

THERAPEUTIC RECREATION

1600 Marview Drive, Thousand Oaks, CA 91362 • Phone: 805-381-2739 • Fax: 805-381-2874

E-mail: therapeutics@crpd.org • Web site: www.crpd.org/therapeuticrecreation

Therapeutic Recreation Supervisor: Cecilia Laufenberg, RTC (Recreation Therapist, Certified)
Recreation Therapist: Devon Herbert, RTC

Fall 2018

In District Registration: 8/24/18

Out of District Registration: 8/31/18



CRPD-Therapeutic-Recreation

THERAPEUTIC RECREATION PROGRAMS ARE DESIGNED TO SUPPORT THE UNIQUE RECREATION NEEDS OF INDIVIDUALS WITH SPECIAL NEEDS

NOTE: Unless otherwise specified, all programs are conducted at Old Meadows Center.

Additional programs and information are made available after the printing of this brochure. Please ask to be included in our email or direct mailing list for the most up-to-date information.

SPECIAL EVENTS/ANNOUNCEMENTS

NEW! Rainbow Connection Family Resource Center (RCFRC), a program of Tri-Counties Regional Center, is coming to Thousand Oaks! Join us on Monday, September 10 to welcome and meet Resource Parents from RCFRC and discuss how they can better support the greater Thousand Oaks area! Light refreshments will be served. RCFRC will have a representative at ConejoRPD-Therapeutic Recreation (Old Meadows Center) on the first Monday of the month (10/1, 11/5, 12/3), 9:00am-12noon, to provide family support, information and resources, education and training, and remote access to their lending and resource library! Drop-in is ok; however, RSVP is preferred to TRUnit@crpd.org.

DISNEYLAND RESORT COMMUNITY INVOLVEMENT PROGRAM, All ages Discounted tickets for Therapeutic Recreation patrons and their immediate family only. Information and deadline date will be shared via email with those registered once posted by Disney CIP. Please register interest no later than 9/1. Registration does not guarantee tickets. **This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. Enrollment: Max 100**
 4558.4181 * TBA NONE 1 day

SILVER STARLIGHT BALL, Age 15+ Saturday, December 08, 2018. Save the date for this year's celebration. Registration announced in the Fall/Winter program guide in October.



TOT PROGRAMS

SPECIAL NEEDS PARENTING/ INFANTS AND TODDLERS, Age 0-3 Opportunity to share the joys and challenges of parenting a child with special needs. Learn about developmental milestones, parenting strategies, stimulating activities for your child, and community resources available to you. Instructor: Julie Conway, B.A. Psychology, Severely Handicapped Teaching Credential, and Special Education Teacher for CVUSD in Early Childhood Education for 30 years. **Enrollment: Max 8**
 4579.4181 F 9:00-10:30am \$60 9/14-10/5 4 wks

YOUNG ATHLETES™, Age 2.5-7 Provides an early introduction to sports and the world of Special Olympics, focusing on fun activities which develop motor skills and hand-eye coordination. Siblings welcome to register. **Enrollment: Max 10**
 4519.4181 Sa 10:00am-10:45am \$30 9/22-10/27 6 wks

TRAINING OPPORTUNITIES

WRITING SOCIAL STORIES FOR BEGINNERS, Age 18+ Learn how to write and use Social Stories to assist in managing behaviors and supporting social skills for children with special needs. You will be provided with a few social stories to take home. Instructor: Julie Conway, B.A. Psychology, Severely Handicapped Teaching Credential, and Special Education Teacher for CVUSD in Early Childhood Education for 30 years. **Enrollment: Max 12**
 4580.4181 W 6:30-8:00pm \$15 9/12 1 eve



SPORTS/SPECIAL OLYMPICS

Participation in Special Olympic competitions requires up-to-date Special Olympic medical forms on file with Ventura County Special Olympics. Conejo RPD does not keep these records. It is the family's responsibility to ensure that up to date medical paperwork is on file with VCSO a minimum of three weeks prior to scheduled tournaments. Contact: VCSO 805-650-7717

PACKERS FLAG FOOTBALL, Age 6-18 Conejo Packers go for the glory! Learn and practice flag football skills for team play. Super Bowl held at Thousand Oaks High School; date TBD. Special Olympics Flag Football for ages 14+ will return in 2019. **This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. Enrollment: Max 25**
 4560.4181 Su 10:30am-12noon \$60 9/09-11/4 9 wks

TENNIS TEAM, Age 8+ Players contribute two cans of balls each, due first class. Location: Triunfo Park, courts 2 and 3. Special Olympic Tournaments TBD. **This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. Enrollment: Max 8**
 4508.4181 T 4:30-5:30pm \$60 9/4-10/30 9 wks
 4508.4182 T 5:30-6:30pm \$60 9/4-10/30 9 wks

SWIM TEAM, Age 8+ A 45-minute workout focusing on stroke and skill development. Prerequisite skill assessment required: ability to independently swim two laps of the pool without touching bottom. Location: Thousand Oaks YMCA, 4031 N. Moorpark Rd. **This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. Enrollment: Max 25**
 4510.4181 W As scheduled \$30 9/12-10/31 8 wks

VOLLEYBALL, Age 14+ Learn and practice volleyball skills. Personal knee pads required. Held at Borchard Community Center. Special Olympic Tournaments TBD. **This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. Enrollment: Max 25**
 4509.4181 Th 7:00-8:30pm \$75 9/6-11/1 9 wks

TROPHY BOWLING, Age 14+ Work toward your best game and win the traveling trophy! Additional \$3/game is payable each week at the bowling alley. Location: Harley's Camarillo Bowl, 305 Arneill Road, Camarillo. **This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs.**

BOWLING PLUS TRANSPORTATION: Enrollment: Max 12
 4516.4181 Sa 10:45am-2:30pm \$90 9/15-11/03 8 wks
BOWLING WITHOUT TRANSPORTATION: Enrollment: Max 32
 4517.4181 Sa 12noon-1:45pm \$45 9/15-11/03 8 wks

NEW! CLU SWIM LESSONS, Age 3+ Register to indicate an interest. Sessions formulated based on assessed individual needs. Anticipated fee: 8 classes/\$68. Meet instructor, Kara Miller, Sat., September 1, 10-11am at Old Meadows Center.
 4587.4181 TBA

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OTHER HEALTH AND WELLNESS

TOTAL BODY WORKOUT, Age 13+ Bring a towel to work out with friends! Focus on improving your physical fitness with cardio, flexibility exercises, and strength training. **This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. Enrollment: Max 15**

4515.4181 Sa 9:00-10:30am \$50 9/15-11/03 8 wks

NEW! LET'S DANCE! Age 6+ Improve coordination, balance, muscle strength, cardio health, AND have fun while learning how to move and groove to your favorite songs. Instructor: Mary Abraham, BA/Theater Arts-Dance, UCLA Graduate Dance Ed. program, California Teaching Credential, 30 years teaching experience. **This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. Enrollment: Max 8**

Age 6-11
4583.4181 W 3:45-4:30pm \$30 9/12-10/24 7 wks

Age 10-15
4583.4182 W 4:30-5:15pm \$30 9/12-10/24 7 wks

Age 15+
4583.4183 W 5:15-6:15pm \$45 9/12-10/24 7 wks

NEW! ABA KARATE, Age 5+ Students develop sportsmanship through karate in a fun, respectful activity while developing social and adaptive skills.. Prerequisite: Must be able to stay with a group. Siblings welcome to register. Instructor: Fumiko Hamada, black belt and BCABA. www.abakarate.com. Groups formed by instructor, time slot assigned. 30-45 minute sessions. **Please see Meet and Greet below.**

4586.4181 M between 4-6pm \$75 9/10-10/22 7 wks

ART

ART INSTRUCTION, Age 14+ Use pastels, watercolor, and colored pencils to create guided works of art such as land and seascapes, animal and fish, or still life. Instructor: Bob Noonan, Studio 316. **This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. Enrollment: Max 12**

4520.4181 M 6:30-8:00pm \$85 9/10-10/15 6 wks



INDEPENDENT LIVING

CROWLEY CLUB, Age 14+ Afterschool snack-making, socializing, leisure planning, and independent living skills. Location: Crowley House. **This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. Enrollment: Max 12**

4518.4183 T 3:00-5:30pm \$65 9/11-10/30 8 wks
4518.4184 T 1:30-5:30pm \$90 9/11-10/30 8 wks
4518.4181 F 3:00-5:30pm \$65 9/14-11/02 8 wks
4518.4182 F 1:30-5:30pm \$90 9/14-11/02 8 wks

KITCHEN KAPERS, Age 14+ Prepare and eat dinner with friends. Learn kitchen skills such as food handling and hygiene, food preparation, following recipes, and proper clean up. **This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. Enrollment: Max 6**

ASIAN FARE
4521.4181 T 5:30-8:00pm \$18 9/11 1 eve
4521.4182 T 5:30-8:00pm \$18 9/18 1 eve

HEALTHY COOKING
4522.4181 T 5:30-8:00pm \$18 9/25 1 eve
4522.4182 T 5:30-8:00pm \$18 10/2 1 eve

BREAKFAST FOR DINNER
4523.4181 T 5:30-8:00pm \$18 10/09 1 eve
4523.4182 T 5:30-8:00pm \$18 10/16 1 eve

FINGER FOODS
4524.4181 T 5:30-8:00pm \$18 10/23 1 eve
4524.4182 T 5:30-8:00pm \$18 10/30 1 eve

TEAM WELLNESS, Age 14+ A Special Olympics-trained Wellness Coach guides you towards living a happier, healthier, and more active lifestyle. Learn the importance of eating healthy and building life-long healthy habits. Location: Crowley House, **This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. Enrollment: Max 8**

4574.4181 W 6:30-8:00pm \$50 9/12-10/24 7 wks

ACTIVE IN THE COMMUNITY

NEW! SUPPER CLUB, Age 15+ For the foodie in you. Delicious meals at local restaurants, with friends; what could be better. Class meets 9/14, 9/28, 10/12, and 10/26. Van transportation provided from OMC. Bring \$20-25 each class meeting. **This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. Enrollment: Max 12**

4584.4181 F 5:30-8:30pm \$32 9/14-10/26 4 eves

DINNER AND MOVIE, Age 15+ Bring money for dinner, and optional additional money for theater snacks. Fee includes ticket price. Movie title choices, time, and location to be emailed. Movie goers will receive an email on 9/15 to choose between two movies. **This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. Enrollment: Max 20**

4540.4181 Sa TBD \$20 9/15 1 eve

CROWLEY HOUSE NIGHT, Age 15+ Enjoy catered dinner, friends, and fun. **This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. Enrollment: Max 12**

4533.4181 Sa 6:00-8:00pm \$18 9/15 1 eve

DODGERS GAME (vs. Padres), Age 14+ Bring \$15 for dinner plus optional spending money. **This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. Enrollment: Max 35**

4559.4181 Sa 4:00-11:00pm \$60 9/22 1 day

GLAM NIGHT, Age 15+ Enjoy an evening painting nails, taking selfies with friends, and rejuvenating the skin. Dinner included. **This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. Enrollment: Max 12**

4585.4181 Sa 6:00-8:00 \$18 9/29 1 eve

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BOWLING NIGHT, Age 15+ Bowling games, shoes, soda, and pizza are included in the registration fee. Location: Camarillo Harley's Bowl, 305 Arneill Rd., Camarillo. This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs.

BOWLING NIGHT ONLY Enrollment: Max 24

4525.4181 Sa 6:45-9:00pm \$20 9/29 1 eve

BOWLING NIGHT AND TRANSPORTATION Enrollment: Max 12

4526.4181 Sa 5:45-9:45pm \$26 9/29 1 eve

BBQ AND SOCIAL AT OMC, Age 15+ Enjoy dinner and an evening with friends. (dinner included in the registration fee). This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. Enrollment: Max 24

4528.4181 Sa 6:00-8:30pm \$16 10/6 1 eve

CROWLEY HOUSE NIGHT, Age 15+ Enjoy catered dinner, friends, and fun. This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs.

Enrollment: Max 12

4533.4182 F 6:00-8:00pm \$18 10/19 1 eve

HALLOWEEN BAKING, Age 15+ Enjoy pizza dinner and baking with friends. This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs.

Enrollment: Max 10

4555.4181 F 5:30-8:30pm \$20 10/19 1 eve



HALLOWEEN DANCE, Age 13+ Trick or treat; dancing feet! Don't miss this SPOOKTACULAR night! This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. Enrollment: Max 75

4566.4181 Sa 7:00-9:00pm \$15 10/27 1 eve

ONCE UPON A MATTRESS, Age 15+ Meet friends at the Hillcrest Center for the Arts to attend YAE's production. This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. Enrollment: Max 12

4529.4171 Sa 7:15-TBD \$20 11/03 1 eve

DINNER AND THEATRE, Age 15+ Eat out with friends before attending YAE's production of *ONCE UPON A MATTRESS*. Bring \$15 for dinner. Drop off at The Oaks Mall food court; pick up at the Hillcrest Center for the Arts. This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. Enrollment: Max: 12

4530.4181 Sa 6:00-TBD \$25 11/03 1 eve

Special Needs Recreation Resources Directory

Community-based recreation-related programs providing services expressly designed for individuals with disabilities may ask to be added to this list by calling 805-381-2739 or email claufenberg@crpd.org

Organization/Region

Phone

Email/Website

Actors for Autism (Westlake, Camarillo)	www.actorsforautism.org
AYSO VIP Soccer Thousand Oaksvip@ayso9.org
 Camarillo805-482-4005
 Simi Valleyvip@aysosimi.org
California Condors Ice Hockey (Simi)805-520-7465www.calspecialhockey.com
Challenger Little League Baseball805-405-8510Tom.Jankowski@StarRouteLLC.com
Best Day Foundation713-569-3125www.bestdayfoundation.org
Big Fun Gymnastics310-837-7849info@bigfungymnastics.com/www.bigfungymnastics.com
B-Mod Fitness805-341-9188coachjerry@mac.com/www.bmodfit.com
Brandon's Buddies818-222-8118brandonsbuddies@pacbell.net
Buddy Break (Nathaniel's Hope)www.NathanielsHope.org
The Friendship Circle818-865-2233www.friendshipcircleca.org
Golden Heart Ranch (Agoura Hills)310-798-9933barbara@goldenheartranch.org www.goldenheartranch.org
National Arts and Disability Ctr310-825-5054www.semel.ucla.edu/nadc
New Directions Travel805-967-2841www.newdirectionstravel.org
Next Chapter Book Club805-449-2660 ext. 7318	
Oak Park Rec & Park-Special Needs Prog.818-865-9304www.rsrpd.org
Pleasant Valley RPD Adaptive Rec Programs805-482-1996www.pvrpd.org
Rainbow Connection805-485-9643rainbow@tricoties.org
Rancho Simi RPD- Alternative Recreation805-584-4400www.rsrpd.org
Reid's Gift/Kindling Studios (Newbury Park/Camarillo)310-853-0794art@reidsgift.org/ www.kindlingstudios.org
Ride-ON Therapeutic Horsemanship805-375-9078Sara@rideon.org/www.rideon.org
Special Olympics Ventura County805-650-7717www.vcso.org
Surfer's Healing877-966-SURFwww.surfershealing.org
Train4Autism (Newbury Park)BrianThompson@Train4Autism.org
U.S. Adaptive Recreation Center909-584-0269mail@usarc.org/www.usarc.org

meet & greet

Drop in and let us introduce you to our new classes and new instructors! Therapeutic Recreation has added Dance, Karate, Yoga, and Swim Lessons!!! Meet the instructors and find out if one (or more) of these classes is for you!!

When: September 1, 2018
10:00-11:00am

Where: Old Meadows Playground
1600 Marview Dr.
Thousand Oaks, CA 91362

Who: Swim Instructor: Kara Miller
ABA Karate and Yoga Instructor: Fumiko Hamada
Dance Instructor: Mary Abraham