Therapeutic Programs

TR LINE DANCING CLASS
Dancing builds confidence. It also provides a foundation for broadening your dance experience. It enable you to learn balance, rhythm, timing, poise, and posture. It reduces stress, increases energy, and improves strength and muscle tone. It promotes cardiovascular health through physical workouts of varying intensity. It also has mental benefits. We dance to all genres of music which includes country, rap, rock, pop, hip hop, and many more.

Day:	Wednesday	Course Code:
Date:	Session I: Sept. 2 - Sept. 30	20509
	Session II: Oct. 7 - Nov. 11	20510
	Session III: Nov. 18 - Dec. 9	20511
Time:	4:15 p.m. - 5:15 p.m.	
Fee:	Session I & II: $25 (resident)	
	$37.50 (non-resident)	
	Session III: $20 (resident)	
	$30 (non-resident)	
Age:	Adult	
Location:	Kiwanis Center	

TR EXERCISE WITH TONI
This is a simple goal! Come get some exercise with Toni! This class will be a combination of TR Yoga and TR Dance. Make sure to wear comfortable clothes and bring water!

Day:	Thursday	Course Code:
Date:	Session I: Sept. 3 - Sept. 17	20512
	Session II: Oct. 8 - Oct. 22	20513
	Session III: Nov. 5 - Nov. 19	20514
Time:	4:00 p.m. - 5:00 p.m.	
Fee:	$27 per session (resident)	
	$40.50 per session (non-resident)	
Age:	14 & Older	
Location:	Kiwanis Activities House	

TR KARAOKE NIGHT
Let's channel our inner rock stars! Eat dinner before you arrive.

Day:	Thursday	Course Code:
Date:	Sept. 10	20515
Time:	6:30 p.m. - 8:30 p.m.	
Fee:	Free	
Age:	14 & Older	
Location:	Kiwanis Activities House	

TR FAMILY AND FRIENDS WALKING CLUB
Bring your family, buddies, or just yourself, and come get some exercise with your friends. We are going to meet at a local park once a week to walk and get some exercise. Come get fit and have fun with your friends at the same time.

Day:	Monday	Course Code:
Date:	Session I: Sept. 14 - Oct. 5	20516
	Session II: Oct. 19 - Nov. 9	20517
Time:	4:30 p.m. - 5:30 p.m.	
Fee:	Free	
Age:	10 & Older	
Location:	TBD	

TR BOWLING LEAGUE
Will you bowl a strike or a spare?? What about a TURKEY??!! Come out with your friends and just have a blast!! Let's see who can get the highest score! Please arrive at 3:45 p.m. so we can begin on time!

Day:	Tuesday	Course Code:
Date:	Session I: Sept. 15 - Oct. 13	20518
	Session II: Oct. 20 - Nov. 17	20519
Time:	4:00 p.m.	
Fee:	$35 per session (resident)	
	$52.50 per session (non-resident)	
Age:	18 & Older	
Location:	Fayette Fun Bowl	

TR FUN DAY IN THE SUN
Join us at Lake Horton for a picnic lunch at the pavilion with all of your friends. After lunch, we will continue to enjoy the outdoors as we stroll through the park. You can walk or bring a bike to ride. Make sure to pack a picnic lunch and sunscreen. You don't want to miss out on this fun time in the sun!

Day:	Friday	Course Code:
Date:	Sept. 18	20520
Time:	11:00 a.m. - 2:00 p.m.	
Fee:	Free	
Age:	10 & Older	
Location:	Lake Horton South Pavilion	

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TR DEVOUR IN AN HOUR
We're going out for lunch!!!! This group is designed to help participants work on social skills, money management, and making healthier eating choices while in the community. The name of the restaurant will be given out about a week in advance. Bring Money for lunch!

Day: Thursday   **Course Code:**
Date: Oct. 22   20521
Time: 11:00 a.m. - 3:00 p.m.
Fee: $7 (resident) $10.50 (non-resident)
Age: 18 & Older
Location: Meet at the Kiwanis Activities House

TR FALL NATURE HIKE
This Fall we are going to hike Providence Canyon state park. Providence Canyon is referred to as Georgia's "Little Grand Canyon." Providence Canyon has massive gullies as deep as 150 feet. This Canyon was caused by poor farming practices during the 1800's, but now gives us some beautiful scenery. We will hike some of the rim trail that will give us spectacular views over the canyon. We will also have a chance to venture into the canyon and hike some of the trails there also. Bring a sack lunch and we will find a good spot to have a picnic.

Day: Wednesday   **Course Code:**
Date: Oct. 28   20522
Time: 9:30 a.m. - 4:00 p.m.
Fee: $5 (resident) $7.50 (non-resident)
Age: 16 & Older
Location: Lumpkin, GA.
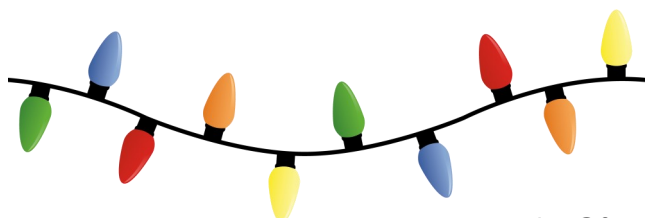
TR CALLAWAY GARDENS – FANTASY IN LIGHTS
Callaway Gardens Fantasy in Lights has 8 million lights, 15 dazzling scenes, and one magical night. Treat yourself to a fun night filled with holiday cheer. Come with us as we ride their open air Jolly Trolley through the display. This is a great way to kick off the Christmas season with your friends. Bring money for supper.

Day: Monday   **Course Code:**
Date: Nov. 30   20523
Time: 4:00 p.m. - 9:30 p.m.
Fee: $35 (resident) $52.50 (non-resident)
Age: 14 & Older
Location: Pine Mountain

TR UGLY SWEATER – CHRISTMAS KARAOKE NIGHT
We all love Christmas carols, right?? Wear your tackiest Christmas sweater and let's sing our favorite Christmas songs! Pizza and snacks will be available!

Day: Thursday   **Course Code:**
Date: Dec. 10   20524
Time: 6:30 p.m. - 8:30 p.m.
Fee: $5 (resident) $7.50 (non-resident)
Age: 14 & Older
Location: Kiwanis Activities House

TR CHRISTMAS COOKIE BAKING
Join us for a fun evening of baking and decorating cookies. This is always a great way to get into the Christmas season. We will get the chance to bake several kinds of cookies, and show off our creative side by decorating a few. Everyone will get to take home some of the tasty treats we create. Please let us know of any allergies when you register. Please eat dinner before you arrive.

Day: Tuesday   **Course Code:**
Date: Dec. 15   20525
Time: 6:00 p.m. - 8:30 p.m.
Fee: $5 (resident) $7.50 (non-resident)
Age: 16 & Older
Location: Kiwanis Activities House

TR PAJAMA, PIZZA, CHRISTMAS MOVIE MARATHON
Which movies will we watch?? Bring your one favorite Christmas movie and come join us, dressed in your comfy pajama pants, slippers, and robe – we'll enjoy pizza and a few of our favorite Christmas movies!

Day: Thursday   **Course Code:**
Date: Dec. 17   20526
Time: 5:00 p.m. - 8:30 p.m.
Fee: $7 (resident) $10.50 (non-resident)
Age: 14 & Older
Location: Kiwanis Activities House

TR FORMAL 2021 – "Night in Neverland"
Join us for a magical filled evening as we enjoy our annual formal with our friends. Let's dance the night away during an evening that will be filled with memories for a lifetime! Due to booking facilities, ordering food, and planning the decorations, **the deadline to register is November 20.**

Day: Saturday   **Course Code:**
Date: Jan. 16   20527
Time: 7:00 p.m. - 9:30 p.m.
Fee: $45 (resident) $67.50 (non-resident)
Age: 16 & Older
Location: TBA

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TR ELEMENTS OF ART

Fall welcomes change and this art class adapts with change graciously and CREATIVELY. Students will explore their creative path with inks, acrylic paints, clay, oils, and many different types of mixed mediums. We will use canvas, wood, and fabric to paint our creations! We have no limitations in this class and it's always something new!

		Course Code:
Day:	Thursday	
Date:	Session I: Sept. 3 - Sept. 17	20528
	Session II: Oct. 1 - Oct. 15	20529
	Session III: Nov. 5 - Nov. 19	20530
	Session IV: Dec. 3 - Dec. 17	20531
Time:	5:00 p.m. - 6:00 p.m.	
Fee:	$80 per session (resident)	$120 per session (non-resident)
Age:	14 & Older	
Location:	Downstairs Activities House	

TR Art Workshop: "*Star Spangled String Art*"
New technique! Come check this out!!! Labor Day is around the corner- what better way to celebrate than with a new piece of art. Every student will receive a square wooden board. The instructor will assist as we will hammer nails into a star pattern. Finally, string will be "threaded" around the nails creating a custom patriotic star to hang with pride.

		Course Code:
Day:	Tuesday	
Date:	Sept. 1	20532
Time:	5:00 p.m. - 6:30 p.m.	
Fee:	$100 (resident)	$150 (non-resident)
Age:	14 & Older	
Location:	Downstairs Activities House	

TR Art Workshop: *"Bamboo Forest"*
New! Since this class was cancelled due to Covid-19, we are offering it again. Come join your friends in the art room as we center ourselves in tranquility and take a walk through the "Bamboo Forest" together. Every student will paint a bamboo forest on a 16x24 piece of wood. Let your imagination guide you.

		Course Code:
Day:	Tuesday	
Date:	Sept. 15	20533
Time:	5:00 p.m. - 7:00 p.m.	
Fee:	$120 (resident)	$180 (non-resident)
Age:	14 & Older	
Location:	Downstairs Activities House	

TR Art Workshop: *Magnificent Magnolias*
New! Be still my southern heart and stop to look at the magnolias. This class has been waiting to be offered and now is the time. Every student will create an oversized impressionistic painting of a Magnolia flower on a deep gallery edged canvas board. The colors will be magnificent.

		Course Code:
Day:	Tuesday	
Date:	Sept. 22	20534
Time:	5:00 p.m. - 7:00 p.m.	
Fee:	$130 (resident)	$195 (non-resident)
Age:	14 & Older	
Location:	Downstairs Activities House	

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TR ART WORKSHOP TWO DAYS: *Fall into ART through nature*
NOTE: This is a 2 DAY ART WORKSHOP.
Nature is the inspiration and Georgia in the Fall is glorious! The visual for this workshop will be from a photograph taken by the student with assistance from the art instructor.

Monday: This day will involve a nature walk through the park located by the recreation building. Every student will capture the nature moment of their choice. There will be recognition of the changing palette of the season and discuss what color will be used for the background of their painting. We will finish our class with painting the background color while enjoying some apple cider and fall treats.

Tuesday: Artists will join their friends and have their photo available for inspiration as we complete their painting of their photographed fall scene on an oversized canvas.

Day:	Monday & Tuesday	**Course Code:**
Date:	Oct. 19 - Oct. 20	20535
Time:	5:00 p.m. - 7:00 p.m.	
Fee:	$150 (resident)	$225 (non-resident)
Age:	14 & Older	
Location:	Downstairs Activities House	

TR Art Workshop: Monster Mash
Costume paint pizza party! Join your friends for ghoulish treats and bone chill'n beats as you paint a silly - yet "Spook-tacular" medium sized monster painting. Don't forget your costume!

Day:	Thursday	**Course Code:**
Date:	Oct. 29	20536
Time:	5:00 p.m. - 7:00 p.m.	
Fee:	$100 (resident)	$150 (non-resident)
Age:	14 & Older	
Location:	Downstairs Activities House	

TR ART WORKSHOP: *SEASONAL FAVE!! Holiday Greeting from the heART*
It is that time of year and by request, we will create these cards so you have plenty of time to sign, seal, and deliver them with love! Every student will create 12 authentic painted Christmas cards (includes envelopes) to send family, and friends for the holiday season. These cards are sure to bring warm thought by the artist's hand that holds the paint brush and their hearts! *Of course we will get into the magic of the season by listening to holiday classics and have treats to snack.*

Day:	Tuesday	**Course Code:**
Date:	Nov. 17	20537
Time:	5:00 p.m. - 7:30 p.m.	
Fee:	$130 (resident)	$195 (non-resident)
Age:	14 & Older	
Location:	Downstairs Activities House	

TR ART WORKSHOP: *Santa's Helper*
December is a month of giving. Through art we can express our love and make gifts for those who mean the world to us. Join your friends as we create 6 gifts which you may give to your family, friends, or keep for yourself.
The holidays are around the corner and Santa needs help! Every student will create one photo ornament on wood, a set of painted stem less wine glasses, a set of 4 painted tiles, a hand painted mini canvas with easel, one 5x7 painting of their choice and one surprise!!
We will enjoy holiday music while enjoying festive treats!

Day:	Tuesday	**Course Code:**
Date:	Dec. 1	20538
Time:	5:00 p.m. - 7:30 p.m.	
Fee:	$130 (resident)	$195 (non-resident)
Age:	14 & Older	
Location:	Downstairs Activities House	

TR ART WORKSHOP: *3D Happy Holidays My Deer.*
NEW! Enjoy this painting while home for the holidays as real twinkle lights will be used to light up your painted deers antlers. Dasher, Donner or Comet? This painting will spread holiday cheer every year!

Day:	Tuesday	**Course Code:**
Date:	Dec. 15	20539
Time:	5:00 p.m. - 7:00 p.m.	
Fee:	$120 (resident)	$180 (non-resident)
Age:	14 & Older	
Location:	Downstairs Activities House	

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