

L I T T L E R O C K



Parks & Recreation

www.lrpr.org / 501.371.4770

"A City In A Park"

# Fall 2016 Program Brochure

## THERAPEUTIC RECREATION ~ Recreational Opportunities for individuals with special needs

REGISTRATION BEGINS Friday, August 5th!



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### Meet the Therapeutic Recreation Staff...



**Sherrie Shinn CTRS**  
TR Coordinator






**Marshall Dickey**  
TR Programmer



**Angel Phillips**  
Receptionist

## 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](http://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.

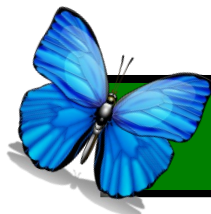
Programs are highly structured, goal oriented opportunities to bring about change while incorporating a participant's individual leisure interests.



## 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 and Events:

**Sept 16th** Game Night  
6:00pm-8:00pm)

**Oct 28th** Kostume Karaoke  
7:00pm-9:00pm

**Nov 11th** Movie Night  
6:00pm– 9:00pm

**Dec 2nd** Tour of Lights & Starbucks  
6:00pm-9:00pm

**Cost:** \$25.00 plus meals/concessions

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

\*All activities are subject to change.

## Happy Holidays with Arkansas Symphony Orchestra

Date: Sunday December 18th

Location: Robinson Music Hall

Time: 2:00 pm – 5:15pm

Cost: \$20.00

Drop off and Pick up: City Hall Parking Lot

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.



## The Adventure Club

The Adventure Club is an opportunity for your child to learn about and explore the great outdoors. Anyone with a desire and interest to be outside is welcome.

We will be in natural spaces but all ability levels will be supported.

### Dates and Events:

**Sept 17–** 9:00am-2:00pm  
“Outdoor/Camping Skills”- Ottenheimer TR Center

**Oct. 8 -** 9:00 am– 2:00 pm  
“Fishing 101” at Ottenheimer TR Center

### Special Event:

**Nov. 19-20–** Drop off at 8:30 am on Saturday  
Pick up at 11:00 am on Sunday  
(meet at Southwest Community Center)

**Overnight Adventure at the 4H Center–** We will stay in the dorms at the 4H center. Meals and activities are included. Further details available upon registration.

**Cost:** \$50.00 (includes skills day and overnight event)

## SCHOOL'S OUT!!

**Monday, November 21st**

**PIE DAY!!** Let's make mini pies to get ready for the Thanksgiving holiday! While the pies are in the oven, we will have fun activities with friends!!

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

**Drop off/Pick up:** Ottenheimer Community Center

**\*You will need to bring your 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 17th, 2016. (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 Little Rock 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 Marshall Dickey at: [wdickey@littlerock.org](mailto:wdickey@littlerock.org)

Registration Deadline: November 11th.

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

For any questions contact us 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!

### 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  
 August 16th-December 15th  
 We will not meet November 22-24 due to the Holidays

**Time:** 9:00am-3:30pm    **Location:** Ottenheimer Community Center

Pick up and Drop off: Ottenheimer Community Center

**Cost:**  
 1 day/week for 16 weeks- \$100 total  
 2 days/week for 16 weeks- \$165 total  
 3 days/week for 16weeks- \$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.



### 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 16th    Game Night (6:00pm-8:00pm)
  - October 28th      Costume Karaoke (7:00pm-9:00pm)
  - November 11th    Movie Night (6:00pm- 9:00)
  - December 9th     Tour of Lights & Starbucks (6:00 pm- 9:00 pm)

**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

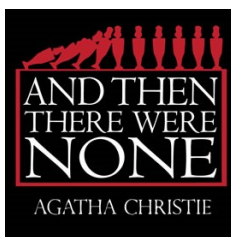
**Date:** October 12th

**Time:** 11:00am - 3:45pm  
Lunch at 11:00 am

Show starts at 1:00 pm

**Cost:** \$32.00

**Show:** "And Then There Were None"



#### "And Then There Were None"

Agatha Christie's masterpiece! Ten strangers are summoned as guests to a private island. Their host, an eccentric millionaire unknown to all of them, is nowhere to be found.

All that the guests have in common is a wicked past they're unwilling to reveal – and a secret that will seal their fate; for each has been marked for murder. One by one they fall prey. Before the weekend is out, there will be none.

And only the dead are above suspicion.

### 22nd Annual Komen Arkansas Race for the Cure



**Date:** Saturday October 22nd

**Time:** 7:00am-11:00am

**Location:** Downtown Little Rock

**Drop off and Pick up:**

TBA

**Cost:** \$20

\*Cost includes team shirts and registration .

ADULT PROGRAMS

### Thanksgiving Potluck & Adult Cooking Class

**Date:** Thursday November 17th

**Location:** Ottenheimer Community Center

**Time:** 9am-4pm

**Cost:** \$5.00

\* We will be cooking it together!

Bring the ingredients for your favorite Thanksgiving dish!  
You will be contacted after your register for us to develop the menu.



### 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 18th

**Location:** Robinson Music Hall

**Drop off and Pickup:**

City Hall Parking Lot

**Time:** 2:00pm-5:15pm

**Cost:** \$20.00



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7201 Dahlia Drive  
Little Rock, AR 72209

**Therapeutic Recreation Staff:**

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**501-517-1360**

**p: 501-570-1131 f: 501-570-1139**

**www.lrpr.org**



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