



THERAPEUTIC RECREATION

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 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.

PROGRAMS

ACADEMIC EDUCATION CLASS (18 YRS & UP)

This class is designed for those individuals with special needs that have graduated from high school. We will work on history, current events, and science. A good attention span is required for this class and the ability to follow directions. We will explore the wonders of science and look back at history in the making. For a class that focuses on math, spelling and reading see the Continuing Education Class, 128675.

128989 LIB W 10am-Noon 1/18 4 Hjarpe \$52

ADAPTED AQUATICS (4 YRS & UP)

Individualized swimming instruction for participants with special needs. Class instruction will include basic water skills to increase water adjustment. The instructor will work with all individuals to help them gain confidence and improve kicking and stroking ability as they are ready for each new swimming skill. A responsible adult is required to assist with the participant in the water. Instructor is certified by AAPAR and American Red Cross.

127802 TMC Sa 10:30am-11am 1/21 4 McVey \$33

127803 TMC Sa 10:30am-11am 2/18 4 McVey \$33

ADAPTED AQUATICS (ADV) (10 YRS & UP)

Individualized swimming instruction for participants with higher functioning special needs. Class instruction will include basic strokes: front crawl/back crawl/breaststroke and breathing refinement. A responsible adult is encouraged to assist in water with participant. Testing will occur first day.

130222 TMC Sa 11:15am-11:45am 1/21 4 McVey \$33

120226 TMC Sa 11:15am-11:45am 2/18 4 McVey \$33

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

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

128684 LIB Tu 11am-4pm 1/10 4 Dillion \$145

128685 LIB Tu 11am-4pm 2/7 4 Dillion \$145

128686 LIB Tu 11am-4pm 3/6 4 Dillion \$145

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!

128728 LIB M 7pm-8:30pm 1/9 4 Suarez \$49

128729 LIB M 7pm-8:30pm 2/6 4 Suarez \$49

BLACK EYED PEA OUTING (18 YRS & UP)

If you enjoy home cooking, then the Black Eyed Pea is the place for you. Drop-off and pick-up will be at the Black Eyed Pea, 605 15th Street, Plano. Bring enough money to cover the cost of dinner, drink and tip.

128813 MCS Tu 6pm-7:30pm 3/27 1 Crouse \$13

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.

128675 LIB M 10am-Noon 1/9 5 Dillion \$65

128676 LIB M 10am-Noon 2/20 5 Dillion \$65

CREATIVE COOKING (18 YRS & UP)-NEW

If you have a creative mind, come out and allow your creativity to run wild in making a simple and fun creative meal using various food items. This class is not just for the girls, all guys interested are invited. Some of the best chefs are males. Don't be shy you guys! Registration fee covers the cost of supplies. You will be eating what you prepare so DO NOT eat before come. You will also be taking home one of your creations.

129384 LIB Th Noon-2pm 3/8 1 Dillion \$19

CREATIVE PAINTING (10-15 YRS)

Create your very own masterpiece on canvas. Use your imagination to paint freely or paint from a sample/model presented. Registration fee includes the cost of materials supplied.

128987 LIB W 6pm-7:30pm 3/28 1 Freeman \$25

DANCE CLUB (15 YRS & UP)

Come one come all! 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. **This dance will replace First Friday Friends and Adult Club Night.**

124709 SEN F 6:30pm-9:30pm 1/6 1 Massingill \$15 – Celebrate New Years

128818 SEN F 6:30pm-9:30pm 1/27 1 Massingill \$15 – DJ/Live band concert

128819 SEN F 6:30pm-9:30pm 2/17 1 Massingill \$15 – Valentines Dance

128820 SEN F 6:30pm-9:30pm 3/16 1 Massingill \$15 - St. Patrick's Dance

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.

128730 MCS Th 6pm-8pm 1/12 1 Crouse \$20

128731 MCS Th 6pm-8pm 2/23 1 Crouse \$20

128732 MCS Th 6pm-8pm 3/22 1 Crouse \$20

DINNER AT DENNY'S (18 YRS & UP)

Enjoy dinner at Denny's at 1803 N. Central Expressway, Plano, 75074. Drop-off and pick-up will be at Denny's. Bring enough money to cover the cost of dinner, a drink, and a tip.

128809 MCS Tu 6pm-7:30pm 1/24 1 Crouse \$13

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.

128814 MCS Sa 10am-11:45am 1/14 6 Scott \$69

KIDS IN THE GARDEN (10-15 YRS)

Learn about how plants grow, what they need and then make your own plant and chia plant/pet to bring home. Registration fee includes all supplies.

128984 LIB Tu 6pm-7:30pm 1/17 1 Freeman \$25

KIDS NIGHT OUT (1-10 YRS)

Monthly respite program for children with disabilities from ages 1 to 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. Contact Dianne at (972) 941-7272 if you need assistance registering. Registration fee is \$15 per family. Register each additional child by contacting Dianne at (972) 941-7272 or dianned@plano.gov.

128678 LIB F 6:30pm-9:30pm 1/13 1 Freeman \$15

128679 LIB F 6:30pm-9:30pm 2/10 1 Freeman \$15

128680 LIB F 6:30pm-9:30pm 3/9 1 Freeman \$15

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!!!

128672 LIB M 12:15pm-2:15pm 1/9 5 Freeman \$69

128673 LIB M 12:15pm-2:15pm 2/20 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.

128668 MCS W 6:30pm-9:30pm 1/18 1 Crouse \$13

128669 MCS W 6:30pm-9:30pm 2/15 1 Crouse \$13

128670 MCS W 6:30pm-9:30pm 3/7 1 Crouse \$13

OLIVE GARDEN OUTING (18 YRS & UP)

Enjoy an Italian meal at Olive Garden, 700 N. Central Expressway, Plano. Drop-off and pick-up will be at the Olive Garden. Bring enough money to cover the cost of dinner, a drink, and tip.

128810 MCS Tu 6pm-7:30pm 2/28 1 Crouse \$13

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.

128815 SEN Sa 6pm-8pm 1/21 1 Crouse \$20

128816 SEN Sa 6pm-8pm 2/4 1 Crouse \$20

128817 SEN Sa 6pm-8pm 3/3 1 Crouse \$20

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.

128733 LIB Su 5pm-6pm 1/22 5 Crouse \$59

TEEN DANCE WORKSHOP (10-15 YRS)-NEW

This dance workshop is for teens from 10-15 years old. This is a great way to exercise while having fun learning a variety of dances. This class will also enhance social skills and prepare the teens to attend the Friday night dances when they turn 15. Come join in the fun.

128735 LIB Su 3:45pm-4:45pm 1/22 5 Crouse \$59

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.

128734 LIB Su 2pm-3:30pm 1/22 5 Freeman \$60

TEEN TIME/DANCE WORKSHOP COMBO (10-15 YRS)

This special offer is for those families that wish to sign their 10 to 15 year olds up for Teen Time and Dance Workshop. We are offering both classes for \$99 -- this is a savings of \$20. The class meets at Liberty Recreation Center, 2601 Glenclyff, on alternate Sundays from 2pm to 4:45pm. This does not take the place of the Dance Workshop offered for 16 years and up.

128807 LIB Su 2pm-4:45pm 1/22 5 Freeman \$99

SPRING BREAK ADVENTURE CAMP (8-21 YRS)

Join us for a special spring break camp. We will have games, arts and crafts, music, and dancing. This is a great way to spend spring break with friends.

128805 TMC M-F 10am-3pm 3/12 5 Staff \$150

TRIP TO WYLIE OPRY (18 YRS & UP)

We're off to the Opry!! Get signed up to go and listen to some great live music at the Wylie Opry. Drop-off and pick-up will be at Liberty Recreation Center, 2601 Glenclyff, Plano. Bring enough money to cover the cost of snacks, etc. Registration fee covers the cost of transportation, staff, and entrance fees. Have dinner at home before you come. Drop-off and pick-up will be at Liberty. Please be prompt for pick-up since the recreation center will be closed at 10pm pick-up time.

128821 LIB Sa 6:45pm-10pm 3/31 1 Crouse \$35

Very Special Arts Festival
Sunday, February 12
2 pm to 5 pm
Plano Centre - 2000 E. Spring Creek Pkwy
FREE Admission
No Registration Required



PARENT INFORMATION/GUIDELINES

Dear Parents,

As we kick off the session programs, we would like to thank you all for your support and patience. We hope that you enjoy the variety presented and will continue to support them. The last First Friday Friends dance will be held on January 6. The Adult Club Night is changing its name to Dance Club. It will be the only dance offered each month. Everyone from 15 years on up are invited to register.

We thank you for your cooperation in following our guidelines and we ask that you read the following, once again, to insure the safety of your children and provide a quick response should our staff have to get in touch with you while your child is attending a program:

- You must have a participant information form on file with the TR department. Please call or email us and we will make sure you get one. You can also go to www.planoparks.org, click on Therapeutic Programs and download a copy of the information form.
- Payment for all activities must be made in advance unless prior arrangements have been made.
- Participants needing help with personal care are required to bring a personal assistant for those needs.
- Parents/caregivers must escort participants to class, check in with staff and leave a phone number where they can be reached.
- If a participant is being picked up by an unfamiliar guardian, neighbor, etc. please notify the staff person at drop off and leave your phone #, in case of miss communication.
- If a participant is attending an evening program, DART Handi-ride is NOT recommended for pick-up for these evening activities. It is suggested that parents/caregivers pick up the participants following these evening events to insure the best safety for everyone. Many of our recreation centers close at 9pm and if we return from an outing after that time there is no indoor place to wait if Handi-ride is late. Participants must have a ride home they will not be allowed to walk home.
- We reserve the right to send participants home if displaying inappropriate behaviors. Examples of inappropriate behavior (but not limited to):
- **Failure to comply with directions or requests.**
- **Harm to self. Physically harming/injuring self, staff, participants or volunteers.**
- **Destruction of property or improper use of property that belongs to program.**
- **Inappropriate language/actions/gestures.**
- **Disrespecting staff, by talking back to or not listening to staff, not following directions.**
- If participants need additional supervision while waiting for transportation after program hours a bill will be sent to cover staff expenses.

We thank you again for your support and input and look forward to working with you. The Therapeutic programs have a website. Go to www.planoparks.org and click on Therapeutic Recreation; you can download the Participant Information Form; see any updates and read our most recent program options.

PARTICIPANTS NEEDING HELP WITH PERSONAL CARE ARE REQUIRED TO BRING A PERSONAL ASSISTANT FOR THOSE NEEDS.

SMILE: We may take photos of participants enrolled in programs. These photos are used only for promotion of our TR services in the form of displays, brochures, videos and flyers. Please let us know in writing if you do not want to be photographed.

HAVE YOU CHANGED YOUR EMAIL OR MOVED? Call or email Addy ([972-941-7327](tel:972-941-7327)/addyh@plano.gov) or Dianne ([972-941-7272](tel:972-941-7272)/dianned@plano.gov) to update them of any information change. Thank you, Addy and Dianne