

# Adaptive & Inclusive Recreation Services



TUALATIN HILLS  
PARK & RECREATION DISTRICT

## Services and Recreation Programs for People with Disabilities

Facility Supervisor: Brian Yourstone

Winter Term: Jan. 1-Mar. 31, 2019

Spring Term: Apr. 1-June 16, 2019

**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 Wednesday 6-7 pm

This Wednesday night recreational program is for kids (ages 6-13) experiencing developmental disabilities. The sessions will vary between artistic expression opportunities and heart pumping exercise. The semester schedule for this drop-in program can be located on our website [www.thprd.org](http://www.thprd.org) under adaptive recreation.

**Cost:** \$5.25 **Location:** Tualatin Hills Athletic Center

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](mailto:inclusion@thprd.org) or call 503-629-6330.**

### Adaptive Aquatics

Lessons and more information can be found on page 20.

## 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	Ages ID/AP	Class Code OD
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### Bingo Birthday

B-I-N-G-O! Celebrate all birthdays tonight with birthday bingo and prizes. Birthday cake will be served with light refreshments.

#### Winter Term:

1/7 (1) Stuhr Center	M	6:30-8:30 pm	14 yrs-Adult ID/AP: \$5.25 OD: \$5.25	AC30108
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### DIY Greeting Card

All are welcomed to come to create personalized greeting cards to send to your friends and loved ones. You can create cards for all holidays and special occasions to take home with you. Snacks and beverages will be provided.

1/14 (1) Stuhr Center	M	6:30-8:30 pm	14 yrs-Adult ID/AP: \$5.25 OD: \$5.25	AC30122
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### Board Game Night

Challenge yourself or a friend to a game at Board Game Night! There are a wide variety of games to choose from. You are more than welcomed to bring a game from home to share. Snacks and refreshments will be served.

1/21 (1) Stuhr Center	M	6:30-8:30 pm	14 yrs-Adult ID/AP: \$5.25 OD: \$5.25	AC30129
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### 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.

1/28 (1) Stuhr Center	M	6:30-8:30 pm	14 yrs-Adult ID/AP: \$5.25 OD: \$5.25	AC30205
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### Chinese New Year's Eve Celebration

Gather at the Stuhr Center to celebrate the Chinese New Year. This night will be filled with opportunities to learn what a New Year's celebration looks like on the other side of the world. We will have refreshments and snacks provided.

2/4 (1) Stuhr Center	M	6:30-8:30 pm	14 yrs-Adult ID/AP: \$5.25 OD: \$5.25	AC30212
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## TR Drop-in Events

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
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### Be My Valentine Dance

Celebrate Valentine's Day a few days early with music, dancing, a photo booth, snacks and refreshments at TR Drop-in.

2/11 (1) Stuhr Center	M	6:30-8:30 pm	14 yrs-Adult ID/AP: \$5.25 OD: \$5.25	AC30226
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### 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.

2/18 (1) Stuhr Center	M	6:30-8:30 pm	14 yrs-Adult ID/AP: \$5.25 OD: \$5.25	AC30305
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### Buffalo Wild Wings

Join us for an evening out at BWW located at 11995 SW Beaverton Hillsdale Hwy, Beaverton 97005. Please bring \$20 to cover your meal and gratuity.

2/25 (1) Off-site	M	6:30-8:30 pm	14 yrs-Adult ID/AP: \$5.25 OD: \$5.25	AC30312
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### Karaoke Night

Tonight is all about singing your heart out and cheering as loud as you can. You can choose a song of your choice and sing it on the stage, karaoke style. We will provide snacks and refreshments throughout the night.

3/4 (1) Stuhr Center	M	6:30-8:30 pm	14 yrs-Adult ID/AP: \$5.25 OD: \$5.25	AC30319
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### Luck of the Irish Celebration

Wear your green tonight at the Luck of the Irish Celebration! You can test your luck with various games and raffles throughout the evening. We have Irish music, dancing, green foods and light refreshments.

3/11 (1) Stuhr Center	M	6:30-8:30 pm	14 yrs-Adult ID/AP: \$5.25 OD: \$5.25	AC30325
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### 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!

3/18 (1) Stuhr Center	M	6:30-8:30 pm	14 yrs-Adult ID/AP: \$5.25 OD: \$5.25	AC30326
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### Ice Cream Social

Build an ice cream sundae and enjoy your creation! There will be several ice cream flavors and toppings to choose from. We will have a variety of games and activities throughout the evening as well. I scream, you scream, we all scream for ice cream!

3/25 (1) Stuhr Center	M	6:30-8:30 pm	14 yrs-Adult ID/AP: \$5.25 OD: \$5.25	AC30329
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Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

## TR Drop-in Events

Dates (Weeks) Location	Day	Time	Ages ID/AP	Class Code OD
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### April Showers Bring May Flowers

Come decorate a flower pot and plant flower seeds! We will have a variety of flower seeds to plant for you to watch grow during the April rain. Snacks and refreshments will be served.

4/1 (1) Stuhr Center	M ID/AP: \$5.25	6:30-8:30 pm	14 yrs-Adult OD: \$5.25	AC40409
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### Talent Show and Volunteer Appreciation

All are welcomed to perform for tonight's talent show. 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. We will also honor all of our incredible volunteers who help create a positive experience here at TR Drop-In.

4/8 (1) Stuhr Center	M ID/AP: \$5.25	6:30-8:30 pm	14 yrs-Adult OD: \$5.25	AC40416
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### Aztecas

Come on out to Azteca Mexican Restaurant located at 10505 SW Beaverton Hillsdale Hwy, Beaverton 97005. Please bring \$20 for your meal and gratuity.

4/15 (1) Off-site	M ID/AP: \$5.25	6:30-8:30 pm	14 yrs-Adult OD: \$5.25	AC40423
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### Earth Day Celebration

Let's celebrate this Earth Day by creating crafts with recycled materials and learning about what we can do to help keep the Earth clean. Snacks and beverages will be served throughout the evening.

4/22 (1) Stuhr Center	M ID/AP: \$5.25	6:30-8:30 pm	14 yrs-Adult OD: \$5.25	AC40430
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### Spring Walk-A-Thon

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

4/29 (1) Stuhr Center	M ID/AP: \$5.25	6:30-8:30 pm	14 yrs-Adult OD: \$5.25	AC40507
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## TR Drop-in Events

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

5/6 (1) Stuhr Center	M ID/AP: \$5.25	6:30-8:30 pm	14 yrs-Adult OD: \$5.25	AC40514
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### A Night out at the Movies

Gather at the Elsie Stuhr Center for a movie night! We will be showcasing a film for all to enjoy. We will have popcorn and light refreshments served throughout the evening.

5/13 (1) Stuhr Center	M ID/AP: \$5.25	6:30-8:30 pm	14 yrs-Adult OD: \$5.25	AC40521
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### Sock Hop

Dance the night away at our sock hop! This 1950's style dance will include a photo booth, music from the past, swing dancing steps, snacks and refreshments.

5/20 (1) Stuhr Center	M ID/AP: \$5.25	6:30-8:30 pm	14 yrs-Adult OD: \$5.25	AC40604
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### Hawaiian Luau

Aloha! Come gather in the Stuhr Center for a Hawaiian celebration. Tropical attire is encouraged and welcomed! Snacks and beverages will be served throughout the evening.

6/3 (1) Stuhr Center	M ID/AP: \$5.25	6:30-8:30 pm	14 yrs-Adult OD: \$5.25	AC40611
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### BBQ Night

Join us for a summer BBQ. We will have hot dogs, picnic foods and a cold treat. There will be outdoor and indoor activities provided.

6/10 (1) Stuhr Center	M ID/AP: \$5.25	6:30-8:30 pm	14 yrs-Adult OD: \$5.25	AC40618
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### Bingo Birthday

B-I-N-G-O! Celebrate all birthdays tonight with birthday bingo and prizes. Birthday cake will be served with light refreshments.

6/17 (1) Stuhr Center	M ID/AP: \$5.25	6:30-8:30 pm	14 yrs-Adult OD: \$5.25	AC40625
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