

THERAPEUTIC RECREATION VIRTUAL PROGRAMMING

“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 new and returning individuals participating in Therapeutic Recreation Programs will need to have an updated assessment completed ASAP. 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 is to 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. **We can do assessments in a center while maintaining social distancing/COVID-19 safety guidelines OR via Zoom.** To set up an assessment or if you have any questions, please call 757-382-1328.

You DO NOT have to have an updated assessment to participate in virtual programs. We do encourage you to complete an updated assessment ASAP to prepare for future programs!

All programs will be done virtually via Zoom. If you need assistance accessing Zoom, please call 382-1328. Zoom is free to use.

Programs will be FREE but pre-registration is required via ActiveNet. The Zoom meeting information and supply list (if applicable) will be printed on your receipt and emailed to you after you register.

SOCIAL GROUPS

These social groups are dedicated to increasing participants’ independence while creating opportunities for individuals to make new friends and enjoy fun activities. It is especially important to connect with peers during this time. We will have general conversation and play games while taking time to address emotions and experiences through our current situation.

TR-C.R.E.W. (Chesapeake Recreation, Education and Wellness) Club (AGES 21+)

Mondays, 4:00-4:30pm

| | Dates | Topic/Theme |
|----------|-------|--|
| 6374-118 | 9/14 | Comedy Time (be ready to share your best jokes) |
| | 9/21 | Healthy Eating in the Fall |
| | 9/28 | Trivia |
| | 10/5 | Paint Night (a supply list will be emailed to you) |

- 6374-119 10/19 Favorite Things
- 10/26 Costume Time (wear your costume OR bring a picture of your favorite costume)
- 11/2 Healthy Options for the holidays
- 11/9 Science Fun (a supply list will be emailed to you)

TR-CHAIR EXERCISE (All Ages)

Take a break from the day to day tasks and enjoy an upbeat workout with friendly faces! Wear comfortable clothes and have water close by!

Tuesdays and Thursdays, 10:00-10:30am

- 6374-120 September 15-October 8
- 6374-121 October 20-November 17 (No class November 3rd due to Election Day)

TR-TEEN TIME (AGES 13-22)

Tuesdays, 4:00-4:30pm

- | | Dates | Topic/Theme |
|----------|-------|--|
| 6374-122 | 9/15 | Comedy Time (be ready to share your best jokes) |
| | 9/22 | Healthy Eating in the Fall |
| | 9/29 | Trivia |
| | 10/6 | Paint Night (a supply list will be emailed to you) |
| 6374-123 | 10/20 | Favorite Things |
| | 10/27 | Costume Time (wear your costume OR bring a picture of your favorite costume) |
| | 11/3 | No class due to Election Day |
| | 11/10 | Healthy Options for the holidays |
| | 11/17 | Science Fun (a supply list will be emailed to you) |

TR-VIRTUAL FIELD TRIPS (All Ages)

Join me as I travel to fun spots around the city! We will try to get to as many fall themed sites as possible!

Wednesdays, 10:00-10:30am

- 6374-124 September 16-October 7
- 6374-125 October 21-November 18 (No Class on Nov. 11 for Veterans Day)

TR-KARAOKE (Ages 6-17)

Belt it out! Let loose and sing your favorite songs with your TR friends! You don't HAVE to sing, feel free to come and enjoy watching/listening to your friends sing!

Wednesdays, 4:00-4:30pm

- 6374-126 September 16-October 7
- 6374-127 October 21-November 18 (No Class on Nov. 11 for Veterans Day)

TR-KARAOKE (Ages 18+)

Belt it out! Let loose and sing your favorite songs with your TR friends! You don't HAVE to sing, feel free to come and enjoy watching/listening to your friends sing!

Thursdays, 4:00-4:30pm

- 6374-128 September 17-October 8
- 6374-129 October 22-November 12

TR-PARENT/CAREGIVER CHAT

Share your experience, encouragement and ideas with each other while enjoying some laughs! Feel free to bring your coffee/tea in your favorite mug!

Thursdays, 6:00-6:30pm

6374-128 September 24, October 15, November 19 & December 17

TR-ADVENTURE STROLLS (All Ages)

Pick your favorite walking spot in Chesapeake and let's get moving together! Everyone will go to their chosen walking spot (park, neighborhood, trail, etc.) and walk at your own pace once a week. Each Friday, we will get on Zoom and share where we walked. You can try a new place each week that was shared by a friend OR stay in the comforts of your own neighborhood. You will be provided with a list of questions to answer each week about your walking location. At the end of the session, everyone will get a packet with all of the walking spots so you can try them in the future!

Fridays, 10:00-10:30am

6374-129 September 18-October 9

6374-130 October 23-November 13

HOLIDAY PROGRAMS

TR-PUMPKIN DECORATING (Ages 6-17)

Ribbons, glitter, stickers oh my! Pick your pumpkin and your decorating materials for some festive fall fun! We can share harvest stories while we decorate together!

Wednesday, 4:00-4:30am

6374-131 October 14

TR-PUMPKIN DECORATING (Ages 18+)

Ribbons, glitter, stickers oh my! Pick your pumpkin and your decorating materials for some festive fall fun! We can share harvest stories while we decorate together!

Friday, 4:00-4:30am

6374-131 October 16

TR-THANKSGIVING CENTERPIECE CRAFT (Ages 18+)

Let's spruce up the dinner table with this DIY Thanksgiving centerpiece! Why make it alone when we can do it together?! A list of supplies will be printed on your receipt.

Monday, 4:00-4:30pm

6374-132 November 16



TR-CHAIR EXERCISE- Holiday Edition (All Ages)

Let's work off those holiday treats with some holiday music and smiling faces! Wear comfortable clothes and have water close by!

Tuesdays and Thursdays, 10:00-10:30pm

6374-133 December 1-December 17

TR-Holiday Wreath Making (Ages 6-17)

Add your own decorative flair to your home decorations this year! A list of supplies will be printed on your receipt.

Wednesday, 4:00-4:30pm

6374-134 December 2

TR-Holiday Wreath Making (Ages 18+)

Add your own decorative flair to your home decorations this year! A list of supplies will be printed on your receipt.

Thursday, 4:00-4:30pm

6374-135 December 3

TR-Cookie Dough Making (Ages 6-17)

Holiday Baking season is here! What better way to kick it off than with some yummy cookie dough recipes? We will make a classic sugar cookie dough for you to bake with that day OR store in your fridge to enjoy another day! A list of supplies will be printed on your receipt.

Wednesday, 4:00-4:30pm

6374-136 December 9

TR-Cookie Dough Making (Ages 18+)

Holiday Baking season is here! What better way to kick it off than with some yummy cookie dough recipes? We will make a classic sugar cookie dough for you to bake with that day OR store in your fridge to enjoy another day! A list of supplies will be printed on your receipt.

Thursday, 4:00-4:30pm

6374-137 December 10

TR-Karaoke (Caroling Edition) (Ages 6-17)

Wear your favorite holiday attire and join us for some good ol' fashioned caroling! We will sing traditional songs and take requests!

Wednesday, 4:00-4:30pm

6374-138 December 16

TR-Karaoke (Caroling Edition) (Ages 18+)

Wear your favorite holiday attire and join us for some good ol' fashioned caroling! We will sing traditional songs and take requests!

Thursday, 4:00-4:30pm

6374-139 December 17