

# GUIDE **WINTER** 2020-2021 THERAPEUTIC RECREATION

Programs for People With Disabilities

### Moving with Mike: Seated Exercise

Ages 18 & Up 8 Sessions \$50  
98650 Virtual Class 1/10 Su 1-2 p.m.

### Karate/Jujitsu

#### Karate Clinic for Individuals with Disabilities

Ages 6 & Up 8 Sessions \$50  
Instructor: TKA Inc.  
93570 Bauer Drive CRC 10/10 Sa 2-2:45 p.m.

### Specialty Programs

#### A DRAMA Experience: Facial Expressions & Games

Ages 6-12 3 Sessions FREE  
100985 Virtual Class 2/4 Th 2-2:30 p.m.

Ages 6-12 3 Sessions FREE  
100985 Virtual Class 2/4 Th 2-2:30 p.m.

#### Poetry for Beginners

Ages 6-12 3 Sessions FREE  
100978 Virtual Class 1/25 M 3-3:45 p.m.

Ages 13-21 3 Sessions FREE  
100979 Virtual Class 1/25 M 4-4:45 p.m.

#### Kaleidoscope Art

Ages 5 & Up 4 Sessions \$20  
101053 Virtual Class 1/16 Sa 1-1:50 p.m.

**TO REGISTER VISIT  
ACTIVEMONTGOMERY.ORG**

### TGIF

Ages 6-12 3 Sessions FREE  
89998 Virtual Class 1/8 F 6-6:50 p.m.  
89999 Virtual Class 2/5 F 6-6:50 p.m.  
90000 Virtual Class 3/5 F 6-6:50 p.m.

### TR Friday Friends at Five

Ages 16 & Up 5 Sessions FREE  
98579 Virtual Class 1/22 F 5-6 p.m.

### TR Painting

Ages 18 & Up 1 Session \$10  
101055 Virtual Class 2/6 Sa 3-5 p.m.

### TR Undercover Therapy Pets

Ages 5 & Up 6 Sessions FREE  
101056 Virtual Class 1/16 Sa 4-5 p.m.

### TR Virtual Dance Party

#### March Madness

Ages 5 & Up 1 Session FREE  
98583 Virtual Class 3/27 Sa 6-7:30 p.m.

#### Pajama Party

Ages 5 & Up 1 Session FREE  
98581 Virtual Class 2/27 Sa 6-7:30 p.m.

#### Winter Wonderland

Ages 5 & Up 1 Session FREE  
98580 Virtual Class 1/30 Sa 6-7:30 p.m.

### Yoga

#### TR Yoga Basics

Ages 15 & Up 6 Sessions \$60  
Instructor: Irene Bopp  
98582 Virtual Class 1/20 W 4-5 p.m.



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See specific activity for more information  
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