



THERAPEUTIC RECREATION ~ Recreational Opportunities for individuals with special needs

A New Beginning....

It's finished and we've moved in!! The new Ottenheimer Community Center is up and running! We couldn't be more excited! This new facility has been a long time coming and it is good to be home again. As promised, we are looking to be bigger and better! This center will provide so many opportunities! This will be a place of growth, learning, and friendships.



OTTENHEIMER COMMUNITY CENTER

Registration begins **September 7th**, so take a few moments to look at all we have to offer and be sure to get your registration submitted early; programs fill quickly!

Our mission of improving the quality of life for individuals with disabilities through recreation and leisure opportunities can only be achieved if we're meeting YOUR needs, so please give us a call if you have any questions, comments, or suggestions. Our door is always open. **We hope to see you soon!**

Looking forward to bigger and better things!

Sherrie Shinn, CTRS
Therapeutic Recreation Coordinator

Meet the Therapeutic Recreation Staff...



Sherrie Shinn, CTRS
Therapeutic Recreation Coordinator



Jimmie DuVall
Therapeutic Recreation Programmer



Julie Cumberland
TR Support Staff

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Registration Information

-  Registration is required for all programs on a FIRST COME, FIRST SERVED BASIS. Register early, programs fill up quickly!
-  Be aware of your program selection... Adults or Youth. If you are still in high school, register for the YOUTH Programs. If you have graduated high school or are over age 21, register for the ADULT programs.
-  Return the completed registration form and payment to:

PLEASE NOTE NEW MAILING ADDRESS →



Little Rock Parks and Recreation
Therapeutic Recreation Division
Ottenheimer Community Center
7201 Dahlia Drive
Little Rock, AR 72209

Program Policies

- ⇒ To provide safe and meaningful learning experiences, a 1:4 staff to participant ratio is maintained. If in the opinion of the TR staff, a participant becomes unmanageable and/or potentially dangerous, the guardian will be contacted to pick up the participant.
- ⇒ You must have a Participant Information Form, Liability Release, and Assessment on file with the TR department each calendar year. If you have not submitted one this year, you can find it online at: www.lrpr.org or call to have one mailed.
- ⇒ Payment for all activities must be made in advance unless prior arrangements have been made.
- ⇒ Due to staff: participant ratio, participants must be independent with personal care or provide an aide. For those participants with an aide, you will be required to pay for any fees incurred for the aide and their attendance must be noted on your registration form.
- ⇒ Refunds are considered if the program is cancelled or filled to capacity, if the participant has a verified medical reason or, in the opinion of the TR staff, placement is inappropriate. **However, if it is a ticketed event/outing and tickets have been purchased, there will not be a refund.**
- ⇒ When arriving at a program, parents/guardians are required to sign the participant in and leave a phone number where you can be reached, even if the participant has a cell phone!
- ⇒ If a participant is to be picked up by someone other than the parent/guardian, please notify LRPR staff person prior to the occurrence and have an alternate pick up form on file.
- ⇒ Programs are subject to cancellation if enrollment does not meet minimum requirements.
- ⇒ Fees, times, dates and locations are subject to change.
- ⇒ Many times we have arranged a particular arrival/ start time with the destination, so please arrive at the drop off location on time. We will implement a strict 10 minute leave time from the time listed in the brochure.



**We may take photos of participants enrolled in programs or outings. These photos are used only for promotion of our TR services in the form of displays, brochures, videos and flyers.
Please let us know in writing if you do not want to be photographed.**

Our Mission

To improve the quality of life for individuals with disabilities by providing community recreational and leisure opportunities and promoting lifelong skills.

What is Recreational Therapy?

Therapeutic Recreation is a purposeful intervention designed to bring about positive emotional, social, physical or cognitive changes in individuals with disabilities.

Interventions are designed to foster independence and develop skills for improved quality of life.

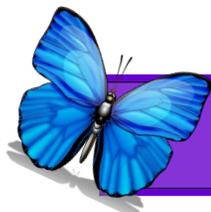
Programs are highly structured, goal oriented opportunities to bring about change while incorporating a participant's individual leisure interests.



The Benefits are Endless....

- Teaches new skills and knowledge
- Builds strong minds and healthy bodies
- Enhances self concept, self esteem and confidence
- Fosters peer relationships and community integration
- Develops life-long leisure skills
- Improves quality of life

The Therapeutic Recreation division of Little Rock Parks and Recreation utilizes trained staff, adapted equipment and community based activities to provide programs that enhance a participant's ability to enjoy recreational, leisure and social settings.



"Give them wings so they can fly"



Did you know that Therapeutic Recreation services can be paid by Medicaid Waiver?

If you are eligible for the Medicaid Waiver program, your participation in LRPR Therapeutic Recreation programs may be covered. We would be happy to work with you and your provider to add Recreational Therapy to your care plan. If you are interested, contact your provider for more details or call us with questions. This is a great opportunity to get the most out of your Medicaid Waiver dollars.

If you are planning to utilize Medicaid Waiver payments for Therapeutic Recreation programs listed in this brochure, please notify us at the time of registration. You will be asked to complete an agreement and provide your Caseworker's contact information.

Youth Programs are designed to meet the leisure interests of participants ages 8—18 or that are still in high school.

Participants must be independent in daily living skills and able to be successful within a staff to participant ratio of 1:4 - OR - provide a personal aide. The cost covers expenses of the activity. Unless otherwise noted, you will need to provide money for meals/concessions, if applicable. For participants with an aide, please note that you will be responsible for any fees incurred.

Kids Night Out

Kids night out offers monthly social activities designed to give youth a chance to socialize with friends, while learning to be independent in the community.

Dates:

- September 21st *Shoguns Restaurant*
6:00 pm- 8:30 pm
- October 26th *Kostume Karaoke*
7:00 pm -9:00 pm
Dress up in costumes
- November 2nd *Dinner and a Movie*
5:30pm-TBD (based on movie times)
- December 7th *Tour of Lights & Starbucks*
6:30 pm - 9:00 pm

*All activities are subject to change.

Cost: \$25.00

Pick up and drop off: Locations will be noted in your confirmation letter.



The Adventure Club

"TAKE IT OUTSIDE!"

The Adventure Club is an opportunity for your child to learn about and explore the great outdoors. This program will be a 5 week course that teaches lifelong skills for enjoying the outdoors while having fun with friends. Anyone with a desire and interest to be outside is welcome. We will be in natural spaces but all ability levels will be supported.

Activities will include: Hikes, identifying plants and wildlife, camping skills, first aid, and navigation to name a few. This program is not just for boys, girls love nature too! So let's take it outside and have some fun!!

Date: Saturdays, Oct.6-Nov. 10
(We will not meet on Oct. 20th)

Time: 9:30am – 12:00pm

Drop off and Pick up:
Ottenheimer Community Center

Cost: \$15.00



YOUTH PROGRAMS

Happy Holidays with Arkansas Symphony Orchestra

Date: Sunday December 16th

Time: 2:00 pm– 5:15pm

Cost: \$20.00

Location: Robinson Music Hall

Drop off and Pick up: City Hall

*We will walk across the street to the performance.

Enjoy the sights and sounds of the season!! Join us for an hour of seasonal tunes and carols made magical with exciting staging and lighting effects.



Since schools out, we've decided to get together and have some fun....Come join us!

Friday, October 19th - School's Out- Fall Fun!

We'll enjoy a hayride, corn maze, etc. Plus, we'll pick and decorate pumpkins!

Time: 9:00 am– 3:30pm **Cost:** \$10.00

Drop off/Pick up: Ottenheimer Community Center ***You will need to bring a lunch.**

Friday, November 9th - Friday Fun Day:

We'll start the day off with bowling, eat lunch out, and then catch a movie.

Time: 9:00 pm–3:30pm **Cost:** \$10.00

Drop off and Pick up: Ottenheimer Community Center ***You will need money for lunch.**



Little Rockers Kids Marathon

Little Rock Parks and Recreation's Therapeutic Recreation division is once again offering the ***Little Rockers Kids Marathon walking program***, a part of the **Little Rock Marathon** designed specifically for students with disabilities.

This program helps participants set goals and fosters a sense of accomplishment, while having fun and gaining health in the process. It is not a competitive program and youth may participate individually or as a class.

Each participant must complete **25.2 miles by February 15th, 2012**. (*That's only about 1 mile a week!*) The final mile will be completed with peers from schools around central Arkansas. We will walk/roll the last mile as a group (date, time and location to be determined).

Please note: The Final Mile is a one-mile, un-timed, non-competitive fun Walk /Roll and will NOT take place on the day of the actual marathon race.

Students who have met all requirements will receive a medal and T-shirt for participating, while also stepping up to health!



Helping students Step up to Health!



To Register:

Contact Sherrie Shinn at: sshinn@littlerock.org

REGISTRATION DEADLINE: NOVEMBER 16TH.

Cost: \$10.00 per student which includes a T-shirt and Medal.

For any questions contact the Therapeutic Recreation Division at: **501-570-1131**

Adult Programs are designed to meet the leisure interests of participants ages 21 (or high school graduate) and up.
 Participants must be independent in daily living skills, able to be successful within a staff to participant ratio of 1:4, and able to manage their own money with little assistance - OR - provide a personal aide. The cost covers expenses of the activity. Unless otherwise noted, you will need to provide money for meals/concessions, if applicable. For participants with an aide, please note that you will be responsible for any fees incurred.



Branch Out!
Adult Day Program

We are thrilled to introduce our new 3-day Adult Therapeutic Recreation Program!
 Activities will include: Community outings, healthy and active programs, volunteer service, skills classes, special events, social activities, etc. This program will encompass all aspects of Therapeutic Recreation and will differ from day to day. We are excited to offer an expanded set of skills, knowledge, and opportunities for fun and learning. You will have the option to attend one, two, or all three days based on what your schedule allows.

Dates: Tuesdays, Wednesdays, & Thursdays - Sept. 11-Dec. 21st (we will not meet Nov. 20-22 due to the holiday)

Time: 9:30am-4:00pm **Location:** Ottenheimer Community Center

Pick up and Drop off: Option 1: Ottenheimer Community Center (9:00am)
 Option 2: Jim Dailey Fitness & Aquatic Center (9:30am)

Cost:
 1 day/week for 15 weeks- \$100 total
 2 days/week for 15 weeks- \$165 total
 3 days/week for 15 weeks- \$240 total

This will include *most* outings. Bring a lunch each day. You will need money when we eat out. You will be notified of those dates ahead of time.

*On registration form please note the days you are signing up for as well as which Drop off/ Pick up option you will be choosing.



Weekend Warriors

Weekend Warriors offers monthly social activities designed for adults. Participants who normally work during the week will have a chance to hang out with friends, while learning to be independent in the community. *Even if you attend our weekday outings, we welcome you to sign up!*



Dates:

September 28th	Shoguns Restaurant	6:00 pm- 8:30 pm
October 26th	Kostume Karaoke	7:00 pm -9:00 pm
November 16th	Dinner & a Movie	6:00 pm - 9:00 pm
December 14th	Tour of Lights & Starbucks	6:00 pm—9:00 pm

Cost: \$25.00 plus meals/concessions

Pick up and drop off:
 Locations will be noted in your confirmation letter.

*All activities are subject to change.

Adult Community Outings

19th Annual Komen Arkansas Race for the Cure and introducing...for the boys... THREE MILES OF MEN!!

Ladies!...

Join us to participate in the 2012 Komen

Arkansas Race for the Cure. All funds from the Komen Race for the Cure go to research, education, screening and treatment programs. Team T-shirts will be provided. So ladies, glam up for this all girls walk for a great cause!

Please Note—you must be able to walk/roll 1.5 miles.

Men, Men, Manly Men!...

If you've got enough hair on your chest come and do the manliest thing possible...Cheer on the ladies as they run in the 19th Annual Komen Arkansas Race for the Cure!

Team shirts will be provided.



Date: Saturday, October 20th

Time: 7:00am – 11:00am
(Race begins at 8am)

Location: Downtown Little Rock

Drop off and Pick up: TBA

Cost: \$20.00

*Cost includes team shirts and registration for both men and women.



“Thanksgiving Potluck” Adult Cooking Class

Thursday, November 15th

Time: 9:30 am-1:30 pm

Location: Ottenheimer Community Center

Cost: \$5.00



We will be cooking it together. Bring *ingredients* for your favorite Thanksgiving dish! You will be contacted after you register for us to develop the menu.



Murry's Dinner Playhouse

Wednesday, September 26th

Time: 11:00am - 3:45pm

Lunch at 11 am, curtain at 1 pm

Cost: \$32.00

Show: Church Basement Ladies

This rip-roaring musical comedy is a celebration of the church basement kitchen and the women who work there. Watch as a group of church ladies and their Pastor cook up an evening of music, laughter and a whole lot of silly!

Happy Holidays with Arkansas Symphony Orchestra

Enjoy the sights and sounds of the season!! Join us for an hour of seasonal tunes and carols made magical with exciting staging and lighting effects.

Date: Sunday December 16th

Time: 2:00 pm– 5:15pm

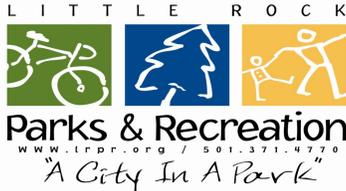
Cost: \$20.00

Location: Robinson Music Hall

Drop off and Pick up: City Hall

*We will walk across the street to the performance.





Little Rock Parks and Recreation
Therapeutic Recreation Division
Ottenheimer Community Center
7201 Dahlia Drive
Little Rock, AR 72209
p: 501-570-1131
f: 501-371-6832
www.lrpr.org

Contact Us:

Therapeutic Recreation Coordinator:

Sherrie Shinn CTRS

sshinn@littlerock.org

Cell: 501-517-1360

Therapeutic Recreation Programmer:

Jimmie DuVall

Cell: 501-690-8390

Please note our new contact information!

Little Rock Parks and Recreation:

Therapeutic Recreation Division

Ottenheimer Community Center

7201 Dahlia Drive

Little Rock, AR 72209

Upcoming Events...

September 7 - Registration Opens

- Sept. 11 - "Branch Out" Begins
- Sept. 26 - "Church Basement Ladies" @Murry's Dinner Playhouse
- Sept. 21 - Kids Night Out begins
- Sept. 28 - Weekend Warriors begins
- Oct. 6- Adventure Club begins

**We will be holding an Open House for our new center on Friday, September 21st!
Details to come!**