

THERAPEUTIC RECREATION NEWSLETTER

OWATONNA PARKS AND RECREATION
540 WEST HILLS CIRCLE
OWATONNA MN 55060

Viewable online:
www.ci.owatonna.mn.us

August, September,
and October 2018



**Recreation Supervisor
Therapeutic Programs:
Dani Bakken, CTRS**
507-774-7110

**Night Club Staff:
Madelyn Pennaz**

**Teen Club Staff:
Dani Bakken, CTRS**

**Leisure Swim Staff:
Tim Schiltz**

Program Cancellations
507-444-4321 (Option 2)

Owatonna Bus Company
507-451-5262



Changes to Therapeutic Recreation

Starting in August, LIFE Club and Night Club will combine to form a new group. Madelyn will continue to lead the group and the meeting time will typically be 6:00pm-7:30pm at the SeniorPlace. While this was not an easy decision to make, we feel it is for the best and will allow us to provide an even better TR experience for both groups. Any concerns, as always, can be directed to Madelyn or Dani.

New Therapeutic Rec Program

Therapeutic Recreation will be offering a new program starting in September. This program, called Special Rec, will be for kids who are between the ages of 4-10 with disabilities. Special Rec will be held on Wednesdays from 5:00-6:00pm and will give participants an opportunity to socialize with other kids their age. The program will offer weekly recreational activities such as crafts, group games and active games. Cost is \$24.00 plus any weekly fees. The program will start on September 5, 2018. If interested, please call Dani Bakken at 507-774-7110. Program requires 8 registrants to run.

TR Membership Council

Don't forget! We still have plenty of room for more members on our membership council. If you would like to join us, please contact the TR office or talk to one of our council members. We meet on the last Tuesday of each month, 4-5pm in the SeniorPlace board room. This is a great way to get involved and have your voice heard. Upcoming meeting dates are:

August 28
September 25
October 30

Summer Weather

If you are wondering if our outdoor events are canceled or changed to another location, be sure to call the cancellation line at the Parks and Rec office, 507-444-4321. We'll let you know the details for any activities affected. If severe weather warnings exist, programs will be cancelled. If locations are changed to the SeniorPlace due to rain, outdoor plans will change to drop in activities. All group events will be canceled if there is bad weather. It is best to check our cancelations if you are in doubt.

A Division of Parks & Recreation
500 Dunnell Drive, Owatonna, MN 55060
507-444-4280

Kids Programming

Inclusion

Youth with disabilities or special health concerns are welcome and encouraged to participate in existing youth sports, aquatics, and seasonal programs. The Inclusion Program is designed so that all children registered can participate with an equal advantage. Adaptive equipment, program modification, and other accommodations are considered to assist the individual as needed. Consultation with parents and coordination with coaches and instructors helps make the transition possible. In addition, all coaches, instructors, and staff receive a brief orientation on working with children with disabilities in their training sessions. Requests for one on one assistance will be considered when available. **Registration:** When enrolling your child in sports and other youth programs we request that you indicate any special needs or health concerns your child may have. We must be aware of any condition that warrants medication or special attention from Parks and Recreation staff while your child is in our care. Any information shared with staff is confidential.



Leisure Swim

This aquatic group is designed for kids with disabilities who would like an opportunity to swim and enjoy some weekly exercise in a supervised pool setting. The group is limited to 8 registrants and parents are asked to provide an assistant for their child if needed. We will provide group supervision and use games and water activities to help the kids develop socialization skills.

For kids ages 6-16
Location: West Hills Pool
Limit: 8 swimmers

Fall session: 9/25-11/21 at 6:00pm
Fee: \$40
Register online or at the Park & Rec office

Sibshops

Youth SIBSHOP is a support program designed for children first through fifth grade and TEEN SIBSHOP is for children sixth through eighth grade who have siblings with special needs. SIBSHOP intersperses information and discussion about siblings issues with unique and fun recreational games and activities that are age appropriate. Call the ADD office at 507-451-9769 to get all the details and to register for SIBSHOP.



2018 Trick or Treat Trail

Saturday October 27th 2:00-4:00

Manthey Park

Ghosts and Goblins of all ages grab your trick or treat bags and head out to Manthey Park for our 4th Annual Trick of Treat Trail! Visit local businesses along the trail for treats, games, a photo shoot and crafts. Take a ride on the kiddie train ride, find spooky treasures in the scavenger hunt, and visit the cute animals at the petting zoo!

2018 Woofstock

Help us celebrate National Dog Day by attending Woofstock. Master's Bar and Grill will be back to provide food and beverages. Once again this year we will have canoes from the Boy Scouts Club to take out on Lake Chase. We will also have the bounce house set up. There will also have local vendors. This event will be held on September 14, 2018 from 4:00pm-6:00pm at Lake Chase Dog Park.



TR Seasonal Happenings

TR Monday Bowling League

The TR Monday Bowling League is available for adults and teens ages 14 years and older who have developmental disabilities or mental health issues. We bowl two games each week and shoes are free. Transportation is not provided. Please notify us of any special accommodations needed for play.

Fall League: September 10 – November 26, 2018

Time: 4:30-6:00pm

Location: SpareTime Entertainment

Fees: \$87.50 – these fees include the weekly bowling fees and the league fee. Money will no longer be accepted at the bowling alley.

Please pay the fee by September 5 to Dani.



Trips

The scholarship will cover 50% of the cost of the trips. Remember you must pay for the trip when you register.

Minnesota Zoo—Sunday, September 16

Come enjoy a beautiful day at the zoo. We will spend the afternoon exploring the zoo and try to catch some keeper talks about penguins, sharks, and more! The bus will leave SeniorPlace at 11:00am and will arrive back at SeniorPlace at 6:00pm. Bring extra money for lunch and souvenirs. Cost is \$25 and includes zoo admission and transportation. RSVP by September 10.

Diamond Jo Casino—Wednesday, October 17

Everyone 21+ is welcome to join Night Club as we head to Iowa for a night of dinner and gambling at Diamond Jo Casino in Northwood, IA. Come down and see if Lady Luck is on your side with all of your TR friends. You must be 21 or older to join us. Bring money for dinner (buffet is \$14.99). Cost of the trip is \$20 for transportation and TR staff. RSVP by October 10.

Riverboat Cruise—Sunday, October 21

Back by popular demand, spend the afternoon on a Stillwater River Boat. We will be taking the 1:30pm cruise down the St. Croix where we will be serenaded by some smooth Dixieland Jazz. There will be a buffet lunch for us to enjoy with cookies for dessert. Drinks are not included in the ticket price so bring money with! The bus will leave SeniorPlace at 11:00am and will return at 5:30pm. The boat is wheelchair accessible. Cost is \$45 and includes cruise, lunch, transportation, and TR staff. RSVP by October 15.



All Group Events

End of Summer Ice Cream Social—Wednesday, August 22

Bonfire at Lake Kohlmier—Wednesday, September 19

Halloween Party—Wednesday, October 31



Please register for all activities you plan to attend on our registration page.

All fees are due at the time of registration.

Remember, memberships run from July-December. If you haven't paid your July dues yet, you must pay the \$10 non-member fee for all programs until your dues are paid.

Dues are \$48 every 6 months.

Night Club Schedule

August, September, and October

Night Club invites members 22 years and older to create friendships and pursue their leisure interests. Night Club meets on Wednesdays from 6:00-7:30pm unless otherwise noted.



August 1— National Peach Month Celebration at SeniorPlace. We will make some delicious peach oatmeal to bring home with us and also enjoy some homemade peach cobbler. Madelyn will even bring out some peach trivia!

August 8— Mini Golf at Water's Edge Mini Golf. Come play mini golf with your Night Club friends at Water's Edge Mini Golf in Owatonna. Cost is \$7 for 18 holes of mini golf and you can bring extra cash for ice cream treats and sodas. Please note that 8 holes of the course are wheelchair accessible.

August 15— No Program (Fair Week)

August 22— End of Summer Ice Cream Social at SeniorPlace (ALL GROUP). Bring your friends and family out for an end of summer ice cream social and carnival. We will have a bounce house, carnival games, and an ice cream bar for all to enjoy. Cost is free for members and \$5 for guests which can be paid at the event.

August 29— Tie Dyeing at SeniorPlace. A summer camp classic is coming to Night Club! We will meet for some crazy tie dye crafts. Bring anything you would like to tie dye or purchase a white t-shirt through us for \$5. Make sure to indicate your size on your RSVP sheet.

September 5— UNO Tournament at SeniorPlace. Are you ready to test your UNO skills? We will have a tournament style game night with the crowd-favorite card game, UNO! Winners from each table will advance to the next round and prizes will be given out.



September 12— Park Pickup at Morehouse Park. Our Spring park cleanup was snowed out so let's keep our fingers crossed for good weather while we help keep our community clean. We will provide everything you need to help keep the park and trails beautiful. Wear comfy shoes and clothes!

September 19— Bonfire at Lake Kohlmier (ALL GROUP). Join us as we officially say goodbye to Summer and hello to Fall. We will make s'mores around the campfire, learn some fireside songs, and enjoy a nice night by the water. Bring a chair or blanket to sit on.



September 26— Mason Jar Candle Holder Craft at SeniorPlace. We will spend our time together on this Wednesday making a lovely Fall themed candle holder to bring home. We will be working with glue so make sure to wear a shirt that can get dirty. Cost is \$5 for supplies.

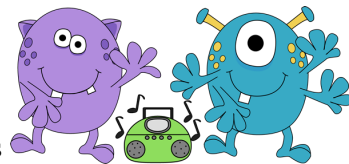
October 3— Gym and Swim Night at West Hills Tennis and Fitness Center 6:30-8:00pm. We will meet at the Tennis and Fitness Center at 6:30pm for some swimming and exercise. Remember, open swim doesn't start until 7:00pm so there is no need to show up earlier than 6:30pm.

October 10— Canvas Painting at SeniorPlace. Canvas painting is all the rage and we are bringing it to TR! We will explore different types of painting to create our own masterpieces to bring home with us. Cost is \$5 for supplies and please wear clothes that you won't mind getting paint on.

October 17— Diamond Jo Worth Casino in Northwood, Iowa. Come on out for a night of gambling at Diamond Jo's in Iowa. Bring money to gamble with and for dinner. Our dining options will be Burger King, Subway, or the casino buffet (\$14.99). This trip will be for Night Club members ages 21 and over. You must bring a photo ID. The bus will leave SeniorPlace at 4:15pm so please arrive at 4:00pm. We will be back to SeniorPlace around 9:00pm. Cost is \$20.

October 24— Apple and Pumpkin Picking at Trumps Orchard in Faribault, MN. Meet us up at Trumps Orchard in Faribault to pick some apples and pumpkins. Bring money to purchase your produce and maybe some baked goods from their shop.

October 31— Halloween Party at SeniorPlace (ALL GROUP). Calling all ghosts and ghouls! We will celebrate the spookiest night of the year the best way we know how—with a dance! We will wear our costumes and your dancing shoes to help tear up the dancefloor. Candy and small treats will be provided.



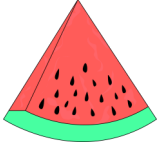
Please register for all activities you plan to attend on our registration page.



Teen Club Activities

August, September and October

Teen Club welcomes those 10 -22 years old who are looking for fun and friendships in their life!



August 2– National Watermelon Day (6:30-8:00pm) We will meet at the SeniorPlace and celebrate national watermelon day. We will be trying some tasty watermelon, doing a watermelon craft and participating in a old fashion seed spiting contest.

August 9– Music in the Park (6:30-8:00pm)-We will meet at the water fountain at central park and listen to the band for the 11@7 concert series. The band will start at 7:00pm. Please bring a chair or blanket to sit on and bug spray.

August 16 – No Programming (Fair Week)

August 22— End of Summer Ice Cream Social at SeniorPlace (ALL GROUP 6:00pm-7:30pm) Bring your friends and family out for a end of summer ice cream social and carnival. We will have a bounce house, carnival games, and an ice cream bar for all to enjoy. Cost is free for members and \$5 for guests which can be paid at the event.



August 30– Walk to the Blast (6:30-8:00pm) We will be meeting at Morehouse Park and will take a leisurely stroll to the Blast where we will get an ice cream treat. Bring money for treats that you may want at the Blast.



September 6– Kickball (6:30-8:00pm) Meet at Dartts Park for a fun game of kickball. Staff, please come ready to play. Everybody wear shoes suitable for kicking and running. See you there!

September 13- Crafting with Popsicle Sticks (6:30-8:00pm) Let your creativity fly as you create all types of different masterpieces with Popsicle sticks—the possibilities are endless! This will be held in the multipurpose room in the SeniorPlace. You will get to keep all of your creations that you make. Cost is \$4 for supplies.

September 19- Campfire at Lake Kohlmeir (ALL GROUP 6:00-7:30pm) We will be celebrating the end of summer by having a campfire at Lake Kohlmeir. Bring your blanket or chair to sit on. We will have s'mores ingredients available.

September 27- Johnny Applesed Day (6:30-8:00pm) Meet at the SeniorPlace to celebrate Johnny Applesed Day. We will be doing activities related to apples and possibly even tasting some different apple varieties.

October 4- Disney Trivia (6:30-8:00pm) Let's test our knowledge of Disney Trivia. We will meet at the SeniorPlace and get into teams to compete against one another. Cell phones will be put into a box upon arrival.



October 11-National Dessert Day (6:30-8:00pm). Meet at the SeniorPlace where we will learn how to make some no bake desserts. Once we are done making the desserts we will share them with everyone and talk about our favorite desserts. Cost is \$5.00. **Please RSVP with payment by October 4**

October 18-No Programming (MEA week)

October 25-- Minute to Win it Games (6:30-8:00pm) Join us at the Senior Place for some fun challenges as we play Minute to Win it. Check out all the new table and card games we've got!

October 31— Halloween Party at SeniorPlace (ALL GROUP). Calling all ghosts and ghouls! We will celebrate the spookiest night of the year the best way we know how—with a dance! Wear your costume and your dancing shoes to help tear up the dancefloor. Candy and small treats will be provided.

Please register for all activities you plan to attend on our registration page.

All fees are due at the time of registration.

Name _____ Phone _____

Circle one: Participant Staff

Send form to:
Dani Bakken
Therapeutic Recreation
500 Dunnell Drive

Please send this page back to Dani to RSVP for the programs you want to attend.

If you do not RSVP you will not be able to participate.

Night Club

August 1	Attending	Not attending	National Peach Month Celebration	
August 8	Attending	Not attending	Mini Golf at Water's Edge	Cost is \$7 to Water's Edge
August 15			No Program—Fair Week	
August 22	Attending	Not attending	Ice Cream Social	Free for members, \$5 for guests
August 29	Attending	Not attending	Tie Dyeing (Shirt Size: _____)	Cost is \$5 if you want a white t-shirt
September 5	Attending	Not attending	UNO Tournament	
September 12	Attending	Not attending	Park Pickup at Morehouse Park	Wear comfy shoes and clothes
September 19	Attending	Not attending	Bonfire at Lake Kohlmier	Bring a chair or blanket to sit on
September 26	Attending	Not attending	Candle Holder Craft	Cost is \$5, wear clothes that can get messy
October 3	Attending	Not attending	Gym and Swim Night	Bring tennis shoes or towel
October 10	Attending	Not attending	Canvas Painting	Cost is \$5, wear clothes that can get messy
October 17	Attending	Not attending	Diamond Jo Casino in Northwood, IA	Cost is \$20, meet at 4pm—return at 9pm
October 24	Attending	Not attending	Apple and Pumpkin Picking	Bring money to buy pumpkins and apples
October 31	Attending	Not attending	Halloween Party	Wear your costume!

Teen Club

August 2	Attending	Not attending	National Watermelon Day	Meet at the SeniorPlace
August 9	Attending	Not attending	Music in the Park	Meet at central park, bring chair or blanket
August 16			No Program—Fair Week	
August 22	Attending	Not attending	Ice Cream Social	Free for members, \$5.00 for guests
August 30	Attending	Not attending	Morehouse Park and the Blast	Meet at Morehouse Park, bring money
September 6	Attending	Not attending	Kickball	Meet at Dartts Park
September 13	Attending	Not attending	Popsicle Craft Day	Meet at the SeniorPlace
September 19	Attending	No Attending	Bonfire at Lake Kohlmier	Bring chairs to sit on
September 27	Attending	Not attending	Johnny Appleseed day	Meet at the SeniorPlace
October 4	Attending	Not attending	Disney Trivia	Meet at the SeniorPlace
October 11	Attending	Not attending	National Dessert Day	Cost is \$5.00 RSVP by October 4
October 18			No Program—MEA Week	
October 25	Attending	Not attending	Minute to Win it Games	Meet at the Seniorplace
October 31	Attending	Not attending	Halloween party	Wear your costume

Seasonal Offerings

_____ Fall bowling League (\$87.50)

_____ Minnesota Zoo (\$25)

_____ St. Croix Riverboat Cruise (\$45)

_____ Diamond Jo Worth Casino (\$20)

Owatonna Special Olympics



**Special
Olympics
Minnesota**

2018 Softball Practice Schedule

All practices are held at Brown park on Wednesdays 6-8pm and Saturdays 9-11am.

Practice dates:

Wednesdays: July 11,18,25,

August 1,8,15,22,29

September 5,12,19

Saturdays: July 14,21,28

August 4,11,25

September 1,8,15

Area tournament is Saturday, August 18 at Caswell Park in North Mankato.

State tournament is September 21-23 at HealthEast Sports Center in Woodbury.

Listen to Owatonna radio for weather related announcements, follow Owatonna Area Special Olympics on Facebook, or check the Owatonna Parks and Recreation website.

Head coach is Heidi Burns, for registration information contact Roy Koenig at 507-451-2250

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OWATONNA MN 55060