

# Therapeutic Programs

## TR DANCING FOR FUN

Dancing builds confidence. It also provides a foundation for broadening your dance experience. It enables 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  
**Date:** Session I: May 6 - June 3 **Course Code:** 20322  
 \*No Class May 27\*  
 Session II: June 10 - July 8 20323  
 \*No Class July 1\*  
 Session III: July 15 - August 5 20324  
 Session IV: August 12 - September 2 20325  
**Time:** 4:30 p.m. - 5:30 p.m.  
**Fee:** \$25 per session (resident)  
 \$37.50 per session (non-resident)  
**Age:** 18 & Older  
**Location:** Kiwanis Center



## TR MOVIE & A MEAL

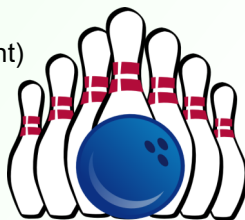
Let's go to the movies!!!! Depending upon the time of the movie, we will grab lunch or dinner! We will TRY to see movies at the dollar theater, but please be prepared in case we hit the big time theater! Please bring money for the movie admission, any snacks, and your meal!

**Day:** Monday  
**Date:** May 11 **Course Code:** 20326  
**Time:** 4:00 p.m.  
**Fee:** \$7 per session (resident)  
 \$10.50 per session (non-resident)  
**Age:** 13 & Older  
**Location:** Activities House

## 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 definitely begin on time!

**Day:** Tuesday  
**Date:** Session I: May 12 - June 16 **Course Code:** 20327  
 \*No Bowling June 2\*  
 Session II: July 7 - August 4 20328  
**Time:** 4:00 p.m.  
**Fee:** \$35 per session (resident)  
 \$52.50 per session (non-resident)  
**Age:** 18 & Older  
**Location:** Fayette Fun Bowl



## TR SPRING NATURE HIKE

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, but now gives us some beautiful scenery. We will go hike some of the rim trail that will give us spectacular views over the canyon. We will also 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  
**Date:** May 27 **Course Code:** 20329  
**Time:** 9:30 a.m. - 4:00 p.m.  
**Fee:** \$5 (resident) \$7.50 (non-resident)  
**Age:** 16 & Older  
**Location:** Lumpkin, Ga.



## 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  
**Date:** Session I: June 4 - 25 **Course Code:** 20330  
 Session II: August 6 - 27 20331  
**Time:** 4:00 p.m. - 5:00 p.m.  
**Fee:** \$35 per session (resident)  
 \$52.50 per session (non-resident)  
**Age:** 14 & Older  
**Location:** Activities House

## TR WATER FUN

We are heading to Lake Tobesofkee, in Macon, to do some adaptive water sports! We will have the opportunity to go sailing, fishing, sit-ski, and taking pontoon rides! Let's go have some fun!! **Please bring \$5 to help pay for the boat gas.**

**Day:** Wednesday  
**Date:** Session I: June 10 **Course Code:** 20332  
 Session II: July 15 20333  
 Session III: August 19 20334  
**Time:** 8:30 a.m. - 4:30 p.m.  
**Fee:** \$7 per session (resident)  
 \$10.50 per session (non-resident)  
**Age:** 16 & Older  
**Location:** Macon, Ga.

## TR WHAT'S COOKING

This program is designed for individuals with developmental and/or physical disabilities. Come learn the basics on how to plan a menu, read a recipe, measure ingredients, and prepare a simple meal. Participants will enjoy social time with their friends while eating the meal they have prepared!!

**Day:** Monday & Tuesday  
**Date:** June 15 & 16 **Course Code:** 20335  
**Time:** 10:30 a.m. - 1:30 p.m.  
**Fee:** \$35 (resident) \$52.50 (non-resident)  
**Age:** 16 & Older  
**Location:** Activities House



# Therapeutic Programs

## TR SOCIAL

Come hang out and enjoy a night with your friends in the park. We will cookout and maybe enjoy a few games. Come join us for a fun night.

**Day:** Thursday  
**Date:** June 18  
**Time:** 5:00 p.m. – 7:00 p.m.  
**Fee:** \$10 (resident) \$15 (non-resident)  
**Age:** 16 & Older  
**Location:** Kiwanis Park Pavilion

**Course Code:**  
20336



## TR SIX FLAGS OVER GEORGIA TRIP

Are you up for the thrill of a lifetime? Then come join us as we head out to Six Flags Over Georgia for an adventure packed day. From roller coasters to entertainment shows, we will do it all! There is something fun for everyone to do. Please make sure you bring money for lunch.

**Day:** Monday  
**Date:** June 22  
**Time:** 9:30 a.m.  
**Fee:** \$52 (resident) \$78 (non-resident)  
**Age:** 16 & Older  
**Location:** Austell, Ga.

**Course Code:**  
20337

## TR ZOO ATLANTA TRIP

Come with us as we check out Zoo Atlanta. We will have a fun day with our friends checking out all the animals at the Zoo. Whether your favorite animal is an elephant, lion, crocodile, monkey, or turtle the zoo will have it for you. We will eat lunch at the Varsity while out in Atlanta, so bring money for lunch.

**Day:** Thursday  
**Date:** July 9  
**Time:** 8:30 a.m.  
**Fee:** \$40 (resident) \$60 (non-resident)  
**Age:** 16 & Older  
**Location:** Atlanta, Ga.

**Course Code:**  
20338



## TR NIGHT TO REMEMBER

Bring a date, friend, buddy or meet some new people! We're going to dinner and a movie! Bring money for admission, dinner, and snacks!

**Day:** Monday  
**Date:** August 3  
**Time:** 5:00 p.m.  
**Fee:** \$7 (resident) \$10.50 (non-resident)  
**Age:** 16 & older  
**Location:** Fayetteville, Ga.

**Course Code:**  
20340

## BRAVES GAME

Come with us as we head to Truist Park and cheer on our Atlanta Braves as they take on the Oakland Athletics'. Come ready to cheer, chop, and root our Braves to victory.

**Deadline to register is Friday July 24.**

**Day:** Tuesday  
**Date:** August 25  
**Time:** 4:00 p.m.  
**Fee:** \$30 (resident) \$45 (non-resident)  
**Age:** 16 & older  
**Location:** Atlanta, Ga.

**Course Code:**  
20341



## TR GOES TUBING

Let's head to Helen for a day of tubing!! Bring a sack lunch to eat as soon as we get there before our tubing venture. After we tube, we will change clothes and head into the town of Helen for dinner! Make sure you bring money for dinner!! **You MUST bring a buddy!!** (The registration fee is for the PAIR!)

**Day:** Monday  
**Date:** July 20  
**Time:** 9:00 a.m. – 8:00 p.m.  
**Fee:** \$20 (resident/pair) \$30 (non-resident/pair)  
**Age:** 16 & older  
**Location:** Helen, Ga.

**Course Code:**  
20339

## TR DEVOUR IN AN HOUR

We are going out to lunch!!!! This group is designed to help participants work on money management, make healthy eating choices, and improve social skills while in the community. Bring money for your lunch and tip! The location will be announced a couple of days prior to heading out!

**Day:** Thursday  
**Date:** August 27  
**Time:** 11:00 a.m.  
**Fee:** \$7 (resident) \$10.50 (non-resident)  
**Age:** 18 & older  
**Location:** TBD

**Course Code:**  
20342



# Therapeutic Programs

## TR ELEMENTS OF STUDIO ART

Studio art encourages social interaction while exploring many art mediums and techniques. We will enjoy painting, drawing, and sculpting to name a few. Each class introduces new artists and creative ideas while experimenting with a variety of materials, mixed mediums and creative styles. You will leave every art class with your own masterpiece. Supplies included.

**Day:** Thursday  
**Date:** Session I: May 7 - 21  
Session II: August 6 - 20  
**Time:** 5:00 p.m. - 6:00 p.m.  
**Fee:** \$80 per session (resident) \$120 per session (non-resident)  
**Age:** 12 & Older  
**Location:** Downstairs Activities House

**Course Code:**  
20343  
20344



## TR ART WORKSHOP: "MOTHER, MAGNOLIA, AND ME" PAINTING TOGETHER

FAVE! Mother's Day is around the corner (May 10th) and this art class will provide an opportunity for you and your Mom (or family member) to paint together! Every participant will create an oversized impressionistic painting of a Magnolia flower branch on a gallery wrapped deep canvas. Make this Mother's Day a creative one the family will remember-especially you.

**Day:** Tuesday  
**Date:** May 5  
**Time:** 5:00 p.m. - 7:00 p.m.  
**Fee:** \$130 (resident) \$195 (non-resident)  
**Age:** 12 & Older  
**Location:** Downstairs Activities House

**Course Code:**  
20345



## TR ART WORKSHOP: STAR SPANGLED STRING ART

NEW Technique! Memorial Day is a few days away! Every student will receive a square wooden board. The Instructor will assist as we will then begin to hammer our nails into the wood following a star pattern. Finally, string will be "threaded" around the nails creating a custom patriotic star to hang in glory.

**Day:** Wednesday  
**Date:** May 20  
**Time:** 5:00 p.m. - 6:30 p.m.  
**Fee:** \$100 (resident) \$150 (non-resident)  
**Age:** 12 & Older  
**Location:** Downstairs Activities House

**Course Code:**  
20346



## TR ART CAMP - KNOWLEDGE OF THE HIGHEST

DON'T MISS THIS ONE!!! Summer break means a trip to The High Museum of Art and of course The Varsity!!! Each student will begin their workshop on Tuesday (The High is closed on Mondays) with a trip to the newly renovated **High Museum of Art**. Following the visit, will begin your creative process. We will focus on **two** separate artists and create upon an **oversized** canvas using a mixture of mediums. **\*Admission to the High, lunch at The Varsity, snacks, and supplies are included.**

**Art Camp day:** Tuesday - Friday  
**Art Camp date:** June 3 - 5  
**Art Camp time:** 2:00 p.m. - 4:30 p.m.  
**Field Trip Day:** Tuesday, June 2, 8:30 a.m. - 2:00 p.m.  
**Fee:** \$335 (resident) \$502.50 (non-resident)  
**Age:** 13 & Older  
**Location:** Downstairs Activities House

**Course Code:**  
20347



## TR ART 2-DAY WORKSHOP: MONDAY MATINEE WITH MIXED MEDIA

**Back by Popular demand!** We will begin the first day with a trip to the movies. **Monday Matinees** are the perfect summer break treat! After the movie we will head back to the art room to paint the background on our 16X16 canvas. On Tuesday we will return to the art room to paint our "pop" candy inspired painting inspired by our fave movie treats. **Movie ticket, popcorn and supplies included.**

**Day:** Monday & Tuesday  
**Date:** June 8 & 9  
**Time:** Monday: Movie Time/Place will be shared as it gets closer to the day. Students will return to the art room for an hour to paint the background of their 16x16 canvas.  
Tuesday: 2:00p.m. - 4:00p.m.  
**Fee:** \$230 (resident) \$345 (non-resident)  
**Age:** 12 & Older  
**Location:** Downstairs Activities House

**Course Code:**  
20348



# Therapeutic Programs

## TR ART 3-DAY WORKSHOP: *STRAWBERRY FIELDS FOREVER*

**NEW!** Students will take a trip to **Fayetteville's Adams Farm** and pick their own bushel of sweet seasonal summer fruit (strawberries are some of the few.) In addition, other fruits will be purchased, these items will be part of their still life which will be painted back in the art room. After our trip to the market, we will then go back to the art room to prepare every student's still life. The first coat of background paint will also be applied to their **2 pieces** of medium scale wood. Upon return Tuesday and Wednesday students will bring their chosen fruits and vegetables to life as they paint them with their vibrant color palettes. **All market items, supplies, and treats included. Every student will take home a pint of their picked strawberries as well.**

**Day:** Monday Market, Tuesday & Wednesday

**Date:** July 13 - 15

**Time:** Monday: 2:00 p.m. - 4:30 p.m.

**We will enjoy some fruit treats, PB & Strawberry Jelly and ice cold sweet tea. Please let us know of any food allergies.**

Tuesday & Wednesday: 2:00 p.m. - 5:00 p.m.

**Fee:** \$260 (resident) \$390 (non-resident)

**Age:** 12 & Older

**Location:** Downstairs Activities House

**Course Code:**

20349



## TR ART WORKSHOP: *FIREFLIES & TWILIGHT SKIES*

**NEW Technique!** There is a New Moon on this day which is the perfect inspiration for our summer twilight with fireflies painting. Every student will paint an open field of lush grass under a moonlit summer sky. The magical touch will reflect fireflies which will glow from a string of lights that will be inserted through the back of the canvas. These paintings are not only unique- they are magical in every way!

**Day:** Monday

**Date:** July 20

**Time:** 4:00 p.m. - 6:00 p.m.

**Fee:** \$120 (resident) \$180 (non-resident)

**Age:** 12 & Older

**Location:** Downstairs Activities House

**Course Code:**

20350



## TR ART WORKSHOP: *"Selfie" Silhouettes*

Parents Fave of 2019! If you missed out on this class the last time it was offered you are in luck. This class was loved by everyone who participated. Summer is coming to an end but the art room is still actively creating cool art. Tell your friends as every student will have a selfie of their entire body so we can transform the entire shape into a **12x20** colorful painted silhouette. Each silhouette will be different as one may choose an action of dance, basketball, and swimming, listening to music, running or pointing up at the stars. Come join your friends for a cool painting workshop to share amongst your friends.

**Day:** Tuesday

**Date:** August 11

**Time:** 5:00 p.m. - 7:00 p.m.

**Fee:** \$125 (resident) \$187.50 (non-resident)

**Age:** 12 & Older

**Location:** Downstairs Activities House

**Course Code:**

20351



## TR ART WORKSHOP: *Express Yourself!*

Your color palette will reflect your mood as you choose and apply brushstrokes to a medium scale canvas wherever **you** feel inspired to do so! **This class is truly all about you.** Join your friends in a night of self-expression through color, music and wonder. All Supplies are included

**Day:** Tuesday

**Date:** August 18

**Time:** 5:00 p.m. - 7:00 p.m.

**Fee:** \$100 (resident) \$150 (non-resident)

**Age:** 12 & Older

**Location:** Downstairs Activities House

**Course Code:**

20352

