

Adaptive & Inclusive Recreation Services



**TUALATIN HILLS
PARK & RECREATION DISTRICT**

Services and Recreation Programs for People with Disabilities

Supervisor: Julie Rocha
Program Coordinator: Emily Braman

Summer Term: June 26-Sept. 4, 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.

All Ability Tri4Youth

Join us for this exciting new event! The All Ability Tri4Youth is a fun, safe, accessible event with an emphasis on inclusion and community building. From a triathlon course that has been successfully tested by youth, to fully accessible facilities, great music and food, and lots to celebrate, participants will create lifelong memories on this special day.

When: August 12, 2017
Where: The HMT Recreation Complex
What: 50 yard swim; 2 mile bike ride; .5 mile run
Who: 100 individual athletes & 50 relay teams
Age: Youth ages 8 to 21
Cost: \$30 for individuals, \$60 for team registration

For more information or to register please visit <http://factoregon.org/calendar/triathlon>

All Ability Tri4Youth Training Program

These classes are designed as training dates for the first annual **All Ability Tri4Youth**, which will be held on the HMT Complex on August 12, 2017. The Swimming session will be held at the Tualatin Hills Aquatic Center and the Running and Biking sessions will be held at the Tualatin Hills Athletic Center. Please bring your own bike for the biking session. Call 503-629-6330 if you are interested in borrowing an adaptive bike for this session.

Session	Date	Time	Age	Cost
Swimming Session	7/1 (1)	Noon-1:30 pm	8-21 yrs	AQ19400
Aquatic Center	S	ID/AP: \$18	OD: \$22.50	
Running Session	7/8 (1)	Noon-1:30 pm	8-21 yrs	AC12704
Soccer Field	S	ID/AP: \$18	OD: \$22.50	
Biking Session	7/29 (1)	Noon-1:30 pm	8-21 yrs	AC12705
Athletic Center	S	ID/AP: \$18	OD: \$22.50	

Adaptive and Inclusive Recreation Programs

Therapeutic Recreation

Activities for Persons
(14 yrs & up) with Disabilities

Elsie Stuhr Center, 5550 SW Hall Blvd
Beaverton, 97005

TriMet Routes #76, #78, #88

For more information call Emily Braman, 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.

TR Drop-in Events

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Bingo Birthday				
Let's celebrate all of the Spring Birthdays with BINGO! Birthday cake and beverages provided. Please remember that this is a game of chance... not everyone is guaranteed a prize.				
6/12 (1) Elsie Stuhr Center	M	6:30-8:30 pm	14 yrs-Adult ID/AP: \$5	AC10612 OD: \$5
Summer Solstice Celebration				
Wednesday is the Summer Solstice also known as the longest day of the year and the first day of summer. Let's get summer started with a bang. We will celebrate with games, snacks, crafts and more.				
6/19 (1) Elsie Stuhr Center	M	6:30-8:30 pm	14 yrs-Adult ID/AP: \$5	AC10619 OD: \$5
National Chocolate Pudding Day				
Need we say more? National Chocolate Pudding Day is here. Participate in a pudding taste test, paint with pudding and more.				
6/26 (1) Elsie Stuhr Center	M	6:30-8:30 pm	14 yrs-Adult ID/AP: \$5	AC10626 OD: \$5
4th of July Celebration Picnic				
Celebrate the 4th of July at our annual summer picnic. Join us for delicious BBQ, entertainment and fun games. Price includes cost of dinner.				
7/3 (1) Elsie Stuhr Center	M	6:30-8:30 pm	14 yrs-Adult ID/AP: \$11	AC10703 OD: \$11

TR Drop-in Events

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Talent Show				
Everyone is welcome to perform! Bring your own music and sing, tell a funny joke, play in instrument, or just get up and show us your special talent.				
7/10 (1) Elsie Stuhr Center	M	6:30-8:30 pm	14 yrs-Adult ID/AP: \$5	AC10710 OD: \$5
Picnic in the Park				
Pack up your dinner and join us for a fun summer picnic! Bring a towel or blanket to sit on. Please Note: We will walk from the Elsie Stuhr Center to Beaverton City Park and back.				
7/17 (1) Elsie Stuhr Center	M	6:30-8:30 pm	14 yrs-Adult ID/AP: \$5	AC10717 OD: \$5
Oldies Summer Dance-a-thon				
Dance the night away to the Golden Oldies. Come dressed in a '50s or '60s outfit and dance to your hearts content. Snacks and beverages provided.				
7/24 (1) Elsie Stuhr Center	M	6:30-8:30 pm	14 yrs-Adult ID/AP: \$5	AC10724 OD: \$5
Cooper Mountain Nature Park				
Explore the Cooper Mountain Nature Park for the evening, take a short hike, and have a snack. Address: 18892 SW Kemmer Rd, Beaverton.				
7/31 (1) Off-site	M	6:30-8 pm	14 yrs-Adult ID/AP: \$5	AC10731 OD: \$5
Outdoor Games				
We will have cornhole boards, croquet, beach balls and more. Refreshments provided. This program is held outside, please dress appropriately.				
8/7 (1) Elsie Stuhr Center	M	6:30-8:30 pm	14 yrs-Adult ID/AP: \$5	AC10807 OD: \$5
Ice Cream Social				
Come visit with friends and enjoy a yummy ice cream sundae. Getting to know you games will be played while we enjoy our treats. Limit one ice cream sundae per person. Event is held outside, please dress appropriately.				
8/14 (1) Elsie Stuhr Center	M	6:30-8:30 pm	14 yrs-Adult ID/AP: \$5	AC10814 OD: \$5
Wunderland				
We are headed to Wonderland for an evening of fun. Meet us at Wonderland for games, snacks, and socializing. Address: 17235 NW Corridor Ct, Beaverton. Bring \$15 for games and snacks.				
8/21 (1) Off-site	M	6:30-8:30 pm	14 yrs-Adult ID/AP: \$5	AC10821 OD: \$5
Stuhr Center Walk-a-thon				
Join this fun Challenge as we walk for fitness and fun! Refreshments will be served. This program is held outside, please dress appropriately.				
8/28 (1) Elsie Stuhr Center	M	6:30-8:30 pm	14 yrs-Adult ID/AP: \$5	AC10828 OD: \$5

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