

Therapeutic Recreation 972-941-7327

Therapeutic Recreation helps improve or maintain physical, cognitive, emotional and social functioning for individuals with special needs through activities that promote healthy, independent leisure lifestyles.

Volunteer Leisure Buddies are on hand at each program to assist and encourage the participants as needed. Participants needing help with matters not directly related to the activity are requested to bring a family member or an aide to assist.

Mainstream Activities

Mainstream placement in many recreation center classes may be possible through the Therapeutic program. If assistance is needed to accommodate your participation, please call Addy Hjarpe at 972-941-7327.

Interested in Volunteering?

The Therapeutic programs are dependent upon the support and efforts of community volunteers. If you are looking for an exciting, rewarding volunteer opportunity for yourself or a club/organization, please call for more information. You can help us provide a variety of recreational opportunities to help meet the needs of individuals with special needs and disabilities in our community. Call Addy Hjarpe at 972-941-7327 for more information on the next workshop. Please help us make a difference in the lives of others.

Special Olympics

Plano Parks and Recreation is a supporter of the Plano area Special Olympics, an international program providing sports and athletic competition for children and adults with special needs. If you are interested in receiving more information about Special Olympics call 972-941-7327.

ADULT CLUB NIGHT (22 YRS & UP)

Join us for a fun dance with all your friends. We will meet at the Senior Recreation Center, 401 W. 16th Street. Come and enjoy the company of your friends, light refreshments, and dancing to music provided by our DJ. Have fun! Socialize with old friends and even make new ones.

124885	SEN	F	6:30pm-9:30pm	10/21	1	Massingill	\$15
124886	SEN	F	6:30pm-9:30pm	11/18	1	Massingill	\$15

AFTERNOON MOVIE (18 YRS & UP)

Have fun watching your favorite movie with friends at the Cinemark Theatre 10 on Coit Road and Park Blvd. Drop-off and pick-up will be at the theatre. Registration fee includes the cost of the theatre ticket and staff. Bring money if you wish to purchase snacks at the theatre.

126373	CIN 10	W	11:30am-2pm	11/30	1	Massingill	\$13
126374	CIN 10	W	11:30am-2pm	9/21	1	Massingill	\$13

AIM-ADVENTURES IN THE MAKING (18 YRS & UP)

Adventures in the Making (AIM) is an adult day program. The aim of the program is to heighten social, leisure, and learning opportunities for individuals with special needs that are no longer in school. The group will travel in the van to local sites.

124711	LIB	Tu	11am-4pm	9/6	4	Massingill	\$145
124712	LIB	Tu	11am-4pm	10/4	4	Massingill	\$145
124713	LIB	Tu	11am-4pm	11/1	4	Massingill	\$145

THERAPEUTIC RECREATION

AMY'S OUTINGS (18 YRS & UP)

Join Amy for a monthly bowling outing. Visit a different restaurant to enjoy lunch with friends and then have fun bowling. Drop-off and pick-up will be at Liberty Recreation Center, 2601 Glencliff, Plano. Bring enough money to cover the cost of lunch, a drink, and tip. Registration fee covers the cost of bowling and shoes.

125161	LIB	Th	11am-2:30pm	9/8	1	Massingill	\$35
125162	LIB	Th	11am-2:30pm	10/6	1	Massingill	\$35
125163	LIB	Th	11am-2:30pm	11/3	1	Massingill	\$35

ART MONTAGE (16 YRS & UP)

Local artist, Julio Suarez, will share his creative talents with the participants. A variety of functional, yet decorative, art projects will be created including cartooning, collage, watercolor painting, and more!

124626	LIB	M	7pm-8:30pm	9/12	8	Suarez	\$92
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BOWLING/PIZZA PARTY (15 YRS & UP)

Join your friends for a fun morning of bowling and then enjoy pizza afterwards. Drop-off and pick-up will be at Allen Bowling, 1011 South Greenville Avenue, Allen. Registration fee includes, shoes, bowling and pizza and drink.

125481	ALLEN	Sa	11:15am-1:15pm	11/12	1	Lowery	\$25
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CONTINUING EDUCATION CLASS (22 YRS & UP)

If you have graduated from school and are interested in keeping your academic skills sharp, this is the class for you. We will work on math, spelling, reading, and writing. This class is designed for individuals with emerging reading and math skills and an ability to focus on the learning skills presented.

124640	LIB	M	10am-Noon	9/12	5	Dillion	\$65
124641	LIB	M	10am-Noon	10/17	5	Dillion	\$65
124645	LIB	M	10am-Noon	11/21	5	Dillion	\$65

CREATIVE COOKING (18 YRS & UP)-NEW

If you have a creative mind, come out to this class and allow your creativity to run wild in making a simple meal using various fruits and vegetables without having to use a stove. The theme will be Halloween.

124881	LIB	Th	Noon-2pm	10/13	1	Dillion	\$19
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DANCE WORKSHOP (16 YRS & UP)

If you enjoy dancing, music, and fun, then this is the class for you! We will learn a variety of new dances and review our old favorites. Partners are not necessary. This class meets on alternate Sundays.

124882	LIB	Su	4pm-5pm	10/9	6	Crouse	\$69
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DINNER & KARAOKE NIGHT AT TINO'S (18 YRS & UP)

Come share an evening of good food and singing at Tino's, 2205 Avenue K, Plano. Sing with your favorite Karaoke DJ. Bring \$10 for dinner.

124627	TINOS	W	6pm-8pm	9/28	1	Crouse	\$20
124628	TINOS	Th	6pm-8pm	10/27	1	Crouse	\$20
124629	TINOS	Th	6pm-8pm	11/17	1	Crouse	\$20

DINNER AT TGIF (18 YRS & UP)

Come and enjoy dinner at TGI Fridays on 901 N. Central Expressway in Plano, 75075. Bring enough money to cover the cost of dinner, a drink and tip. Drop off and pick will be at TGI Fridays on 901 N. Central Expressway in Plano, 75075.

127193	TGIF	Tu	6pm-7:30pm	10/11	1	Crouse	\$13
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THERAPEUTIC RECREATION

DINNER OUTING AT IHOP (18 YRS & UP)

Come to IHOP, have dinner with friends and visit while enjoying your favorite IHOP pancake. Bring enough money to cover the cost of dinner, a drink and tip. Drop off and pick up will be at IHOP, 933 N. Central Expwy., Plano, 75075.

127192 IHOP Tu 6pm-7:30pm 9/13 1 Crouse \$13

FIRST FRIDAY FRIENDS (15-25 YRS)

This monthly social event is for teens and young adults with special needs. Each evening will include a dance with a DJ and refreshments in a relaxed, friendly atmosphere.

124707 SEN F 6:30pm-9:30pm 10/7 1 Massingill \$15

124708 SEN F 6:30pm-9:30pm 11/4 1 Massingill \$15

124709 SEN F 6:30pm-9:30pm 1/6 1 Massingill \$15

FUN BUNCH BOWLERS (15 YRS & UP)

Adaptive bowling for individuals with physical and developmental disabilities. Increase life and leisure satisfaction, expand range of motion, and develop lasting friendships. Bowling ramp available. FUN BUNCH BOWLERS MEETS AT ALLEN BOWLING LANES, 1011 S. Greenville Avenue, Allen.

124887 ALLEN Sa 10am-11:45am 10/8 6 Scott \$69

GIRLS NIGHT OUT (18 YRS & UP)-NEW

Monthly program is designed to allow the ladies to have a relaxing evening with their peers in a fun environment. We will meet at different venues on the third Tuesday of each month.

124384 TBA Tu 6pm-7:30pm 9/20 1 Dillion \$13

124385 TBA Tu 6pm-7:30pm 10/18 1 Dillion \$13

124386 TBA Tu 6pm-7:30pm 11/15 1 Dillion \$13

HOLIDAY CRAFTS & GIFTS (12 YRS & UP)

Let's get into the holiday spirit. Students will make wonderful holiday crafts that you can keep or give away as gifts. Join us in the spirit of fun and giving.

124632 LIB Tu 6:30pm-8:30pm 10/4 3 Freeman \$45

HOLIDAY PARTY (15 YRS & UP)

Sign up now for our dressy holiday dinner. Guys should bring a \$10 gift for a guy. Ladies bring a \$10 gift for a lady. Parents and care providers may also register for the dinner if they prefer to stay. Drop-off and pick-up will be at the Southfork Hotel, 1600 N. Central Expressway.

124800 SFORK Tu 6:30pm-9:30pm 12/13 1 Hjarpe \$35

HOLIDAY TOUR OF LIGHTS (15 YRS & UP)

Enjoy a holiday snack and then sit back and enjoy the view as we tour local neighborhoods and see all the great decorations. Meet and pick up at Liberty Recreation Center, 2601 Glenclyff, Plano.

124802 LIB Th 6pm-8:30pm 12/8 1 Dillion \$19

JEWELRY MAKING (14 YRS & UP)

Create and make your own jewelry. Registration fee covers the cost of supplies.

124634 LIB Tu 6pm-8pm 9/6 1 Freeman \$30

KIDS NIGHT OUT (6 MOS-10 YRS)

Monthly respite program for children with disabilities from 6 months to age 10 and their siblings. Activities include free play, arts and crafts, and snack time. Program provides increase in life and leisure satisfaction, decrease in social isolation, and respite for families. Volunteers are on hand to buddy up with each participant to keep an eye on them and keep them entertained. Cost for first child is \$15, then \$7 for each additional sibling. Contact Dianne at 972-941-7272 to reserve your spot.

124888 LIB F 6:30pm-9:30pm 9/9 1 Staff \$15

124889 LIB F 6:30pm-9:30pm 10/14 1 Staff \$15

124890 LIB F 6:30pm-9:30pm 11/11 1 Staff \$15

124891 LIB F 6:30pm-9:30pm 12/9 1 Staff \$15

124954 LIB F 6:30pm-9:30pm 9/9 1 Staff \$7

124956 LIB F 6:30pm-9:30pm 10/14 1 Staff \$7

124959 LIB F 6:30pm-9:30pm 11/11 1 Staff \$7

124960 LIB F 6:30pm-9:30pm 12/9 1 Staff \$7

LUNCH WITH FRIENDS (18 YRS & UP)

Spend the afternoon with friends. Have lunch together, play games, and do arts and crafts. This is a great way to have fun with friends and enjoy all your favorite activities. Bring a sack lunch and a drink and come have fun!

124646 LIB M 12:15pm-2:15pm 9/12 5 Freeman \$69

124647 LIB M 12:15pm-2:15pm 10/17 5 Freeman \$69

124650 LIB M 12:15pm-2:15pm 11/21 5 Freeman \$69

MOVIE THEATRE NIGHT (15 YRS & UP)

Join us at the Cinemark 10 Movies at Coit and Park. Fee includes movie ticket. Bring extra money for snacks at the theatre. Drop-off and pick-up will be at Cinemark 10 at Coit and Park. Time may be adjusted based on the timing of the movie.

124635 CIN 10 W 6:30pm-9:30pm 9/7 1 Crouse \$13

124636 CIN 10 W 6:30pm-9:30pm 10/19 1 Crouse \$13

124637 CIN 10 W 6:30pm-9:30pm 11/9 1 Crouse \$13

OAK POINT PARK NATURE TOUR (18 YRS & UP)

Come for a guided tour and picnic at the Oak Point Park. Enjoy a picnic lunch and the beautiful grounds. Drop-off and pick-up will be at the Oak Point Park, 5901 Los Rios Blvd. Bring a sack lunch and drink for the hike.

126390 OPP Th 11:30am-2pm 10/20 1 Massingill \$19

PIZZA & KARAOKE NIGHT (16 YRS & UP)

Come spend your Saturday night snacking on pizza and singing your favorite songs with your favorite Karaoke DJ's, Starr and John.

124630 SEN Sa 6pm-8pm 9/10 1 Crouse \$20

124631 SEN Sa 6pm-8pm 10/15 1 Crouse \$20

TALENT SHOW & DANCE (15 YRS & UP)

Share your talents with friends and then dance the evening away. You can sign up to perform when you arrive. Bring your music, props, etc.

124706 SEN F 6:30pm-9:30pm 9/23 1 Massingill \$15

TEEN TIME (10-16 YRS)

This class is the perfect social setting for ages 10-16. Each session will follow a theme based on specific books. The group will play games, read stories, participate in interactive word games, and create a craft. The class promotes sharing, fosters social interaction with peers, and enhances language development. This is a great way to have fun.

124883 LIB Su 2pm-3:30pm 9/11 8 Freeman \$79