

Therapeutic Recreation Social Club

-Join us each week as we get crafty, exercise with friends, celebrate holidays, and so much more!

Cost: \$60

Time: 6-8pm

Location: Kiley Middle School

Contact: Krista Stott 787-7779

**Oct 26: Introductions / Show & Tell / About me Book
Bring in 3 items that are important to you!**

**Nov 2: Healthy Living Discussion (eating, exercising, sleeping)
Making fruit kabobs, some stretches & exercises.**

**Nov 9: Paint Night
Get crafty with a canvas!**

**Nov 16: Thanksgiving Party
Gobble Gobble! Time for music, turkey hands, and appetizers!**

Nov 23: School closed

**Nov 30: Stress Management Discussion/make stress balls/food coloring activity
Let's learn some new techniques to stay calm!**

**Dec 7: Free Swim
Find that bathing suit and towel!**

**Dec 14: Christmas Party
Celebrate the holidays with friends!**

