**Therapeutic Recreation Club**
Dept. of Parks, Buildings &
Recreation Management
200 Trafton Road
Springfield, MA 01108

# Therapeutic Recreation Club (TRC)

## Fall Program Guide
## October – December 2018

## TRC is for people with disabilities who:

- Are age 18 and over
- Want to have fun, meet new people and enjoy common interests

***TRC activities promote independence, increase physical activity and improve ones' socialization skills***

Parks Buildings & Recreation Management

SPRINGFIELD Recreation Division

# TRC INFORMATION

## TRC Information

The Therapeutic Recreation Club (TRC) is a community based recreation program offered by the City of Springfield Department of Parks, Buildings and Recreation Management.

Programs are registration based and open to any person with a disability aged 18 and over.

TRC programs and events are staffed by city employees. The ratio is about 1:5 staff to participants however a 1:1 assistance can be provided if needed.

TRC programs and events are offered on a seasonal basis: FALL (Oct-Dec), WINTER (Jan-Mar), SPRING (Apr -Jun) and SUMMER (Aug – Sept). Registration is required and participants are asked to complete a "participant information form" – which can be found on the DPBRM website or please contact Krista.

Schedules are mailed the month prior to the next season, however if you would like to be added to the email list please let me know. You can also check the DPBRM website.

## Contact Information

Krista Stott
Therapeutic Recreation Specialist
Office: 413-787-7779
Cell: 413-313-5457
kstott@springfieldcityhall.com

**DPBRM Website**
www.springfieldcityhall.com/parks

**TRC Facebook Page**
https://www.facebook.com/springfieldtr/



# TRC FALL 2018 REGISTRATION

## TRC REGISTRATION FORM

MUST BE RETURNED TO RECREATION OFFICE

| DATE | Description | ✓ | Price | Subtotal |
|---|---|---|---|---|
| **10/15-12/17** | Bowling Club | | $30.00 | |
| **10/17-12/19** | Social Club – Full Season (8 weeks) | | $80.00 | |
| | Social Club – Weekly | | | |
| 10/17 | Intro/BINGO Night | | $15.00 | |
| 10/24 | Movie Night | | $15.00 | |
| 10/31 | Halloween Party | | $15.00 | |
| 11/7 | Swimming Night (MBS) | | $15.00 | |
| 11/28 | Thanksgiving Party | | $15.00 | |
| 12/5 | Exercise Night | | $15.00 | |
| 12/12 | Paint Night | | $15.00 | |
| 12/19 | Holiday Party | | $15.00 | |
| **10/12** | Trailer Trash Concert | | $15.00 | |
| **10/14** | Railroad Museum of NE/Train Ride | | $30.00 | |
| **10/26** | UNICO Halloween Dance | | $15.00 | |
| **11/3** | Uno's & Basketball Hall of Fame | | $40.00 | |
| **11/16** | UNICO Dance | | $15.00 | |
| **11/20** | Dinner & Movie | | $40.00 | |
| **12/1** | Mix, Mingle, Jingle Holiday Party | | $65.00 | |
| **12/7** | Bright Nights & Winter Formal | | $50.00 | |
| **12/16** | Holiday in the Park (Six Flags) | | $75.00 | |
| **12/30** | Lunch & Patriots Game (NBs) | | $30.00 | |
| | | Order total: | | |

Name:

Address:

Email:

Phone:

Method of Payment:

| | | | | |
|---|---|---|---|---|
| ☐ | Check | | ☐ | Money Order |
| ☐ | Cash | | ☐ | Other (Supporting Organization) |

***Return registration and payment to Krista Stott:***
***200 Trafton Road, Spfld MA 01108***

# TRC WEEKLY EVENTS

**Oct. 12th - Registration Deadline for Bowling and Social Clubs**

## BOWLING CLUB

Seasonal weekly bowling club – participants bowl two games each week. Season Celebration last week of program.

Cost: $30.00/season
$6.00 each week (for shoe rental & games)

When: Mondays
Oct. 15th-Dec 17th

Time: 4:00pm Arrival
Pick up times vary between 5:00-6:00 pm

Location: AMF Chicopee Lanes
291 Burnett Road
Chicopee, MA

**November 12th** – Veteran's Day - No Bowling Club

**November 19th** – Thanksgiving Week – No Bowling Club

**December 17th** – BOWLING PARTY! Celebrate the season with dinner & awards

**No transportation available**

## SOCIAL CLUB

Seasonal weekly social club; each week has a different activity.

Cost: $80.00/season OR
$15.00 weekly drop in

When: Wednesdays
Oct. 17th-Dec 19th

Time: 6:00 – 8:00 pm

Location: Hungry Hill Senior Ctr.
773 Liberty Street
Springfield, MA

**Oct. 17th– Intros / Bingo Night**
Season kick-off with introductions and Bingo – prizes will be awarded

**Oct. 24th – Movie Night**
Popcorn and Soft Drinks provided

**Oct. 31st – Halloween Party!**
Costumes Encouraged! Appetizers, music, games and more!

**Nov. 7th – Swimming Night**
Bring your swim suit & towel! Pool is wheelchair accessible. Note: Social Club will meet at Milton Bradley School at 22 Mulberry St. Springfield, MA

**Nov. 28th – Friendsgiving!**
Celebrate Thanksgiving with friends! Dinner will be served- dishes welcomed

**Dec. 5th – Exercise Night**
Please wear comfortable clothes

**Dec. 12th – Paint Night**
Please wear clothes you don't mind getting paint on, just in case!

**Dec. 19th – Holiday Party**
Celebrate the season with appetizers, music, games and more!

# TRC INFORMATION



## Program Fees

Program registration includes administration, transportation, staffing and ticket fees. Some events require participants to bring additional spending money - please see program descriptions for more information.

## Transportation

All participants will meet at Sumner Ave School; our central meeting location. From here, we will board a bus and head to our event together. Please note drop off/pick up locations for community outings as some are not at the central meeting location. Bowling and Social Clubs meet at their location.

Transportation for TRC community outings and social club **may be provided** for Springfield residents door to door. Please contact Krista for more information about transportation.

## Community Outings

### Drop off/ Pick up Locations

**Sumer Ave School (SAS)**
45 Sumner Ave, Springfield, MA 01108

**Nathan Bill's Restaurant (NBS)**
133 Island Pond Rd. Springfield, MA 01108

## Refunds

There are no refunds for ticketed or pre-paid events. These activities are marked with an asterisk next to them. For all other activities, an advanced call to notify us of a cancellation is required in order to receive full or partial refund.

# TRC PROGRAM INFOMRATION

## Registration

TRC is always accepting new participants. In order to register for activities all participants must have completed a participant information form which can be found on our website.

To register for activities please call, text, email, or mail in the registration form and payments before the due date.

## Payments

The City of Springfield accepts cash, checks &/or money orders for TRC program registration.

Checks & Money Orders are to be made payable to:
**City of Springfield / TRC**

Please send payments to:
**TRC: Krista Stott**
**200 Trafton Rd.**
**Springfield, MA 01108**

## Cancellations

Activities will vary, but we need to have a minimum of 10-15 participants registered to proceed with an activity.

All activities are subject to change or cancellation due to low enrollment, weather or staffing conflicts. If you have questions regarding the upcoming week's program call 413-787-7779; the activity, meeting place and time are on my voice mail.

**"The only disability in life is a bad attitude"**
**-Scott Hamilton**



# TRC COMMUNITY OUTINGS

### Trailer Trash Concert
Gather with friends for a night of music and dancing outside at Summitview! Bring cash for food & drinks.
**Cost:** $15.00
**Date:** Friday Oct. 12, 2018
**Time:** 6:30 – 9:30pm
**Registration Deadline:** Oct. 5, 2018
**Drop off / pick up:** Sumner Ave School

### Railroad Museum of New England*
Day trip to CT to visit the New England Museum and ride the train! Please bring spending money for refreshments.
**Cost:** $30.00
**Date:** Sunday Oct. 14, 2018
**Time:** 12:15 - 5:00 pm
**Registration Deadline:** Oct. 1, 2018
**Drop off/pick up:** Sumner Ave School

### UNICO Halloween Dance
Join with friends for a night of FUN. Costumes welcome. There will be music, dancing, pizza and beverages.
**Cost:** $15.00
**Date:** Friday Oct. 26, 2018
**Time:** 6:30 – 9:15pm
**Registration Deadline:** Oct. 15, 2018
**Drop off/pick up:** Sumner Ave School

### Uno's & Basketball Hall of Fame*
Tour the Basketball Hall of Fame with friends followed by lunch at Pizzeria Uno's.
**Cost:** $40.00
**Date:** Saturday, Nov. 3, 2018
**Time:** 10:00 am - 2:00 pm
**Registration Deadline:** Oct. 26, 2018
**Drop off/pick up:** Sumner Ave School

### UNICO Dance
Join with friends for a night of FUN. Costumes welcome. There will be music, dancing, pizza and beverages.
**Cost:** $15.00
**Date:** Friday, Nov. 16, 2018
**Time:** 6:30 – 9:15pm
**Registration Deadline:** Nov 9, 2018
**Drop off/pick up:** Sumner Ave School

### Dinner & Movie Night*
Fun night with dinner and a movie (TBD). .Please bring money for concessions at the theater.
**Cost:** $40.00
**Date:** Tuesday Nov. 20, 2018
**Time:** 5:00pm – TBD
**Registration Deadline:** Nov. 9, 2018
**Drop off/pick up:** Sumner Ave School

### Mix, Mingle, Jingle Holiday Party*
Dress up to celebrate the season with a holiday party at Chez Josef! Music, dancing and dinner.
**Cost:** $65.00
**Date:** Saturday Dec. 1, 2018
**Time:** 6:30-10:30pm
**Registration Deadline:** Nov. 16, 2018
**Drop off/pick up:** Sumner Ave School

### Bright Nights & Winter Formal*
Enjoy the annual holiday lighting display, dinner and dancing at the Barney Carriage House.
**Cost:** $50.00
**Date:** Friday Dec. 07, 2018
**Time:** 6:00 – 9:45pm
**Registration Deadline:** Nov. 16, 2018
**Drop off/pick up:** Sumner Ave School

### Holiday in the Park*
Dress warm to spend the day at Six Flags Please bring spending money for food, drinks, souvenirs.
**Cost:** $75.00
**Date:** Sunday, Dec. 16, 2018
**Time:** 3:30pm – 8:30pm
**Registration Deadline:** Nov. 30, 2018
**Drop off/pick up:** Sumner Ave School

### Lunch and Patriots Game
Root on the Patriots as they face the Jets and enjoy a bite to eat at Nathan Bill's.
**Cost:** $30.00
**Date:** Sunday, Dec. 30, 2018
**Time:** 12:45 – 3:45pm
**Registration Deadline:** Dec. 26, 2018
**Drop off/pick up**: Nathan Bills
**No transportation available.**

***Ticketed events – refunds will not be given once tickets are purchased**