

L I T T L E R O C K



**Parks & Recreation**

www.lrpr.org / 501.371.4770

*"A City In A Park"*

# *Spring 2020 Program Brochure*

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

***REGISTRATION NOW OPEN!***



**Meet the Therapeutic Recreation Staff...**



**Sherrie Mitchell**  
**CTRS**  
TR Coordinator



**Marshall Dickey**  
TR Specialist



**Maggie Pigg**  
TR Programmer






**Angel Phillips**  
Receptionist



**Janet Shatley**  
Part-time Staff

## 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:

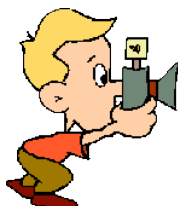


Little Rock Parks and Recreation  
Therapeutic Recreation Division  
Ottenheimer Community Center  
7201 Dahlia Drive  
Little Rock, AR 72209

## Program Policies

- ⇒ To provide safe and meaningful learning experiences, a 1:4 or 1:5 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, participants/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.

**\*Programs fill up quickly. Registration is on a FIRST COME FIRST SERVED BASIS. On registration form please note the days you are signing up for. We will not be able to accommodate changing days throughout the session.**



**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, flyers and our social media page. 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.



***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  
 21st Annual Arts Festival!  
 Friday May 8th, 2020  
 10:00 am -1:00pm  
 New Location- TBD  
 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**  
**\*Climbing Wall**  
**\*Photo Booth**  
**\*"Magician"**  
**\*Face painting**  
**\*Concessions**



**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!

### 5-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:** Monday Through Friday

January 6th — May 7th

We will not meet March 23rd-27th due to Spring Break

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

Pick up and Drop off: Ottenheimer Community Center

**Cost:**

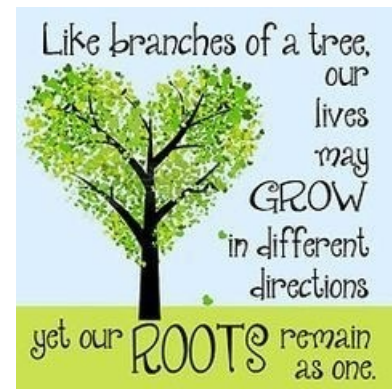
5 days/week (Monday – Friday) for 18 weeks- \$600 total

3 days/week (Monday, Wednesday, Friday) for 18 weeks- \$375 total

2 days/week for (Tuesday, Thursday) 18 weeks- \$260 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.

\*Daily schedules are emailed each week with specific details (i.e, outings, lunch plans, special events, etc.) Activities vary throughout the program.



### 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 7th Canvas & Cupcakes

March 20th Dance Event

April 17th Movie Night

May 1st Traveler's Baseball Game

**Cost:** \$25.00

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

\*All activities are subject to change.

## Adult Community Outings

### Munchin' & Movies

**Date:** Friday, January 31st

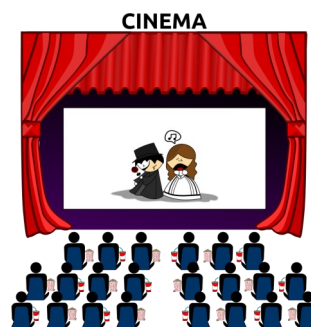
**Time:** 9:00am – 3:30pm \*subject to change

**Location:** Movie Tavern

**Drop off and Pick up:**

Ottenheimer TR Center

**Cost:** \$10.00 plus lunch money



### Hot Springs Day Trip

**Garvan Woodland Gardens**

**Date:** Tuesday, March 17th

**Location:** Hot Springs National Park

**Time:** 9am-4pm

**Drop off and Pick up:**

Ottenheimer TR Center

**Cost:** \$10.00 plus lunch money



### Arkansas Outdoor School - Archery, Fishing, Team Building

**Date:** April

**Location:** 4H Center

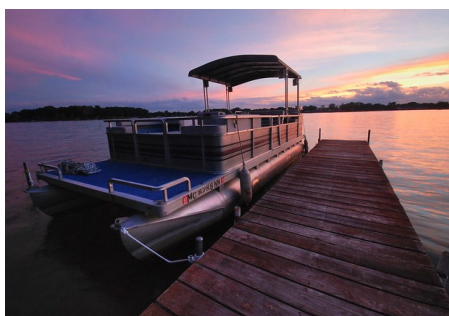
**Time:** 9am-3:30pm

**Drop off and Pick up:** Ottenheimer TR Center

**Cost:** \$20



**TEAM  
BUILDING**



### Degray Boat Tour

**Date:** April 28th

**Location:** Lake Degray

**Drop off and Pickup:**

Ottenheimer TR Center

**Time:** 9am-4pm

**Cost:** \$10.00 plus lunch money



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p: 501-570-1131  
f: 501-570-1139  
[www.littlerock.gov](http://www.littlerock.gov)



## Contact Us:

Therapeutic Recreation Coordinator:

**Sherrie Mitchell, CTRS**

[sshinn@littlerock.gov](mailto:sshinn@littlerock.gov)

Therapeutic Recreation Specialist:

**Marshall Dickey**

[wdickey@littlerock.gov](mailto:wdickey@littlerock.gov)

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