WILLIAMSON COUNTY PARKS & RECREATION

Therapeutics Division

An Activity Guide for People with Disabilities

March, April & May 2017

Traci Hamby, CTRS, Senior and Therapeutics Administrator
(615) 790-5719, x2021, tracih@williamson-tn.org

Lindsey Wood, CTRS, Asst. Senior and Therapeutics Administrator
(615) 790-5719, x2025, lindseyw@williamson-tn.org

FRANKLIN:
Jayne McFadden RT, Therapeutic Coordinator
(615) 790-5719, x2033, jaynem@williamson-tn.org

NOLENSVILLE:

Krista Hollis, CTRS, Senior and Therapeutics Coordinator
(615) 786-0200, x2421, kristah@williamson-tn.org

LONGVIEW:
Rebecca Fulcher, Senior Coordinator
(615) 302-0971, x2218, rebeccaf@williamson-tn.org

Stacey Long, Therapeutics Aide
(615) 302-0971, x2227, staceyl@williamson-tn.org

POLICIES AND PROCEDURES

The Therapeutic Division is devoted to providing year round leisure opportunities for individuals with intellectual disabilities. The goal of the TR Division is to promote a positive, safe and fun recreation experience for all participants. To help us provide the best possible experience, please be mindful of the following policies:

REGISTRATION

- *Registration is required for most programs offered in the Therapeutics Division.*
- *Registration is available* ***ONLINE*** *at wcparksandrec.com or* ***IN PERSON, or BY PHONE.*** *Voicemail registrations will NOT be accepted.*
- *Registration for all programs (with exception to Respite) will begin on the first registration date listed (this information is included in the activity description), and is on a first come, first served basis.*
- ***For Respite, registration will open at 9am on the first registration date listed. Respite registration will only be available ONLINE. In person registrations will NOT be accepted.***
- *Some programs have limited enrollment. If a program closes due to maximum enrollment, names will automatically be put on a waiting list. Participants will be contacted if additional space becomes available.*
- *Payment is due with registration to secure a spot for a program.*

PAYMENT INFORMATION:

- ***Payment is due with ONLINE or IN PERSON registration to secure a spot for a program. Payment is due within 5 days for BY PHONE registration.***
- ***Cash and check payments can be made IN PERSON*** *at our Franklin, Longview or Nolensville facilities.*
- ***Credit card payments will ONLY be accepted ONLINE or at the FRONT DESK KIOSK*** *at our Franklin, Longview and Nolensville facilities. A small, nonrefundable processing fee is collected for all credit card transactions.*

ONLINE*, by Phone or* ***IN PERSON*** *registration is available at the following locations (depending on the location of your desired program).*

Franklin Recreation Complex	**Nolensville Recreation Center**	**Longview Recreation Center**
1120 Hillsboro Road	*7250 Nolensville Road*	*2909 Commonwealth Drive*
Franklin, TN 37064	*Nolensville, TN 37135*	*Spring Hill, TN 37174*
(615) 790-5719, ext. 2010	*(615) 786-0971 ext. 2410*	*(615) 302-0971 ext. 2210*

REFUNDS

Please note….
While the Parks and Recreation Department makes every effort to ensure that all information provided regarding our programs and facilities is listed as accurately as possible, please understand that we reserve the right to make necessary changes to the benefit of our patrons and the operation of our department.

MEDICATION/PERSONAL CARE

- *TR staff cannot administer medication, with exception to those needed in life threatening situations (ex. Epipen for tree nut/peanut allergy, medication needed to stop a seizure).*
- *For PALS Programs, if a participant is independent and needs medication, the participant must be able to administer their own medication.*
- *For programs offering total personal care (Respite, Camp Will), only a nurse can administer medications. If a nurse is not present, TR staff cannot administer medication in their absence.*
- *Due to staff to participant ratio for some programs, a caregiver is required to stay with those participants needing support and personal care. Participant criteria are listed with each program description.*

DROP OFF/PICK UP FOR PROGRAMS

- *When arriving at a program, parents/legal guardians are required to sign the participant in and leave a phone number where they can be reached...even if the participant has a cell phone!*
- *If a participant is to be picked up by someone other than the parent/legal guardian/caregiver, please notify TR staff at the beginning of the program.*
- *Parents/legal guardians/caregivers are required to pick up their participant. Due to staff to participant ratio, TR staff cannot walk participants out to the parking lot.*

INCLEMENT WEATHER

For inclement weather updates on facility closures, please call the Inclement Weather Hotline at (615) 591-8524. For class cancellations or questions, visit wcparksandrec.com (key word: inclement weather), or call the location of the desired program. Please call (615) 790-5719 ext. 2033 for Franklin based programs, (615)786-0200 ext.2410 for Nolensville based programs, or (615) 302-0971 ext.2218 for Longview based programs.

REGISTRATION REMINDERS

We have a monthly "Registration Reminder" e-mail service for our participants and their families. The e-mails include program registration start and end dates, as well as Inclement weather information. The "Registration Reminder" is divided into three categories for information pertinent to the program:

- *Young Adults and Up (Potluck and Bingo, Recreation Nights, Games Galore, etc)*
- *Respite*
- *Camp Will*

If you would like to receive a monthly reminder, please do the following:

- *E-mail Jayne McFadden: jaynem@williamson-tn.org*
- *In the subject area of your e-mail, put "Reminder Request"*
- *In the content of the e-mal, put the category (please see above) you wish to receive reminders about. You may request more than on category.*

For questions, please call Jayne McFadden at (615) 790-5719 ext. 2033.

Find us on social media!

Want the latest on our programs and events? Then, "like" our Williamson County Parks and Recreation Facebook page! Or follow us on Twitter @ wc-parksandrec

Find us on: facebook®

For people with disabilities ages teen and up!

Bingo

PALS Program-People At Leisure with Support

A caregiver is required to stay with those needing support. Caregivers are asked to register if planning to attend and eat. Due to limited number of winners, Bingo prizes are only awarded to participants.

Please join us on one of our Potluck and Bingo nights! Enjoy great home cooked dishes and have fun while playing Bingo for prizes. We provide the meat, drinks and prizes. We ask that you bring a ***side dish or dessert to share*** with the group, as this program is free!

Franklin Recreation Complex (615) 790-5719 x2010

DATE	DAY	TIME	CODE	REGISTRATION
3/2	Thursday	5:30pm-7:30pm	#8774	2/2-3/1
4/6	Thursday	5:30pm-7:30pm	#8775	3/2-4/5
5/4	Thursday	5:30pm-7:30pm	# 8776	4/6-5/3

Longview Recreation Center in Spring Hill (615) 302-0971 x2210

DATE	DAY	TIME	CODE	REGISTRATION
3/15	Wednesday	5:30pm-7:30pm	# 8791	2/8-3/13
4/12	Wednesday	5:30pm-7:30pm	# 8792	3/5-4/10
5/10	Wednesday	5:30pm-7:30pm	# 8793	4/12-5/8

For people with disabilities ages teen and up!

Recreation Night

PALS Program-People At Leisure with Support

A caregiver is required to stay with those needing support. Caregivers are asked to register if planning to attend and eat.

In March join us for Dinner and a Movie. We will be showing the animated Disney movie Moana.

Participants will have dinner of pizza, chips, popcorn salad, dessert, and drinks.

This April join us for our 2nd annual Therapeutics You've got Talent show. Start practicing or thinking about what you want to do now because we want to see you shine. This is a great chance to sing a song, do a dance, play an instrument or tell a joke. Pizza, salad, chips, drinks, and dessert will be served for dinner. Everyone's sure to have a great time.

Join us all and bring a date or friend to The Therapeutics Starry Night Prom. The DJ will be playing the tunes and you will have a blast dancing under the twinkling lights. Dinner of sandwiches, chips, fruit, drinks and dessert will be served. You won't want to miss this fun evening .

Franklin Recreation Complex (615) 790-5719 x2010

DATE	DAY	TIME	COST	CODE	REGISTRATION
3/30	Thursday	5:30pm-7:30pm	$6.00	# 8780	2/9-3/28
4/27	Thursday	5:30pm-7:30pm	$7.00	# 8782	3/9-4/25
5/11	Thursday	5:30pm-7:30pm	$10.00	# 8781	4/13-5/9

For people with disabilities ages teen and up!

Games Galore

PALS Program-People At Leisure with Support

A caregiver is required to stay with those needing support. Caregivers are asked to register if planning to attend and eat.

In **March** we are going to play Oversized games such as Hungry Hippos, Kirplunk, and Jenga. You will have a chance to play all the games super sized. We will serve a dinner of chicken tenders, drinks, chips , salad and ice cream for dessert.

This **April** come have some Spring fun and color some eggs with us. Afterwards, We will we will have our own Egg hunt. We will serve a dinner of chicken tenders, salad, drinks, chips, and ice cream for dessert.

Join us in **May** for our annual Field Day. We will have relays and friendly competition that will keep you moving and laughing. Bring an extra shirt or towel since a little water may be involved. Everyone loves the water balloon toss. We will start this program inside and have dinner of pizza, salad, drinks, chips, and dessert then move outside for the activities.

Franklin Recreation Complex (615) 790-5719 x2010

DATE	DAY	TIME	COST	CODE	REGISTRATION
3/9	Thursday	5:30pm-7:30pm	$6.00	Code # 8777	2/9-3/7
4/13	Thursday	5:30pm-7:30pm	$5.00	Code # 8778	3/9-4/11
5/25	Thursday	5:30pm-7:30pm	$6.00	Code # 8779	4/13-5/23

www.wcparksandrec.com/senior-therapeutics/activities

For People with disabilities ages teen and up

Miscellaneous Mondays

During the month of **March** we will be making Shadow Boxes. Participants will make personalized boxes with items that they treasure or a favorite hobby or interest.

During the month of **April** we will be making some Spring craft projects to take home. Participants will show their creative skills.

During the month of **May** we will be making Festive Summertime foods including homemade ice cream, freezer treats, and sorbet.

PALS Program: People at Leisure with Support- Caregiver is required to stay with those needing support.

Dates	Day	Time	Cost	Code	Registration
3/6-3/27 no class 3/20	Mondays	4:00-5:00pm	$20.00	#8782	2/9-3/4
4/3-4/24	Mondays	4:00-5:00pm	$20.00	#8784	3/9-4/1
5/1-5/15	Mondays	4:00-5:00pm	$15.00	#8785	3/27-4/29

Super Saturday Respite

For people with disabilities ages 6 through 23 (Must be a Williamson County Resident!)

Participants will enjoy a day that may include swimming (Franklin and Longview respites only), crafts, games, and Wii.

Participants should bring a lunch, snack and drink. For Franklin and Longview respites, please send a towel, swim suit and a change of clothes. Personal care is provided. Check in is between 10:00am and 10:30am. Enrollment is limited. Participants must be residents of Williamson County. New participants: An assessment must be completed by a parent or legal guardian before attending the respite program. To schedule an assessment, please call 790-5719 ext. 2021.

Franklin: (615) 790-5719 x2010

DATE	DAY	TIME	COST	CODE	REGISTRATION
3/4	Saturday	10am-3pm	$20	# 8772	2/13 or until full
4/8	Saturday	10am-3pm	$20	# 8773	3/27 or until full

Nolensville: (615) 786-0200 x2410

DATE	DAY	TIME	COST	CODE	REGISTRATION
3/11	Saturday	10am-3pm	$20	#8765	2/13-3/3 (or until full)

Longview: (615) 302-0971 x2210

DATE	DAY	TIME	COST	CODE	REGISTRATION
4/15	Saturday	10am-3pm	$20	#8832	3/20-4/3 (or until full)

RESPITE REGISTRATION POLICY - ONLINE ONLY

- *Respite registration will only be available through online registration. Registration will begin at 9am on the 1st day of registration listed.*
- *Space is limited for this program! Registration is on a first come, first served basis. If a program closes due to maximum enrollment, names will automatically be put on a waiting list. Waiting list participants will be contacted if additional space becomes available.*

How to Make a Payment:

- *Payment will be collected at the end of the registration transaction by Credit card. Small bank fee applies.*

How to Register online?

- *To utilize online registration, please visit www.wcparksandrec.com and click on the blue square that says online registration, then use the code next to the respite of your choice. You may also use the direct link hhpt://apm.activecomunities.com/wcpr. Please note: you can create an account prior to registration.*

For people with disabilities ages young adults and up!

Throwback Thursday

Please join us for a blast from the past each month where we will enjoy a variety of "Throwback" activities! **PALS program (People at Leisure with Support)** -a caregiver is required to stay with those needing support. Caregivers are asked to register if planning to attend and eat.

In **March,** we will celebrate the old Irish traditions of St.Patty's Day with some fun games and activities! A dinner of chicken fingers will be served along with chips and beverages.

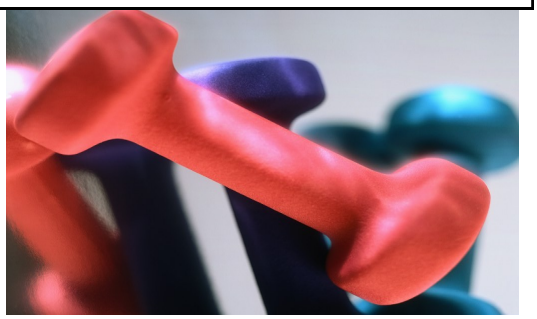
In **April** , we are going to celebrate everyone's birthday! A fun night full of classic birthday party games, music and cake! A pizza dinner will be served along with chips and beverages.

In **May**, we are going to revisit one of our favorite childhood pastimes, a movie night and Pajama Party! A dinner of barbecue sandwiches, chips, dessert, and drinks will be served.

DATE	DAY	TIME	LOCATION	COST	CODE	REGISTRATION
3/16	Thursday	5:30-7:30	Franklin	$6.00	#8766	2/23-3/14
4/20	Thursday	5:30-7:30	Franklin	$6.00	#8767	3/23-4/18
5/18	Thursday	5:30-7:30	Franklin	$6.00	# 8768	4/27=5/16

PALS Program-
People At Leisure with Support
A caregiver is required to stay with those

Fitness Fun



For people with disabilities ages teen and up!

Have fun while staying healthy! Join us for our Fitness Fun group to improve your strength, balance and overall health. We begin with stretching, followed by a variety of exercises using resistance bands, light hand weights and stability balls. We complete our workout with a 30 minute walk. Please note: We will walk outside on the walking trail when weather permits, and upstairs on the indoor walking track during cold or rainy weather. Participants must be Independent and can follow directions within a small group.

DATES	DAY	TIME	COST	CODE	REGISTRATION
3/1-3/29 no class 3/22	Wednesday	4pm-4:50pm	$12.00	#8769	2/9-2/28
4/5-4/26	Wednesday	4pm-4:50pm	$12.00	#8770	3/9-4/4
5/3-5/17	Wednesday	4pm-4:50pm	$9.00	#8771	4/5-5/2

Bowling

Meet us at Franklin Family Entertainment Center for a fun afternoon of Bowling. Due to staffing one to one assistance is not available for this activity. **PALS Program: People at Leisure with Support– caregiver is required to stay with those needing support.**

No registration required. Fee needs to be paid to Franklin Family Entertainment Center includes bowling ball and shoes. Please arrive by 3:00pm. Please note: Bowling will not meet if Williamson County schools are closed. For all ages.

Dates	Day	Time	Cost	Registration
3/7– 4/25 no bowling 3/21	Tuesdays	3:00pm-4:30pm	$3.00	None

New Nolensville Rec Night

Our newest Therapeutic program at Nolensville is a Rec Night designed for the adolescent age group and older, with special needs. One Tuesday a month, we will do a variety of activities, including: sensory groups, crafts, exercise and socializing. Our certified Rec Therapist will supervise and coordinate all of the fun activities for the duration of the evening. A snack and a drink will be provided but feel free to send food if your child has any dietary restrictions or allergies. Ages 10 years and older. Enrollment is limited and online registration is required.

Call Krista Hollis at (615) 786-0200 ext. 2421 for questions or additional information about this program

DATE	DAY	Registration	TIME	COST	CODE #	LOCATION
3/28	Tuesday	3/6-3/27	6:00pm-8:00pm	$10.00	8796	Nolensville Rec Center
4/18	Tuesday	4/3-4/17	6:00pm-8:00pm	$10.00	8795	Nolensville Rec Center
5/23	Tuesday	5/8-5/22	6:00pm-8:00pm	$10.00	8797	Nolensville Rec Center

Friday Fun Day

Want to get out of the house for a bit? This new program, for adults with disabilities, is here for you! Friday Fun Day is an opportunity to get out in the community for a fun - filled Friday! Whether we are meeting for a matinee movie, picnic at the park or a shopping day at the mall, we will be having a blast and would love for you to join us. A certified Rec Therapist will be there to supervise. PALS program (people at Leisure with Support) - a caregiver is required to stay with those needing support. Caregivers are asked to register if planning to attend.

In April , we will be meeting at the Cool Springs Galleria Mall for lunch and shopping! Meet us at 11:00am in the food court. Please bring enough money for lunch and any shopping you want to do.

DATE	DAY	TIME	REGISTRATION	AGE	Code #	Cost
April 28	Friday	11:00-1:30p	4/3-4/27	Young Adults +	8794	Dutch Treat

Parents Night out!

Parents we invite you to take advantage of our monthly Parents" night Out program at Nolensville! This program is held on Friday and is catered to your child(ren) with special needs. Siblings are welcome to register as well so that you can enjoy a night off! Our certified Rec Therapist will supervise and coordinate all of the fun activities for the duration of the evening. Dinner, Drinks and dessert will be provided but feel free to send food if your child has any dietary restrictions or allergies. Ages 6-17. Enrollment is limited. The cost of this program is $20.00 per child. Call Krista Hollis at (615) 786-0200 ext.2421 for question or additional information.

www.wcparksandrec.com/senior-therapeutics/activities

DATE	DAY	TIME	REGISTRATION	CODE
3/3	Friday	5:00pm-9:00pm	2/8-3/1	8762
4/7	Friday	5:00pm-9:00pm	3/6-4/5	8763
5/12	Friday	5:00pm-9:00pm	4/24-5/10	8764

March 2017

KEY: RED-NOLENSVILLE GREEN-FRANKLIN BLUE-LONGVIEW BLACK-OFFSITE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Potluck and Bingo (FR) 5:30-7:30p	3 Parents Night (NL) 5:00-9:00p	4 Respite (FR) 10-3p
5	6 Misc Mondays (FR) 4:00-4:50p	7 Bowling at (FFEC) 3:00-4:30p	8 Fitness Fun (FR) 4:00-4:50p	9 Games Galore (FR) 5:30-7:30p	10	11 Respite (NL) 10-3p
12	13 Misc. Mondays (FR) 4:00-4:50p	14 Bowling at (FFEC) 3:00-4:30p	15 Fitness Fun (FR) 4:00-4:50p	16 Throwback Thursday (FR) 5:30-7:30p	17	18
19	20 Spring Break WCS	21	22	23	24	25
26	27 Misc. Mondays (FR) 4:00-4:50p	28 Bowling at (FFEC) 3:00-4:30p REC Night (NL) 6:00-8:00p	29 Fitness Fun (FR) 4:00-4:50p	30 Recreation Night (FR) 5:30-7:30p	31	

For Program Registration

www.wcparksandrec.com

Franklin: (615) 790-5719 x2010

Longview: (615) 302-0971 x2210

Nolensville: (615) 786-0200x2410

April 2017

KEY: RED-NOLENSVILLE GREEN-FRANKLIN BLUE-LONGVIEW BLACK-OFFSITE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Misc. Mondays (FR) 4:00-5:00p	4 Bowling (FFEC) 3-4:30p	5 Fitness Fun 4:00-4:50	6 Potluck and Bingo (FR) 5:30-7:30p	7 Parents Night (NL) 5:00-9:00p	8 Respite (FR) 10:00-3:00p
9	10 Misc. Mondays (FR) 4:00-5:00p	11 Bowling(FFEC) 3-4:30p	12 Fitness Fun 4:00-4:50 Potluck and Bingo (LV) 5:30-7:30	13 Throwback Thursday (FR) 5:30-7:30p	14	15 Respite (LV) 10:00-3:00p
16	17 Misc. Mondays (FR) 4:00-5:00p	18 Bowling (FFEC) 3-4:30p REC Night (NL) 6:00-8:00p	19 Fitness Fun 4:00-4:50	20 Throwback Thursday (FR) 5:30-7:30p	21	22
23	24 Misc. Mondays (FR) 4:00-5:00p	25 Bowling (FFEC) 3-4:30p	26	27 Recreation Night (FR) 5:30-7:30p	28	29

May 2017

KEY: RED-NOLENSVILLE GREEN-FRANKLIN BLUE-LONGVIEW BLACK-OFFSITE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3 Fitness Fun (FR) 4:00-4:50p	4 Potluck and Bingo (FR) 5:30-7:30p	5	6
7	8 Misc. Mondays (FR) 4:00-5:00p	9	10 Fitness Fun (FR) 4:00-4:50p Potluck and Bingo (LV) 5:30-7:30p	11 Recreation Night (FR) 5:30-7:30p	12 Parents Night (NL) 5:00-9:00p	13
14	15 Misc. Mondays (FR) 4:00-5:00p	16	17 Fitness Fun (FR) 4:00-4:50p	18 Throwback Thursday (FR) 5:30-7:30p	19	20
21	22	23 REC Night (NL) 6:00-8:00p	24	25 Recreation Night (FR) 5:30-7:30p	26	27
28	29	30				

For Program Registration www.wcparksandrec.com

Franklin: (615) 790-5719 x2010

Longview: (615) 302-0971 x2210

Nolensville: (615) 786-0200 x2410

In next quarter's issue...

special Events,

ongoing and Montly Programs

And, much more!