

# THERAPEUTIC RECREATION

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

E-mail: [therapeutics@crpd.org](mailto:therapeutics@crpd.org) • Web site: [www.crp.org/therapeuticrecreation](http://www.crp.org/therapeuticrecreation)

# Fall Winter 2018

Priority Registration: Friday 10/19 @ 6am

Out-of-District: Friday 10/26 @ 9am

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

Recreation Therapist: Devon Herbert, RTC



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 AND ACTIVITIES

### RAINBOW CONNECTION FAMILY RESOURCE CENTER (RCFRC),

a program of Tri-Counties Regional Center is coming to Thousand Oaks! RCFRC will have a representative at CRPD-Therapeutic Recreation (Old Meadows Center) on the first Monday of the month (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 to [therapeutics@crpd.org](mailto:therapeutics@crpd.org) is preferred.

### CONEJO THEATRE FOR EVERYONE: AUDITION WORKSHOP,

**Age 10+** Production Director provides coaching and practice materials to take home to prepare for *The Little Prince*. Location: Hillcrest Center for the Arts. This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. **Enrollment: Max 20**

4600.5181 T 5:30-7:30pm \$10 11/13 1 day

**AUDITIONS: THE LITTLE PRINCE, Age 10+** Auditions for The Conejo Theatre for Everyone's 2019 production of *The Little Prince*. This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. **Enrollment: Max 20**

4601.5181 W 5:30-6:30pm NONE 11/14 1 day

**SILVER STARLIGHT BALL, Age 15+** This year's event once again takes place at the Los Robles Greens Golf Course! Please register by dinner selection. This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. **Enrollment: Max 50**

**Beef**  
4602.5181 Sa 5:00-10:00pm \$47 12/8 1 eve

**Chicken**  
4603.5181 Sa 5:00-10:00pm \$47 12/8 1 eve

**Cheese Ravioli**  
4604.5181 Sa 5:00-10:00pm \$47 12/8 1 eve



### 33rd ANNUAL STARLIGHT BALL TABLE SPONSORSHIP,

Sponsor a table at the gala Starlight Ball with your donation of \$175. Additional opportunities for event support are available at varying levels; please contact Cecilia Laufenberg at 805-381-2739; 25 sponsorships needed.

4605.5181 \* \* \$175 \* 1 eve

### STARLIGHT BALL PORTRAIT PACKAGES, Age 15+

Purchase extra copies of your Silver Starlight Ball souvenir portrait. Portrait funds support the event. **Enrollment: Max 200**

**Basic Package (two 5"x 7" and eight 2"x 4").**

4606.5181 Sa \* \$10 12/8 \*

**Deluxe Package (four 5"x 7" and sixteen 2"x 4").**

4607.5181 Sa \* \$20 12/8 \*

**Ultimate Package (four 5"x 7", and sixteen 2"x 4", AND image on a disc for personal reproduction)**

4608.5181 Sa \* \$30 12/8 \*

### WINTER CAMP, Age 5-13

Crafts, games, music, sensory play, and more. Bring sack lunch; snacks provided. This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. **Enrollment: Max 6**

4610.5181 Th-F 9:00am-2:00pm \$70 12/27-12/28 2 days

4610.5182 W-F 9:00am-2:00pm \$105 1/2-1/4 3 days

### HOUSEHOLD SKILLS, Age 14+

Back to the basics; simple dinners and household skills for those motivated to learn. Location: Crowley House, 2522 Pleasant Way. This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. **Enrollment: Max 6**

4561.5181 T 5:30-7:00pm \$40 11/13, 11/27, 12/11 3 wks

## SPECIAL OLYMPICS

*Participation in Special Olympic competitions requires up-to-date Special Olympic medical forms on file with Ventura County Special Olympics (VCSO). ConejoRPD 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

**BASKETBALL TEAM, Age 13+** Skill development and team training. Location: Borchard Center. This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. **Enrollment: Max 30**

### C AND D TEAM

4511.5182 W 5:30-7:00pm \$32 1/9-1/30 4 wks

### A AND B TEAM

4511.5181 Th 7:00-8:30pm \$32 1/10-1/31 4 wks

**ATHLETICS, Age 8+** Learn and practice skills needed to participate in the 50, 100, or 200-meter runs, softball throw, long jump, and relay. Location: Oaks Christian High School, 31749 La Tienda Dr., Westlake. This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. **Enrollment: Max 15**

4515.5181 Sa 9:00-10:30am \$40 1/5-2/2 5 wks

**TEAM WELLNESS, AGE 14+** This exciting new health and wellness program is offered through Special Olympics. A trained Wellness Coach guides you through living a happier, healthier, and more active lifestyle, learning the importance of eating healthy and building life-long healthy habits. Parents are welcome to register for whole family health goals. Location: Crowley House, 2522 Pleasant Way. **Enrollment: Max 8**

4574.5181 W 6:30-8:00pm \$48 11/7-12/12 6 wks

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**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. No class 11/23. *Enrollment: Max 12*

### CROWLEY CLUB PLUS EARLY DROP OFF

4518.5181	T	1:30-5:30pm	\$68	11/6-12/11	6 wks
4518.5183	F	1:30-5:30pm	\$57	11/9-12/14	5 wks

### CROWLEY CLUB ONLY

4518.5184	T	3:00-5:30pm	\$48	11/6-12/11	6 wks
4518.5182	F	3:00-5:30pm	\$40	11/9-12/14	5 wks

## SPORTS TRAINING

**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 6*

### Age 6-11

4583.5181	W	3:45-4:30pm	\$30	11/7-12/19	7 wks
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### Age 10-15

4583.5182	W	4:30-5:15pm	\$30	11/7-12/19	7 wks
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### Age 15+

4583.5183	W	5:15-6:15pm	\$45	11/7-12/19	7 wks
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**ABA KARATE, Age 6+** Promotes development of social and adaptive skills. Students develop sportsmanship through karate in a fun, respectful activity. Prerequisite: Must be able to stay with a group. Siblings welcome to register. Instructor: Fumiko Hamada, black belt and Board-Certified Assistant Behavior Analyst. [www.abakarate.com](http://www.abakarate.com). No class 11/26. *Enrollment: Max 15*

### Age 5-17

4586.5181	M	4:00-4:40pm	\$65	11/5-12/17	6 wks
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### Age 17+

4586.5183	M	4:45-5:30pm	\$65	11/5-12/17	6 wks
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**NEW! PETIT YOGA,** Strengthens the body, reduces stress, and increases flexibility. Instructor: Fumiko Hamada, BCaBA, RYT 200, Kids Yoga Certified. No class 11/22. This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. *Enrollment: Max 8*

### Mommy and Me, Age 3-5

4590.5181	Th	4:00-4:30pm	\$50	11/8-12/20	6 wks
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### Age 8-12

4590.5182	Th	4:30-5:10pm	\$65	11/8-12/20	6 wks
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### Age 13+

4590.5183	Th	5:15-6:00pm	\$65	11/8-12/20	6 wks
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**SWIM TEAM, Age 8+** A 45-minute workout focusing on stroke development. Prerequisite: ability to independently swim two pool laps without touching bottom. Please bring goggles. Location: Thousand Oaks YMCA, 4031 N. Moorpark Rd. This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. No class 11/21. *Enrollment: Max 25*

4510.5181	W	As scheduled	\$40	11/7-12/12	5 wks
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**TROPHY BOWLING, Age 14+** Work toward your best game and win the traveling trophy! Additional \$6 each week at the bowling alley. Location: Harley's Camarillo Bowl, 305 Arneill Rd., Camarillo. This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs.

### TROPHY BOWLING ONLY *Enrollment: Max 32*

4517.5181	Sa	12noon-2:00pm	\$23	12/22-1/19	4 wks
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### TROPHY BOWLING PLUS TRANSPORTATION, Age 14+

Participants are transported from the Old Meadows Center to the bowling program. *Enrollment: Max 12*

4516.5181	Sa	10:45am-2:30pm	\$45	12/22-1/19	4 wks
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## TEENS AND UP

**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*

4520.5181	M	6:30-8:00pm	\$85	11/5-12/10	6 wks
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**KITCHEN KAPERS, Age 14+** Prepare and eat dinner with friends. Learn kitchen skills such as food hygiene, food preparation, following recipes, and clean up. Please register for only one date per class theme. This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. *Enrollment: Max 6*

### PIZZA MAKING

4521.5181	T	5:30-8:00pm	\$18	11/6	1 eve
4521.5182	T	5:30-8:00pm	\$18	11/13	1 eve

### MEXICAN

4522.5181	T	5:30-8:00pm	\$18	11/20	1 eve
4522.5182	T	5:30-8:00pm	\$18	11/27	1 eve

### COMFORT FOOD

4523.5181	T	5:30-8:00pm	\$18	12/4	1 eve
4523.5182	T	5:30-8:00pm	\$18	12/11	1 eve

## ENJOY YOUR COMMUNITY

**THANKFUL DINNER, Age 15+** Celebrate the season by giving thanks and breaking bread with friends for which you are grateful. Wear a Pilgrim or Native American outfit if you'd like. This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. *Enrollment: Max 20*

4620.5181	Sa	6:00-8:00pm	\$20	11/17	1 eve
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**BOWLING NIGHT, Age 15+** Games, shoes, soda, and pizza are included in the registration fee. Drop off and pick up at 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*

4525.5181	F	6:45-9:00pm	\$27	11/30	1 eve
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### BOWLING NIGHT PLUS TRANSPORTATION *Enrollment: Max 12*

4526.5181	F	5:45-9:45pm	\$32	11/30	1 eve
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**CROWLEY HOUSE NIGHT, Age 15+** Enjoy a catered dinner, friends, and fun. Location: Crowley House. This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. *Enrollment Max: 10*

4533.5181	F	5:30-8:00pm	\$18	11/30	1 eve
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**HOLIDAY SHOPPING, Age 15+** Bring \$10 for dinner, a shopping list, and money to purchase one or two holiday gifts. Drop off and pick up at Old Meadows Center. This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. *Enrollment: Max 12*

4619.5181	F	6:00-9:30pm	\$15	12/14	1 eve
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## VOLUNTEER RECOGNITION

### NIKI AND NILO GOLCHINI

Niki and Nilo Golchini moved to the Conejo Valley in 2016 and immediately began volunteering in Therapeutic Recreation programs. They first acted as Peer Mentors in an Independent Living Skills Summer Camp, then also volunteered in Special Olympics Volleyball, Kitchen Kapers cooking class, Crowley Club (an afterschool club), Youth Summer Day Camp, and special events as well. They have shown passion and commitment to the patrons and programs and have gone a long way to provide the very special peer to peer support dynamic that is so beneficial and enjoyed by Therapeutic Recreation patrons. Niki and Nilo are very busy students at Westlake High School, participating in sports and club as well, but still manage to find the time to make others' lives better. On behalf of the Therapeutic Recreation patrons, we would like to thank you for all that you do!





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**HOLIDAY BAKING, Age 15+** A quick pizza dinner followed by lots of baking for the sweet holiday season. Bring your own container to take home baked goods. **This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. Enrollment: Max 10**  
4618.5181 F 5:30-8:30pm \$21 12/14 1 eve

**NEW YEAR'S BASH! Age 15+** Party with friends for the coming New Year! Snacks served; eat dinner before arrival. **This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. Enrollment: Max 50**  
4622.5181 Sa 7:00-9:00pm \$12 12/29 1 eve

**MOVIE WITH FRIENDS, Age 15+** Movie-goers receive an email to choose between two movies beforehand. Bring money for dinner, and optional additional money for snacks. Ticket price included in registration fee. Location TBA based on movie releases. **This program is offered through the Therapeutic Recreation Unit, serving individuals with special needs. Enrollment: Max 20**  
4540.5181 F TBD \$20 1/4 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](mailto:claufenberg@crpd.org)

Organization/Region	Phone	Email/Website
Actors for Autism (Westlake, Camarillo)		<a href="http://www.actorsforautism.org">www.actorsforautism.org</a>
Allwayz on Stage	818-612-2001	<a href="http://www.allwayzonstage.com">www.allwayzonstage.com</a>
AYSO VIP Soccer	Thousand Oaks Camarillo	<a href="mailto:vip@ayso9.org">vip@ayso9.org</a> 805-482-4005
	Simi Valley	<a href="mailto:vip@aysosimi.org">vip@aysosimi.org</a>
California Condors Ice Hockey (Simi)	805-520-7465	<a href="http://www.calspecialhockey.com">www.calspecialhockey.com</a>
Center 4 Special Needs	805-379-1681	<a href="http://www.center4specialneeds.org">www.center4specialneeds.org</a>
Challenger Little League Baseball	805-405-8510	<a href="mailto:Tom.Jankowski@StarRouteLLC.com">Tom.Jankowski@StarRouteLLC.com</a>
Best Day Foundation	713-569-3125	<a href="http://www.bestdayfoundation.org">www.bestdayfoundation.org</a>
Big Fun Gymnastics	310-837-7849	<a href="mailto:info@bigfungymnastics.com">info@bigfungymnastics.com</a> / <a href="http://www.bigfungymnastics.com">www.bigfungymnastics.com</a>
B-Mod Fitness	805-341-9188	<a href="mailto:coachjerry@mac.com">coachjerry@mac.com</a> / <a href="http://www.bmodfit.com">www.bmodfit.com</a>
Brandon's Buddies	818-222-8118	<a href="mailto:brandonsbuddies@pacbell.net">brandonsbuddies@pacbell.net</a>
Buddy Break (Nathaniel's Hope)		<a href="http://www.NathanielsHope.org">www.NathanielsHope.org</a>
The Friendship Circle	818-865-2233	<a href="http://www.friendshipcircleca.org">www.friendshipcircleca.org</a>
Golden Heart Ranch (Agoura Hills)	310-798-9933	<a href="mailto:barbara@goldenheartranch.org">barbara@goldenheartranch.org</a> <a href="http://www.goldenheartranch.org">www.goldenheartranch.org</a>
National Arts and Disability Ctr	310-825-5054	<a href="http://www.semcl.ucla.edu/nadc">www.semcl.ucla.edu/nadc</a>
New Directions Travel	805-967-2841	<a href="http://www.newdirectionstravel.org">www.newdirectionstravel.org</a>
Next Chapter Book Club	805-449-2660 ext. 7318	
Oak Park Rec & Park-Special Needs Prog.	818-865-9304	<a href="http://www.rsprd.org">www.rsprd.org</a>
Pleasant Valley RPD Adaptive Rec Programs	805-482-1996	<a href="http://www.pvrpd.org">www.pvrpd.org</a>
Rainbow Connection	805-485-9643	<a href="http://rainbow/tricounties.org">rainbow/tricounties.org</a>
Rancho Simi RPD- Alternative Recreation	805-584-4400	<a href="http://www.rsprd.org">www.rsprd.org</a>
Reid's Gift/Kindling Studios (Newbury Park/Camarillo)	310-853-0794	<a href="http://art@reidsgift.org">art@reidsgift.org</a> / <a href="http://www.kindlingstudios.org">www.kindlingstudios.org</a>
Ride-ON Therapeutic Horsemanship	805-375-9078	<a href="mailto:Sara@rideon.org">Sara@rideon.org</a> / <a href="http://www.rideon.org">www.rideon.org</a>
Special Olympics Ventura County	805-650-7717	<a href="http://www.vcso.org">www.vcso.org</a>
Surfer's Healing	877-966-SURF	<a href="http://www.surfershealing.org">www.surfershealing.org</a>
Train4Autism (Newbury Park)		<a href="mailto:BrianThompson@Train4Autism.org">BrianThompson@Train4Autism.org</a>
U.S. Adaptive Recreation Center	909-584-0269	<a href="mailto:mail@usarc.org">mail@usarc.org</a> / <a href="http://www.usarc.org">www.usarc.org</a>

### AMERICAN DISABILITY ACT (ADA) COMPLIANCE: MISSION STATEMENT

Conejo Recreation and Park District (CRPD) strives to enrich quality of life through the provision of quality recreation programs. We welcome people with disabilities in all recreation opportunities provided by CRPD, both through specialized options (Therapeutic Recreation) and inclusion alternatives.

Please contact Devon Herbert at 805-495-6471 or [Inclusion@crpd.org](mailto:Inclusion@crpd.org) for further information on program choices, for help with making a selection, or to request a program modification. In order to evaluate and seek to reasonably accommodate your individual needs, we ask that you let us know of any requested modifications at the time of your registration.

### ADA GRIEVANCE PROCEDURE

CRPD has developed an internal grievance procedure for prompt and equitable resolution of complaints alleging any action prohibited by the United States Department of Justice regulations implementing Title II of the Americans with Disabilities Act (ADA).

Complaints should be addressed in writing to ADA Compliance Officer, Conejo Recreation and Park District, 403 W. Hillcrest Drive, Thousand Oaks, CA 91360 or by email at [ADACompliance@crpd.org](mailto:ADACompliance@crpd.org)

- A complaint should contain the name and address of the person filing it, and briefly describe the alleged violation of the regulations.
- Complaint should be filed within 30 days of the alleged violation.
- CRPD will conduct an investigation and notify the complainant of its findings within 30 days from receiving the written complaint.

Use of this grievance procedure is not a prerequisite to the pursuit of other remedies. CRPD strives to have all participants enjoy their experience in our programs and works to handle all concerns in a timely and fair manner.