

# Adaptive & Inclusive Recreation Services



TUALATIN HILLS  
PARK & RECREATION DISTRICT

## Services and Recreation Programs for People with Disabilities

Supervisor: Julie Rocha  
Program Coordinator: Emily Braman

Fall Term: Sept. 5-Dec. 31, 2017

**Registration:** A THPRD identification card is required for all programs/activity registrations. See page 4 for out-of-district information.

### Inclusion Services

Inclusion Services is committed towards providing a continuum of staff support to children, teens and adults with physical and developmental disabilities in order to make all THPRD programming more accessible. We believe that meeting the diverse needs of the community we serve promotes the dignity, success and enjoyment of all participants. Individuals looking for staff support in THPRD programs, or for more information about Inclusion Services, should call 503-629-6330.

### THPRD Scholarships

Assistance is available through the THPRD Scholarship Program for in-district participants who qualify. See information on page 7 or call the Administration Office at 503-645-6433 for details.

### Adaptive Aquatics

Lessons and more information can be found on pages 74, 83.

### Adaptive & Inclusive Volunteers

Would you like to have a meaningful and positive impact in your community? Join us and have fun working with children, teens, and adults with developmental disabilities. Call us at 503-629-6330 for more information.

For safety and liability reasons, THPRD staff reserve the right to exclude any individual who displays aggressive or challenging behaviors that are inappropriate to a community setting or put the leader or another participant at risk of injury. Alternative program options will be recommended whenever possible.

### TriMet Lift

Please schedule arrivals and pickups no more than 15 minutes before and 15 minutes after registered/drop-in activities. Staff will not be available before or after that time.

## Adaptive & Inclusive Recreation Services consists of four programs:

### Therapeutic Recreation (TR)

A recreation program for patrons 14+ years of age and older with developmental disabilities. Drop-in programs, off-site activities and special events are offered throughout the year.

### Inclusive Recreation

Inclusive recreation classes for children and adults with and without disabilities are offered at recreation centers throughout the district.

### Camp Rivendale

A summer day camp providing recreational opportunities for patrons who have physical, emotional and/or developmental disabilities. The camp runs during the summer for campers ages 6 to 22 and then for adults ages 22 and older.

### Adaptive Recreation

A recreation and sports program for children with physical and developmental disabilities. Classes are offered throughout the year for ages 4 to adult.

### Thursday Night All-stars

This is a recreation and socialization program for teens and adults (ages 13+) with developmental disabilities to play pickup games of basketball.

**When:** Thursdays, 6:15-7:45 pm (times subject to change)

**Cost:** \$5 each time or 5-punch passes available for \$25

**Location:** THPRD Athletic Center - 15707 SW Walker Road, Beaverton (some Thursdays not available)

Participation is on a drop-in basis and requires the following:

- ◆ Completed medical/emergency information form
- ◆ Sign up before attending if you are a new participant
- ◆ Those requiring 1:1 assistance must bring an aide who is required to stay for the entire duration of the activity at the Athletic Center.

For more information, contact Emily Braman at 503-629-6330.

### Therapeutic Recreation (TR) Drop-in

Join us Monday nights for fun activities in this recreational and social program for teens and adults (14+). Enjoy arts & crafts, dances, game nights and more.

**Cost:** \$5 (Except where noted, for off-site activities)

**Date & Time:** Mondays, 6:30-8:30 pm

For more information and to get on our email list, please call, 503-629-6330.

A THPRD Therapeutic Recreation Medical/Emergency Information form is required for all participants.

Those who require 1:1 support must have an aide that stays on site for the duration of the activity or event.

# Adaptive and Inclusive Recreation Programs

## TR Drop-in Events

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>Round Table Pizza</b> Join us for dinner at Round Table Pizza. (10150 SW Beaverton-Hillsdale Hwy., Beaverton) Please bring \$20 for food.				
9/11 (1) Off-site	M	6:30-8 pm ID/AP: \$5	14 yrs-Adult OD: \$5	AC20911
<b>Girls Night/Guys Night</b> Girls: Come get pampered, socialize, dance a bit and have fun. Guys: We will hang out, have snacks, play ping pong and watch a game.				
9/18 (1) Stuhr Center	M	6:30-8:30 pm ID/AP: \$5	14 yrs-Adult OD: \$5	AC20918
<b>Music, Music, Music</b> Listen to different types of music, try out some instruments, dance to the beat of different drums and more. Come explore the world of music with us.				
9/25 (1) Stuhr Center	M	6:30-8:30 pm ID/AP: \$5	14 yrs-Adult OD: \$5	AC20925
<b>Talent Show</b> Everyone is welcome to perform! Bring your own music and sing, tell some funny jokes, play an instrument, or just get up and show us your special talent.				
10/2 (1) Stuhr Center	M	6:30-8:30 pm ID/AP: \$5	14 yrs-Adult OD: \$5	AC21002
<b>Zoo Visitors</b> Join us to learn and meet some animals. The Oregon Zoo will be visiting us and giving a fun presentation.				
10/9 (1) Stuhr Center	M	6:30-8:30 pm ID/AP: \$5	14 yrs-Adult OD: \$5	AC21009
<b>Sports Night</b> Monday Night Football. Chill in front of the game and participate in sports oriented activities too. Refreshments provided.				
10/16 (1) Stuhr Center	M	6:30-8:30 pm ID/AP: \$5	14 yrs-Adult OD: \$5	AC21016
<b>Game Night</b> We will play board games, card games, group games and more. We will have fun playing Family Feud too.				
10/23 (1) Stuhr Center	M	6:30-8:30 pm ID/AP: \$5	14 yrs-Adult OD: \$5	AC21023
<b>Haunted Halloween Happenings</b> Come celebrate fall with this spooky Halloween party. If you have one, wear your favorite costume for a costume contest. Costumes are not required. We will be decorating mini pumpkins, having a spooky treat, and dancing the night away.				
10/30 (1) Stuhr Center	M	6:30-8:30 pm ID/AP: \$5	14 yrs-Adult OD: \$5	AC21030

## TR Drop-in Events

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
<b>S'mores and More</b> Sing camp songs, enjoy some skits, make your own smore and more!				
11/6 (1) Stuhr Center	M	6:30-8:30 pm ID/AP: \$5	14 yrs-Adult OD: \$5	AC21106
<b>Movie &amp; Trivia Night</b> Test your memory! We will watch a movie and then play a trivia game with questions about the movie afterward.				
11/13 (1) Stuhr Center	M	6:30-8:30 pm ID/AP: \$5	14 yrs-Adult OD: \$5	AC21113
<b>IHOP Breakfast for Dinner</b> Who likes pancakes?! We will be meeting at IHOP (15935 SW Regatta Ln., Beaverton) so we can chow down on some delicious breakfast for dinner! Please bring \$20 for food.				
11/20 (1) Off-site	M	6:30-8 pm ID/AP: \$5	14 yrs-Adult OD: \$5	AC21120
<b>Movin' &amp; Groovin'</b> Come ready to have fun and get fit as we try out three unique and fun movement based activities. Refreshments served.				
11/27 (1) Off-site	M	6:30-8:30 pm ID/AP: \$5	14 yrs-Adult OD: \$5	AC21127
<b>Bingo Birthday</b> Let's celebrate! We will be celebrating Fall birthdays with a round of Bingo. Birthday cake and beverages provided. Remember that this is a game of chance... not everyone is guaranteed a prize.				
12/4 (1) Stuhr Center	M	6:30-8:30 pm ID/AP: \$5	14 yrs-Adult OD: \$5	AC21204
<b>Holiday Arts &amp; Crafts</b> The holidays are approaching. Come create some decor for your home, gifts for your friends, or create just for fun. Holiday treats provided.				
12/11 (1) Stuhr Center	M	6:30-8:30 pm ID/AP: \$5	14 yrs-Adult OD: \$5	AC21211
<b>Red and Green Dance</b> Our final dance of the year. Wear your red and green and come dance the night away. We will play holiday music along with other dance music. We cannot wait to see you!				
12/18 (1) Stuhr Center	M	6:30-8:30 pm ID/AP: \$5	14 yrs-Adult OD: \$5	AC21218

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)