

THERAPEUTIC RECREATION NEWSLETTER

OWATONNA PARKS AND RECREATION
540 WEST HILLS CIRCLE
OWATONNA MN 55060

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

January, February, and March 2020



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

**Recreation Facility
Assistant:
Madelyn Pennaz**
507-774-7108

**Group and Bowling Aide:
Nora Thompson**

**Leisure Swim Staff:
Tim Schiltz**

Program Cancellations
507-444-4321

Registrations and Payments

Please remember that you must register and pay for any activities that you want to participate in. If you do not register, you will not be able to participate in the program. To help make this process easier for everyone, each month's registrations and fees will be due on the last Thursday of the previous month.

Membership Dues Increasing in 2020

Starting in January 2020, TR membership dues will be \$51.00. Please keep in mind that membership dues have remained the same since 2014 and need to be increased. Please call Dani with any questions or concerns.

Scholarship Program

Scholarships cover 60% of program and membership costs and 50% of trip and bowling fees. You must provide proof of need—recipient of free and reduced lunch program, SSI or Social Security benefits, or Medical Assistance.

Program Cancellations

Check the cancellation and closings page on our website (www.ci.owatonna.mn.us/291/cancellation-closings) or call 507-444-4321. Therapeutic Recreation will follow Owatonna school closings for inclement weather.

Special Rec Program Cancelled

It is with sad hearts that Therapeutic Recreation announces that our program for children ages 4-10, Special Rec, has been cancelled. Madelyn and Dani are planning on rededicating this extra time to our Teen Club and Night Club programs.



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

Additional TR Programs and News

Inclusion



Youth with disabilities or health concerns are welcome and encouraged to participate in existing youth sports, aquatics, and seasonal programs. The inclusion policy provides all children registered with an equal ability to participate with adaptive equipment, program modification, and other accommodations as needed. Consultations with parents and the coach/instructor help make the transition possible. In addition, all coaches, instructors, and summer 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. Information shared with staff is confidential.

Advocates for Developmental Disabilities

Caregiver Support Group: This group is for those who are caring for a child or adult with a disability. The group meets once a month and childcare is available with prior notice. All meetings are held at Associated Church (800 Havana Road, Owatonna) from 6:00-7:30pm. Upcoming meetings are:

January 21, 2020

February 18, 2020

March 17, 2020

Sibshop: YOUTH SIBSHOP is a support program designed for children who have siblings with special needs. SIBSHOP intersperses information and discussion about sibling issues with unique and fun recreational games and activities that are age appropriate. SIBSHOP is held at St. John Lutheran Church (1225 Lincoln Ave. S, Owatonna) from 4:00-5:30pm. Upcoming Sessions:

February 11, 2020

March 10, 2020

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 be limited to 8 registrations and we ask that parents provide an assistant for their child if needed. Our swim staff is Tim Schiltz who is experienced with swimmers who have special needs. Tim is also the local Special Olympics Aquatics Coach. He will provide group supervision and use games and water activities to help the kids develop socialization skills.

For kids: age 6-16

Location: West Hills Pool

Limit: 8 (5 minimum to offer the sessions)

Winter Session: January 7-March 3

Fee: \$42

Register online or at the Park & Rec office

Spring Session: March 31—May 26

Fee: \$42

Registration begins on February 20



TR Winter Happenings

TR Monday Bowling League

The TR Monday Bowling League is available for teens and adults ages 10 years and older who have developmental disabilities or mental health issues. We bowl 2 games per week from 4:30-6:00pm. League is limited to 40 bowlers and these spots will be filled on a first come, first served basis. Payment is due at the time of registration.

Winter League Dates: January 6-April 6, no bowling on January 20 and February 17

- Registration and Fee due January 3—those not paid will not be able to participate

Fee: \$87.50 payable to City of Owatonna. No money will be taken at the bowling alley. Shoes are free of charge.

Chanhassen Field Trip—The Music Man

Our annual outing to Chanhassen Dinner Theater is here! We will be eating a wonderful lunch and then watching a great musical. *The Music Man* follows fast-talking traveling salesman, Harold Hill, as he cons the people of River City, Iowa into buying instruments and uniforms for a boys' band that he vows to organize – but has no intention of actually doing. Dinner comes with water, coffee, or tea—soda and dessert are extra money plus tip so bring money with if you want those.

Date: Saturday, March 21

Cost: \$85 for TR members—includes lunch, ticket, transportation, TR staff. **Register and pay by February 21.**

Depart WHSC at 9:45am and return around 5:00pm.

January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 No TR	2 No TR, Jan. RSVPs due	3 Bowling fee due	4
5	6 Bowling	7 Leisure Swim	8 Member- ship Night \$51 for dues	9	10	11
12	13 Bowling	14 Leisure Swim	15 Birthday Party (Night)	16 Birthday Party (Teen)	17	18
19	20 No Bowling	21 Leisure Swim	22 Sand Art	23 Trivia Night	24	25
26	27 Bowling	28 Leisure Swim	29 Gym and Swim	30 Goal Set- ting, Feb. RSVPs due	31	

February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Bowling	4 Leisure Swim	5 No TR	6 No TR	7	8
9	10 Bowling	11 Leisure Swim	12 Valen- tine's Day Dance	13	14	15
16	17 No Bowling	18 Leisure Swim	19 UNO Tournament (Night)	20 UNO Tournament (Teen)	21 Chanhassen RSVP due	22
23	24 Bowling	25 Leisure Swim	26 Decorative Plate	27 Collage Making, Mar. RSVPs due	28	29

March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Bowling	3 Leisure Swim	4 National MN Day Celebration	5 Music Ap- preciation	6	7
8	9 Bowling	10	11 Intro to Ori- gami	12 Pie Mak- ing for Pi Day	13	14
15	16 Bowling	17	18 St. Pat- rick's Day Celebration	19	20	21 Chanhassen Trip
22	23 Bowling	24	25 Picture Frame Deco- rating	26 Write Your Own Book	27	28
29	30 Bowling	31				

Teen Club Activities

January, February, March

Teen Club welcomes students 10—22 years old who are looking for fun and friendship!
Teen Club meets Thursdays at West Hills Social Commons from 6:00-7:30pm unless otherwise noted.

Register and pay for all January activities by January 2

January 2—No Programming, Happy New Year!

January 8 (Wednesday)—Membership Night. January-June membership fees are due so come join us for dessert and hot drinks after your membership is paid for. Board games and coloring pages will be available, or simply chat with your TR friends. Membership dues are \$51.

January 16—2020 Birthday Party! Let's celebrate all 2020 birthdays with a classic birthday party! We will play party games and have cake and ice cream. Cost is \$2.50.

January 23—Trivia Night. How much do you know about Disney or the year you were born? How about the 2010's or Pop music? We will test our knowledge at Trivia Night!

January 30—Goal Setting and SMART Goals. Making goals is the best way to achieve your highest potential. We will learn about the importance of goals and use the SMART Method to create some goals for ourselves.

Register and pay for all February activities by January 30

February 6—No Programming, Instructor Absence

February 12 (Wednesday)—Valentine's Day Dance. Come celebrate this day of love and friendship with Therapeutic Rec! We will dance away the night with our friends. A small treat will be provided by TR staff.

February 20—UNO Tournament. Join us for some friendly competition at our yearly UNO tournament! Prizes given to the winner of the evening.

February 27—Collage Making. Personalize some art to hang in your room! We will be cutting up pictures of things we love to make a collage of our favorite things. Feel free to bring pictures from home of your loved ones, pets, and hobbies. Cost is \$2.

Register and pay for all March activities by February 27

March 5—Music Appreciation. Help Madelyn create a cool playlist to listen to during Teen Club activities. Everyone will get to add a song, or two, to the playlist and tell us why they love listening to it. Start thinking of appropriate songs to add (feel free to ask Madelyn if you have any questions about appropriateness.)

March 12—Pie Making for Pi Day. The mathematical symbol π (or pi) is equal to 3.14 and is celebrated on March 14 (3/14). We will be making a few different pies to celebrate this math-tastic holiday! Cost is \$7.50, please bring a container to take leftovers home in.

March 18 (Wednesday)—St. Patrick's Day Celebration. Dani has planned a festive St. Patrick's Day celebration for all of us for our March All Group event! We will decorate cookies, watch a St. Paddy's Day movie, and drink green punch.

March 26—Write Your Own Book. Is there an author and illustrator hiding in you? We sure think there is! We will spend our night writing our own story (all genres welcome!) and illustrating the cover and pages. Cost is \$6.

Night Club Schedule

January, February, March

Night Club invites members 22 years and older to create friendships and pursue their leisure interests.

Night Club meets on Wednesdays at West Hills Social Commons from 6:00-7:30pm unless otherwise noted.

Register and pay for all January activities by January 2

January 1—No Programming, Happy New Year!

January 8—Membership Night. January—June membership fees are due so come join us for dessert and hot drinks after your membership is paid for. Board games and coloring pages will be available, or simply chat with your TR friends. Membership dues are \$51.

January 15—2020 Birthday Party! Let's celebrate all 2020 birthdays with a classic birthday party! We will play party games and have cake and ice cream. Cost is \$2.50.

January 22—Sand Art. Last winter, many members missed out on making sand art because of a snow storm. We will keep our fingers crossed for better weather this year when we create beautiful sand art again! Cost is \$5.

January 29—Gym and Swim Night at West Hills Tennis and Fitness Center 6:30—8:00pm. Beat the winter blues with a fun night at West Hills Tennis and Fitness Center. Open swim starts at 7:00pm. Please note that our meeting time is moved to 6:30-8:00pm on Gym and Swim nights.

Register and pay for all February activities by January 30

February 5—No Programming, Instructor Absence.

February 12—Valentine's Day Dance. Come celebrate this day of love and friendship with Therapeutic Rec! We will dance away the night with our friends—small treat provided by TR staff.

February 19—UNO Tournament. Join us for some friendly competition at our yearly UNO tournament! Prizes given to the winner of the evening.

February 26—Mod Podge Decorative Plates. Create a beautiful, decorative plate using tissue paper and Mod Podge. Cost is \$2.50.

Register and pay for all March activities by February 27

March 4—National Minnesota Day Celebration. In celebration of National Minnesota Day, we will play Minnesota themed games, do a Minnesota craft, and have some traditional Minnesota treats.

March 11—Introduction to Origami. Origami is the Japanese art of folding paper into different figures and animals. While origami may be known for intricate fold and patterns, there are many introductory folds that can be used to make cool art. All Madelyn asks for is your patience and willingness to learn!

March 18—St. Patrick's Day Celebration. Dani has planned a festive St. Patrick's Day celebration for all of us for our March All Group event! We will decorate cookies, watch a St. Paddy's Day movie, and drink green punch.

March 25—Picture Frame Decorating. Create a one of a kind picture frame for your favorite photo! We will have paint, gems, and other accents available to decorate with. Cost is \$3.

Name _____ Phone _____

Send form to:
 Dani Bakken
 Therapeutic Recreation
 500 Dunnell Drive
 Owatonna, MN 55060

Please return this page with necessary payment to Dani or Madelyn
 to RSVP for the programs you want to attend.

Teen Club

January 8	Attending	Not attending	Membership Night	Dues \$51.00
January 16	Attending	Not attending	2020 Birthday Party	\$2.50
January 23	Attending	Not attending	Trivia Night	
January 30	Attending	Not attending	Goal Setting and SMART Goals	
February 6			No Programming	
February 12	Attending	Not attending	Valentine's Day Dance	
February 20	Attending	Not attending	UNO Tournament	
February 27	Attending	Not attending	Collage Making	\$2.00
March 5	Attending	Not attending	Music Appreciation	
March 12	Attending	Not attending	Pie Making for Pi Day	\$7.50
March 18	Attending	Not attending	St. Patrick's Day Celebration	
March 26	Attending	Not attending	Write Your Own Book	\$6.00

January Activity
 Registration
 and Fees Due:
 January 2

February Activi-
 ty Registration
 and Fees Due:
 January 30

March Activity
 Registration
 and Fees Due:
 February 27

Night Club

January 8	Attending	Not attending	Membership Night	Dues \$51.00
January 15	Attending	Not attending	2020 Birthday Party	\$2.50
January 22	Attending	Not attending	Sand Art	\$5.00
January 29	Attending	Not attending	Gym and Swim Night	
February 5			No Programming	
February 12	Attending	Not attending	Valentine's Day Dance	
February 19	Attending	Not attending	UNO Tournament	
February 26	Attending	Not attending	Mod Podge Serving Plates	\$2.50
March 4	Attending	Not attending	National MN Day Celebration	
March 11	Attending	Not attending	Introduction to Origami	
March 18	Attending	Not attending	St. Patrick's Day Celebration	
March 25	Attending	Not attending	Picture Frame Decorating	\$3.00

January Activity
 Registration
 and Fees Due:
 January 2

February Activi-
 ty Registration
 and Fees Due:
 January 30

March Activity
 Registration
 and Fees Due:
 February 27

Seasonal Offerings

_____ Winter Bowling (\$87.50)

_____ Chanhassen Trip (\$85)

Owatonna Special Olympics

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

Poly Hockey Practice Schedule

Wilson Elementary School 325 Meadow Lane, Owatonna

Tuesday December 10	6-8 PM	Saturday December 7	9-11 AM
		Saturday December 14	9-11 AM
		Saturday December 21	9-11 AM
Tuesday January 7	6-8 PM	Saturday January 4	9-11 AM
Tuesday January 14	6-8 PM	Saturday January 11	9-11 AM
Tuesday January 21	6-8 PM	Saturday January 18	9-11 AM
Tuesday January 28	6-8 PM	(Area Tournament is January 25 at Breck.)	
Tuesday February 4	6-8 PM	Saturday February 1	9-11 AM
Tuesday February 11	6-8 PM	Saturday February 8	9-11 AM
		Saturday February 15	9-11 AM
		Saturday February 22	9-11 AM
Tuesday February 25	6-8 PM	(State Tournament is Feb 29-Mar 1 at Stillwater.)	

Please attend as many practices as possible. It is important to develop teamwork and get the most out of participation. Coaches may take practice attendance into consideration when selecting teams and assembling area and state tournament rosters.