

THERAPEUTIC RECREATION

A DIVISION OF COLUMBUS PARKS AND RECREATION



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CONSOLIDATED GOVERNMENT
What Progress Has Preserved.



Special Olympics
Georgia

Spring is in the Air, and so is the Pollen! If your participant suffers from allergies, please remember to give them their medication(s) before programming.

Please read the following notes:

- If participants are sick please remember to keep them home.
- Staff will only warm lunches in the microwave, please send participants with already prepared meals, as well as their own utensils if needed.
- Please observe program dates, times, and locations carefully. These may vary depending on the program. If you lose your newsletter, it is always posted on our website.
- **DON'T FORGET THAT RESERVATION FORMS ARE REQUIRED FOR ALL PROGRAMMING AND TRANSPORTATION.** Forms may be found on page 6 of your newsletters. Reservations must be made **2 days** in advance, cancellations must be made **1 day** in advance.
- **Do not drop off participants any earlier than the noted time (on site or off). Also, if participants are not transported by TR, please have them picked up by the program end time and signed out.**
- PARENTS/CAREGIVERS are asked to come in and sign participants in.

TRANSPORTATION:



For all programs, including bowling please make reservations at least 2 days in advance, and cancellations at least 1 day in advance. Only in the event of an emergency or bad weather should you call and cancel a ride the day of. Please do your part in turning in reservation forms to ensure your spot on the van/bus and in the program. If reservations are not turned in and vehicles cannot accommodate participants, TR has the right to refuse participation for the day.

Please note that we will cancel transportation in the event of severe weather threats. If non-emergency city offices are still open and operating, you may assume that the program is still planned. We apologize for the inconvenience but we want to ensure the safety of our participants and staff while loading and unloading the van, and while on the road. Thank you for your cooperation.



UPDATE:
TR can no longer offer transportation to new participants or those that have not used transportation services before.

SPECIAL OLYMPICS NEWS

On Friday, April 20th some of our very own Special Olympics Athletes competed in the Area 10 Spring Games.

Two Bocce Teams traveled to Harris County High School. The *Bocce Fire* took home 1st Place, while the *Bocce Flames* came in with a close 2nd! We would like to congratulate all those that participated, and thank those that supported! When you see them, please show them love: *Bocce Fire*—Buddy Coulter, John

Daly, John Frank, and Chuck Redden. *Bocce Flame*—Margaret Burrus, Marge Call, Maurice Tamlin, Beth Walton.

On the same day, Donnie Martin traveled to Cooper Creek Tennis Center to compete in the Area 10 Spring Tennis Games. Donnie played excellent and came in 1st Place in his Division for Unified Doubles. Way to go Donnie, and special thanks to CORTA for the training and support!

May 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Day of Dance	2 Crafts/ Tennis Pottery	3 Bowling	4	5
6	7 Life Skills: Character Traits/ Garden Club	8 Bunko/ Walking & Crafts	9 Tina's Birthday Get together	10 Bowling	11 Social Club/ Support Group	12
13	14 Girls & Guys Day/ Garden Club	15 Basketball/ Bocce	16 Science Day/ Tennis Game Room	17 Bowling	18	19
20	21 Life Skills: Character Traits/ Garden Club	22 Floor Hockey/ Softball Skills	23 Crafts/ Music Cooking Class	24 Bowling	25 Dance	26
27	28 Board Games/ Wii Games	29 Beach Ball Kickball/ Wii	30 Field Trip: Chehaw Park	31 Family Bowling		

Program Details

May 1: 9 am—2 pm



Come spend the day with us as we dance, dance, dance! We'll learn a few different styles of dance and burn calories while having fun. We'll play dance games such as freeze dance, and Just Dance for the Wii. Bring lunch. Take home available.

May 2: 9 am—2 pm

Did someone say Cinco de Mayo? Wear your sombrero's and come create some Mexican crafts. We'll even make a piñata! Tennis players will also travel to tennis at 9:30 am. Bring lunch. Take home available. *Participants that are registered for pottery will be transported to the Studio following the program, with a paid a transportation fee. Participants must be picked up from the studio no later than 4:00 p.m. Please note that this is the last day of the Spring Session.*



May 3, 10, 17, 24, 31:
2 pm—4 pm

Bowl with your friends at AMF Peach Lanes. Pick up and take home available with reservation & payment only. Pick up begins between 11:30 am—12 pm. We suggest eating lunch before pick up, or you may bring a few extra dollars for a meal at the bowling alley. Take home begins after every bowler has completed their 3rd game, OR at 4 pm. Family and friends are invited to bowl on the 31st for \$1.00 per game. Family reservations must be made by May 24th.

May 7 & 21: 9 am—2 pm

We will work on the Life Skills Lesson: Character Traits. We'll discuss positive character traits that we can improve, and use hands on activities to stress the importance. This is a two-part series. After lunch, Garden Club will meet and work on several projects. Bring lunch. Take home available.

May 8: 9 am—2 pm

Who's ready for some Bunko?!

Come together with your friends to play a few rounds of Bunko! After lunch, we'll get our hearts pumping with some aerobic walking then we'll settle down for some Mother's Day crafts! Bring lunch. Take home available.



May 9: 9 am—2 pm

It's Tina's Birthday! That's right, we have been invited to TR participant, Tina Knauer's home to help her family celebrate. Please remember that all participants must meet at Pop Austin at 9:30 am, and must have a signed waiver. Lunch will be provided. Take home will begin at Tina's house.

May 11: 6 pm—7:30 pm

Come out to the 4th meeting of the TR Social Club. This Club is for active TR adults that want to engage in social activities among themselves with supervision. This evening will consist of



Strokes & Floats! We will make some still-life paintings and relax with root-beer floats! There is no transportation for this evening, and this is not a drop off program. Parents/ Caregivers are required to join together in another room for the support group meeting if their participant attends the Club meeting. It's not too late to join, please see staff for more details.

May 14: 9 am—2 pm

Ladies and Gentlemen are invited to spend a relaxing day with each other. Ladies will enjoy a Spa Day, while the Gentlemen play cards and billiards. After lunch, garden club will meet. Bring lunch. Take home available.



May 15: 9 am—2 pm


It's time to shoot some hoops and play basketball. After lunch, we'll enjoy a friendly game of bocce and other games. Bring lunch. Take home available.




May 16: 9 am—2 pm
 Join us for another day of Science Exploration. This month, we will create a mineral garden, go star gazing, and grow crystals! Tennis players will also travel to tennis at 9:30 am. After lunch, we'll enjoy some time in the game room. Bring lunch. Take home available.


May 22: 9 am—2 pm
 Let's play some floor hockey! We'll learn some easy practice skills for floor hockey in the gym. After lunch, we'll also work on some batting skills in the gym. Bring lunch. Take home available.

May 23: 9 am—2 pm

Create some spring crafts with your friends.  After lunch, enjoy listening to and creating music. We'll also play music trivia, sing karaoke, and enjoy other music activities. Bring lunch. Take home available.


May 23: 2 pm—4 pm
 Stay for the first meeting of cooking class! The class will go over some basic kitchen skills and prepare a simple snack. There is no take home for this program, participants must be picked up at Pop Austin no later than 4:00 pm. Please see page 4 for more details.

May 25: 7 pm—9 pm

Come out to Northside Recreation Center for an evening of music and dance with your friends. Don't forget to bring a snack to share.  Pick up and take home available with reservation only. Pick up begins at 5:30 pm, and take home begins at 8:45 pm. Please be sure that participants have house keys, or that someone will be home to receive them as this is a late night return.

May 28: 9 am—2 pm
 It's Memorial Day and we're open! Come spend your day playing board games and Wii Games. Bring lunch. There is NO take home. Participants must be picked up no later than 2 pm. *At least 6 participants

must be signed up in order to have a program on this day.

May 29: 9 am—2 pm
 Let's laugh and have some fun with Beach Ball Kickball! After lunch, we'll play some Wii games. Bring lunch. Take home available.

May 30: 8 am—5 pm
 We're taking a Wild, wild trip to Chehaw Wild Animal Park. This is an all day trip with lots of walking. Bring lunch and a small snack. Cost is \$15.00 cash. Cost covers admission to the park, zoo, train ride and transportation. **Limit:** 1st 10 participants signed up and paid by May 18th. There will be no take home. More details will be

IMPORTANT INFORMATION FOR PARENTS/ CAREGIVERS

RESERVATIONS

All TR attendees must turn in a completed reservation form every month. Turning this in reserves your spot, puts you on the list for pick up and/or take home, and puts you on a call list in the event that there are program changes.

If you have not turned in a reservation form for programs, we will assume that you are NOT attending & cannot guarantee that we will have space on the van for take home. Also note that a reservation helps us plan adequate supplies or equipment for programming. Please help us out by taking a few minutes of your time and filling this out if you plan on attending one or more programs for the month. We appreciate your cooperation with this matter.

PAYMENTS

Please make necessary payments before programming days. Fees for transportation are \$1.25 per ride/ \$2.50 roundtrip. 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 Lanes*. You may pay per day or in advance. We will keep track of your absences and make the necessary credits. On field trips & at restaurants, 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.

Reminder: When going out to eat, please remember to factor in gratuity.

TRANSPORTATION

As a reminder, reservations are required for transportation. Upon arrival, the van/bus will honk and wait 3 minutes for you. 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 traffic, weather, or time needed for each participant to come out, be seated and buckled up. We can only offer estimates. Please consider that we sometimes have a full van/bus of participants, and at times routes may take longer. If participants do not have keys, please be sure that someone is home when they arrive. Failure to do so can result in transportation suspension.

UPDATE: TR can no longer transport out-of-county residents anywhere outside of Muscogee County for any reason.

DROP-OFF & SIGN-IN

Please carefully observe the program start times. This is the time in which the building opens and staff assume responsibility for participants. Please do not drop off participants any earlier than the noted time. Also, if participants are not transported by TR, please have them picked up by the program end time.

When participants are dropped off please come in and sign them in yourself. If they are picked up, please sign them out. For all programs, if you do not see a TR staff, do not leave participants alone at the drop off locations. Please understand that the safety of our participants is our main concern in this matter and we greatly appreciate your cooperation.



**Therapeutic Recreation
Main Office & Recreation
Center**

Pop Austin Recreation Center
1331 Alexander Street
Columbus, Georgia 31904
Phone: 706.323.8707
Cell #1: 706.304.5560
Cell #2: 706.304.5556
Email: PamLee@columbusga.org

**Mailing Address
(Gallops Senior Center)**
1212 15th Street
Columbus, GA 31901

**Check out your
newsletter online!**

WWW.COLUMBUSGA.ORG/PARKS/
THERAPEUTICS.HTM

This Month We Celebrate...

- ALS Awareness Month
- Arthritis Awareness Month
- Asian American & Pacific Islander Heritage Month
- Healthy Vision Month
- National Lyme Disease Awareness Month
- National Military Appreciation Month
- National Mental Health Month
- Cinco de Mayo 5
- World Laughter Day 6
- Mother's Day 13
- US Armed Forces Day 19
- Memorial Day *observed* 28

Birthstone: Emerald

Flower: Lily of the Valley

TR MONTHLY HIGHLIGHTS

This month we are excited to highlight the following:

Daily Fitness: TR will continue to offer 20 minutes of exercise and fitness skills EVERY morning that programming is held at Pop Austin Recreation Center. Please encourage your participant to engage in this activity and dress appropriately.

Social Club/ Support Group Meeting: TR is now offering a new program for those that want to engage in social activities outside of regular programming. Parents and caregivers also have the opportunity to share stories, information, and support. Join us May 11th for our fourth meeting!

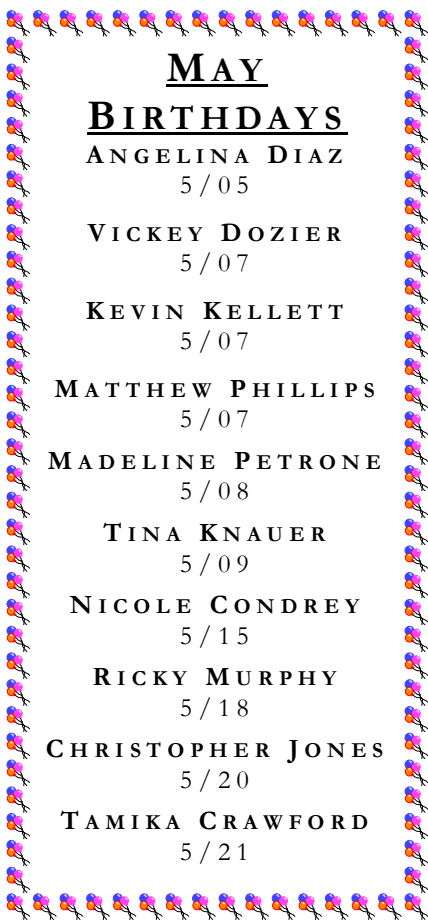
Cooking Class: This month, TR will be launching a new cooking class! These classes will begin to be offered every other Wednesday throughout the summer, beginning on May 23rd. Classes are exclusive to those interested in learning to prepare simple and healthy meals. This is an extended program that will run from 2 pm—4 pm with no take home. There is no cost, reservation forms are required.

Last Month's Highlights:

Last month we hopped into Spring with lots of practice for Special Olympics Spring Games. Our Athletes were committed to training and competing at the Local level and did a phenomenal job at games! We also learned a few news moves with Salsa Dancing at Social Club "Vamos a la Salsa!"

Follow us weekly with the Department-wide
Newsletter every Friday, at:

<http://www.columbusga.org/parks/newsletters.htm>



MAY

BIRTHDAYS

ANGELINA DIAZ
5 / 05

VICKEY DOZIER
5 / 07

KEVIN KELLETT
5 / 07

MATTHEW PHILLIPS
5 / 07

MADELINE PETRONE
5 / 08

TINA KNAUER
5 / 09

NICOLE CONDREY
5 / 15

RICKY MURPHY
5 / 18

CHRISTOPHER JONES
5 / 20

TAMIKA CRAWFORD
5 / 21

Columbus Parks & Recreation
Therapeutic Recreation Reservation Form for May 2012
 1331 Alexander Street
 Columbus, Georgia 31904



Name: _____
Phone Number: _____

Date	Activity/ Event	Transportation	Total	(x) if attending
Monday Programming				
7-May	Life Skills/ Garden Club	\$1.25		
14-May	Girls & Guys Day/ Garden Club	\$1.25		
21-May	Life Skills/ Garden Club	\$1.25		
28-May	Board Games/ Wii Games	NO TRANSPORTATION		

Tuesday Programming				
1-May	Day of Dance	\$1.25		
8-May	Bunko/ Walking/ Crafts	\$1.25		
15-May	Basketball/ Bocce	\$1.25		
22-May	Floor Hockey/ Softball Skills	\$1.25		
29-May	Beachball Kickball/ Wii	\$1.25		

Wednesday Programming				
2-May	Cinco de Mayo Crafts/Tennis/Pottery	\$1.25		
9-May	Tina's Birthday Get together	\$1.25		
11-Apr	Science Day/ Tennis/ Game Room	\$1.25		
18-Apr	Crafts/ Music	\$1.25		

Bowling Transportation				
3-May	Pick up and/or Take Home (\$1.25 one way or \$2.50 round trip)	\$1.25 or \$2.50		
10-May	Pick up and/or Take Home (\$1.25 one way or \$2.50 round trip)	\$1.25 or \$2.50		
17-May	Pick up and/or Take Home (\$1.25 one way or \$2.50 round trip)	\$1.25 or \$2.50		
24-May	Pick up and/or Take Home (\$1.25 one way or \$2.50 round trip)	\$1.25 or \$2.50		
31-May	Pick up and/or Take Home (\$1.25 one way or \$2.50 round trip)	\$1.25 or \$2.50		

Special Events/ Programming				
11-May	Social Club + Support Group	NO COST. Parent/Caregiver must attend		
23-May	Cooking Class	NO COST. NO TAKE HOME		
25-May	Dance Pick up and/or Take Home (\$1.25 one way or \$2.50 round trip)	\$1.25 or \$2.50		
30-May	Field Trip: Chehaw Park	\$15.00 CASH - NO TAKE HOME		

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

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

3-May	Bowling	\$3.00		
10-May	Bowling	\$3.00		
17-May	Bowling	\$3.00		
24-May	Bowling	\$3.00		
31-May	*Family Bowling	\$3.00		

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

Please remit checks or M.O. to:
Therapeutic Recreation
 1212 15th Street
 Columbus, Georgia 31901

Note: Pottery members need to pay for transportation to the Studio.

Questions?

706-304-5556 or 706-304-5560

Notes:

*Don't forget to make a copy of this form or circle reserved programs on the calendar on page 2 for your records.

Signature: _____
 Date: _____

*Please list the names of family bowlers below.
 *Cost is \$1.00 per person per game.

Riddle of the Month:

What kind of garden does a baker have?

Your Answer:

***Hint: A baker's main ingredient (play on words)**

April 2012



Go on our website to see these pictures clearer! www.columbusga.org/parks/therapeutics.htm

Last Month's Riddle:

What does the Easter Bunny Get for making a basket?

Answer: 2-Points (or 3), just like everyone else!!!

WOW! Great Job!

Margaret Burrus & Beth Walton!