

THERAPEUTIC RECREATION

Offering educational and recreational activities to help individuals with intellectual, physical, emotional or developmental disabilities develop and refresh their minds and bodies, in ways that enhance their health, independence and well-being.

For more information on Therapeutic Recreation programs, call Aleana McClellan, 751-4134 or mccllellana@chesterfield.gov

Halloween Dance

Come see the stars shine while you dance the night away! Individuals 16 and older are invited to dress their best and enjoy an evening of food, dancing, and fun. Parents, staff, and guardians also are invited to enjoy light refreshments next door. The Knights of Columbus Council #6189 support the dance. Registration will be open for this event on Aug. 21 and can be phoned in or done in person. Registration is on a first-come, first-served basis, and space is limited. No registrations will be taken that night.

Bishop Ireton Center, 3300 Old Courthouse Road
Saturday, October 28, 6:30-9 p.m. Free **Course 32856**

TR Line Dancing

Instructor Bev Martin will teach line dancing set to popular country and pop tunes. This course is designed for participants 16 and older with intellectual and/or learning disabilities. The class does not require a partner. Registration will not be accepted at the first class and all attendees interested in dancing must register.

Huguenot Baptist Road Church, 10525 W. Huguenot Road
Thursdays, Sept. 14-Oct. 19, 7-8 p.m. \$30 **Course 32856**

Staying Active

Join us for exercise and socialization as we enjoy nature along the trails at the Harry G. Daniel Park at Iron Bridge. Small-group games will follow. Feel free to bring your lunch to enjoy in the park after the program. This course is for adults 18 and older with disabilities.

Harry G. Daniel at Iron Bridge Park, 6600 Whitepine Road (Shelter 4)
Thursdays, 10-11 a.m.
Sept. 7-Oct. 12 Free **Course 32858**

Bingo Zone

Is luck on your side? Individuals 18 and older with disabilities are invited to join this monthly Bingo group and play a few rounds. Maybe you will win a prize! Registration for each bingo class begins the month before. Chesterfield County Fairgrounds, 10300 Courthouse Road (Exhibition Hall)

10-11 a.m. Free
Wednesday, Sept. 27 **Course 32859**
Tuesday, Oct. 31 **Course 32860**
Tuesday, Nov. 28 **Course 32861**
Tuesday, Dec. 19 **Course 32862**

Inclusion

We invite individuals with disabilities to take part in any course listed in the department brochure. To ensure an individual's success in a program, staff known as "inclusion coaches" will be available to provide assistance. The Therapeutic Recreation staff provide assistance based on reasonable accommodations, which are determined on a case-by-case basis.

Details: 751-4134

Craft Closet

Release your creative energy! Individuals aged 18 and older with disabilities are invited to join us every month in creating a colorful, seasonal craft. All craft supplies will be provided. Registration for each craft class begins the month before. Meadowdale Library, 4301 Meadowdale Boulevard
Tuesdays and Fridays, 10:30-11:30 a.m. Free

Sept. 5 **Course 32863**
Sept. 8 **Course 32864**
Oct. 10 **Course 32865**
Oct. 13 **Course 32866**
Nov. 14 **Course 32867**
Nov. 17 **Course 32868**
Dec. 12 **Course 32869**
Dec. 15 **Course 32870**

Let's Bowl!

Join our bowling club that will meet once a month at Bowl America. There is no registration fee, but cost will be \$4.35 upon arrival for shoes and one hour of bowling. Call to register before each meeting!

Bowl America, 11532 Hull Street Rd. Midlothian
Tuesdays, 10-11 a.m.

Registration: Free
Games/Shoes: \$4.35
Sept. 12 **Course 32871**
Oct. 17 **Course 32872**
Nov. 7 **Course 32873**
Dec. 5 **Course 32874**

COMMUNITY GROUPS

Special Olympics

Details: Karin Koch, 744-9666

The Miracle League of Richmond

Details: Karen Pusey, 229-4966, or www.miracleleagueofrichmond.com

Chesterfield Basketball League — Challenger Division

Details: Linda Crews, 254-0050

Instructors, Volunteers and Inclusion Coaches Needed for Therapeutic Programs

Do you have a special hobby or talent you'd like to share? Instructors, volunteers and inclusion coaches are needed to lead and assist with recreation activities, camps and classes in dance, fitness, crafts, hobbies and sports for youths and adults with disabilities. Details: 751-4134