

THERAPEUTIC PROGRAMS

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: Monday

Date: Session I: September 11 - October 2
Session II: October 9 - 30
Session III: November 6 - 27
Session IV: December 4 - 18

Time: 4:15 p.m. - 5:15 p.m.

Fee: Session I, II, III:
\$25 per session (resident)
\$37.50 per session (non-resident)
Session IV:
\$20 per session (resident)
\$30 per session (non-resident)

Age: 18 & Older

Location: Kiwanis Center

TR KARAOKE NIGHT



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

Day: Thursday

Date: September 14

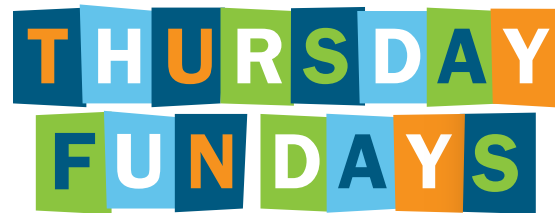
Time: 6:30 p.m. - 8:30 p.m.

Fee: None

Age: 14 & Older

Location: Activities House

TR THURSDAY FUN DAYS



Come hang out with us, play a game, get some exercise, and have fun with your friends. We will try and meet once a week and enjoy some kind of activity. Register for these events and come join the fun.

Day: Thursday

Date: Session I: September 7 - September 28
Session II: October 12 - 26
Session III: November 2 - 16

Time: 4:00 p.m. - 5:00 p.m.

Fee: None

Age: 12 & Older

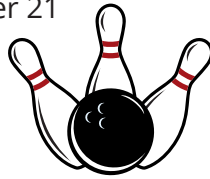
Location: Kiwanis Center

TR BOWLING LEAGUE

Will you bowl a strike or a spare?? What about a TURKEY??!! Come out with your friends and just have a blast!! Let's see who can get the highest score! Please arrive at 3:45 p.m. so we can begin on time!



- Day:** Tuesday:
- Date:** Session I:
September 12 - October 10
Session II:
October 24 - November 21
- Time:** 4:00 p.m.
- Fee:** \$35 (resident)
\$52.50 (non-resident)
- Age:** 18 & Older
- Location:** Fayette Fun Bowl



TR VISITS ZOO ATLANTA

We are going to the Zoo!!! We are going travel to Atlanta and visit Zoo Atlanta and check out all the cool exhibits and animals. Maybe we will have a chance to check out the reptile house and the snakes, even though they scare me. I hope everyone will join their friends for this fun trip!



- Day:** Wednesday
- Date:** October 11
- Time:** 9:00 a.m. - 4:00 p.m.
- Fee:** \$42 (resident)
\$63 (non-resident)
- Age:** 12 & Older
- Location:** Atlanta

TR STRIPERS BASEBALL GAME



We are heading to Coolray Field, the home of the Gwinnett Stripers who are the Triple-A affiliate of the Atlanta Braves to watch a baseball game. The Stripers will be taking on the Durham Bulls and we will be there to cheer on the future stars of Major League baseball. Come and enjoy a night at the park checking out the game. Make sure to bring money for supper.

- Day:** Thursday
- Date:** September 21
- Time:** 4:30 p.m. - 10:30 p.m.
- Fee:** \$30 (resident)
\$45 (non-resident)
- Age:** 16 & Older
- Location:** Lawrenceville

TR FALL NATURE HIKE

We are traveling to Pine Mountain to visit F.D. Roosevelt State Park. They have over 40 miles of trails to hike and we will find a good one to explore. It should be great time of year to see the changing color of the leaves. Pine Mountain also has some great views of the area. I hope you will come join us for this fun hike. Bring a sack lunch and we will find a great spot to have a picnic.

- Day:** Friday
- Date:** October 20
- Time:** 9:30 a.m. - 4:00 p.m.
- Fee:** \$5 (resident)
\$7.50 (non-resident)
- Age:** 16 & Older
- Location:** Pine Mountain



HALLOWEEN PARTY



We are going to have a spooktacular Halloween party! Join us for a night of fun, food, games, activities, and enjoying being with you friends. Wear your costume and be prepared to have a great time. See you there!

- Day:** Friday
- Date:** October 27
- Time:** 5:30 p.m. - 8:00 p.m.
- Fee:** \$20 (resident)
\$30 (non-resident)
- Age:** 14 & Older
- Location:** Kiwanis Center

TR DEVOUR IN AN HOUR

We're going out for lunch!!!! This group is designed to help participants work on social skills, money management, and making healthier eating choices while in the community. The name of the restaurant will be given out about a week in advance. Bring money for lunch!



- Day:** Wednesday
- Date:** November 8
- Time:** 11:00 a.m. - 3:00 p.m.
- Fee:** \$7 (resident)
\$10.50 (non-resident)
- Age:** 18 & Older
- Location:** Meet at the Activities House

TR FRIENDSGIVING DINNER



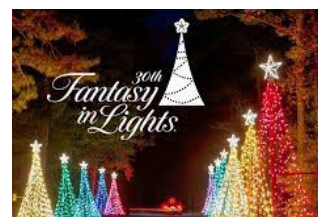
Over the past 5 or so years it has become a trend to celebrate Thanksgiving with your friends the week before Thanksgiving. This would be a fun way to spend an evening enjoying our friends we are so thankful for. Come join us for our third annual TR Friendsgiving Dinner. We will have a catered meal from a local restaurant and enjoy some fun times with our friends.

- Day:** Thursday
- Date:** November 16
- Time:** 6:00 p.m. - 8:00 p.m.
- Fee:** \$20 (resident)
\$30 (non-resident)
- Age:** 12 & Older
- Location:** Activities House

TR CALLAWAY GARDENS – FANTASY IN LIGHTS

Callaway Gardens Fantasy in Lights has 8 million lights, 15 dazzling scenes, and one magical night.

Treat yourself to a fun night filled with holiday cheer. Come with us as we ride their open-air Jolly Trolley



through the display. This is a great way to kick off the Christmas season with your friends. Bring money for supper.

- Day:** Thursday
- Date:** December 7
- Time:** 4:00 p.m. - 9:30 p.m.
- Fee:** \$35 (resident)
\$52.50 (non-resident)
- Age:** 14 & Older
- Location:** Pine Mountain

TR UGLY SWEATER – CHRISTMAS KARAOKE NIGHT

We all love Christmas carols, right?? Wear your tackiest Christmas sweater and let's sing our favorite Christmas songs! Pizza and snacks will be available!

- Day:** Wednesday
- Date:** December 6
- Time:** 6:30 p.m. – 8:30 p.m.
- Fee:** \$5 (resident)
\$7.50 (non-resident)
- Age:** 14 & Older
- Location:** Activities House



TR PAJAMA, PIZZA, CHRISTMAS MOVIE PARTY

Which movies will we watch?? Bring your one favorite Christmas movie and come join us, dressed in your comfy pajama pants, slippers, and robe – we'll enjoy pizza and one of our favorite Christmas movies!

- Day:** Thursday
- Date:** December 14
- Time:** 6:00 p.m. – 8:30 p.m.
- Fee:** \$7 (resident)
\$10.50 (non-resident)
- Age:** 14 & Older
- Location:** Kiwanis Center



PARKS AND RECREATION