

COLONIAL HEIGHTS Therapeutic Recreation RECREATION & PARKS



WHAT IS TR?

Adaptive recreation geared towards those with special needs ranging but not limited to intellectual, physical, emotional or developmental disabilities. Classes are facilitated by a Certified Recreational Therapist and geared towards the needs of each individual person. Classes are held on Wednesday's from 5:30-7pm and every second Tuesday of the month at the Colonial heights Community Center- 157 Roanoke Ave. Colonial Heights VA



WINTER SCHEDULE

February 2019

2/6- Music Therapy \$10

2/12-Game Night & Social Hour \$3

(Only Tuesday Class)

2/13- Valentine's day Party w/ the Arc! \$5

2/20- Adaptive Exercises \$3

2/27 - Paint & Sip Night \$5

HOW TO REGISTER ?

CALL US AT 520-9390 OR GO ONLINE
COLONIALHEIGHTSVA.GOV AND
CHECK OUT THE RECREATION PAGE!



CHVARECANDPARKS

INTERESTED IN VOLUNTEERING? EMAIL AJ BARKSDALE—BARKSDALEA@COLONIALHEIGHTSVA.GOV