



THERAPEUTIC RECREATION

~ For those with mild to moderate disabilities ~

-- NO EARLY BIRD OR SENIOR DISCOUNT for Therapeutic Recreation programs --

One-on-one assistance is NOT provided for any programs, so be sure to let us know upon registration if you are bringing someone (registration fee may apply).

ART GALLERY

#16TR24 Dec 1-Jan 31

(plus February 8th)

REGISTRATION DEADLINE: Jan 3rd

GALLERY DATE: Wed, February 8th, 6-8pm

Winter Blues? - Try color Fun! A coloring contest for all ages and all levels where we'll mail you 3 different prints to color your very best. Color one or all of them, but only submit to us your favorite one, no later than Jan 31. All entries will then be judged per same category, and ribbons awarded! We will then display them at our "ART GALLERY" on Wednesday, February 8th, where you are invited with family and friends anytime between 6-8pm to view, talk about your piece and socialize, while enjoying light refreshments. Pieces may then be picked up at 8pm or at a later date (at RMC, M-F 8am-5pm).

All Ages / Gallery at RMC on Feb 8
\$5

"ME TO WE" JOURNEYS ~ ICE!

#16TR25 Thursday, December 1, 9:30am-4pm

Destination...the Gaylord at National Harbor, in DC to enjoy the spectacular *ICE! Christmas Around the World!* show with memorable holiday scenes. Winter "parkas" are provided to wear over your coat as you walk through scene after scene of spectacular ice sculptures, all housed in a custom-built structure maintained at a temperature of 9°F. We will stop for lunch (on your own) at the National Pastime Bar & Grill in the Gaylord Hotel. Fee includes 1pm show and van transportation. Limited seating; parents/caregivers are welcome to register to attend, but only required if needed.

This makes a great holiday gift!

Adults / 1 session / Depart from RMC

\$55 (plus \$money for lunch and souvenirs)

JINGLE BELL HOP

#16TR26 Friday, December 9, 7-9pm

PRE-REGISTRATION is necessary for this program as we need a firm headcount for a successful event (all who attend must be registered). Gather your friends for a fun-filled evening of holiday music, crafts and snacks, and dance to the sounds of a DJ. If you do require individual assistance, be sure that your one-on-one parent/assistant registers, too. Don't miss the DJ, the cookies, dancing, crafts, fun, and of course, Ole St. Nick!

Adults / 1 session / CSS

\$5

SPARE TIME BOWLING

#16TR27 Mondays, Jan 9-Mar 13, 4-5pm

Ten pin or Duckpin! Learn the fundamentals of bowling or just come to improve your skills and have fun. Fee includes shoe rental and two games each session. Instructor-Kathy McCaffrey

8-Adult / 10 sessions / Greenmount Bowl
\$55

POTTERY FUN

#16TR28 Saturday, January 21, 10:30-11:30am

#16TR29 Saturday, February 25, 10:30-11:30am

Have fun creating a one-of-a-kind pottery piece. If you need additional assistance, be sure to bring someone with you (they only need to register if they are going to also make the art). Encourage your friends or siblings to register for this fun activity, too!

8-Adult / 1 session / Meltdown

\$10 (+\$5 material fee due to instructor)

TR ZUMBA® FITNESS

#16TR30 Tuesdays, Jan 24-Feb 28 (no 2/14), 6-6:30pm

Exclusive to TR eligible participants and their siblings/parents. A multi-cultural dance-exercise experience that fuses Latin dance together with energizing music for a fun workout! Easy to follow - all abilities welcome! Instructor-Melanie Haifley

14-Adult / 5 sessions / WSC

\$15

PROGRAMS YOU CAN ENJOY FOR THE ENTIRE YEAR!

WILD ONES 2017

#16TR-WO17 membership for Jan-December 2017

Another year of fun-filled activities are planned for this independent socialization group-those interested in social activities in a structured setting. Group recreation and leisure activities such as dining out, miniature golf, ball games, hay rides, theme parties, movies/plays, concerts and more! Must be an independent adult to participate. Register anytime during the 2017 year, additional fees will apply per activity. Coordinators-Cindy Welsh/Linda Graybill

Adults / up to 12 (or more) sessions

\$52 membership fee (addtl fees will apply)

NIGHT OWLS 2017

#16TR-NO17 membership for Jan-December 2017

A fun youth social group that ventures out and about once a month to movies, dining out, miniature golf, hay rides, etc. Register anytime during the 2017 year to join the fun! Additional fees will apply per activity. Coordinator-Deb Long

12-17 years / up to 12 (or more) sessions

\$52 membership fee (addtl fees will apply)

CARROLL ARTS CENTER PRESENTS

Holidays are a time of giving ...

the Carroll County Arts Center (CCAC) and Therapeutic Recreation have made available a limited number of coupons for a free ticket* specifically for our special needs customers, on a first-come basis for "Charlie Brown Jazz Christmas" on Dec. 16, 17, 18; or "A Christmas Carol" on Dec 9, 10. Show times/info at CarrollCountyArtsCouncil.org.

*You MUST call Rec & Parks at 410-386-2103 to receive your coupon which must then be redeemed IN ADVANCE at the CCAC Box Office for the actual ticket. Show tickets are subject to availability; we strongly encourage advance reservations as these shows often sell out. Limit one free ticket coupon per TR member, and any guests attending with you to the show may purchase their ticket at regular price through the CCAC website or the on-site Box Office.

HAPPY HOLIDAYS TO ALL!

~SAVE THE DATE~

Registration opens in February with the release of our Spring Program Guide!

March 17 - Blarney Blast!

April - summer Challenger League, with fun "perks" for early registrants!

Young Athletes™ is a unique sport and play program for children with intellectual disabilities. The focus is on fun activities important to mental and physical growth. Ages 2-7 enjoy activities that develop motor skills and hand-eye coordination - a great early introduction to sports and to the world of Special Olympics. Your child will learn new things, play and have lots of fun!

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specialolympicscarrollcounty.org