Adaptive & Inclusive Recreation Services

Services and Recreation Programs for People with Disabilities

Facility Supervisor: Brian Yourstone

Winter Term: Jan. 1-Mar. 29, 2020
Spring Term: Mar. 30-June 14, 2020

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 Financial Aid

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 recreation 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 under adaptive recreation.

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 21.
TR Drop-in Events

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

Winterfest
Let’s kick off the New Year at TR drop-in with a winter themed celebration. There will be a variety of music to dance to, a craft to create and much more to explore. Happy New Year!
1/6 (1) M 6:30-8:30 pm 14 yrs-Adult AC30108
Elsie Stuhr Center ID/AP: $5.25 OD: $5.25
Karaoke Night
Sing your hearts out at karaoke night! There will be a variety of songs to select. The stage is YOURS! Come showcase your talents for all to enjoy!
1/13 (1) M 6:30-8:30 pm 14 yrs-Adult AC30122
Elsie Stuhr Center ID/AP: $5.25 OD: $5.25
Tropical Bingo
Let’s escape the winter cold together for tropical bingo! Hawaiian and tropical attire is encouraged and celebrated. There will be a variety of prizes to win throughout the evening.
1/27 (1) M 6:30-8:30 pm 14 yrs-Adult AC30129
Elsie Stuhr Center ID/AP: $5.25 OD: $5.25
Talent Show
Gather in the Elsie Stuhr Center for a night you won’t forget! 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.
2/3 (1) M 6:30-8:30 pm 14 yrs-Adult AC30205
Elsie Stuhr Center ID/AP: $5.25 OD: $5.25
Valentine’s Dance
Wear your red and pink to celebrate the upcoming holiday Valentine’s Day! We will have an open dance floor to move and groove on, a photo booth to take pictures with friends, and much more! We love TR drop-in!
2/10 (1) M 6:30-8:30 pm 14 yrs-Adult AC30212
Elsie Stuhr Center ID/AP: $5.25 OD: $5.25
Trivia Night
Work together in teams to answer a variety of questions. There will be several different topics to choose from and work together with your teammates to take home a special prize!
2/24 (1) M 6:30-8:30 pm 14 yrs-Adult AC30226
Elsie Stuhr Center ID/AP: $5.25 OD: $5.25

TR Drop-in Events (continued)

Pottery Paint Night
Each patron will be able to choose one piece of pottery to paint at Pottery Paint Night with TR drop-in! There will be a variety of figurines to choose from. Once your masterpiece is completed, we will have games and refreshments to enjoy.
3/2 (1) M 6:30-8:30 pm 14 yrs-Adult AC30305
Elsie Stuhr Center ID/AP: $5.25 OD: $5.25
Movie Night
Movie Night at the Elsie Stuhr Center! We’re bringing the cinema to you with popcorn, refreshments and a film.
3/9 (1) M 6:30-8:30 pm 14 yrs-Adult AC30312
Elsie Stuhr Center ID/AP: $5.25 OD: $5.25
Shamrock Shakedown
Happy almost Patty’s Day! We are celebrating with music, crafts, dancing, and more! Green attire is welcomed and encouraged.
3/16 (1) M 6:30-8:30 pm 14 yrs-Adult AC30319
Elsie Stuhr Center ID/AP: $5.25 OD: $5.25
Nature Center Program
Our friends from the Nature Center are joining us for an exciting evening where we learn all about the great outdoors! Please join us in welcoming new faces to our incredible program!
3/23 (1) M 6:30-8:30 pm 14 yrs-Adult AC30325
Elsie Stuhr Center ID/AP: $5.25 OD: $5.25
IHOP Outing
Enjoy breakfast for dinner! Meet us at the IHOP located at 15935 SW Regatta Ln, Beaverton, OR 97006. Please bring $20 to cover your dinner and gratitude tip. You must pre-register for this event.
3/30 (1) M 6:30-8:30 pm 14 yrs-Adult AC30326
Elsie Stuhr Center ID/AP: $5.25 OD: $5.25

Spring Break Camps
Available March 23 to March 27!

Mother’s Day Brunch at the historic Jenkins Estate
Sunday, May 10th | 9am-2pm
$16.95 Adults / $9.95 Children (10 and under)

Reservations starting April 25, 2020
Dalton’s NW Catering 503-639-7211
dave@daltonsnorthwestcatering.com
### TR Drop-in Events (continued)

#### Spring Term:

**Bingo Birthday**  
Let’s celebrate this Summer TR Drop-In style. We will have games, prizes, music, snacks and fun to name a few! Let’s kick off this summer on a high note!  
4/13 (1) M 6:30-8:30 pm | 14 yrs-Adult | AC40625  
Elsie Stuhr Center | ID/AP: $5.25 | OD: $5.25  

**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.  
4/20 (1) M 6:30-8:30 pm | 14 yrs-Adult | AC40416  
Elsie Stuhr Center | ID/AP: $5.25 | OD: $5.25  

**Game Night**  
Game on!! Explore various board games and challenge a friend or two to a game!  
4/27 (1) M 6:30-8:30 pm | 14 yrs-Adult | AC40604  
Elsie Stuhr Center | ID/AP: $5.25 | OD: $5.25  

**Azteca**  
Come celebrate Cinco De Mayo with us! Please join us at 10505 SW Beaverton Hillsdale Hwy, Beaverton, OR 97005. You must pre-register for this event. Please bring $20 for your dinner and gratitude.  
5/4 (1) M 6:30-8:30 pm | 14 yrs-Adult | AC40423  
Elsie Stuhr Center | ID/AP: $5.25 | OD: $5.25  

**Prom Night**  
Join us for a night at prom! Put on your best night out clothes and come dance and enjoy refreshments.  
5/11 (1) M 6:30-8:30 pm | 14 yrs-Adult | AC40514  
Elsie Stuhr Center | ID/AP: $5.25 | OD: $5.25  

**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.  
5/18 (1) M 6:30-8:30 pm | 14 yrs-Adult | AC40507  
Elsie Stuhr Center | ID/AP: $5.25 | OD: $5.25  

**Dance through the decades**  
Dance the night away at our dance party! Greatest hits from all the decades.  
6/1 (1) M 6:30-8:30 pm | 14 yrs-Adult | AC40409  
Elsie Stuhr Center | ID/AP: $5.25 | OD: $5.25

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**GetFit 2020 Fitness Challenge**  
The fun begins January 11! Participants receive a t-shirt and stamp card at the beginning of the challenge. Each activity you participate in earns you a stamp. Completed stamp cards are entered into a random drawing to win a One Year Deluxe Pass!  
Register Fit2020 $15 per person

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**Fitness Challenge 2020**

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**TR Drop-in Events (continued)**

### Spring Term:

**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.  
6/8 (1) M 6:30-8:30 pm | 14 yrs-Adult | AC40521  
Elsie Stuhr Center | ID/AP: $5.25 | OD: $5.25

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Available  
March 23 to March 27!  

**Winter Break Camps**  
Available

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