



WELCOME BACK!

THE THERAPEUTIC RECREATION OFFICE WELCOMES YOU BACK WITH THE FOLLOWING PROGRAMS FOR **OCTOBER** !

VIRTUAL SOCIAL CLUBS

We sure have missed you - let's connect - virtually! Teens and adults with developmental disabilities are invited to join one of our virtual clubs. Each virtual club will have online meetings that will include socializing, games, scavenger hunts, guest speakers, current events, dance parties or learning something new. Members will be given weekly challenges, and will be able to upload pictures, websites, articles and videos to our very own Microsoft Teams page monitored by the TR staff. Come join us to help us build the club that works for you! Call or email our office directly if you have questions or to discuss any access requirements for the club.

REGISTER [HERE](#) FOR OCTOBER
Teens - Activity # 922010-TV
Adults - Activity # 922010-AV

TEEN VIRTUAL CLUB

Ages: 12-17
Fee: FREE
Dates: Tuesday, October 6 and Friday, October 23
Times: 4:30 pm - 6:00 pm
Location: Virtual - Teams link will be sent after registration
Registration Starts: Friday, September 18 at 9:00am
Registration Ends: Monday, October 5 at 12:00pm

ADULT VIRTUAL CLUB

Ages: 18+
Fee: FREE
Dates: Wednesday, October 7 and Saturday, October 24
Times: 1:30 pm - 3:00 pm
Location: Virtual - Teams link will be sent after registration
Registration Starts: Friday, September 18 at 9:00am
Registration Ends: Tuesday, October 6 at 12:00pm



ADAPTED HEALTH AND FITNESS - VIRTUAL!

Teens and adults with disabilities are invited to join us for a virtual health and fitness class! This class will meet through Microsoft Teams and will bring together a mix of fitness, wellness, and overall health. Each month, we will be discussing new topics to improve your health, learn new recipes, and engage in a fitness activity online. Also, be sure to check out our monthly calendar to sign up for our in-person offerings outdoors, such as adapted nature hikes, morning stretches, and park walks!

REGISTER [HERE](#) FOR OCTOBER
Activity # 922030-C

Ages: 13+
Fee: FREE
Dates: Monday, October 19
Times: 9:00 am - 10:00 am
Location: Virtual - Teams link will be sent after registration
Registration Starts: Friday, September 18 at 9:00am
Registration Ends: Friday, October 16 at 12pm



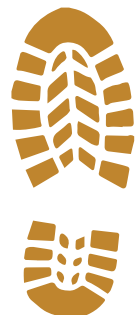
ADAPTED NATURE HIKE - IN-PERSON AT BARCROFT PARK

All are welcome to join us on a leisurely-paced hike through a park on Sunday, October 18, 1:30 -3:30 pm. The forested trails will be accessible, smooth and shaded for a fun hike to explore and examine whatever we discover. Restrooms & water fountain/bottle filler inside accessible building and paved trails mostly in shade, but not flat (there are inclines/hills), benches for rest along the way. Register children and adults. Meet at Barcroft Park. Children must be accompanied by a registered adult. Staff from our Therapeutic Recreation department will be onsite at this program to offer support needs for all to participate!

REGISTER [HERE](#)
Activity # 612950-J

Ages: All Ages
Fee: FREE
Dates: Sunday, October 18
Times: 1:30 pm - 3:00 pm
Location: Barcroft Park
4200 S Four Mile Run Drive

Registration Starts: Wednesday, September 23
Registration Ends: Saturday, October 17



VIRTUAL ADAPTED ART

Individuals with disabilities are invited to join the Monday Makers on the last Monday of each month this fall (September - December) for some virtual creative art making. Using supplies you already have at home, Community Arts instructors will show you how to make some easy crafts to make in celebration of the season! Supplies list and Microsoft TEAMS meeting links will be sent to participants in advance.

REGISTER [HERE](#) FOR OCTOBER
Activity # 922020-B

Ages: 18+
Fee: FREE
Dates: Monday, October 26
Times: 6:30pm-7:30pm
Location: Virtual - Teams link will be sent after registration
Registration Starts: Friday, September 18 at 9:00am
Registration Ends: Friday, October 23 at 12:00 pm





WELCOME BACK!



ADAPTED HEALTH AND FITNESS - IN PERSON PARK WALK!

Teens and adults with disabilities are invited to join us for an in-person outdoor fitness class! This class will bring together a mix of fitness, wellness, and overall health. It can complement our virtual offerings or be stand alone. Each month we will be meeting up for a physical activity such as adapted nature hikes, morning stretches, and park walks! This class will consist of a park walk at Fairlington Community Center. Also be sure to check out our monthly calendar to sign up for our virtual health and wellness discussions through Microsoft Teams!

REGISTER [HERE](#) FOR OCTOBER
Activity # 922030-B

Ages: 13+
Fee: FREE
Dates: Saturday, October 10
Times: 10:00 am - 10:45 am
Location: Fairlington Community Center- Side Walk Loop
Registration Starts: Friday, September 18 at 9:00am
Registration Ends: Friday, October 9 at 12:00pm



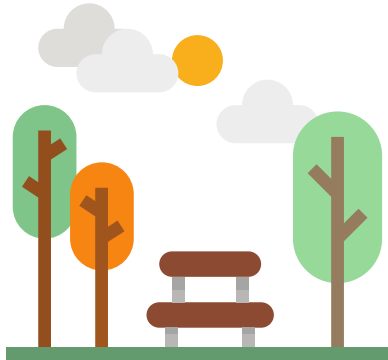
REC ON WHEELS

Come out to the parks to Play, Learn, and Have Fun with us during our free Rec on Wheels park program! Enjoy fun engaging activities with us such as creative and expressive art, field games, and more! Register kids and adults.

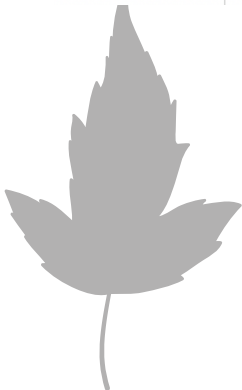
Staff from our Therapeutic Recreation department will be onsite at this program to offer support needs for all to participate!

REGISTER [HERE](#) FOR OCTOBER
Activity #TBA

Ages: 4-17
Fee: FREE
Date: Wednesday, October 28
Time: 4:30-6:30
Location: Bluemont Park
601 N Manchester St,
Registration Starts: Wednesday September 23
Registration Ends: October 27



2020		October				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	01	02	03	04
05	06 Teen Virtual Club 4:30pm-6:00pm	07 Adult Virtual Club 1:30pm-3:00pm	08	09	10 Health and Fitness Park Walk- Fairlington Side Walk Loop 10am-	11
12	13	14	15	16	17	18 Adapted Nature Hike 1:30-3:00p Barcroft Park
19 Virtual Health and Fitness 9am-10am	20	21	22	23 Teen Virtual Club 4:30pm-6:00pm	24 Adult Virtual Club 1:30pm-3:00pm	25
26 Virtual Adapted Art 6:30-7:30p	27	28 Rec on Wheels 4:30-6:30p Bluemont Park	29	30	31	01
02	03	Key: Black- Virtual Blue- In person				



DEPARTMENT OF PARKS
AND RECREATION

