

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 751-4134 or vfowlkes@chesterfield.gov



Spring Prom

Dance the night away! Individuals with disabilities, ages 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 dance is supported by the Knights of Columbus Council #6189. Registration will be open for this event on Jan. 5. Call in or register in person. Registration is on a first-come, first-served basis. No registrations will be taken that night. Bishop Ireton Center, 3300 Old Courthouse Road
Saturday, April 7, 6:30-9:30 p.m. Free **Course 33387**

Bingo Zone

Is luck on your side? Individuals with disabilities, ages 18 and older, are invited to join this monthly bingo group and play a few rounds. Maybe you win a prize! Call to register the first of the month. Chesterfield County Fairgrounds, 10300 Courthouse Road (Exhibition Hall)

Tuesdays, 10-11 a.m. Free
Jan. 9 **Course 33106**
Feb. 6 **Course 33109**
March 6 **Course 33110**
April 10 **Course 33111**
May 8 **Course 33112**

Craft Closet

Release your creative energy! Individuals with disabilities, ages 18 and older, are invited to join us every month in creating a colorful, seasonal craft. All craft supplies will be provided. Call to register the first of each month. Free

North Courthouse Road Library, 325 Courthouse Rd.
Tuesdays, 10:30-11:30 a.m.
Call for dates and course numbers
Meadowdale Library, 4301 Meadowdale Blvd.
Call for dates and course numbers

Got Game

Who loves game days? Individuals with disabilities are invited to join us for a fun-filled time! Mingle with old friends and make new friends during our game days.

Meadowdale Library, 4301 Meadowdale Blvd.
Thursdays, 10:30-11:30 a.m. Free
Call for dates and course numbers

Let's Bowl

Join our bowling club that meets monthly at Bowl America. There is no registration fee, but the 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 Road
Tuesdays, 10-11 a.m.
Jan. 16 **Course 33201**
Feb. 13 **Course 33202**
March 13 **Course 33203**
April 17 **Course 33204**
May 15 **Course 33205**

Staying Active

Join us for exercise and socialization along the trails at the Harry G. Daniel Park at Iron Bridge. Feel free to bring a lunch to enjoy in the park after the program. This course is for adults, ages 18 and older, with disabilities. Harry G. Daniel Park at Iron Bridge, 6600 Whitepine Road (Shelter 4)
Thursdays, 10-11 a.m.
April 19-May 24 **Course 33206**



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TR Line Dancing

Instructor Bev Martin will teach line dancing to popular country and pop tunes. This course is designed for participants with intellectual or learning disabilities, ages 16 and older. The class does not require a partner. Registration will not be accepted at the first class. All attendees interested in dancing must register. Huguenot Road Baptist Church, 10525 W. Huguenot Road
Thursday, 7-8 p.m.

Jan. 11-Feb. 15 \$30 **Course 33113**
March 1-April 19 (not held 3/29 and 4/12) \$30 **Course 33114**

Basketball Open Court

Who loves basketball and being outside? Show us your basketball skills. Join us for some recreational play, pick-up games, etc. Individuals with disabilities, ages 18 and older, are welcome to join us. Harry G. Daniel Park at Iron Bridge, 6600 Whitepine Road
Wednesdays Free
May 2-June 6 **Course 33212**

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, 245-0050

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

Anything Goes — Active Hour

If you need to be more active in your life, this is the program for you! Individuals with disabilities, ages 18 and older, will be participating in everything from chair yoga, aerobics, dancing, and more. We won't stop 'til the hour's up.

Mayes-Colbert Ettrick Recreation Center, 20621 Woodpecker Road
Wednesdays, 10-11 a.m. Free

Jan. 24- Feb. 14 (not held on Feb. 7)

Course 33210

March 21- April 11

Course 33211

Snack'n It Up

Snacks are a necessity for everyday life. Learn to make quick and easy snacks and "No-Bake" desserts to take home. Individuals with disabilities, ages 18 and older, are welcome to join the culinary fun.

Mayes-Colbert Ettrick Recreation Center, 20621 Woodpecker Road
Mondays, 10-11 a.m. \$5

Jan. 22

Course 33213

Feb. 12

Course 33214

March 12

Course 33215

April 16

Course 33216

May 14

Course 33217

Youth African Dance & Drum

Culture4MyKids.org offers boys and girls classes in West African instrumentation, dance, drum, history, and cultural background.

These classes work to develop discipline, creativity, character, self-esteem and knowledge of self. This classes will be an inclusive program for kids with and without disabilities, ages 13 and older.

Mayes-Colbert Ettrick Recreation Center, 20621 Woodpecker Road
Wednesdays, Date & Times: TBD Free

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