

Adaptive & Inclusive Recreation Services



TUALATIN HILLS
PARK & RECREATION DISTRICT

Services and Recreation Programs for People with Disabilities

Facility Supervisor: Julie Rocha

Fall Term: Aug. 27-Dec. 31, 2018

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 & 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 no later than 15 minutes after registered/drop-in activities. Staff will not be available before or after that time.

Address for Athletic Center: 50 NW 150th Ave., Beaverton, 97006

Address for the Stuhr Center: 5550 SW Hall Blvd., Beaverton, 97005

Mighty Movers - Every other Wednesday 6-7 pm

This bi-weekly recreational program is for kids (ages 6-13) experiencing developmental disabilities. The sessions will vary between artistic expression opportunities and heart pumping exercise.

Cost: \$5.25 **Location:** Tualatin Hills Athletic Center, Room 101

For more information or to sign up for 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 & Inclusive Recreation Services consists of five programs:

Inclusion Services

Individualized supports for patrons experiencing disability in the registered class(es) of their choice. Available at recreation centers throughout the district.

Therapeutic Recreation (TR)

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

Inclusive Recreation Classes

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



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 21 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.

For more information on any of these program call Inclusion at 503-629-6330.

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: \$5.25 each time or 5-punch passes available for \$26.25

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, email inclusion@thprd.org or call 503-629-6330.

Adaptive Aquatics

Lessons and more information can be found on page 35.

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: \$5.25 (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.

TR Drop-in Events

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
---------------------------	-----	---------------	------------	---------

Cracker Barrel

Join us at Cracker Barrel located at 4050 SW 114th Ave, Beaverton, OR 97005 to enjoy a nice meal and even better company. Bring \$20.00 to cover your dinner and gratuity for the restaurant staff.

9/10 (1) Off-site	M	6:30-8 pm ID/AP: \$5.25	14 yrs-Adult OD: \$5.25	AC20910
----------------------	---	----------------------------	----------------------------	---------

Interactive Lawn Games

Join us on the lawn outside of the Elsie Stuhr Center for a night of games. You can expect cornhole, basketball, pickleball and more! Refreshments and snacks will be served.

9/17 (1) Elsie Stuhr Center	M	6:30-8:30 pm ID/AP: \$5.25	14 yrs-Adult OD: \$5.25	AC20917
--------------------------------	---	-------------------------------	----------------------------	---------

Fall Walk-A-Thon

Challenge yourself with this year's Fall Walk-A-Thon. How many steps can you take? Certificates will be awarded to our dedicated walkers. Refreshments and snacks will be served as well.

9/24 (1) Elsie Stuhr Center	M	6:30-8:30 pm ID/AP: \$5.25	14 yrs-Adult OD: \$5.25	AC20924
--------------------------------	---	-------------------------------	----------------------------	---------

Trivia Night

Test your knowledge on a variety of topics. Work together with your team to answer the questions before the time runs out! Snacks and refreshments will be served throughout the evening.

10/1 (1) Elsie Stuhr Center	M	6:30-8:30 pm ID/AP: \$5.25	14 yrs-Adult OD: \$5.25	AC21001
--------------------------------	---	-------------------------------	----------------------------	---------

Talent Show

Show us what you've got! Let's celebrate all of the incredible talent TR Drop-In has to offer. You can bring your own music and sing, show off your best dance moves, tell a joke or surprise us all with your special talents. Refreshments and snacks will be served.

10/8 (1) Elsie Stuhr Center	M	6:30-8:30 pm ID/AP: \$5.25	14 yrs-Adult OD: \$5.25	AC21008
--------------------------------	---	-------------------------------	----------------------------	---------

Bingo Birthday

B-I-N-G-O! Celebrate all birthdays tonight with birthday bingo and prizes. Snacks and refreshments will be served with the night's festivities!

10/15 (1) Off-site	M	6:30-8:30 pm ID/AP: \$5.25	14-Adult OD: \$5.25	AC21015
-----------------------	---	-------------------------------	------------------------	---------

TR Drop-in Events

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
---------------------------	-----	---------------	------------	---------

SuperPlay

Join us at SuperPlay, the bowling alley located at 9300 SW Beaverton-Hillsdale Hwy, Beaverton. Please bring \$20.00 for bowling and arcade.

10/22 (1) Off-site	M	6:30-8:30 pm ID/AP: \$5.25	14 yrs-Adult OD: \$5.25	AC21022
-----------------------	---	-------------------------------	----------------------------	---------

Haunted Halloween Party

Get ready for a spook-tacular evening with the Halloween party! Costumes are welcomed and encouraged. We will have interactive games, crafts, a costume contest and more! Snacks and refreshments will be served as well.

10/29 (1) Elsie Stuhr Center	M	6:30-8:30 pm ID/AP: \$5.25	14 yrs-Adult OD: \$5.25	AC21029
---------------------------------	---	-------------------------------	----------------------------	---------

Movie Night

We've got the popcorn, now all we need is you! Gather in the Elsie Stuhr Center for a star-studded movie. Popcorn and refreshments will be served.

11/5 (1) Elsie Stuhr Center	M	6:30-8:30 pm ID/AP: \$5.25	14 yrs-Adult OD: \$5.25	AC21105
--------------------------------	---	-------------------------------	----------------------------	---------

Mad Scientist Night

Tonight is all about experimenting with science. What kind of scientific discovery will you make? Join the Mad Scientists to find out! Snacks and refreshments will be served.

11/12 (1) Elsie Stuhr Center	M	6:30-8:30 pm ID/AP: \$5.25	14 yrs-Adult OD: \$5.25	AC21112
---------------------------------	---	-------------------------------	----------------------------	---------

Friendsgiving

Tonight's theme is all about celebrating friendship and each other. We will be providing snacks and refreshments throughout the night.

11/19 (1) Elsie Stuhr Center	M	6:30-8:30 pm ID/AP: \$5.25	14 yrs-Adult OD: \$5.25	AC21119
---------------------------------	---	-------------------------------	----------------------------	---------

Board Game Night

Challenge yourself or a friend to a game at Board Game Night! There are several different games to choose from or you can bring one from home. Snacks and refreshments will be served.

12/3 (1) Elsie Stuhr Center	M	6:30-8:30 pm ID/AP: \$5.25	14 yrs-Adult OD: \$5.25	AC21203
--------------------------------	---	-------------------------------	----------------------------	---------

Craft N' Create

Let the creativity flow at craft night! Create a masterpiece to take home or give to a friend. There will be several crafts to explore throughout the evening. Let the crafting begin!

12/10 (1) Elsie Stuhr Center	M	6:30-8:30 pm ID/AP: \$5.25	14 yrs-Adult OD: \$5.25	AC21210
---------------------------------	---	-------------------------------	----------------------------	---------

Winter Wonderland Party

Welcome to a Winter Wonderland. There will be music, dancing, snacks and refreshments available throughout the evening.

12/17 (1) Elsie Stuhr Center	M	6:30-8:30 pm ID/AP: \$5.25	14 yrs-Adult OD: \$5.25	AC21217
---------------------------------	---	-------------------------------	----------------------------	---------

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