

Therapeutic Programs



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: Tuesday
Date: Session I: January 5 – January 26 21149
Session II: March 2 – March 23 21150
Time: 2:00 p.m. - 3:00 p.m.
Fee: \$35 (resident) \$52.50 (non-resident)
Age: 14 & Older
Location: Kiwanis Center

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 is a family and social atmosphere. 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: January 6 - January 27 21115
Session II: February 3 - February 24 21116
Session III: March 3 - March 24 21117
Session IV: March 31 - April 28 21118
No Class April 7

Time: 4:15 p.m. - 5:15 p.m.
Fee: \$25 per session (resident)
\$37.50 per session (non-resident)
Age: 18 & Older
Location: Kiwanis Center

TR BOWLING LEAGUE

Will you bowl a strike or a spare? What about a turkey?? Come out with your friends and just bowl with each other!!! Let's see who can get the highest score!!

Day: Tuesday
Date: Session I: January 12 - February 9 21119
Session II: March 2 - March 30 21120
Time: 4:00 p.m.
Fee: \$35 per session (resident)
\$52.50 per session (non-resident)
Age: 18 & Older
Location: Fayette Fun Bowl



TR GAME NIGHT

We are going to have a fun evening of games and activities. We will have several games like bingo, corn hole, jenga, checkers, and connect four. If you have a game you like to play you can also bring that with you. Come join your friends for a fun day of games.

Day: Thursday
Date: January 21
Time: 4:00 p.m. - 6:30 p.m.
Fee: Free
Age: 12 & Older
Location: Kiwanis Center

MAPS TACO TUESDAY NIGHT

Let us take care of the dinner planning tonight! We will be getting a catered taco bar from Moe's Southwest Grill. This will be a fun dinner night to enjoy with everyone.

Day: Tuesday
Date: February 2
Time: 6:00 p.m. - 7:30 p.m.
Fee: \$16 (resident) \$24 (non-resident)
Age: Adult
Location: Kiwanis Center

TR WII BOWLING TOURNAMENT

Everyone loves to play the Wii!!! Let's show off our bowling skills! We will have a competition, and a prize will be awarded for first place!

Day: Thursday
Date: February 4
Time: 5:00 p.m. - 7:00 p.m.
Fee: \$3 (resident) \$4.50 (non-resident)
Age: 14 & Older
Location: Kiwanis Activities House

TR TALENT SHOW

Come out and join us for our first ever talent show. I know many of you have some amazing talents that include singing, or dancing, or maybe something else. Come out for a fun night and let's watch all the acts. If you do not wish to perform you could come enjoy the show and cheer on your friends. Please let me know what your act will be so I can make sure we have the proper items to accommodate your act.

Day: Thursday
Date: February 25
Time: 7:00 p.m. - 9:00 p.m.
Fee: Free
Age: 12 & Older
Location: Kiwanis Center

TR ST. PATTY'S DAY BASH

Come dressed in green, so you don't get pinched, and the best dressed guest will win a prize. It might just be you lucky night. We will enjoy a night of food, games, and fun. You won't want to miss this night with your friends. Happy St. Patrick's Day!

Day: Wednesday **Course Code:**
Date: March 17 21125
Time: 6:00 p.m. - 9:00 p.m.
Fee: \$15 (resident) \$22.50 (non-resident)
Age: 14 & Older
Location: Kiwanis Activities House

TR SPRING FLING DINNER

Come celebrate the first day of spring with all your friends. We will have a catered supper, and hang out and have a good time. This will be a night of fun and hopefully we can celebrate some warmer weather.

Day: Saturday **Course Code:**
Date: March 20 21126
Time: 6:00 p.m. - 8:30 p.m.
Fee: \$20 (resident) \$30 (non-resident)
Age: 14 & Older
Location: Kiwanis Center

TR MOVIE NIGHT

Come join your friend and hang out and watch a movie. Bring some of your favorite movies, and we will vote on which one to watch. Pizza and snacks will be provided

Day: Thursday **Course Code:**
Date: March 25 21127
Time: 6:30 p.m. - 8:30 p.m.
Fee: \$5 (resident) \$7.50 (non-resident)
Age: 18 & Older
Location: Kiwanis Center

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: March 29 - April 26 21128
Time: 4:30 p.m. - 5:30 p.m.
Fee: Free
Age: 10 & Older
Location: TBD

**TR KARAOKE NIGHT**

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

Day: Thursday **Course Code:**
Date: April 15 21129
Time: 6:30 p.m. - 8:30 p.m.
Fee: Free
Age: 14 & Older
Location: Kiwanis Activities House

TR NATURE HIKE AT THE RIDGE

We are going to meet at The Ridge Nature Area for a picnic lunch, then we will explore the area on a nature hike. We will venture around the Ridge and try to spot different plants and animals as we enjoy a hike. With over 308 acres to explore we should have plenty of opportunity to encounter wildlife and beautiful scenery. The address to The Ridge Nature Preserve is 308 Burch Rd, Fayetteville, Ga 30215. Hope to see you there!

Day: Friday **Course Code:**
Date: April 30 21130
Time: 11:00 a.m. - 2:00 p.m.
Fee: Free
Age: 14 & Older
Location: The Ridge Nature Preserve



TR ELEMENTS OF ART

Winter and spring become a time for rest, renewal, reflection and growth. The students will explore their creative journey with acrylic paints, ink, charcoal, watercolors and many different types of mixed mediums. We will use canvas, wood, mosaic tiles, plexy glass and metal to create original art or a replica of your child's favorite artist. The art room is a place to express while making new friends and memories.

Day:	Thursday	Course Code:	
Date:	Session I: January 7 - January 21		21131
	Session II: February 4 - February 25		21132
	No Class February 18		
	Session III: March 4 - March 18		21133
	Session IV: April 15 - April 29		21134
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		



TR Art Workshop: "No Horsing Around"

New workshop! The art room is the place to be! Join your friends as you create an oversized mixed medium masterpiece on 18x18 wood. We will paint vibrant colors to fill in the shape of the horses head and blow Japanese ink through a straw for the mane. The techniques and styles are endless in these art workshops! (All materials and snack included.)

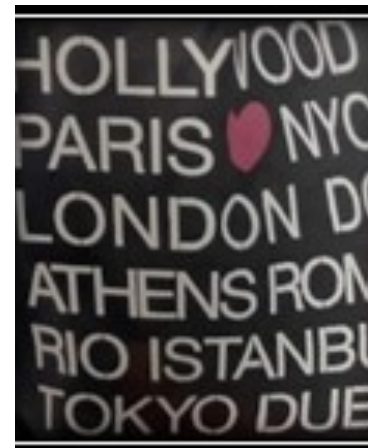
Day:	Tuesday	Course Code:	
Date:	January 12		21135
Time:	5:00 p.m. - 7:00 p.m.		
Fee:	\$130 (resident)	\$195 (non-resident)	
Age:	12 & Older		
Location:	Downstairs Activities House		



TR Art Workshop: "Oooh, The Places I Want to go"

Who has the travel bug? Bring your imagination and come into the art room from the January chill. You and all your friends will create a 12x12 canvas which reflects global destinations.

Day:	Tuesday	Course Code:	
Date:	January 26		21136
Time:	5:00 p.m. - 6:30 p.m.		
Fee:	\$100 (resident)	\$150 (non-resident)	
Age:	12 & Older		
Location:	Downstairs Activities House		



TR Art Workshop: "ONE Heart"

New! Illuminated art. February is all about BIG LOVE. The art room is full of big hearts and creative minds. Join your friends for a pre-Valentines **painting and party** as we will paint a 16x24 black canvas with as many different colored hearts the soul desires. There will be **ONE** heart that will stand out from the rest. This one will be "yours" as it will be lit up with red lights and placed within the heart for illumination! This painting is better than Valentines flowers & chocolate any day!!! **We will also celebrate with our fave pop-love songs, pizza and heart shaped treats! Make sure to wear your red and hearts on your sleeves.**

Day:	Tuesday	Course Code:	
Date:	February 9		21137
Time:	5:00 p.m. - 7:00 p.m.		
Fee:	\$120 (resident)	\$180 (non-resident)	
Age:	12 & Older		
Location:	Downstairs Activities House		



TR Art Workshop: “Stop & Smell the Roses”

NEW 3D! In celebration of the month of *LOVE*- we will paint a beautiful array of 3D roses on a medium sized canvas. This is **different** from other flower paintings because these flowers are **3D and the details are amazing!!!** They are begging for a smell of their sweet perfume! The vibrant colors and gorgeous pattern will make your heart skip a beat for months to come. All materials and snack included.

Day: Tuesday
Date: February 23
Time: 5:00 p.m. - 7:00 p.m.
Fee: \$130 (resident)
Age: 12 & Older
Location: Downstairs Activities House

Course Code:
 21138

\$195 (non-resident)

**TR Art Workshop: “Marvelous ME!”**

NEW style with pour painting! You are Marvelous and we want to celebrate your awesome self with your own painted silhouette. Every student will have their own headshot (instructor will prepare prior) to “pour” paint. The silhouettes will then be adhered to a 16x20 canvas. Join your friends as we celebrate each student’s identity with vibrant color and celebrate self! All materials and snack included.

Day: Tuesday
Date: March 16
Time: 5:00 p.m. - 7:00 p.m.
Fee: \$110 (resident)
Age: 12 & Older
Location: Downstairs Activities House

Course Code:
 21139

\$165 (non-resident)

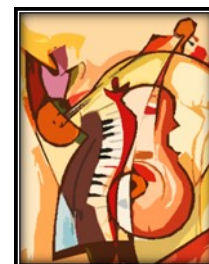
**TR Art Workshop: “Music is in my Heart”**

Do you or your family have a favorite musician? Instrument? Together we will create a mixed medium collage that represents your style of music. Perhaps the rock star in you wants to paint a guitar or sax for Jazz? The possibilities are endless. You don’t want to miss this art workshop as we will paint to all our favorite musicians and create the perfect symphony on canvas! All materials and snack included.

Day: Tuesday
Date: March 23
Time: 5:00 p.m. - 7:30 p.m.
Fee: \$120 (resident)
Age: 12 & Older
Location: Downstairs Activities House

Course Code:
 21140

\$180 (non-resident)

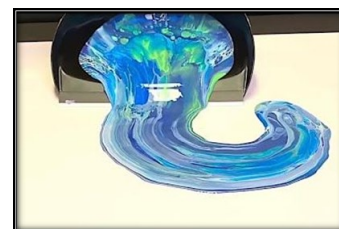
**TR Art Workshop: “Spring Cleaning”**

Don’t worry- we are not actually cleaning- but using a **dust pan** to paint in this workshop. Every student will choose their paint colors to create a “wave” of color on a large scale piece of canvas. You will be in AWE over your masterpiece! All materials and snack included.

Day: Tuesday
Date: April 13
Time: 5:00 p.m. - 6:30 p.m.
Fee: \$100 (resident)
Age: 12 & Older
Location: Downstairs Activities House

Course Code:
 21141

\$150 (non-resident)

**TR Art Workshop: “Springtime Blooms with Mom”**

Always a Favorite! Moms, Dads, guardians, aunts...grab your painting smocks and a spatula! Yes, we will be using spatulas to create our flowers. This workshop encourages your child’s guardian or friend to come in and paint! This has been a **FAVE** with the families -so we are going to keep making art and memories together!! Our artists are extremely talented and look forward to sharing their techniques with their friends and family. Every student and guardian (guest) will paint impressionistic boutiques of springtime blooms on an oversized canvas. Drinks and light treats will be included.

Day: Tuesday
Date: April 27
Time: 5:00 p.m. - 7:30 p.m.
Fee: \$130 (resident)
Age: 12 & Older
Location: Downstairs Activities House

Course Code:
 21142

\$195 (non-resident)

