

Therapeutic
Recreation

April-May 2019

SPRING 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 & 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, Apr 1 - May 20

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

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

Wednesdays, Apr 3 - May 22

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

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

Age

Adults with disabilities

Cost

\$8 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

Thursday, May 30

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

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

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

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, April 26

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

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

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

Friday, May 31

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

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

#013: 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, May 17

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

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

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

Tuesday, May 28

#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

Patterson Park
Boat Lake



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. Program is weather dependent.

Dates/Session Times

Thursdays, Apr 4 - May 23

#020: 10:30 am - 12:00 pm

Age

Adults with disabilities

Cost

\$5 total for weekly class

Location

Clifton Park



Therapeutic Gardening Program—Experiential

Come get your hands dirty in our raised garden beds! Those willing to commit to a full program cycle will be able to grow vegetables, herbs and flowers. Tools, soil and guidance will be provided by the Therapeutic Recreation Division. Three beds are available for rental. Groups/individuals are limited to one bed. Registered participants will coordinate a weekly time to conduct their work. Each bed requires approximately 2+ hours of upkeep each week. Beginning growers as well as seasoned gardeners are welcome.

Dates/Session Times

Varies, Apr 1—May 31

#021: Coordinated w/ TR Staff

Age

Adults with disabilities

Cost

\$10 per bed

Location

Farring Bay Brook
Recreation Center



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

Friday, Apr 5

#022: 10:00 am - 12:00 pm

Friday, May 3

#023: 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. Different theme each month: Apr 12—Mardi Gras, May 10—Western. 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

Friday, Apr 12

#024: 10:30 am - 1:30 pm

Friday, May 10

#025: 10:30 am - 1:30 pm

Age

Adults with disabilities

Cost

\$8 per person

Location

Farring Bay Brook
Recreation Center



TR Prom

Come socialize and dance the day away at a formal “Prom” themed dance! A catered lunch will be provided. Participants and accompanying staff members are encouraged to dress formally. 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

Friday, May 24

#026: 10:30 am - 1:30 pm

Age

Adults with disabilities

Cost

\$10 per person

Location

Vollmer Center



Wednesday Social Club

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

Dates/Session Times

Wednesdays, Apr 3—May 22

#027: 10:00 am - 11:00 am

#028: 11:15 am - 12:15 am

Age

Adults with disabilities

Cost

\$8 total for
weekly class

Location

Farring Bay Brook
Recreation Center



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

Saturdays, Apr 6 - May 25

#029: 9:00 am - 11:30 am

Age

Adults with and without visual impairment

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. Both classes can be modified for seated participants.

Dates/Session Times

Mondays, Apr 1 - May 20

#030: 10:00 am - 11:00 am

#031: 11:15 am - 12:15 pm

Age

Adults with disabilities

Cost

\$8 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

Tuesdays, Apr 2 - May 28

#032: 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

Mondays, Apr 1 - May 20

#033: 10:00 am - 11:00 am

#034: 11:15 am - 12:15 pm

Age

Adults with disabilities

Cost

\$8 total for weekly class

Location

Farring Bay Brook
Recreation Center



SPECIAL OLYMPICS OF MARYLAND PROGRAMS

Special Olympics Bocce Ball

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

Dates/Session Times

Tuesdays, Apr 2—May 21

#035: 10:30 am - 12:00 pm

Thursdays, Apr 4 - May 23

#036: 10:30 am - 12:00 pm

Age

Adults with disabilities

Cost

Free

Location

Farring Bay Brook
Recreation Center



Special Olympics Bocce Ball (Unified, Community-Based)

Partnership program with Special Olympics Maryland in which athletes learn bocce skills and gain eligibility for multi-county competitions and summer games.

Dates/Session Times

Saturdays, Apr 6 - Jun 1 (plus state games Jun 7-9)

#037: 10:00 am - 12:00 pm

(Competition Schedule TBD)

Age

Children and adults ages 8 and above
with and without disabilities

Cost

Free

Location

Farring Bay Brook Recreation
Center / Myers Pavilion



Mission Statement:

To improve the health and wellness of Baltimore through maintaining quality recreational programs, preserving our parks and natural resources, and promoting fun, active lifestyles for all ages.