

THERAPEUTIC RECREATION

OFFICE HOURS
MONDAY - FRIDAY
9:30AM-5:30PM

PROGRAMS & ACTIVITIES FALL 2015

LORI LONG, LRT/CTRS, RECREATION THERAPIST
RACHEL GROESSER, PROGRAM LEADER
(828) 259-5483



AFTERNOON OPPORTUNITIES / AUGUST, 2015—JUNE, 2016 / MONDAY-FRIDAY, 2:45-5:30 PM

THIS IS AN INCLUSIVE AFTERSCHOOL PROGRAM FOR YOUTH AND TEENAGERS WITH AND WITHOUT VARIOUS DISABILITIES. THE PROGRAM WILL FOCUS ON TEAM BUILDING, MAKING FRIENDS, AND HAVING FUN. PARTICIPANTS WILL RECEIVE HOMEWORK ASSISTANCE AND A SNACK EACH DAY WHILE ENJOYING ARTS, GROUP GAMES, SPECIAL EVENTS, AND MORE. REGISTRATION IS NOW OPEN. PLEASE CONTACT GRANT CENTER STAFF FOR MORE INFORMATION AT 828-259-5483.

WEEKLY FEE: \$50, CITY OF ASHEVILLE RESIDENTS RECEIVE A \$10 DISCOUNT.

FAMILIES CURRENTLY ENROLLED IN THE SCHOOL SYSTEM'S REDUCED OR FREE MEAL PROGRAM, PLEASE CONTACT YOUR RECREATION CENTER FOR DISCOUNT FEE INFORMATION.

LOCATION: DR. WESLEY GRANT SR. SOUTHSIDE CENTER

SOCIAL EVENTS & CLASSES

HEALTH CLUB / SEPTEMBER-DECEMBER, 2ND AND 4TH TUESDAYS, 5:30-6:30PM

THE ARC OF BUNCOMBE COUNTY AND ASHEVILLE PARKS AND RECREATION PRESENT A NEW HEALTH CLUB FOR INDIVIDUALS 13+ WITH A VARIETY OF DISABILITIES. THE PROGRAM APPLIES AND ADAPTS PROVEN HEALTH AND WELLNESS STRATEGIES TO THE NEEDS OF THE INDIVIDUAL. TOPICS OF EXPLORATION INCLUDE NUTRITION, PHYSICAL FITNESS, YOGA, COOKING CLASSES, MINDFULNESS, LEISURE LIFESTYLES, STRESS, AND WEIGHT MANAGEMENT. FOR MORE INFORMATION CONTACT TR PROGRAM STAFF AT 828-259-5483

OR EMILY DANCIU-GROSSO AT EMILY@ARCOFBC.ORG, 828-253-1255.

LOCATION: WEST ASHEVILLE CENTER / FEE: \$10 PER PERSON PER MONTH

DINING CLUB / AUGUST-DECEMBER / 3RD WEDNESDAY, 5:30-7PM

SOCIAL EVENT DESIGNED FOR ADULTS 18 AND OLDER, WITH OR WITHOUT DISABILITIES.

ENJOY THE TASTES OF ASHEVILLE WHILE MAKING NEW FRIENDS!

RSVP BY 4PM THE DAY OF THE MEAL BY EMAILING TRPROGRAM@ASHEVILLENC.GOV

LOCATION: VARIOUS RESTAURANTS / FEE: PARTICIPANTS COVER OWN COST FOR MEALS

TEEN NIGHT OUT / SEPTEMBER-DECEMBER / 1ST FRIDAY, 5:30-8PM

SOCIAL EVENT DESIGNED FOR TEENS AGES 13-19 WITH OR WITHOUT DISABILITIES.

ENJOY THE SIGHTS OF THE ASHEVILLE AREA WHILE HAVING FUN WITH NEW AND OLD FRIENDS.

RSVP BY 4PM THE DAY OF THE EVENT BY EMAILING TRPROGRAM@ASHEVILLENC.GOV

LOCATION: AROUND ASHEVILLE AREA / FEE: PARTICIPANTS COVER OWN COST OF EVENTS/ACTIVITIES

HALLOWEEN DANCE / FRIDAY, OCTOBER 23, 7-9PM

SOCIAL EVENT DESIGNED FOR TEENS AND ADULTS AGES 13+ WITH OR WITHOUT DISABILITIES.

DANCE THE NIGHT AWAY DRESSED IN YOUR BEST COSTUME! REFRESHMENTS WILL BE SERVED.

LOCATION: STEPHENS LEE RECREATION CENTER, 30 GEORGE WASHINGTON CARVER AVE.

FEE: \$2 PER PARTICIPANT, FAMILY MEMBERS AND SUPPORT STAFF ARE FREE

ADAPTED SPORTS

ADAPTED FLAG FOOTBALL / LOCATION: MLK JR. PARK

SEPTEMBER 12-OCTOBER 17 / SATURDAYS, 10AM-12NOON

A NON-COMPETITIVE FOOTBALL PROGRAM DESIGNED FOR THOSE AGE 6-25 WITH DISABILITIES. PLAYERS WILL LEARN BASIC FOOTBALL SKILLS WHILE HAVING FUN.

REGISTRATION BEGINS IN AUGUST BY CALLING THE TR OFFICE AT 828-259-5483.

FEE: \$45 (ASHEVILLE CITY RESIDENTS RECEIVE A \$5 DISCOUNT!)

ADAPTED BOWLING / LOCATION: AMF STAR LANES

NOVEMBER 7-DECEMBER 12 / SATURDAYS, 12-2PM

(NO GAMES ON NOVEMBER 28)

A 5-WEEK BOWLING PROGRAM FOR PERSONS WITH DIFFERENT ABILITIES AGES 6+. GAMES WILL BE ADAPTED AS NEEDED WITH RAMPS AND BUMPERS. A NON-COMPETITIVE LEAGUE, WITH THE FOCUS ON FUN!

REGISTRATION BEGINS IN OCTOBER BY CALLING THE TR OFFICE AT 828-259-5483.

FEE: \$75 (ASHEVILLE CITY RESIDENTS RECEIVE A \$5 DISCOUNT!)

OUTREACH PROGRAMMING

VET REC HOLIDAY MEAL / FRIDAY NOVEMBER 20, 5-8PM

A THANKSGIVING MEAL FOR VETERANS IN THE ASHEVILLE/BUNCOMBE COUNTY AND SURROUNDING AREAS.

PLEASE BRING YOUR FAMILY AND FRIENDS TO THIS SPECIAL EVENT.

LOCATION: WEST ASHEVILLE CENTER / FREE

SPECIAL EVENTS

2ND ANNUAL VERY TALENTED SHOW

SATURDAY, NOVEMBER 21, 6-9PM / LOCATION: DR. WESLEY GRANT SR., SOUTHSIDE CENTER

THE VERY TALENTED SHOW GIVES PERSONS OF ALL AGES WITH DISABILITIES A CHANCE TO SHOW OFF THEIR ARTISTIC ABILITIES AND TALENTS. EACH PARTICIPANT OR GROUP WILL GET A 5-MINUTE PERFORMANCE AND CAN PERFORM A VARIETY OF TALENTS SUCH AS SINGING, DANCING, INSTRUMENT PLAYING, VISUAL ARTS, ETC. JOIN US FOR ALL THE TALENT AND TAKE A LOOK AT THE SILENT AUCTION ITEMS. MONEY RAISED WILL GO TO PURCHASE SUPPLIES AND EQUIPMENT FOR THE TR PROGRAM. INTERESTED IN PERFORMING?

REGISTRATION FORMS ARE AVAILABLE FROM STAFF AND WILL BE ACCEPTED THROUGH NOVEMBER 13.

FEE: ENTRY FEE IS FREE / DONATIONS ACCEPTED AT THE DOOR

ASHEVILLE
Parks & Recreation



WWW.ASHEVILLENC.GOV/PARKS
WWW.FACEBOOK.COM/APRCA