

Therapeutic
Recreation

January 2020–March 2020

WINTER 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, Jan 6 - Mar 23 (no sessions on Jan 20, Feb 17)

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

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

Wednesdays, Jan 8 - Mar 25

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

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

Age

Adults with disabilities

Cost

\$12 total for weekly program

Location

Farring Bay Brook Recreation Center



OUTDOOR/NATURE PROGRAMS

Nature Education Program – “Snowflake Festivus”

What can be finer than snowflakes in winter? Join us for snowflake printing, paper cutting, and paintings that celebrate the snow. A touch-and-feel session with animals and artifacts is included. Feel free to bring lunch and stay afterwards.

Dates/Session Times

#005: Friday, Jan 31

10:00 am - 12:00 pm

Age

Adults with disabilities

Cost

\$5 per session

Location

Carrie Murray Nature Center



Nature Education Program – Maple Sugaring

It's time for something sweet! We will learn where delicious maple syrup comes from and explore signs that it's time for maple sugaring. Feel free to bring lunch and stay afterwards.

Dates/Session Times

#006: Friday, Feb 28

10:00 am - 12:00 pm

Age

Adults with disabilities

Cost

\$5 per session

Location

Carrie Murray Nature Center



Nature Education Program – Spring Awakens

As winter thaws to spring, plants and animals begin to wake up. Meet some of our favorite animals at CMNC and enjoy a morning of spring crafting. We will plant a seedling to take home too. Feel free to bring lunch and stay afterwards.

Dates/Session Times

#007: Friday, Mar 27

10:00 am - 12:00 pm

Age

Adults with disabilities

Cost

\$5 per session

Location

Carrie Murray Nature 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

#008: Friday, Jan 17

#009: Friday, Feb 21

#010: Friday, Mar 20

10:00 am - 12:00 pm

Age

Adults with disabilities

Cost

\$2 per session

Location

Farring Bay Brook
Recreation Center



BMORE'S Got Talent and Abilities

Come join us for an exciting talent show! Sign up to be a performer and demonstrate your unique act or just come out to support your friends and enjoy the show. Lunch (pizza) and beverages are Included. Performance timeslots are limited and are first come, first served. Timeslots are limited to five minutes for performance and transitioning to the next act. Please bring all necessary materials to perform. For performers, you must register your act by January 10th.

Dates/Session Times

#011: Friday, Jan 24

10:30 am - 1:30 pm

Age

Adults with disabilities

Cost

\$5 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

#012: Friday, Jan 10 (Winter Wonderland)

#013: Friday, Feb 14 (Valentine's Day)

#014: Friday, Mar 13 (St. Patrick's Day)

10:30 am - 1:30 pm

Age

Adults with disabilities

Cost

\$8 per session

Location

Farring Bay Brook
Recreation Center



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

Wednesdays, Jan 8 - Mar 25

#015: 10:00 am - 11:00 am

#016: 11:15 am - 12:15 pm

Age

Adults with disabilities

Cost

\$12 total for weekly program

Location

Farring Bay Brook
Recreation Center



SPORTS & WELLNESS PROGRAMS

Duckpin Bowling

Two-hour duckpin bowling session includes shoe rental, pizza, and fountain drink.

Dates/Session Times

#017: Friday, Jan 3

#018: Friday, Feb 7

#019: Friday, Mar 6

11:00 am - 1:00 pm

Age

Adults with disabilities

Cost

\$8 per person

Location

Glen Burnie Bowl



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

Mondays, Jan 6 - Mar 23 (no sessions on Jan 20, Feb 17)

#020: 10:00 am - 11:00 am

#021: 11:15 am - 12:15 pm

Age

Adults with disabilities

Cost

\$12 total for weekly program

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

#022: Tuesdays, Jan 7 - Mar 24

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, Jan 6 - Mar 23 (no sessions on Jan 20, Feb 17)

#023: 10:00 am - 11:00 am

#024: 11:15 am - 12:15 pm

Age

Adults with disabilities

Cost

\$12 total for weekly program

Location

Farring Bay Brook
Recreation Center



SPECIAL OLYMPICS OF MARYLAND PROGRAMS

Special Olympics Basketball (Skills Building)

Partnership program with Special Olympics Maryland in which athletes learn basketball skills, culminating in a championship on the last day. Please sign up for only one session so that all athletes who want to participate will have the opportunity to do so.

Dates/Session Times

#025: Tuesdays, Jan 7 - Feb 11

#026: Tuesdays, Feb 18 - Mar 24

#027: Thursdays, Jan 9 - Feb 13

#028: Thursdays, Feb 20 - Mar 26
10:30 am - 12:00 pm

Age

Adults with disabilities

Cost

Free

Location

Farring Bay Brook
Recreation Center



Special Olympics Basketball (Unified League)

Partnership program with Special Olympics Maryland in which athletes compete with partner athletes in a competitive basketball league. Program length and format will be determined by the number of teams.

Dates/Session Times

Wednesdays, Jan 15 - Mar 18

(make-up date Mar 25)

#029: 6:00 pm - 8:30 pm

Age

Adults with and without disabilities

Cost

Free

Location

Farring Bay Brook
Recreation Center



Special Olympics Basketball (Community Based; State Games Track)

Partnership program with Special Olympics Maryland in which athletes learn basketball skills & compete as a team to gain eligibility for multi-county competitions and state games. Program will include Unified teams in which non-disabled partners will compete alongside athletes.

Dates/Session Times

Saturdays, Jan 4 - Mar 21

(Competition Schedule TBD)

(plus state games on Mar 28/29)

#030: 10:00 am - 12:00 pm

Age

Adults with and without disabilities

Cost

Free

Location

Farring Bay Brook
Recreation Center

