

Adaptive & Inclusive Recreation Services



TUALATIN HILLS
PARK & RECREATION DISTRICT

Services and Recreation Programs for People with Disabilities

Supervisor: Julie Rocha

Program Coordinator: Emily Braman

Winter Term: January 1 - April 2, 2017

Spring Term: April 3 - June 18, 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.

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.

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 47.

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. Classes, drop-in programs, off-site activities and special events are offered throughout the year.

Inclusive Recreation

Inclusive recreation classes for children 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.

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.

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.

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 drop-in program for teens and adults (14+). Enjoy arts & crafts, dances, game nights and more. A detailed schedule can be found in the TR Times quarterly newsletter.
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 #
Sports Night Join us as we watch the big game! Snacks and beverages will be served. Other inside games will be available.				
1/9 (1) Elsie Stuhr Center	M	5:30-8:30 pm	14 yrs-adult ID/AP/OD: \$5	SP30109
Talent Show Everyone is welcome to perform! Bring your own music and sing, tell a funny joke, play an instrument, or just get up and show us your special talent!				
1/23 (1) Manzanita	M	6:30-8:30 pm ID/AP/OD: \$5	14 yrs-adult	SP30123
4/3 (1) Elsie Stuhr Center	M	6:30-8:30 pm ID/AP/OD: \$5	14 yrs-adult	SP40403

TR Drop-in Events

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
Game, Games and More Games Join us as we watch the big game! Snacks and beverages will be served. Other inside games will be available.				
1/30 (1) Manzanita	M	6:30-8:30 pm ID/AP/OD: \$5	14 yrs-adult	SP30130
5/1 (1) Manzanita	M	6:30-8:30 pm ID/AP/OD: \$5	14 yrs-adult	SP40501
Crafty Card Night Join us as we create Valentine's Day cards and beautiful decorations for our Be My Valentine Prom!				
2/6 (1) Manzanita	M	6:30-8:30 pm ID/AP/OD: \$5	14 yrs-adult	SP30206
Be My Valentine Prom Celebrate Valentine's Day with us! Get a keepsake photo to remember this special day.				
2/13 (1) Manzanita	M	6:30-8:30 pm ID/AP/OD: \$5	14 yrs-adult	SP30213
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.				
2/27 (1) Manzanita	M	6:30-8:30 pm ID/AP/OD: \$5	14 yrs-adult	SP30227

Self Starter

**THPRD WELCOMES MVPs LIKE YOU.
ALWAYS.**

Here, being valued doesn't take much. Get on a bike. Join a pickup game. Dive in. Once you do, we'll be cheering for you. At the Tualatin Hills Park and Recreation District we see MVPs everywhere. They don't have agents or endorse a sports drink. But they're beyond valuable to us.

Learn how you can become an MVP.

#MVPsWELCOME

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

Adaptive and Inclusive Recreation Programs

TR Drop-in Events

Dates (Weeks) Location	Day	Time ID/AP	Ages OD	Class #
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Mini Golf, Glowing Greens

Join us for a night out. Space is limited. Must be pre-registered. You will need to bring \$20 for food.

3/6 (1) Off-site	M	6:30-8:30 pm	14 yrs-adult ID/AP/OD: \$5	SP30306
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Movin' & Groovin'

Come ready to have fun and get fit as you join us for three unique and fun activities. Refreshments served.

3/13 (1) Elsie Stuhr Center	M	6:30-8:30 pm	14 yrs-adult ID/AP/OD: \$5	SP30313
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Saint Patrick's Day Celebration

Celebrate St. Patrick's Day with festive crafts, fun games and delicious snacks!

3/20 (1) Elsie Stuhr Center	M	6:30-8:30 pm	14 yrs-adult ID/AP/OD: \$5	SP30320
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Bingo Birthday

Let's celebrate all of the Winter birthdays with Bingo! Birthday cake and beverage provided. Remember that this is a game of chance...not everyone is guaranteed a prize.

3/27 (1) Elsie Stuhr Center	M	6:30-8:30 pm	14 yrs-adult ID/AP/OD: \$5	SP30327
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Creative Writing Workshop

Join THPRD in writing your own poetry. A small booklet will be made with all the poetry for you to take home.

4/10 (1) Elsie Stuhr Center	M	6:30-8:30 pm	14 yrs-adult ID/AP/OD: \$5	SP40410
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MVPs WELCOME

Get Fit Challenge

BEGINS JANUARY 8

A 16-week program to help you make healthy habits, reach your fitness goals and win prizes!

Participate for only \$10

Sign up at any THPRD center, pool or the Tualatin Hills Nature Center to get your punch card **on or before Jan. 8, 2017**. Every time you work out, you'll get a punch.

Turn in your full punch card and get a new one. Each full punch card is another chance to win great prizes!

Register in person at any THPRD facility or visit thprd.org/get-fit

TR Drop-in Events

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

Games, crafts and fun. Join us as we play a variety of fun carnival games.

4/24 (1) Elsie Stuhr Center	M	6:30-8:30 pm	14 yrs-adult ID/AP/OD: \$5	SP40417
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Post Cinco de Mayo Celebration

Join us for festive crafts, fun games and delicious snacks.

5/8 (1) Elsie Stuhr Center	M	6:30-8:30 pm	14 yrs-adult ID/AP/OD: \$5	SP40508
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Spring Fling Dance

Come put a spring in your step to good music and great friends.

5/15 (1) Elsie Stuhr Center	M	6:30-8:30 pm	14 yrs-adult ID/AP/OD: \$5	SP40515
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Hot Shots Billiards

Join us for a night of pool and fun. Must be pre-registered. A \$20 fee needs to be paid to play.

5/22 (1) Off-site	M	6:30-8:30 pm	14 yrs-adult ID/AP/OD: \$5	SP40522
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Relaxation Day

Enjoy calming music while we make stress balls and learn yoga. Tea will be served.

6/5 (1) Elsie Stuhr Center	M	6:30-8:30 pm	14 yrs-adult ID/AP/OD: \$5	SP40605
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