## Adult Program Information

### Activities start:

September 24th  
Email cguajard@thprd.org for more information

### What is the Adaptive Rec Program?

This program provides outdoor recreational opportunities to individuals experiencing disabilities as well as an at home option for those not comfortable with in person programming. We will be offering adaptive kits 1 hour before each on-site program for pick up at the scheduled site.

Join us on **Monday** evenings for fun activities in this recreational program! Enjoy arts & crafts, game nights, talent shows & more!

Join us on **Thursday** evenings for fitness activities to get your body moving. Evenings may consist of workouts, walks, and dancing!

### DROP OFF/PICK UP AND LIFT BUSES:

Please schedule arrivals and pick-ups no more than 15 minutes before and 15 minutes after scheduled activities. Staff are **not on site to provide supervision** until 15 minutes before and after scheduled program.

### General Information

**WHEN**

Mondays & Thursdays

- Adaptive kits available for pick-up from 3pm-3:45pm
- On-site activities from 4pm-5pm

**WHERE**

Elsie Stuhr Center Park,  
5550 SW Hall Blvd. Beaverton, OR 97005

**Who**

Teens(13+) and Adults experiencing developmental disabilities

**COST**

**FREE!!!**

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Keep up with our webpage for any cancellations due to weather and our monthly schedules!

Youth Programs are available on Tuesdays & Wednesdays!

www.thprd.org/adaptive

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www.facebook.com/THPRDAdaptiveRec
**July**

- **July 1**  4th of July Celebration (AC19001)
  - Let's celebrate the upcoming holiday with lawn games, arts and crafts, indoor games and more!
  - Happy 4th of July!

- **July 8**  Picnic in the Park (AC19002)
  - Pack up your dinner for the annual summer picnic! Please bring a towel or blanket to sit on, along with a sack dinner to enjoy. Please note: We will walk from the Elsie Stuhr Center to Beaverton City Park and back.

- **July 15**  Game Night (AC19003)
  - It's game night! We will have a variety of games throughout the night that are either indoor or outdoor. Bring your A-game and a game to share.

- **July 22**  Summer Solstice Shakedown (AC19004)
  - Gather at the Stuhr Center to celebrate the summer solstice! There will be music, dancing, and prizes to kick off this summer!

- **July 29**  Painting with a Twist (AC19005)
  - Come explore your artistic side with tonight's painting with a twist night! The theme? Learning how to paint without the traditional paintbrush. Snack and beverage will be provided.

**September**

- *Adapve Rec kits will be available for pick-up for those not comfortable participating in person from 3pm-3:45pm

- **September 24**  **Make your own stress ball  2:30pm-4pm**
  - We know the currents times can be stressful so join us out at the Suhr center park and pick up a kit to make your own stress ball at home.

- **September 28**  **Nature Mobile Visit**
  - THPRD’s Nature Mobile will be coming out to hand out kits and put on some fun programs.

**October**

- *Adapve Rec kits will be available for pick-up for those not comfortable participating in person from 3pm-3:45pm

- **October 1**  **Let’s Jump Around!**
  - Challenge yourself with some jump rope hoppin! How many jumps can you do?
  - Certificates will be awarded to our dedicated jumpers.

- **October 5**  **Planting Fun**
  - Lets decorate our pots and plant some great veggies!
10/8  **Let’s get fit!**

THPRD’s Wellness on Wheels will be coming out to hand out kits and put on some fun fitness activities

10/12  **Let’s get fit!**

THPRD’s Wellness on Wheels will be coming out to hand out kits and put on some fun fitness activities

10/15  **Let’s get fit!**

Join us for some fun fitness activities!

10/19  **BINGO**

Come out and pick a spot at the park. We will play BINGO for some great prizes

10/22  **Let’s get fit!**

THPRD’s Wellness on Wheels will be coming out to hand out kits and put on some fun fitness activities

10/26  **Nature Mobile Visit**

THPRD’s Nature Mobile will be coming out to hand out kits and put on some fun programs.

10/29  **Let’s get fit!**

Join us for some fun fitness activities!
**Adaptive and Inclusive Recreation**

For any questions please contact us at

Inclusion@thprd.org

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**Inclusion Services at THPRD**

THPRD promotes the power of choice to enhance the quality of life for individuals of all abilities. We do this by providing diverse, accessible recreation in an environment that promotes dignity, success and fun.

If you are interested in taking a class offered by THPRD and would like extra assistance, you can fill out the Inclusion Intake and Request form for Inclusion Support Form. Once the form is received by the Adaptive and Inclusion Specialist, an Inclusion Assistant may be assigned to you to assist for the duration of the class. We ask that this form be submitted at least two weeks prior to the start of any programming.

For more information, or to request Inclusion Services, please contact 503-629-6330 or inclusion@thprd.org

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Please GO GREEN &
get on the email list!

Email
cguajard@thprd.org
for more info!

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Beaverton, OR 97006
(503) 629-6342