

THERAPEUTIC RECREATION

OFFICE HOURS
MONDAY-FRIDAY 9:30AM-5:30AM
(828)259-5483

THERAPEUTIC RECREATION FALL SPECIAL EVENTS & OUTREACH

TR STAFF:

RANDY SHAW, LRT/CTRS, DIRECTOR

LORI LONG, LRT/CTRS, RECREATION SPECIALIST

ERIKA HENDRIX, PROGRAM LEADER

WWW.ASHEVILLENC.GOV/PARKS

FACEBOOK.COM/APRCA



CLASSES

PHOTOGRAPHY CLASS

SUNDAYS, SEPTEMBER 28TH-NOVEMBER 2ND, 3-4PM

COME OUT AND ENJOY THE ART OF PHOTOGRAPHY. EACH INDIVIDUAL WILL LEARN ABOUT PHOTOGRAPHY AND COMPLETE THE CLASS WITH A PROJECT. INDIVIDUALS WILL USE DIGITAL CAMERAS TO TAKE PICTURES OF THINGS THAT INTEREST THEM. OPEN TO BEGINNERS WITH DIFFERENT ABILITIES. LIMITED TO 12 PARTICIPANTS.

LOCATION: WEST ASHEVILLE CENTER; MAY POTENTIALLY MEET AT VARIOUS LOCATIONS THROUGHOUT ASHEVILLE

FEE: \$30, CITY OF ASHEVILLE RESIDENTS RECEIVE A \$5 DISCOUNT

HEALTH CLUB

2ND AND 4TH MONDAYS, SEPTEMBER 8TH-DECEMBER 22ND, 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 HEALTH CLUB PROGRAM APPLIES AND ADAPTS PROVEN HEALTH AND WELLNESS STRATEGIES TO THE NEEDS OF PERSONS WITH A VARIETY OF DISABILITIES. CLASSES WILL USE A HOLISTIC APPROACH TO IMPROVE AN INDIVIDUAL'S QUALITY OF LIFE. TOPICS OF EXPLORATION INCLUDE, BUT ARE NOT LIMITED TO: 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 DANCUI-GROSSO AT EMILY@ARCOFBC.ORG, (828) 253-1255.

LOCATION: WEST ASHEVILLE CENTER

FEE: MONTHLY FEE \$10 PER PERSON

TR SUPERSTARS

TUESDAYS AND THURSDAYS, SEPTEMBER 9TH-DECEMBER 19TH, 3:00PM-5:30PM

ASHEVILLE PARKS & RECREATION AND EMPOWER AUTISM PRESENT TR SUPERSTARS, AN AFTERSCHOOL PROGRAM FOR INDIVIDUALS WITH A DISABILITY OR PHYSICAL LIMITATION. THE SUPERSTARS PROGRAM FOCUSES ON ENHANCING THE QUALITY OF LIFE FOR INDIVIDUALS WHO WOULD BENEFIT FROM SOCIAL, RECREATIONAL, EDUCATIONAL, THERAPEUTIC, AND WELLNESS PROGRAMS DURING THE AFTERSCHOOL HOURS. WE OFFER STRUCTURED PROGRAMS, PLANNED AND IMPLEMENTED BY A LICENSED RECREATIONAL THERAPIST AND OTHER VOLUNTEERS TO HELP EXPLORE THEIR LEISURE INTERESTS WHILE SOCIALIZING WITH PEERS. LIMITED TO 12 PARTICIPANTS; MUST MEET ELIGIBILITY REQUIREMENTS

LOCATION: WEST ASHEVILLE CENTER

FEE: \$15, CITY OF ASHEVILLE RESIDENTS RECEIVE A \$5 DISCOUNT

SOCIAL EVENTS

DINING CLUB

3RD WEDNESDAY OF EACH MONTH, 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 THROUGHOUT ASHEVILLE

FEE: PARTICIPANTS COVER OWN COST FOR MEALS

ADAPTED SPORTS

FLAG FOOTBALL

SATURDAYS AUGUST 30TH-OCTOBER 18TH, 9:30-11AM

THE FLAG FOOTBALL PROGRAM IS A NON-COMPETITIVE FOOTBALL PROGRAM DESIGNED FOR BOYS AND GIRLS AGES 6-25 WITH DISABILITIES. PLAYERS WILL LEARN BASIC FOOTBALL SKILLS WHILE HAVING FUN. REGISTER ONLINE AUGUST 4TH-16TH OR IN PERSON AUGUST 15TH, 6-8PM AND AUGUST 16TH 1-4PM AT WEST ASHEVILLE CENTER.

LOCATION: MARTIN LUTHER KING JR. PARK

FEE: \$45, CITY OF ASHEVILLE RESIDENTS RECEIVE A \$5 DISCOUNT

ADAPTED BOWLING

SATURDAYS NOVEMBER 1ST-DECEMBER 6TH, 12-2PM (NO GAMES ON NOVEMBER 29TH)

A 5-WEEK BOWLING PROGRAM FOR PERSONS WITH DIFFERENT ABILITIES. OPEN TO AGES 6+. GAMES WILL BE ADAPTED AS NEEDED WITH RAMPS AND BUMPERS. THIS IS A NONCOMPETITIVE LEAGUE, WITH THE FOCUS ON FUN! REGISTRATION BEGINS OCTOBER 13 BY CALLING TR OFFICE AT 259-5483

LOCATION: AMF STAR LANES ON KENILWORTH RD.

FEE: \$75, CITY OF ASHEVILLE RESIDENTS RECEIVE A \$5 DISCOUNT

SPECIAL EVENTS

1ST ANNUAL VERY TALENTED SHOW

SATURDAY, NOVEMBER 22ND, 6-9PM

THE VERY TALENTED SHOW GIVES PERSONS WITH DISABILITIES OF ALL AGES A CHANCE TO SHOW OFF THEIR ARTISTIC ABILITIES AND TALENTS. EACH PARTICIPANT OR GROUP WILL GET ONE 5-MINUTE PERFORMANCE AND EACH PARTICIPANT OR GROUP 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 OCTOBER 6TH-NOVEMBER 14TH.

LOCATION: GRANT CENTER; 285 LIVINGSTON STREET.

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

FAMILY FUN DAY HOLIDAY FEST

SATURDAY, DECEMBER 13TH, 11AM-3PM

FAMILY FUN DAY IS A DAY OF RECREATION AND FUN FOR EVERYONE. THE FULL DAY OF FUN INCLUDES: ENTERTAINMENT, FAMILY ACTIVITIES, MUSIC, DEMONSTRATIONS, GAMES, AN INFORMATION STATION, FOOD, AND A JOLLY SPECIAL GUEST.

LOCATION: WNC AGRICULTURE CENTER-EXPO BUILDING; 1301 FANNING BRIDGE RD. THIS EVENT IS MADE POSSIBLE THROUGH THE EFFORTS OF ASHEVILLE PARKS AND RECREATION THE ARC OF BUNCOMBE COUNTY, UNIVERSAL MH/DD/SAS, CAMP LAKEY GAP, DISABILITY PARTNERS, NAMI, IRENE WORTHAM CENTER, ASHEVILLE CITY SCHOOLS, EARTH FARE, BAYADA, AUTISM SOCIETY OF NC, RESCARE HOME CARE.

FEE: FREE

OUTREACH PROGRAMMING

VET REC

FRIDAYS, STARTING SEPTEMBER 12TH, 10AM-12PM

A COMMUNITY-BASED PROGRAM FOR VETERANS IN THE ASHEVILLE/BUNCOMBE AND SURROUNDING AREAS. IF YOU ARE READY TO EXPLORE YOUR LEISURE AND RECREATION OPPORTUNITIES, THIS IS THE PROGRAM FOR YOU! YOU WILL SOCIALIZE WITH OTHER VETERANS WITH SIMILAR INTERESTS WHILE HAVING FUN.

LOCATION: WEST ASHEVILLE CENTER; 970 HAYWOOD RD.



ASHEVILLE
Parks & Recreation



WWW.ASHEVILLENC.GOV/PARKS

FACEBOOK.COM/APRCA

828-259-5800