

THERAPEUTIC RECREATION PROGRAMS

“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 returning individuals participating in Therapeutic Recreation Programs will need to have an updated assessment completed by August 2022. All new participants need to complete an assessment prior to registering for programs. 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 will 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. To set up an assessment or if you have any questions, please call 757-382-1328.

Each activity has a register by date. This is to ensure that we have adequate supplies in advance for each program.

TR PARENT/CAREGIVER CHAT (VIRTUAL)

Join from the comfort of your own home to hear about the exciting new programs and updates coming to TR! You will be given a chance to make suggestions as well as ask questions. A zoom link will be sent after you register!

VIRTUAL VIA ZOOM

Tuesday, 6-7pm, Free

6374-100

March 15

(Register by March 14)

CLASSES

TR-Chair Exercise (Ages 18+)

Low to moderate exercises to strengthen muscle, increase flexibility, and range of motion from the comfort of your chair. **Wear** comfortable clothing and sneakers. **Bring** water bottle. Min 2/Max 8

Indian River Community Center

Tuesdays, 3:30-4:15pm, \$15

6388-10

January 4- March 8

(Register by December 27)

6388-11

March 22 – May 24

(Register by March 15)

TR-Chair Exercise (Ages 18+) (VIRTUAL)

Low to moderate exercises to strengthen muscle, increase flexibility, and range of motion from the comfort of your chair. You will receive a zoom code after you register. **Wear** comfortable clothing and sneakers. **Have** water bottle.

Virtual (Zoom)

Tuesdays, 3:30-4:15pm, \$15

6388-12 January 4- March 8 (Register by December 27)
6388-13 March 22 – May 24 (Register by March 16)

TR-Mixed Art (Ages 18+)

Explore the wonderful world of art! We will travel to Barbs Hideaway for the first class to purchase ceramic pieces for the session. Each piece cost between \$5-\$10 so please bring enough to purchase 2-3 pieces. Create your own personal masterpiece through canvas painting, mosaics and other artistic options. Min 2/Max 8

Rokeby Center

Wednesdays, 3:30-5:00am, \$20

6366-02 January 5- March 9 (Register by December 27)
6366-03 March 23 – May 25 (Register by March 16)

TR- Instructional Bowling (Ages 18+)

Learn the foundational skills of bowling while working with your peers to increase social skills, verbal/communication skills, focus of attention, money management and more! Bring \$8 each week. (\$4/game. We will play 2 games) Min 2/Max 8

Bowlero

Thursdays, 2:30-4:00pm, \$15

6374-50 January 6 -March 10 (Register by December 30)
6366-51 March 24 – May 26 (Register by March 17)

SOCIAL GROUP

This social group is dedicated to increasing participants’ independence while creating opportunities for individuals to make new friends and enjoy fun activities.

C.R.E.W (Chesapeake Recreation, Education and Wellness) Club (on-site) (AGES 18+)

Portlock at South Norfolk-3815 Bainbridge Blvd; Mondays, 5:30-7:00pm, \$10/class Min 2/ Max 15

6374-52 **Bingo Night (hot cocoa & cookies)** Jan 3rd (Register by December 27th)
6374-53 **Valentine Card Craft (cookies & hot cocoa)** Feb 7th (Register by January 31st)
6374-54 **Paint Craft** March 7th (Register by February 28th)
6374-55 **Talent Show Night & Karaoke** April 11th (Register by April 4th)
6374-56 **Game Night** May 9th (Register by May 2nd)

OUTINGS

C.R.E.W (Chesapeake Recreation, Education and Wellness) Club (AGES 22+)

Mondays, 5:30-7:30pm (hours may vary slightly based on outing)

Spend a few evenings socializing with friends over food and games! Registration fee does not include cost of food. Drop off and pick up will be at the site of the outing with the exception of the Fireside Chat at NWRP. Min 2/ Max 10

6390-13 **Hibachi Grill-Kyoto (bring \$25)** \$5 Jan 24th (Register by January 17th)
6390-14 **Chesapeake Planetarium (free)** \$5 March 3rd (Register by February 24th)
6390-15 **El Loro Mexican (bring \$20)** March 21st (Register by March 14th)

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| 6390-16 | Fireside Chat (NWR Park) (drop off at 5 and pick up at 7:30 at 1224 Progressive Drive) | \$5 | April 25 th | (Register by April 18th) |
| 6390-17 | Movie Night (movie ticket included) (Bring at least \$20 for dinner) | \$10 | May 23 rd | (Register by May 16th) |

TR KIDS CLUB MEET UP (Ages 6-12)

Ever wish you could talk and swap information with other parents who share similar experience? If so, here's your chance! Meet up once a month and chat with each other while your loved ones play with Therapeutic Recreation Staff at the park! Bring your coffee and a bag lunch so we can enjoy the Spring breeze together while you meet other parents in your area!

Saturday, 10:30am-12:30pm, Free

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| 6374-57 | Deep Creek Park (437 George Washington Highway S) | April 9 | (Register by April 4) |
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TR-CRUISIN' AROUND TOWN (AGES 18+)

Catch a ride on the "Chesapeake Express" van/bus and enjoy a community-based outing around town. Goals will include, but are not limited to, improving money management skills, socialization, independence, coping abilities, appropriate behavior in the community and HAVING FUN! Registration fee does not include cost of tickets/admission/food. Admission cost and additional fees needed on the day of the outing will be on your receipt. Must register for trip one week in advance. Drop off/Pick up location is Chesapeake Parks Recreation and Tourism Administration Office-1224 Progressive Drive, Chesapeake, VA 23320. Min 2/ Max 10

Thursdays, 10 AM-1:30 PM

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| 6390-19 | Cinema Cafe | \$10 | Jan 13 th | (Register by January 6 th) |
| 6390-20 | Top Golf | \$10 | Feb 24 th | (Register by February 17 th) |
| 6390-21 | Greenbrier Mall/Celtic Tiger | \$5 | March 17 th | (Register by March 10 th) |
| 6390-22 | Bergey's Dairy | \$10 | April 7 th | (Register by March 31 st) |
| 6390-25 | Botanical Gardens | \$20 | May 19 th | (Register by May 12 th) |
| 6390-24 | Redhead Bay Café | \$5 | June 2 nd | (Register by May 26 th) |

SPECIAL EVENTS

Therapeutic Recreation special events are intended to create an independent environment where participants can build relationships and improve social skills with their peers. Pre-registration is **required** for all dances. At the door registration will be an additional \$10 fee. No outside food or drink will be allowed.

TR-Snow Ball (AGES 16+)

Come and dance the night away to a variety of music presented by our DJ from Astro! We will enjoy hot and cold hors d'oeuvres along with homemade fruit punch! At the end of the night, we will pick a snowball king and queen so come dressed in your VERY best!

River Crest Community Center Min 10/ Max 40

Saturday, 5:30-7:30pm, \$10

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| 6378-10 | February 26nd | (Register by February 18th) |
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TR-Neon Nights (AGES 16+)

Outrageous! Join us for this totally legit 80s-themed social dance. Come dressed in your most hip 80's attire and be prepared to dance the night away to righteously awesome 80's tunes!

River Crest Community Center Min 10/ Max 40

Saturday, 5:30-7:30pm, \$10

6378-11 May 7th

(Register by April 29th)