LITTLE ROCK

Parks & Recreation

THERAPEUTIC RECREATION

Spring 2016 Program Brochure

THERAPEUTIC RECREATION ~ Recreational Opportunities for individuals with special needs

REGISTRATION BEGINS Monday, JANUARY 11TH!

Meet the Therapeutic Recreation Staff…

Sherrie Shinn, CTRS
Therapeutic Recreation Coordinator

Kendra Williams
Therapeutic Recreation Programmer/
Summer Camp Director

Michaela Tingley
Therapeutic Recreation Support Staff

Angel Phillips
Receptionist

"Give them wings so they can fly"

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Registration Information

- Registration is required for ALL programs PRIOR to program start. Registration is 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: **7201 Dahlia Drive, Little Rock, AR 72209**

Program Policies

⇒ 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.

⇒ 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.**

⇒ **Participants with an aide will be expected to participant in programs as normally as possible** (i.e. eat at the same time as the group, **stay for duration of program activities**, and follow program expectations).

⇒ 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.**

⇒ 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.

⇒ If your participant is not going to make it to a program they have registered for, please notify staff as soon as possible.

⇒ 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.

**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.

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.

Therapeutic Recreation Arts Festival

Get Involved! Have your organization, group or school club provide a booth; It will only cost you your supplies! There are also many levels of sponsorships available!

Make plans to attend the 17th Annual Arts Festival!
Friday May 6th, 2016
10:00 am -1:00pm
Clear Channel Metroplex
FREE Admission

The concept of this festival is to enrich the lives of people with disabilities and their non-disabled peers by encouraging creativity through the arts. The Therapeutic Recreation Arts Festival is a celebration of imagination and innovative activities inspired through the community's resourcefulness.

*Make it and take it Crafts
◊ *Dance Contest
*Hands On Activities * Food
*Climbing Wall
*Photo Booth
"Magician "Face painting
*Concessions

YOUTH PROGRAMS

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:

February 19th	Carnival Night
March 4th	Let's Dance!
April 8th	Traveler's Game
May 13th	Canvas & Cupcakes (painting class)

Cost: $25.00 plus meals/concessions

Pick up and drop off: Locations will be confirmed prior to outing.

The Adventure Club

"TAKE IT OUTSIDE!"

The Adventure Club is an opportunity for your child to learn about and explore the great outdoors. This session will include a day of hiking and enjoying the beautiful scenery at Petit Jean State Park!

Date: April 16

Time: 9:00am – 3:00pm

Drop off and Pick up:

Southwest Community Center

Cost: $10

You will need to bring lunch

UALR TROJANS BASKETBALL GUYS ONLY!!!

Date: Saturday, February 27th

Time: 5:00pm – 8:00pm *subject to change

Location: UALR Jack Stephens Center

Cost: $20 plus money for concessions

***Limited number of tickets available**

ANNIE: THE BROADWAY MUSICAL GIRLS ONLY!!!

Date: Sunday, February 21st

Time: 1:30pm – 4:00pm *subject to change

Location: Maumelle Performing Arts Center

Cost: $30

***Limited number of tickets available**

Multi-Sports Clinic

This session we will offering a multi-sports clinic. Clinic participation demonstrates that having a physical or visual disability is not an obstacle to an active rewarding life.

Date: Saturday, March 5th

Location: Jim Dailey Fitness and Aquatic Center

Time: 2:00 pm – 4:00 pm

Cost: $10.00

SCHOOL'S OUT!!

Friday , May 18th

Mid America Science Museum

Time for Spring Break! And since schools out, we've decided to get together and have some fun. This day will be full of a variety of activities. So come join us for a great day!

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

Drop off/Pick up:

Ottenheimer Community Center

You will need to bring money for lunch

Summer Day Camp

Registration is April 4th!

YOUTH PROGRAMS

To Register:

Call for an application to be mailed to you. 501-570-1131
Or you can go online and print one@ Lrpr.org

NO APPLICATIONS WILL BE ACCEPTED BEFORE APRIL 4TH.
Applications only accepted at Ottenheimer Community Center

Summer Day Camp 2016

Dates: Monday– Friday June 6th-July15th (subject to change)

Time: 8:30 am-3:30 pm Location: TBA

Ages: 8-18 or still in high school Max: 17 campers

Cost: $75.00 for 6 weeks or sign up for individual weeks at $20.00 per week
**If you are going to be on vacation or attending another camp for a week, please be considerate and do not sign up for that particular week.

Therapeutic Recreation uses education and recreation services to help people with disabilities develop and enhance their quality of life. This day camp is a therapeutic based program that emphasizes fun recreational activities for people with special needs to promote the development of motor skills, social skills, independence and other related areas. This camp is *active* and days are filled with games, swimming, community outings, arts and crafts and more. Due to staff/participant ratio, participants must be independent with personal care or provide an aide.

Camp applications will be on a first come first serve basis. Space is very limited.
**This price includes most outings. The camper will need money occasionally.*
Campers will be dropped off and picked up at the designated site each day. We will have activities on site as well as outings in the community.* *(make note of this when deciding if this camp is an appropriate setting for your child)***
**Campers will need to bring their lunch each day.*
**You will be notified of an accepted enrollment.*

Therapeutic Recreation:

- 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 Benefits are Endless....

ADULT PROGRAMS

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

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 - Jan. 19-May 12th
(we will not meet **March 22 –24th** due to Spring Break)
Time: 9:00am-3:30pm **Location:** Ottenheimer Community Center
Pick up and Drop off: Ottenheimer Community Center

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 the registration form, please specify which days of the week you will be attending.

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:

February 19th	Carnival Night
March 4th	Let's Dance!
April 8th	Traveler's Game
May 20th	Canvas & Cupcakes (Painting Class)

Cost: $25.00 plus meals/concessions
Pick up and drop off: Locations will be confirmed prior to outing.

*All activities are subject to change.

Adult Community Outings

Murry's Dinner Playhouse

Moonlight & Magnolias

Date: January 13th
Time: 11:00am - 3:30pm
Lunch @11am, curtain at 1pm
Cost: $32.00

The year is 1939 and David O. Selznick is making the mother of all movies, Gone with the Wind. The cast is in place and cameras are rolling. There's just one problem—Selznick doesn't have a script yet. So he locks himself, director Victor Fleming, and script doctor Ben Hecht in a room with little more than peanuts, bananas, and a typewriter, and they proceed to reenact the saga of Scarlett and Rhett. Only this is Scarlett and Rhett like you've never seen before! This comedy is a hilarious homage to the men behind an American movie classic.

UALR TROJANS BASKETBALL

GUY'S ONLY!

Date: Saturday, February 27th
Time: 5:00pm – 8:00pm *subject to change
Location: UALR Jack Stephens Center
Drop off and Pick up:
Jack Stephens Center
Cost: $20 plus money for concessions
***Limited number of tickets available**

ANNIE:
THE BROADWAY MUSICAL

GIRL'S ONLY

Date: Sunday, February 21st
Time: 1:30pm – 4:00pm *subject to change
Location: Maumelle Performing Arts Center
Drop off and Pick up:
Maumelle Performing Arts Center
Cost: $30
***Limited number of tickets available**

Hot Springs Day trip to the Arkansas Alligator Farm

Date: Tuesday, April 5th
Location: Hot Springs National Park
Time: 9am-4pm
Drop off and Pick up:
Ottenheimer Community Center
Cost: $10 plus lunch money

Degray Boat Tour

Date: May 12th
Location: Lake Degray
Drop off and Pickup:
Ottenheimer Community Center
Time: 9am-4pm
Cost: $10 plus lunch money

Little Rock Parks and Recreation
Therapeutic Recreation Division
Ottenheimer Community Center
7201 Dahlia Drive
Little Rock, AR 72209
p: 501-570-1131
f: 501-570-1139
www.lrpr.org

Contact Us:

Little Rock Parks and Recreation:

Therapeutic Recreation Division

Ottenheimer Community Center

7201 Dahlia Drive

Little Rock, AR 72209

501-570-1131

<u>Therapeutic Recreation Coordinator:</u>

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