

Therapeutic Recreation Center

Programs run Jan. 4-May 2, 2009



Center Supervisor: Beth Lucas
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**1000 S. Randolph Way
791-4504**

New Hours:

Monday-Thursday	8am-5pm
Fri./Sat./Sun.	Closed
Holidays	Closed

Holidays Closed:
Nov. 11, 27, Dec. 25
Jan. 1, 19, Feb. 16

*(Hours are
subject to
change.)*

Our mission is to provide programs that develop and enhance lifelong recreational pursuits for people with disabilities through adaptive, aquatic and inclusive recreation opportunities.

Recreation Inclusion Services for Youth/Adults:

The City of Tucson Parks and Recreation Department offers a variety of recreation opportunities for youth and adults who are ready for Recreation Inclusion. Recreation Inclusion provides opportunities for youth and adults, with and without special needs or disabilities to experience recreation and leisure time together. If you have any questions, call the Inclusion Coordinator, Sue Jansen, 837-8060.

Behavior Expectations:

As in all programs offered by Parks and Recreation, the expectation of every participant is to follow the basic rules of conduct. A participant may be excluded from a program if their presence poses a direct threat to the health or safety of others, or requires a fundamental alteration of the program.

Facility Amenities

Indoor:

- Kitchen
- Large meeting room
- Arts and crafts room
- Conference room

Outdoor:

- Covered playground with Tot Turf
- Enclosed backyard
- Covered ramada

Programs for Children and Teens

- PAL/TEEN, social club for teens ages 13-22, with LD/ADHD.
- ACE - Activities Creating Excellence - After-school program offered for children with LD/ADHD or developmental disabilities.
- Juniors Active in Wheelchair Sports for children ages 12-18.

Adult Programs

- SAIL - Successful Adult Independent Lifestyles - for adults with developmental disabilities. Wed., 6:30-8:30pm.
- Central Social Club for adults with developmental disabilities, Thurs., 6:30-8:30pm
- Creative Expression for adults with developmental disabilities, Mon., 6:30-8:30pm

Sports and Fitness for Adults

- Special Olympics Basketball Training for adults with development disabilities, Sun., Jan. 4, 10-11:30am
- T.G.I.F. Bowling, ages 16+ all disabilities, Fri., 3:30-5:30pm.
- Westside Bowling, Wed., 3-5pm
- Wheelchair Basketball, age 19+
- Special Olympics Track and Field for adults with developmental disabilities, Sat., Jan. 24, 1-3pm

Monthly Social Dance
First Saturday of each month 6-8pm
Armory Center, 220 S. Fifth Ave.
Admission: \$1/ID required - 16+ - register at the door.

- Dec. 6 - Holiday Hop (semi-formal, admission: \$2)
- Jan. 3 - New Year's Bash
- Feb. 1 - Sweetheart Dance
- March 1 - Shamrock Rock
- April 4 - Spring Fling
- May 2 - Cinco de Mayo

Dances are co-sponsored by Old Pueblo Civitan.

Senior Support Groups

- Advocates for the Disabled, meets 2nd Sun. of each month. For adults with physical disabilities.
- Essential Tremor Support Group, 1st Thurs. of each month.
- Quibblers and Nibblers Senior Club - Progressive-style bridge, Wed., 10am-2:30pm. Partners are not needed; bring your own lunch.
- Arthritis Foundation Exercise Program - Call 791-4504.