



TR TIMES



THERAPEUTIC RECREATION QUARTERLY NEWSLETTER

ELSIE STUHR CENTER

5550 SW HALL BLVD., BEAVERTON, OR 97005

PHONE: (503)629-6342 FAX: (503)629-6347

www.thprd.org/facilities/stuhr/therapeuticrec.cfm

SPECIALIZED RECREATION PROGRAM COORDINATOR: TINA MALCOLM, CTRS

SPRING 2015
APRIL-JUNE

TR DROP-IN FEE INCREASE

Please note that as of July 2015, the TR Drop-in fee will increase from \$2 to \$3. This increase will allow us to continue to provide high quality programming at a reasonable cost. Thank you in advance for your understanding.

SPECIAL EVENT

SPRING GARDEN PARTY

Monday, May 18, 2015
6:30-8:30pm
\$5 per person

Join us in the garden for crafts, games, food, & fun! Take home a beautiful plant for your home. Gardening tips provided by a special guest. Beverages and light snacks will be served. (NO TR DROP-IN FEE)

Tickets must be purchased in advance at the Stuhr Center



New Medical/ Emergency Forms

We are updating our Specialized Recreation Medical/Emergency Forms so we have the most current and accurate information for all participants who attend TR Drop-in, Specialized Recreation Classes, and events.

If you haven't completed a new form, please pick one up from the Elsie Stuhr Center front desk at your earliest convenience. Forms can be returned to the front desk. A current and completed form is required of each participant.

Thank you!

For detailed information on classes and special events, please see pages 201-203 of the THPRD Winter/Spring 2015 Activities Guide.



New Specialized Recreation Facebook Page!



Our Facebook Page is shiny and new! Please visit our Page to see pictures and find out about upcoming classes, special events, and our weekly fun-filled evenings at TR Drop-in!

Check us out:

www.facebook.com/THPRDSpecializedRecreation

SPRING CLASSES

THPRD SPRING 2015

registration by phone & online
(503) 629-6342
www.thprd.org/activities

Classes Starting Soon!
Pre-registration required

Draw, Paint & Collage

SP44701

Cost: \$42.50*

4/2-4/23 Thursdays
(4 weeks)
4:15-6:00pm

Fitness for Fun

SP42701

Cost: \$21.25*

4/21-5/12 Tuesdays
(4 weeks)
4:15-5:15pm

Cooking for Fun

SP45700

Cost: \$39.25*

4/27-5/18 Mondays
(4 weeks)
5:15-6:15pm

Bowling for Fun

SP42700

Cost: \$25.75*

5/6-5/27 Wednesdays
(4 weeks)
4:00-5:30pm

**Cost shown is In-District
and includes supply fees*

TR Drop-In Schedule

TR Drop-In Coordinator: Pam Watson

General Information

WHEN: Mondays from 6:30-8:30pm (Unless otherwise noted)

WHERE: Elsie Stuhr Center, 5550 SW Hall Blvd., Beaverton, OR 97005
(Unless otherwise noted)

COST: \$2.00 (plus additional fees for offsite activities)

GROUP HOMES: Please ensure required number of staff are on-hand during TR Drop-In activities & offsites.

LIFT BUSES: Pick-up windows **MUST** be from 8:15-8:45pm for on-site activities.

Offsite Information

PLEASE NOTE: RESERVATIONS ARE REQUIRED FOR OFFSITE ACTIVITIES TO ENSURE PROPER STAFFING.



4/6 Talent Show

Everyone is welcome to perform! Bring your own music and sing, tell a funny joke, play an instrument, or just get up and show us your special talent!

4/13 Volunteer Appreciation & Ice Cream Party

We love our TR Drop-in Volunteers! Come celebrate with us as we recognize them for all that they do for our program! Join us for ice cream, music, and even a little dancing!



4/20 OFFSITE Pietro's Pizza - RSVP REQUIRED FOR ATTENDANCE

Join us for yummy pizza and fun games! Sign-up is required.

Location: Pietro's Pizza

13281 SW Canyon Rd., Beaverton 97005

Time: 6:00-7:30pm

Cost: \$2 drop-in fee paid in advance or brought to offsite

Money to Bring: \$15 for food, drink, gratuity & game tokens

Tri-met Lifts: Drop-off 5:45-6:15pm Pick up 7:15-7:45pm

Must RSVP by Monday, 4/13. Limited to 20 people only!

Cannot attend without RSVP - Must have current Medical/Emergency Form

4/27 Movie/Trivia Night

Join us for a family friendly flick followed by trivia questions about the movie. Prizes will be given for correct trivia answers! Light refreshments will be served.



5/4 Cinco de Mayo Celebration

Celebrate Cinco de Mayo with festive crafts, games, and delicious snacks!

5/11 Game Night

Games, games & more games! Board games will be available as well as a fun, interactive game show!

5/18 SPECIAL EVENT: Spring Garden Party Cost: \$5

Join us in the garden for crafts, games food, & fun! Take home a beautiful plant for your home. Gardening tips provided by a special guest. Beverages and light snacks will be served. NO ADDITIONAL TR DROP-IN FEE

5/25 NO TR DROP-IN...Stuhr Center closed for Memorial Day



6/1 Movin' & Groovin' (Formerly known as "Action Faction")

Get ready to have fun while you get fit! Join us for three unique exercise demos. Refreshments served.

6/8 Beach Party Dance

Break out your shorts & flip flops and join us for beach-themed night of dancing and fun! Light refreshments served.

6/15 Meet, Greet & Treat!

Get to know even more about your friends and welcome those folks that are new to TR Drop-in! Enjoy a root beer float, chocolate cherry float, or an orange dreamsicle float...YUM! One float per person.

6/22 OFFSITE Baja Fresh - RSVP REQUIRED FOR ATTENDANCE

Enjoy great food with great friends! Sign-up is required.

Location: Baja Fresh

2625 SW Cedar Hills Blvd., Beaverton 97005

Time: 6:00-7:30pm

Cost: \$2 drop-in fee paid in advance or brought to offsite

Money to Bring: \$13 for food, drink & gratuity

Tri-met Lifts: Drop-off 5:45-6:15pm Pick up 7:15-7:45pm

Must RSVP by Monday, 6/15. Limited to 20 people only!

Cannot attend without RSVP - Must have current Medical/Emergency Form

JUNE continued on back...

JUNE continued...

6/29 Birthday Bingo

Let's celebrate all of the SPRING birthdays with Bingo! Birthday cake & beverage provided. Please remember that this is a game of chance...not everyone is guaranteed a prize.



Inclusion Services at THPRD

If you are interested in taking a class offered by THPRD and would like extra assistance, you can fill out a Request for Inclusion Form to request Inclusion Services. Once the form is received by the Specialized Recreation Program Coordinator, an Inclusion Assistant will be assigned to you to assist for the duration of the class. This form must be received two weeks prior to the start of any programming.

THPRD promotes the power of choice to enhance the quality of life for individuals of all abilities. We do this by providing diverse, accessible recreation in an environment that promotes dignity, success and fun.

For more information, please call Tina Malcolm at (503)629-6342 x1822



**Elsie Stuhr Center
5550 SW Hall Blvd.
Beaverton, OR 97005**

Please GO GREEN &
get on the email list!
Email
tmalcolm@thprd.org
for more info!

