

THERAPEUTICS

TR GOES OUT TO THE BALLGAME!

"Take me out to the Ballgame!!!! Take me out to the Crowd!!!!"
We're off to Whitewater High School to see the Wildcats take on the Northgate Vikings! Come out and show your support for those Wildcats! We'll hit Chick-fil-A after the game for a bite to eat...so bring your money for dinner!

Day: TBD
Time: 4:30 p.m. - 7:30 p.m.
Fee: \$3 per person + money for dinner
Age: 16 & older
Location: Depart from Activities House



TR MUSIC THERAPY

This class introduces students to a variety of specially modulated classical music selections that can be used to relax, sleep better, reduce anxiety, improve sense of well being, and improve ability to focus.

Day: Tuesdays & Thursdays
Date: Session I: January 7, 12, 14, 19, 21, 26
Session II: April 13, 15, 20, 22, 27, 29
Time: Tuesdays: 5:15 p.m. - 6:00 p.m.
Thursdays: 7:00 p.m. - 7:45 p.m.
Fee: \$68 per session
Age: 10 & older
Location: Activities House

Day: Mondays & Wednesdays
Date: Session I: February 1, 3, 8, 10, 22, 24
Session II: March 1, 3, 8, 10, 15, 17
Time: 4:15 p.m. - 5:00 p.m.
Fee: \$50 per session
Age: 10 & older
Location: Activities House

***A \$68 supply fee is payable to the instructor at the first class for sessions above.**

TR LINE DANCING

Dancing builds and promotes cardiovascular health through physical workouts of varying intensity. Line dancing provides a foundation for dance experience that enables you to have balance, rhythm, timing, and better posture.

Day: Mondays
Date: Session I: January 11 - February 1
Session II: February 8 - March 1
Session III: March 8 - March 29
Session IV: April 5 - April 26
Time: 5:30 p.m. - 6:30 p.m.
Fee: \$25 per session
Age: 15 & older
Location: Kiwanis Center



*** No class March 15th, session III \$21 per person**

TR WONDERS OF ART

Come in to chill and create art with your friends! Each class will create and complete different art projects to share with each other and your families! We will "wonder" through art mediums creating jewelry, pottery, crafts, and paintings during the winter months.

Day: Mondays
Date: Session I: January 11, 18, 25
Session II: February 8, 15, 22
Session III: March 15, 22, 29
Session IV: April 12, 19, 26
Time: 5:30 p.m. - 6:30 p.m.
Fee: \$75 per person
Age: 10 & older
Location: GED Room

TR SCRAPBOOKING CLASS

Looking for a perfect way to showcase those memories with friends. Then this is the class for you. Learn to create, layout, and record those special memories.

Day: Tuesdays
Date: Session I: January 12, 19, 26
Session II: February 2, 9, 23
Session III: March 16, 23, 30
Session IV: April 13, 20, 27
Time: 3:30 p.m. - 5:00 p.m.
Fee: \$50 per session
Age: 10 & older
Location: GED Room

TR WII FIT CLUB

Come meet us for a *Wii* bit of fun while actually exercising! *Wii* will not tell you what sport *Wii* will be doing each day, so always come dressed and prepared to work out!

Day: Tuesdays
Date: January 26, February 2
Time: 6:00 p.m. - 7:30 p.m.
Fee: None
Age: 15 & older
Location: GED Room



TR DEVOUR IN AN HOUR

This group is designed to help participants work through social skills while in the community.

Day: Thursday
Date: Session I: January 28
Session II: April 29
Time: 11:30 a.m. - 2:30 p.m.
Fee: \$5 per person
Age: 16 & older
Location: Depart from Activities House