS is for you! Try out adaptive water skiing in a safe and FUN environment! Virginia Beach Adaptive Water Sports will be coming to our very own Oak Grove Lake Park to lead this awesome event! You will receive an email after you register with a link to complete the necessary waiver. Once registration closes, you will receive your time slot for the day!

Oak Grove Lake Park - 409 Byron Street

Saturday, 9:00am-3:00pm

6374-21 September 16 \$5 (Register by September 8)

TR-MONSTER MASH (AGES 16+)

Come dressed in your best costume and be prepared for a ghostly good time! Your costume is your entrance into the costume contest to win a door prize. Min 10/ Max 50

Great Bridge Community Center (212 Holt Drive)

Saturday, 5:00-7:00pm, \$10

6378-02 October 28

(Register by October 20)

HOLIDAY PROGRAMS

TR-Ornament Making (AGES 16+)

Add to the season of fun by putting some extra flair to your array of decorations. We will make ornaments to hang on your tree OR to use as added decoration! Min 2/ Max 8

Great Bridge Community Center (212 Holt Drive)

Tuesday, 10:00am-12:00pm, \$15

6374-60 November 28

(Register by November 21)

TR-Holiday Gift Making (AGES 16+)

Make a special gift for that special friend/family member in your life! Min 2/ Max 8

Great Bridge Community Center (212 Holt Drive)

Wednesday, 10:00am-12:00pm, \$20

6374-61 December 13

(Register by December 6)