

THERAPEUTIC RECREATION

Offering educational and recreational activities to help individuals with intellectual, physical, emotional and/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 rogerst@chesterfield.gov

Craft Closet

Release your creative energy and participate in creating a colorful, seasonal craft. This program is for individuals with disabilities, ages 18 and older. All craft supplies will be provided. Register at least one week in advance.

Meadowdale Library, 4301 Meadowdale Blvd. Free

Tuesdays, 10:30 a.m.-11:30 a.m.

Sept. 24 **Course 35841**

Oct. 22 **Course 35842**

Nov. 26 **Course 35843**

Dec. 3 **Course 35844**

North Courthouse Road Library, 325 Courthouse Rd. Free

Thursdays, 10:30 a.m.-11:30 a.m.

Sept. 5 **Course 35845**

Oct. 3 **Course 35846**

Nov. 7 **Course 35847**

Dec. 12 **Course 35848**

Let's Bowl

Join our bowling club that meets monthly at Bowl America. There is no registration fee, but the cost will be \$.50 upon arrival for shoes and one game of bowling. Call to register before each meeting.

Bowl America, 11532 Hull Street Road

Tuesdays, 10 a.m.-11 a.m.

Sept. 10 **Course 35852**

Oct. 1 **Course 35853**

Nov. 12 **Course 35854**

Dec. 10 **Course 35855**

Bingo Zone

Individuals with disabilities, ages 18 and older, are invited to join this bingo group and play to win a prize.

Thursdays, 10-11 a.m.

Bensley Recreation Center, 2900 Drewrys Bluff Road Free

Sept. 12 **Course 35861**

Oct. 10 **Course 35862**

Nov. 14 **Course 35863**

Dec. 5 **Course 35864**

Fridays, 10:30 a.m.-11:30 a.m.

North Courthouse Road Library, 325 Courthouse Road Free

Sept. 20 **Course 35865**

Oct. 18 **Course 35866**

Nov. 15 **Course 35867**

Dec. 20 **Course 35868**

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

Thursdays, 7-8 p.m.

\$30

Sept. 12-Oct. 17 **Course 35849**

Nov. 7-Dec. 19 (not held 11/28) **Course 35850**

Snackin' It Up

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. Please share any food sensitivities, allergies, or diet restrictions upon registration. Registration required at least one week in advance.

Tuesdays, 10 a.m.-11 a.m.

\$5

Stonebridge Recreation Center, 230 Karl Linn Drive

Sept. 17

Course 35668

Oct. 15

Course 35669

Nov. 19

Course 35670

Dec. 17

Course 35671

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 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 a.m.-11 a.m.

Free

Sept. 18-Oct. 23

Course 35869

Nov. 6-27

Course 35870

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.

North Courthouse Road Library, 325 Courthouse Road

Thursdays, 10:30 a.m.-11:30 a.m.

Free

Sept. 26

Course 35871

Oct. 24

Course 35872

Nov. 21

Course 35873

Dec. 19

Course 35874

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Fall Dance

Dance the night away. Individuals, ages 18 and older, are invited to dress their Halloween best and enjoy an evening of food, dancing and fun. Parents, staff and guardians also are invited to enjoy light refreshments with us. Registration is on a first-come, first-served basis, and space is limited. No registrations will be taken that night.

Chesterfield County Fairgrounds, 10300 Courthouse Road
(Exhibition Hall)

Saturday, Oct. 26, 6:30-9 p.m. Free Course 35875

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. We ask that an inclusion coach be requested at least three weeks prior to the start of a program. Details: 751-4134

Winter Holiday Dance

Celebrate the holidays with us. Individuals 18 and older with disabilities are invited to enjoy an evening of dancing and fun. Registration is on a first come, first served basis and space will be very limited.

Bensley Recreation Center, 2900 Drewrys Bluff Road

Friday, Dec. 13, 6-8 p.m.

Free

Course 35876

COMMUNITY GROUPS

Special Olympics

Details: Karin Koch, 744-9666

The Miracle League of Richmond

The YMCA of Greater Richmond

Details: Jamie McClure, 798-0057 or mcclurej@ymcarichmond.org

Sportable

Details: www.sportable.org

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

Essential Eligibility Requirements

All programs have essential eligibility requirements for participation. Essential eligibility requirements may include, but are not limited to, age, prerequisite skills, safety, endurance, behavior, personal care and medical issues. For specific information about a program's essential eligibility requirements, please contact the staff person listed with the description.