

THERAPEUTIC RECREATION SPRING 2023 PROGRAMS

THERAPEUTIC RECREATION

“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 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.

REGISTRATION FOR SPRING PROGRAMS WILL OPEN ON March 1st

CLASSES

TR- Stretch and Decompress (Ages 18+)

Spend some time stretching and practicing different mindfulness skills every week. In this new class, we meet to de-stress and decompress through different stretching techniques and by learning new methods to relaxation.

Location: Indian River Community Center

Wednesdays, 4:00-4:50pm, \$15

6366-03 April 5 – June 7 (Register by March 29)

TR- Instructional Bowling (Ages 18 +)

Learn the foundational skills of bowling while working with your peers to increase social skills, verbal/communication skills, focus on attention, money management and more! Bring \$8 each week. \$4 per game. Please bring exact amount if possible. We will play 2 games.

Bowlero

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

6374-11 April 6 – June 8 (Register by March 30)

SOCIAL GROUP

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

C.R.E.W. (Chesapeake Recreation, Education and Wellness) Club (Onsite) (AGES 18+)
Indian River Community Center (2250 Old Greenbrier Road) unless otherwise noted;
Mondays, 5:30-7:00pm

6374-14	Public Safety Night	\$10	April 3	(Register by March 27)
	<i>*We will be meeting at Fire Station 3 for this class. 1801 Rokeby Avenue, Chesapeake, Virginia 23320</i>			
6374-12	Craft Night	\$10	May 8	(Register by May 1)
6374-13	Game Night	\$10	June 5	(Register by May 29)

OUTINGS

C.R.E.W (Chesapeake Recreation, Education, and Wellness) CLUB (AGES 18+)

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

Spend a few evenings socializing with friends over food, games, or trips around the city! Registration fee does not include the cost of food. Drop off and pick up will be at the site of the outing.

6390-26	An Evening in the Garden	\$15	April 10	(Register by April 3)
	<i>*This will be from 5-7pm at the Chesapeake Arboretum Gazebo.</i>			
6390-27	Movie Night	\$10	May 22	(Register by May 15)
6390-28	Minigolf	\$10	June 12	(Register by June 5)

TR-VIRGINIA INTERNATIONAL TATTOO (AGES 18+)

Come see the international cast of more than 800 performers, with bands from the U.S. Army, Navy, and Marine Corps joined by civilian and military performers from 7 nations at the Norfolk Scope. Drop off/pick up will be at the Chesapeake Parks, Recreation and Tourism Administrative Office at 1224 Progressive Drive, Chesapeake, VA 23320.

Norfolk Scope

Wednesday, 6-9pm, \$10

6390-29	April 19	(Register by April 12)
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TR-CRUISIN’ AROUND TOWN (AGES 18+)

Cruise around with us to different places in town! Goals may include improving money-management skills, socialization, independence, coping abilities, appropriate behavior in the community, decision-making skills, and having fun! Must register for the trip one week in advance. Drop off/pick up will be at the Chesapeake Parks, Recreation and Tourism Administrative Office at 1224 Progressive Drive, Chesapeake, VA 23320.

Thursdays, 10:00AM-1:30pm

6390-30 Botanical Gardens \$20 April 6 (Register by March 30)

6390-31 Norfolk Tides Baseball Game \$15 May 18 (Register by May 11)
Time for this outing will be 11am-4:30pm with the game starting at 12:05pm.

6390-32 Bellyak at Community Beach \$15 June 1 (Register by May 25)

**A Bellyak is the only kayak specifically designed for paddling prone. A bellyak combines the best aspects of kayaking and swimming into one incredibly fun and easy to use package, providing the perfect interface between you and the water. <https://www.bellyak.com/>

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**. At-the-door registration will be an additional \$10 fee. No outside food or drink will be allowed.

TR- Neon Nights (AGES 16+)

Neon Nights is back! Dress in your best and brightest neon or 80's themed outfit as we dance the night away. Enjoy some food and games, while dancing along to the music and spending time with friends! We will have friends from sister cities' Therapeutic Recreation Departments joining us for the fun!

Location: Great Bridge Community Center

Saturday, 5:00-7:00pm

6378-20 April 29 \$15 (Register by April 22)

TR-Adaptive Water Sports (AGES 6+)

If you like water and adventure, THIS is for you! Try out adaptive water skiing in a safe and FUN environment! Virginia Beach Adaptive Water Sports will be coming to our very own Oak Grove Lake Park to lead this awesome event! You will receive an email after you register with a link to complete the necessary waiver. Once registration closes, you will receive your time slot for the day!

OAK GROVE LAKE PARK (409 Byron Street)

Saturday, 9:00am-3:00pm

6374-21 June 3 \$5 (Register by May 26)