

Therapeutic  
Recreation

September-December 2019

# FALL PROGRAMS



BALTIMORE CITY  
RECREATION & PARKS



# Therapeutic Recreation Program Guide

Baltimore City Recreation & Parks Therapeutic Recreation Division welcomes and encourages individuals with and without disabilities to participate in recreation programs.

Therapeutic Recreation programs provide skill development, leisure education, recreation participation, fine motor skill development and refinement, as well as, a creative outlet for individuals with various disabilities. The programs also encourage peer socialization among participants in order to nurture relationships and strengthen social skills.

Many of the programs also provide participants with the opportunity to improve their cardiovascular and muscular systems through physical activity. The Fitness and Wellness programs work to enhance participants' motor coordination through dance, arm and leg movements and stretching. Programs offered as a partnership program with Special Olympics of Maryland also help participants to build upon their ability to work with others in a team setting.

Information and Registration: Bob Signor (410) 396-1550 or  
robert.signor@baltimorecity.gov

## ARTS & CRAFTS PROGRAMS

*Weekly art class provided by visiting instructors. Come enhance and explore your creative side under the guidance of our expert and caring instructors!*

### Dates/Session Times

Mondays, Sep 9 - Dec 9 (no sessions on Oct 14, Nov 11)

#001: 10:00 am - 11:00 am

#002: 11:15 am - 12:15 pm

Wednesdays, Sep 4 - Dec 11

#003: 10:00 am - 11:00 am

#004: 11:15 am - 12:15 pm

### Age

Adults with disabilities

### Cost

\$15 total for weekly class

### Location

Farring Bay Brook Recreation Center



# OUTDOOR/NATURE PROGRAMS

## Canoeing

Learn the basic skills required for canoeing and get out on the water! No experience required, but you must not be afraid of the water. A separate waiver form is required for this program. Additional details will be provided after registration. Program is weather dependent.

### Dates/Session Times

Friday, Sep 6

#005: 10:00 am - 11:00 am

#006: 11:00 am - 12:00pm

#007: 12:00 pm - 1:00pm

Friday, Oct 25

#008: 10:00 am - 11:00 am

#009: 11:00 am - 12:00pm

#010: 12:00 pm - 1:00pm

Friday, Nov 1

#011: 10:00 am - 11:00 am

#012: 11:00 am - 12:00pm

#013: 12:00 pm - 1:00pm



### Age

Adults with disabilities

### Cost

\$2 per session

### Location

Middle Branch Park

## Disc / Frisbee Golf

Join us for a round of disc golf at Druid Hill Park. Bring a bag lunch and enjoy the park afterwards. Please note: this program requires a good deal of walking.

### Dates/Session Times

Friday, Oct 4

#014: 10:00 am - 11:00 am

#015: 11:00 am - 12:00 pm

#016: 12:00 pm - 1:00 pm

### Age

Adults with disabilities

### Cost

Free

### Location

Druid Hill Park



## Fishing

*Get outside and learn to fish. Fishing poles and bait will be provided. Bring a lunch and feel free to stay and enjoy Patterson Park after the conclusion of the session. Program is weather dependent.*

### Dates/Session Times

Friday, Sep 27

#017: 10:00 am - 11:00 am

#018: 11:00 am - 12:00 pm

#019: 12:00 pm - 1:00 pm

### Age

Adults with disabilities

### Cost

Free

### Location

Middle Branch Park



## Nature Education Program – “Celebrating Autumn”

*Join us for an autumn celebration! We'll craft with leaves and show our gratitude for the season's bounty. We will also learn about some of the habits of our favorite animals with a live animal encounter. Feel free to bring lunch and stay afterwards.*

### Dates/Session Times

#020: Friday, Nov 22

10:00 am - 12:00 pm

### Age

Adults with disabilities

### Cost

\$5 per session

### Location

Carrie Murray Nature Center



## Nature Education Program – “Christmas Craft Project”

*This program will include a Christmas focused arts and crafts project, roasting marshmallows, drinking hot chocolate, food, and an opportunity to relax and socialize. Feel free to bring lunch and stay afterwards.*

### Dates/Session Times

#021: Monday, Dec 16  
10:00 am - 12:00 pm  
#022: Tuesday, Dec 17  
10:00 am - 12:00 pm

### Age

Adults with disabilities

### Cost

\$2 per session

### Location

Carrie Murray Nature Center



## Rawlings Conservatory and Botanic Gardens Tour

*Come explore the Rawlings Conservatory and Botanic Gardens with a guided tour. Discover distinct environments that allow the display of plants from all over the world, including Christmas displays!*

### Dates/Session Times

#023: Wednesday, Dec 18  
11:00 am - 12:00 pm  
#024: Thursday, Dec 19  
11:00 am - 12:00 pm

### Age

Adults with disabilities

### Cost

\$4 per session

### Location

Rawlings Conservatory  
& Botanic Gardens



# Therapeutic Gardening Program

Learn how to plant and maintain a garden plot under the supervision of a Garden Representative, City Farms Staff and TR Staff. Also includes Garden Workshops on various topics.

## Dates/Session Times

#025: Thursdays, Sep 5 - Nov 21  
(ending date is weather dependent)  
10:30 am - 12:00 pm

## Age

Adults with disabilities

## Cost

\$5 total for weekly class

## Location

Clifton Park



# SOCIAL PROGRAMS

## Bingo

Come test your luck at B-I-N-G-O and see how many prizes you can win! Beverages are included.

## Dates/Session Times

#026: Friday, Sep 20  
#027: Friday, Oct 18  
#028: Friday, Nov 15  
#029: Friday, Dec 6  
10:00 am - 12:00 pm

## Age

Adults with disabilities

## Cost

\$2 per session

## Location

Farring Bay Brook  
Recreation Center



## TR Disco

*Come socialize and dance the day away at a themed dance party! Lunch (pizza) and beverages are included. If participants are registered for this program and unable to attend, payment is still required unless notification is given at least 48 hours prior to program beginning.*

### Dates/Session Times

#030: Friday, Sep 13 (End of Summer)

#031: Friday, Oct 11 (Halloween)

#032: Friday, Nov 8 (Fall Festival)

#033: Friday, Dec 13 (Christmas)

10:30 am - 1:30 pm

### Age

Adults with disabilities

### Location

Farring Bay Brook  
Recreation Center

### Cost

\$8 per session



## Wednesday Social Club

*Come join us each week for dancing, board games, and socializing. Hang out with your old pals and make new friends!*

### Dates/Session Times

#034: Wednesdays, Sept 4 - Dec 11

10:00 am - 11:00 am

#035: Wednesdays, Sept 4 - Dec 11

11:15 am - 12:15 pm

### Age

Adults with disabilities

### Location

Farring Bay Brook  
Recreation Center

### Cost

\$15 total for weekly class



# SPORTS & WELLNESS PROGRAMS

## Goalball

*Partnership program with MD Goalball in which participants train / practice Goalball for competition in local and regional tournaments.*

### Dates/Session Times

#036: Saturdays, Sep 7 - Dec 14  
9:00 am - 11:30 am

### Age

Adults with Visual Impairments

### Cost

Free

### Location

Farring Bay Brook  
Recreation Center



## Hip Hop Aerobics

*Come and let the music move you! This program is inspired by hip hop's hottest music, you will be sure to get your heart pumping and your body working, have a lot of fun, and leave with a smile on your face.*

### Dates/Session Times

#037: Mondays, Sep 9 - Dec 9 (no sessions on Oct 14, Nov 11)  
10:00 am - 11:00 am

#038: Mondays, Sep 9 - Dec 9 (no sessions on Oct 14, Nov 11)  
11:15 am - 12:15 pm

### Age

Adults with disabilities

### Cost

\$15 total for weekly class

### Location

Farring Bay Brook  
Recreation Center



## Wheelchair Basketball Open Gym

*Come try your hand at wheelchair basketball. No experience necessary! Sports wheelchairs available for use.*

### Dates/Session Times

#039: Tuesdays, Sep 3 - Dec 17

6:00 pm - 8:00 pm

### Age

Adults with and without disabilities

### Cost

Free

### Location

Farring Bay Brook  
Recreation Center



## Yoga

*Chair-based (or standing program that can be adapted to chair based) yoga program under the guidance of our certified and caring instructors.*

### Dates/Session Times

#040: Mondays, Sep 9 - Dec 9 (no sessions on Oct 14, Nov 11)

10:00 am - 11:00 am

#041: Mondays, Sep 9 - Dec 9 (no sessions on Oct 14, Nov 11)

11:15 am - 12:15 pm

### Age

Adults with disabilities

### Cost

\$15 total for weekly class

### Location

Farring Bay Brook  
Recreation Center



# SPECIAL OLYMPICS OF MARYLAND PROGRAMS

## Special Olympics Softball

Partnership program with Special Olympics Maryland in which athletes learn softball skills, culminating in a skills championship on the last day.

### Dates/Session Times

#042: Tuesdays, Sep 3 - Oct 1  
(no session on Sept 24)  
10:30 am - 12:00 pm

#043: Tuesdays, Oct 8 - Oct 29  
10:30 am - 12:00 pm

<u>Age</u>	<u>Cost</u>	<u>Location</u>
Adults with disabilities	Free	Patterson Park



## Special Olympics Outdoor Soccer

Partnership program with Special Olympics Maryland in which athletes learn soccer skills, culminating in a skills championship on the last day.

### Dates/Session Times

#044: Thursdays, Sep 5 - Oct 10  
10:30 am - 12:00 pm

<u>Age</u>	<u>Cost</u>
Adults with disabilities	Free

Location  
CSX Field @ Farring Baybrook Park



## Special Olympics Indoor Bocce Ball

Partnership program with Special Olympics Maryland in which athletes learn bocce ball skills culminating in a championship on the last day. Register 4-6 person team.

### Dates/Session Times

#045: Thursdays, Oct 24 - Dec 12  
(no session on Nov 28)  
10:30 am - 12:00 pm

### Age

Adults with disabilities

### Cost

Free

### Location

Myers Sports Pavilion



## Special Olympics Indoor Soccer

Partnership program with Special Olympics Maryland in which athletes learn soccer skills, culminating in a skills championship on the last day.

### Dates/Session Times

#046: Tuesdays, Nov 5 - Dec 10  
10:30 am - 12:00 pm

### Age

Adults with disabilities

### Cost

Free

### Location

Myers Sports Pavilion



## Special Olympics Unified Flag Football (Community Based; State Games Track)

Partnership program with Special Olympics Maryland in which athletes learn flag football skills & compete as a team to gain eligibility for multi-county competitions and state games.

### Dates/Session Times

#047: Wednesdays, Aug 28 - Oct 16 (Competition Schedule TBD)  
(plus state games on Oct 19)  
6:00 pm - 8:00 pm

### Age

Adults with and without disabilities

### Cost

Free

### Location

CSX Field @ Farring Baybrook Park



## Special Olympics Unified Soccer (Community Based; State Games Track)

Partnership program with Special Olympics Maryland in which athletes learn soccer skills & compete as a team to gain eligibility for multi-county competitions and state games.

### Dates/Session Times

#048: Saturdays, Aug 24 - Oct 19 (Competition Schedule TBD)  
(plus state games on Oct 27)  
10:00 am - 12:00 pm

### Age

Adults with and without disabilities

### Cost

Free

### Location

CSX Field @ Farring Baybrook Park

