

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: May 1 - May 22
Session II: June 5 - 26
Session III: July 10 - 31
Session IV: August 7 - 28

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

Fee: \$25 per session (resident)
\$37.50 per session (non-resident)

Age: 18 & 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 bowl with each other!!! Let's see who can get the highest score!!

Day: Tuesday

Date: Session I: May 16 - June 20
** No Bowling June 6
Session II: July 18 - August 15

Time: 4:00 p.m.

Fee: \$35 (resident)
\$52.50 (non-resident)

Age: 18 & Older

Location: Fayette Fun Bowl



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: May 18 - June 29
** No Fun Day on June 8
Session II: July 20 - August 24

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

Fee: None

Age: 12 & Older

Location: Kiwanis Center

TR MOVIE & A MEAL

Let's enjoy a movie and hang out with our friends!!!! We will meet at the Activities House and have snacks and supper with the movie. Bring your favorite movie, and we will decide which one to watch.



Day: Thursday

Date: May 18

Time: 5:45 p.m. - 8:00 p.m.

Fee: \$7 (resident)
\$10.50 (non-resident)

Age: 12 & older

Location: Activities House

TR SOCIAL

We're getting together as a group to enjoy a fun night with a cookout! Come hang out with your friends and enjoy a night in the park. We will cookout and maybe enjoy a few games. Come join us for a fun night.

Day: Wednesday

Date: June 14

Time: 5:00 p.m. - 7:00 p.m.

Fee: \$14 (resident)
\$21 (non-resident)

Age: 16 & Older

Location: Kiwanis Park Pavilion



TR DEVOUR IN AN HOUR

We are going out to lunch!!!! This group is designed to help participants work on money management, make healthy eating choices, and improve social skills while in the community. Bring money for your lunch and tip! The location will be announced a couple of days prior to heading out!

Day: Friday

Date: June 23

Time: 11:00 a.m.

Fee: \$7 (resident)
\$10.50 (non-resident)

Age: 18 & older

Location: Depart from Activities House

TR 4TH OF JULY PICNIC

Let's keep the celebration of the 4th of July going!! Come enjoy a classic 4th of July Picnic. We will be grilling hotdogs and burgers and providing chips, drinks, and other snacks. Lawn games and other fun activities will also be part of the fun!



Day: Thursday

Date: July 6

Time: 11:30 a.m. - 1:30 p.m.

Fee: \$10 (resident)
\$15 (non-resident)

Age: 18 & older

Location: Kiwanis Pavilion

TR GAME NIGHT



We are going to have a fun evening of games and activities. We will have several games like bingo, corn hole, Jenga, checkers, and connect four. If you have a game you like to play you can also bring that with you. Come join your friends for a fun day of games.

Day: Thursday

Date: July 13

Time: 4:00 p.m. - 5:30 p.m.

Fee: None

Age: 12 & Older

Location: Kiwanis Center

TR NATURE HIKE TO HIGH FALLS STATE PARK

Come with us as we explore High Fall State Park. We will hike along the Towaliga River and check out the tallest cascading waterfall south of Atlanta. We will also be able to hike to the remains of a hydroelectric power plant foundation on the river. Pack a lunch and we will find a great spot to picnic.



Day: Wednesday

Date: July 19

Time: 9:30 a.m. - 4:00 p.m.

Fee: \$5 (resident)
\$7.50 (non-resident)

Age: 16 & older

Location: Jackson, GA

TR GOES TUBING

Let's head to Helen for a day of tubing!!



Bring a sack lunch to eat as soon as we get there, before our tubing venture. After we tube, we will

change clothes and head somewhere for dinner! Make sure you bring money for dinner!! You MUST bring a buddy!! (The registration fee is for the PAIR!)

Day: Friday

Date: July 28

Time: 9:00 a.m. - 8:00 p.m.

Fee: \$36 (resident/pair)
\$54 (non-resident/pair)

Age: 16 & Older

Location: Helen, GA

TR SIX FLAGS OVER GEORGIA



Are you up for the thrill of a lifetime? Then come join us as we head to Six Flags Over Georgia for an adventure packed day. From roller coasters to entertainment shows, we will do it all! There is something fun for everyone to do. Please make sure you bring money for lunch.

Day: Wednesday

Date: August 2

Time: 9:30 a.m. - 7:30 p.m.

Fee: \$45 (resident)
\$67.50 (non-resident)

Age: 16 & Older

Location: Depart from Activities House



TR WATER WARS

Come join us for TR Water Wars. We will have several fun events designed to beat the heat and get completely soaked. We will have games that will include relay races, water balloon toss. We will also have a water balloon and water gun battle. Feel free to bring you own water gun. Come prepared to get soaked.

Day: Friday

Date: August 11

Time: 2:00 p.m. - 3:30 p.m.

Fee: \$8 (resident)
\$12 (non-resident)

Age: 12 & Older

Location: Kiwanis Park



TR BINGO NIGHT

Come join us for a fun night of Bingo. We will play some Bingo and have a fun night that includes prizes. Come hang out with your friends and enjoy a fun game night.

Day: Wednesday

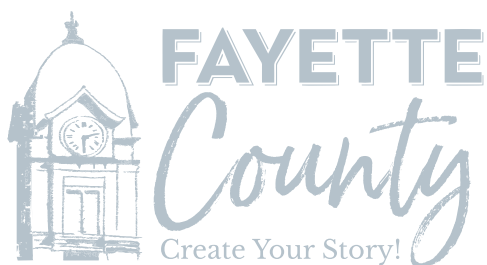
Date: August 23

Time: 6:30 p.m. - 8:00 p.m.

Fee: \$5 (resident)
\$7.50 (non-resident)

Age: 12 & Older

Location: Activities House



PARKS AND RECREATION