

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.

CLASSES

Picnic in the Park

Join us as we have a picnic in Rockwood Park. Individuals 18 and older with disabilities are encouraged to join us for food, outdoor games, music, and socialization. Please let us know of any food allergies when registering for the program. Caregivers are welcome to stay and enjoy the fun but will also need to register if they would like food as well. Pre-registration is required.

Rockwood Park Shelter 4, 3401 Courthouse Road

Tuesday and Wednesday, 5:30-6:30 p.m. \$5

Sept. 13

Sept. 28

Course 41057

Course 41058

Bingo Bash

Come test your luck. Individuals 18 and older with disabilities, are invited to join our Bingo Bash. You will get to play a few rounds of bingo and possibly win some prizes. Pre-registration is required.

North Courthouse Road Library, 325 Courthouse Road

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

Sept. 22

Nov. 10

Course 40842

Course 40844

Ice Cream Social

Want to meet people and enjoy a fun filled outing? Meet us at Bruster's to have an ice-cream and socialize with your friends. This is for individuals of all ages and abilities. Parents/guardians and caregivers are asked to please stay throughout. Please bring money for your ice-cream of choice. Pre-registration is required.

Bruster's Real Ice Cream, 11731 Sherbet Lane, Chester

Friday, Sept. 16, 7-8 p.m. Free Course 41061

Craft Club

Ready to get your creative juices flowing? Individuals with disabilities ages 18 and older are invited to join our new crafting club. Meet new friends, share ideas, and explore the world of crafts as we create florals, décor and more. Parent/guardians and caregivers are encouraged to stay during the program. Pre-registration is required.

North Courthouse Road Library, 325 Courthouse Road

Mondays, 11 a.m.-noon \$2

Sept. 19

Oct. 10

Nov. 14

Dec. 12

Course 41053

Course 41054

Course 41055

Course 41056

Fun in the Park

Join us for exercise, activities, and socialization as we enjoy nature. This course is for adults 18 and older with disabilities. Pre-registration is required.

Mayes-Colbert Ettrick Recreation Center, 20621 Woodpecker Road

Wednesdays, 10-11:30 a.m.

Sept. 21

Free Course 40845

Sunset Paddle at Dutch Gap

If you enjoy being out on the water this is the program for you. Come enjoy a day at the Dutch Gap Conservation Area. Participants must be able to maneuver a kayak independently with assistants from staff when needed, follow 1 to 2 step instructions, communicate effectively, and be comfortable in the water with a life jacket. Please bring a water with you to the program. This program is for individuals ages 13-17. All parents/guardians are welcome to join in the trip but will need to register in order to take part. Pre-registration is required.

Dutch Gap Conservation Area, 411 Coxendale Road

Friday, Sept. 23, 5-7 p.m.

\$15

Course 41060

Information Sessions

Get to know the organizations we work with. Join us as we host a meet and greet with a variety of organizations. This course provides an opportunity to learn more about each group, ask questions, and receive information. This program is for all ages and abilities. Pre-registration is required for everyone attending.

Thursdays, 6-7 p.m.

Free

Sportable at Rockwood Nature Center, 3401 Courthouse Road

Nov. 17

Course 41064

Step N Up at Bensley Recreation Center, 2900 Drewry's Bluff Road

Dec. 1

Course 41065

Kid's Paint Hour

Paint the afternoon away with this new paint program. Individuals ages 7-12 are invited to join us as we get creative using different paints, brushes, and canvases. All paint supplies will be included. Pre-registration is required. Parents/guardians and caregivers are encouraged to attend the program with the participant.

Wednesday, 4:30 -5:30 p.m.

LaPrade Library, 9000 Hull Street Road

Oct. 5

\$3

Course 41066

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: 804-751-4134

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: 804-751-4134

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.

Let's Bowl

Come join our bowling club. Participants 18 and older can meet us at Uptown Alley to take part in the fun. Registration cost \$4.50 for shoes and one game of bowling. Parents/guardians are encouraged to stay during the program. Registration will not be allowed at arrival so please register in advance.

Uptown Alley, 6101 Brad McNeer Parkway

Thursdays, 1:30-2:30 p.m.

Oct. 6 \$4.50 **Course 41067**

Dec. 1 \$4.50 **Course 41071**

TR Line Dancing

Instructor Bev Martin will teach line dancing set to popular country and pop tunes. Participants 18 and older with disabilities are invited to attend this program. The class does not require a partner. Pre-registration is required.

Huguenot Road Baptist Church, 10525 W. Huguenot Rd.

Thursdays, 7-8 p.m.

Oct. 13 -Nov. 17 \$30 **Course 41068**

Step N Up Bingo Nights

Are you ready for a great night of Bingo? Come play a few games and win prizes with Step N Up. This program is for individuals 18 and older with disabilities. Pre-registration is required.

Stonebridge Recreation Center, 230 Karl Linn Drive

Wednesdays, 6-7 p.m.

Oct. 19 Free **Course 40856**

Dec. 14 Free **Course 40857**

Totally Tots

Totally Tots is totally for you. This program will include different games and activities to make sure your tot is having a blast. All abilities ages 3-5 are welcome to join us. Parent/guardians are required to stay during the program. Pre-registration is required.

Stonebridge Recreation Center, 230 Karl Linn Drive

Wednesdays, 5:30- 6:30 p.m.

Nov. 2 Free **Course 41069**

Dec. 7 Free **Course 41070**

AMG Fitness Class

Come workout with us. This class is for adults 18 and older with disabilities. We will be working out with AMG Fitness as we are led through a virtual fitness instruction. Pre-registration is required.

Stonebridge Recreation Center, 230 Karl Linn Drive

Wednesday, 6-7 p.m.

Nov. 9 Free **Course 41073**

Kid's Karaoke Night

Sing the night away at our kid's karaoke night. Take your turn singing your favorite songs and enjoy some light refreshments. This program is for all abilities ages 7-12. Pre-registration is required. Parents/guardians are asked to please stay throughout the program.

Stonebridge Recreation Center, 230 Karl Linn Drive

Friday, Nov. 18, 6-7 p.m. Free **Course 41074**

Social Hour

Meet us at this season's social hour. Socialize with friends, play games, complete an art project, and enjoy light refreshments. This program is for individuals 18 and older with disabilities. Pre-registration is required.

North Courthouse Road Library, 325 Courthouse Road

Tuesday, Nov. 22, 5:30 -6:30 p.m. Free **Course 41075**

Anything Goes Active Hour

If you need to be more active in your life, this is the program for you. Individuals 18 and older with disabilities are invited to participate in different physical activities. We won't stop 'til the hour's up. Parent/guardians and caregivers are encouraged to stay during the program. Registration is required.

Mayer-Colbert Ettrick Recreation Center, 20621 Woodpecker Road
Wednesdays, 10:30-11:30 a.m.

Nov. 30 -Dec. 14 Free **Course 40848**

SPECIAL EVENTS

Fall Fling

Join us as we celebrate the fall season and Halloween. We will be having an amazing night with dancing, refreshments, and activities. This program is for individuals ages 7-17 with disabilities. Parents/guardians are encouraged to stay during the event. Pre-registration is required.

Stonebridge Recreation Center, 230 Karl Linn Drive

Friday, Oct. 21, 5-7 p.m. Free **Course 40860**

Pumpkin Bash

Come celebrate Halloween with us at this year's Pumpkin Bash. Join us and Step N Up for refreshments, dancing, and games. This event is for individuals 18 and older. Caregivers are welcome to stay throughout the dance. Pre-registration is required.

Chesterfield County Fairgrounds, 10300 Courthouse Road

Friday, Oct. 28, 6:30 -9 p.m. Free **Course 40859**

Winter Dance

Come dance and celebrate the holidays with us and Knights of Columbus. Individuals 18 and older with disabilities are invited to enjoy an evening of dancing and fun. Parents/guardians and caregivers are encouraged to stay throughout the event. Registration is on a first-come, first-served basis and space will be very limited.

Bensley Recreation Center, 2900 Drewry's Bluff Road

Friday, Dec. 9, 7-9 p.m. Free **Course 41076**