Therapeutic Recreation Social Club
Join us each week for a new activity and fun!

**When:** Wednesdays January 11th – March 15th 2017
**Time:** 6-8pm
**Location:** Hungry Hill Senior Center 773 Liberty St. Springfield, MA 01104
**Cost:** $100 for all 10 weeks or $15 per session (registration required)

**Jan 11:** Introductions / Arts & Crafts
It's time to socialize.

**Jan 18:** Balloon Activities
Volleyball, rockets, darts, and balloon popping.

**Jan 25:** Stress Management Discussion
Let's learn some techniques to stay calm.

**Feb 1:** Movie Night!
This will be a PG-13 movie and we will have popcorn!

**Feb 8:** Valentine’s Day Party
Join us for crafts, music, and appetizers

**Feb 15:** TRC Music & Movement Night!
Wear comfortable shoes and clothes as we exercise and play games with music
**Feb 22:** Talent Show
Let’s show off our talents and have some fun!

**March 1:** Game Night
Time to relax with your friends and play some fun games.

**March 8:** Money Management
Counting money and practicing purchasing items.

**March 15:** St. Patrick’s Day Party
Crafts, appetizers, music and fun.