

Therapeutic Recreation

Columbus Parks & Recreation

August 2010

Explore this August with TR

Please remember that the weather is changing and we need to make sure that we do our part in dressing properly, staying hydrated, and protecting our skin. Please wear sunscreen, a hat or visor, and bring a bottle of water with you (especially on the outdoor days).

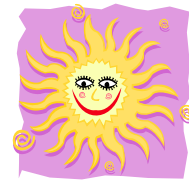
Transportation:

We are still picking up at Comer for transportation to Northside. Programs will be at Northside unless otherwise noted. Please **RESERVE** the days you would like transportation. There is a blank section on the right side of your reservation form for you to write in the dates that you need transportation. Please have this filled out when you submit your form. You may meet between **8:30 a.m.** and **9:00 a.m.** **The van will leave at 9:00 a.m.** **If you need to cancel your ride, please notify staff before 9:00 a.m.**



For all programs, including bowling please make **reservations at least 48 hours (2 days) in advance**, and **cancellations at least 24 hours (1 day) in advance**. Only in the event of an emergency or bad weather should you call and cancel a ride the day of.

Similar to bowling day procedures, we will cancel transportation in the event of severe weather threats. Staff will still be present at the program, but there will be no transportation during these days. This will be communicated as soon as possible to those that have reserved transportation for the day, and you will receive a credit for the ride. We apologize for the inconvenience but we want to ensure the safety of our participants while loading and unloading the van, and while on the road. Thank you for your cooperation.



August 2010

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Special Olympics News

Would you or someone you know like to be a Coach, or a Unified Partner? We're always looking for help with coaching new or existing sports. Ask us how you can help.

* Please note that for athletes to participate in any Special Olympics competition, medical forms must be up to date by the registration deadline. Athletes are also required to practice with TR coaches for 8-weeks prior to registration deadline. Thank you for your understanding.

UPCOMING EVENTS:

Master's Bowling

August 20-22, 2010
Warner Robins, GA

Please stay posted for details on this trip.

State Fall Games

November 12-14, 2010—Statesboro, GA

* If you'd like to participate in the State Fall Games, you may sign up today. We are also looking for Unified Partners and Chaperones!



Quality People Providing Quality Service



CONSOLIDATED GOVERNMENT
What Progress Has Preserved.



Special Olympics
Georgia

August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Field Trip: Callaway Gardens	3 Life Skills: COOKING!	4 Arts & Crafts	5 BOWLING	6	7
8	9 Field Trip: Hollywood Connection	10 Morning Fitness/ Bunco	11 Bingo & Dominos	12 BOWLING: End of League Party	13	14
15	16 Birthday Lunch	17 POOL PARTY!	18 Hat Day/ Garden Club	19 No Program	20 Master's Bowling	21 Master's Bowling
22 Master's Bowling	23 No Program	24 Great Outdoor Fitness Walk/ Wii Sports	25 Amazing Facts/ Fun Day!	26 BOWLING	27 Dance	28
29	30 Field Trip: PetCo	31 Bocce/ Bingo				

Program Details:

August 2: 12 pm—5 pm



We will spend a day at Callaway Gardens!

Upon arrival, we will have a picnic so don't forget to bring your lunch (something that requires no heating). After lunch, we will visit the many gardens as well as the Butterfly Center. Later, we will relax at Robin Lake Beach and enjoy the many activities they have including miniature golf, table tennis, shuffleboard, swimming, and sunbathing! We'll also get to see the Florida State University Flying High Circus! This field trip is

FREE, but here are some things that you should pack: lunch, extra water, sunscreen, a bathing suit, towel, sandals/flip flops, a hat or sun visor, a snack for later in the afternoon or money to purchase a snack. There will be pick up and take home for this event, with **RESERVATION ONLY**.



Reservations for this trip must be made on or before July 30th. Take home to follow the circus.

August 3: 9 am—2 pm
Life skills lesson: Cooking a healthy meal. We will go to the grocery store to purchase items for our lunch, then come



back and cook it ourselves! Menu: Grilled Chicken & Vegetable Skewers, Greek Salad, Toasted French Bread. For desert: Fruit & Yogurt Parfaits. Bring these simple recipes, plus what you learned in last months life skills lesson home and start eating healthier. Take home available.



August 4: 9 am—2 pm

Enjoy arts & crafts at Northside. We will work on friendship bracelets, pins, and key chains. Bring lunch. Take home available.

**August 5 & 26:
2 pm—4 pm**



Bowling at AMF Peach Lanes. Last Day of League Bowling is August 5th.



Pick up and take home available with **RESERVATION ONLY**.

August 9: 9 am—2 pm
Join us for a fun-filled field trip to Hollywood Connection. We will begin with lunch at Ci-Ci's Pizza in Bradley Park. We will then go across to Hollywood Connections to play putt-putt golf, then go up to play some arcade games! Cost for putt-putt golf and arcade tokens is \$10. Bring \$8.00 cash for lunch. Take home



PROGRAM DETAILS CONTINUED

August 10: 9 am—2 pm

Get ready to sweat with morning fitness. Then enjoy Bunco with Julie & friends! Bring lunch. Take home available.



August 11: 9 am—2 pm

Have fun playing Bingo, Dominos, and other games with your friends. Bring lunch. Take home available.

August 12: 2 pm—4 pm

Bowl at AMF Peach Lanes and enjoy an End of the League Pizza Party & Awards Presentation. Pick up and take home available with reservation ONLY.

August 16: 11:00—1:30 pm

Celebrate August Birthdays at Olive Garden. Bring \$15 cash for your lunch. Pick up and take home with reservation only.

August 17: 9 am—2 pm

Join us as we take a trip to Beth's house for swimming, hot dogs, and banana splits! Bring your swimsuit, towel, sunscreen & extra clothes. We will meet at Northside or Comer and travel to Beth's house together. Take home available.

August 18: 9 am—2 pm



Garden Club will take a field trip back to the Columbus Botanical Gardens for a lesson in Plant Identification. Cost is \$3.00 cash. After lunch, we will have a Garden Club meeting about our future

plans. Don't forget to wear your favorite HAT for the day! Bring lunch. Take home available.

August 20-22:

Special Olympics Master's Bowling in Warner Robins, Georgia. Details TBA.

August 24: 9 am—2 pm

Wear your walking shoes and begin the day with a Great Outdoor Fitness Walk! After lunch, we'll play Wii Sports! Bring lunch. Take home available.



August 25: 9 am—2 pm

Did you know that the typical lead pencil can draw a line that is thirty five miles long? Or than an armadillo can walk under water? Learn this and other amazing facts! After lunch, split to have another girls/guys day! Bring lunch. Take home available.

August 27: 7 pm—9 pm

Come dance the night away at Northside. Bring a snack to share. Pick up & take home available with RESERVATION ONLY.



August 30: 9 am—2 pm

Take a Field Trip to our local PetCo Store to learn about Fur, Feathers, and Fins in the store! This field trip is free, please reserve by

August 20th. Bring lunch. Take home available.

August 31: 9 am—2 pm

We will enjoy a day of bocce and bingo. Bring lunch. Take home available.

August Birthdays

Antonio Owens (Staff)	2nd
Brenda Marshall	16th
Lori Neville	18th
Buddy Coulter	19th
John Frank	19th
Christine McKinney	22nd

HAPPY BIRTHDAY!

A NOTE ABOUT TRANSPORTATION

As a reminder, reservations are REQUIRED for transportation. Please do not forget that the van/bus will wait 3 minutes for you. The driver will honk the horn several times within this time frame. It is your job to be ready and come out to the vehicle. Also note that there is no guaranteed time that we can make it to your home. We cannot determine the traffic, weather, or time needed for each participant to come out and be seated on the van/bus. We can only offer estimates. Please help us help you.

PAYMENT PROCEDURES

Please make payments before programming dates. Fees for transportation are \$1.25 per ride/ \$2.50 round-trip. Transportation may be paid in cash, check, or money order and remitted to *Columbus Parks & Recreation*. Bowling fees are \$3.00 per day/ \$1.00 per game and must be remitted to *AMF Peach Bowl Lanes*. You may pay per day or in advance. We will keep track of your absences and make the necessary credits. Please note that if you prepaid for bowling on a day that we cancelled transportation, you will receive a credit for your next bowling day.



On field trips, participants are responsible for their own fees. Please read the newsletter details carefully to ensure that your fees are turned in on or before the specified date. When going out to eat, please make sure that your participant has enough money for their meal and a tip.



Therapeutic Recreation

Mailing Address
(Comer Gymnasium)
107 41st Street
Columbus, Georgia 31904
Phone: 706-653-4500

Main Office & Recreation Center
Northside Recreation Center
2010 American Way
Columbus, Georgia 31909
Phone: 706-576-5475
706-317-2081
Nikia's Cell: 706-304-5556
Pam's Cell: 706-304-5560
Fax: 706-576-5532
Email: PamLee@columbusga.org
AntonioOwens@columbusga.org

Check out your
Newsletter Online!

[WWW.COLUMBUSGA.ORG/PARKS/
THERAPEUTICS.HTM](http://WWW.COLUMBUSGA.ORG/PARKS/THERAPEUTICS.HTM)

This Month We Celebrate...

American Adventures Month
Cataract Awareness Month
Spinal Muscular Atrophy Awareness Month
Friendship Day 1
National Night Out 3
Women's Equality Day 26

Birthstone: Jade, Peridot

Flower: Gladiolus

Your TR Team:

Pamela Lee (TR Supervisor)
Antonio Owens (Recreation Specialist II)
Nikia Charleston (Recreation Center Leader)
Margaret Brown (Division Manager)

Date: _____

Participants Name: _____

Volunteers Name: _____

Phone Number: _____

Day(s) Available: ___Monday ___Tuesday ___Wednesday ___Thursday

Time(s) Available: _____

Suggestions?

Program Suggestions:

Field Trip Suggestions:

Comments:

Questions:

**Columbus Parks & Recreation
Therapeutic Recreation Reservation Form for August 2010
107 41st Street
Columbus, Georgia 31904**

Name:
Phone Number:



<u>Date</u>	<u>Activity/ Event</u>	<u>Transportation</u>	<u>Total</u>	(x) if attending
Monday Programming				
2-Aug	Field Trip: Callaway Gardens	FREE		
9-Aug	Field Trip: Hollywood Connection	\$1.25		
16-Aug	Birthday Lunch	\$1.25 or \$2.50		
30-Aug	Field Trip: PetCo	\$1.25		

Tuesday Programming				
3-Aug	Life Skills: Cooking Healthy	\$1.25		
10-Aug	Morning Fitness/ Bunco	\$1.25		
17-Aug	Pool Party & Banana Splits	\$1.25		
24-Aug	Great Outdoor Fitness/ Wii Sports	\$1.25		
31-Aug	Bocce/ Bingo	\$1.25		

Wednesday Programming				
4-Aug	Arts & Crafts	\$1.25		
11-Aug	Bingo & Dominos	\$1.25		
18-Aug	Hat Day/ Garden Club Trip	\$1.25		
25-Aug	Amazing Facts/ Fun Day	\$1.25		

Bowling Transportation				
5-Aug	Pick up and/or Take Home (\$1.25 one way or \$2.50 round trip) Reservation Required	\$1.25 or \$2.50		
12-Aug	Pick up and/or Take Home (\$1.25 one way or \$2.50 round trip) Reservation Required	\$1.25 or \$2.50		
26-Aug	Pick up and/or Take Home (\$1.25 one way or \$2.50 round trip) Reservation Required	\$1.25 or \$2.50		

Special Events				
27-Aug	Dance Pick up and/or Take Home (\$1.25 one way or \$2.50 round trip) Reservation Required	\$1.25 or \$2.50		

Check# _____	TOTAL PAID: _____
M.O. _____	DATE: _____

Please make a **SEPARATE** check out to **AMF Peach Lanes** for Bowling Fees.

5-Aug	League Bowling	\$4.50		
5-Aug	Bowling	\$3.00		
12-Aug	Bowling	\$3.00		
26-Aug	Bowling	\$3.00		

Check # _____	TOTAL PAID: _____
M.O. _____	DATE: _____

Please remit checks or M.O. to:
**Therapeutic Recreation
107 41st Street
Columbus, Georgia 31904**

Questions?
706-576-5475
706-304-5556 or 706-304-5560
706-317-2081

**Please list below the dates
needing transportation from
Comer to Northside:**

*** Please understand that Bowling League and Regular Bowling are being paid to two separate accounts, both under AMF Peach Lanes. If you have not pre-paid for League Bowling, please pay August 5th fees separate from August 12th & 26th. We are sorry for the inconvenience.**

Signature: _____
Date: _____

Riddle of the Month:

What grows in winter, dies in summer, and grows roots upward?

Your Answer: _____

*Hint: Think *COLD!*



Last month's riddle: I am full of holes but I hold a lot of water with ease.
What am I?

I'm a SPONGE!

Congratulations:

Larry Boeck, Richard Bittl, Margaret Burrus, Donnie Martin, Garrett Reed,
and Tim Reynolds!!!