

Therapeutic Recreation Newsletter

OWATONNA PARKS AND RECREATION
540 WEST HILLS CIRCLE
OWATONNA MN 55060

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

April, May, and June 2019



**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

Owatonna Bus Company
507-451-5262



Meet Nora!

Therapeutic Recreation has a new staff member! Nora will be joining each weekly group and bowling league to make sure everyone is having even more fun! Nora attends Owatonna High School and loves to swim and play lacrosse in her free time. Make sure to give her a warm welcome the next time you see her at group or bowling!

Registrations and Payments

Please remember that you must register and pay for any activities that you want to participate in. If you do not pre register, there is a chance that you will not be able to participate in the activity. This is particularly important when supplies or food need to be purchased for the program.

South Country Health Alliance

SCHA will no longer be providing the \$15 scholarship that it has in the past. General Parks and Rec scholarships are still available for 75% of program and membership fees and 50% of trip fees. When applying for the scholarship make sure to show proof of qualifications.

Teen Club

Madelyn began leading Teen Club in March. All programming questions can be forwarded to her voicemail at 507-774-7108 or her email Madelyn.pennaz@ci.owatonna.mn.us

Winter Weather

As we wait for winter to turn to spring, remember to check if groups are still on when the weather is inclement. In the event of bad weather please call our cancellation line at: 507-444-4321 or check ci.owatonna.mn.us/parks cancellations & closings.

TR Membership Council

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, 4:00-5:00pm at West Hills Social Commons. The upcoming meeting dates are:

April 30 May 28 June 25

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.

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 qualified in water safety and 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)

Spring Session: April 2—May 28

Fee: \$40

Register online or at the Park & Rec office

“Ride for the Brand” Horse Riding Program

Head out to Mowry’s Lazy Meadows horse farm for the 5th Annual “Ride for the Brand” - Americans with Disabilities session! Learn how horses can have a therapeutic effect on people and learn to ride one! This is a free program made possible by the generosity of financial donations and volunteers. You must preregister before your session at rideforthebrand-awd.com.

Dates: Thursday, June 6 6:30-8:00pm

Thursday, June 13 6:30-8:00pm

Thursday, June 20 6:30-8:00pm

Thursday, June 27 6:30-8:00pm

Summer Roundup: Thursday, July 11 starting at 6:00pm at the Owatonna VFW



Friday Camp

TR Friday Camp is almost here! Our first day of camp will be Friday, June 14 and we will run through Friday, August 9 (no camp July 5.) We are working hard to re-vamp Friday Camp so that we can all have even more fun and we cannot wait to see what you all think! Camp will be from 9:30am-2:30pm each Friday and as always, there will be swimming in Lake Kohlmier! Register for camp online at the Parks and Rec Website, over the phone at 507-774-7110, or at the Therapeutic Recreation office at 500 Dunnell Drive.

Dates: Fridays June 14—August 9

Time: 9:30am-2:30pm

Where: Lake Kohlmier Beach

Fee: \$140

TR Spring 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. Due to changes at SpareTime, league is now limited to 40 bowlers. Payment is due at the time of registration—**must register before June 1.**

Summer League Dates: June 3—August 26

Time: 4:30-6:00 PM

Location: SpareTime Entertainment

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

(Rescheduled—Please Re-register) Air Insanity Trampoline Park

This trip had to be rescheduled due to a snowstorm. Join us on a bus trip to Air Insanity Trampoline Park in Rochester where we will spend an hour jumping, jousting, and rolling in the foam pit. If you were already registered to go, please still let Madelyn know that you still want to go. RSVP by March 27

Date: Wednesday, April 3

Departing West Hills Social Commons at 5pm and returning at 8:30pm

Cost: \$25, which includes transportation, 1 hour of jumping and jumping socks. Waivers must be filled out prior to jumping. Waivers can be found at www.airinsanity.com. Non-members pay \$35.

Minneapolis Institute of Art Trip

Join us while we appreciate the beautiful art that the Minneapolis Institute of Art has to offer. We will get a private, guided tour through the museum from an MIA volunteer. RSVP by March 27.

Date: Sunday, April 7

Bus departs WHSC at 1:00pm and returns at 6:00pm

Cost: \$20 for museum tour, transportation, and TR staff—Non-members pay \$30.

U.S. Bank Stadium Tour and Dinner

Come along for a VIP tour of U.S. Bank Stadium in Minneapolis! U.S. Bank Stadium is home to the Vikings and was the site of Super Bowl 52 in February 2018. The stadium also hosts many other large scale events from concerts to monster truck races. After our tour, we will go to Old Country Buffet in Burnsville for dinner. Wear comfortable shoes, the tour is 90 minutes of walking. RSVP by April 26.

Date: Saturday, May 11

Bus departs WHSC at 12:45pm and returns at 6pm

Cost: \$45 for stadium tour, dinner, transportation, and TR staff—Non-members pay \$55.

Como Park Zoo Trip

What better way to welcome summer than a trip to the zoo? We will be exploring beautiful Como Park Zoo and Conservatory where we will see all sorts of animals and beautiful flowers and plants. Everyone will be on their own for lunch so bring a bag lunch or extra cash to buy lunch at the zoo. RSVP by June 17.

Date: Sunday, June 30

Bus departs WHSC at 10:00am and returns at 3:30pm

Cost: \$20 for donation to zoo, transportation, and TR staff—Non-members pay \$30.

Special Rec

April, May, and June

**Special Rec is a group for children with disabilities ages 4-10.
Membership fee of \$24 due July for July-December.**

April 3—Blanket and Box Fort at West Hills Social Commons (WHSC). We are going to build a blanket fortress reinforced with boxes!

April 10—Dress Up Photo Booth at WHSC. Bring your favorite dress up costume for a fun, home-made photo booth.

April 17—Egg Hunt and Crafts at WHSC. We will trek through the Social Commons looking for eggs and then spend our time making fun spring crafts!

April 24—Earth Day Celebration at WHSC. Come celebrate Mother Earth for Earth Day. If the weather cooperates, we will spend some time outside so dress accordingly.

May 1—Dance Party at WHSC. We are going to crank up the tunes and have a dance party!

May 8—Mother’s Day Craft at WHSC. Moms, and all special women in our lives, will be celebrated as we craft for them for Mother’s Day.

May 15—Painting Flower Pots at WHSC. To prepare for some spring planting, we are going to paint some beautiful flower pots.

May 22—No Programming (Instructor Absence)

May 29—Planting Flowers at WHSC. Spring has Sprung! Join us as we get dirty and plant some spring flowers.

June 5—Perler Beads at WHSC. Whether you call them perler beads, melting beads, or something else all together, we are sure to have fun with these colorful beads.

June 12—Father’s Day Craft at WHSC. Not to be forgotten, dads and other cool men in our lives will get lovely, homemade crafts for Father’s Day.

June 19—Movie Night at WHSC. In anticipation of the new Secret Life of Pets 2 movie, we will be watching the first film. Popcorn will be served!

June 26—Soccer at WHSC. Let’s put up some nets and work on our soccer skills!

Please Return RSVP form to Madelyn or Dani

April 3	Attending	Not Attending	Blanket and Box Fort
April 10	Attending	Not Attending	Dress Up Photo Booth
April 17	Attending	Not Attending	Egg Hunt and Crafts
April 24	Attending	Not Attending	Earth Day Celebration
May 1	Attending	Not Attending	Dance Party
May 8	Attending	Not Attending	Mother’s Day Craft
May 15	Attending	Not Attending	Painting Flower Pots
May 22			
May 29	Attending	Not Attending	Planting Flowers
June 5	Attending	Not Attending	Perler Beads
June 12	Attending	Not Attending	Father’s Day Craft
June 19	Attending	Not Attending	Movie Night
June 26	Attending	Not Attending	Soccer

Teen Club Activities

April, May, and June

Teen Club welcomes students 10—22 years old who is looking for fun and friendship!

Teen Club meets Thursdays from 6:00-7:30pm unless otherwise noted.

April 3—(Wednesday) Air Insanity Trampoline Park in Rochester, MN. We will leave West Hills Social Commons (WHSC) at 5:00pm and return at 8:30pm. If you registered for the cancelled February trip, your refund was placed on your account and can be transferred to this trip instead. Cost is \$25. RSVP by March 27.

April 10—(Wednesday) Hollywood Night at West Hills Social Commons (WHSC). Dress up to the nines and join your TR friends for a night of luxury and decadence. We will roll out a red carpet and have a photo booth set up—so wear your best outfit!

April 18—Easter Baskets at WHSC. To celebrate the Easter season and spring, we will be making Easter baskets. Cost is \$5 for a basket and eggs. Additional basket items can be purchased that night for \$1-3 dollars. RSVP by April 3.

April 25—Intro to Cooking at WHSC. We are going to take over the kitchen and learn how to make some easy but delicious dishes! Please let Madelyn know if you have any food allergies so she can plan the menu. Cost is \$5 for food. RSVP by April 22.

May 2—Open Gym at West Hills Tennis and Fitness Center. Bring your sneakers and get ready to burn off some energy at the Tennis and Fitness Center gym. We will have basketballs, volleyballs, and other sports equipment to play with.

May 9—Jar Gifts at WHSC. We will be making gifts for others, or ourselves, in mason jars with different sweet and savory recipes. Then we will decorate the jars to make them more festive! Cost is \$5 for supplies. RSVP by May 6.

May 15—(Wednesday) Flower Planting at WHSC. In celebration of (hopefully) warmer weather, we will be planting flowers into pots to bring home. Things will get messy so make sure to wear clothes that you can get dirty. Cost is \$10 for supplies. RSVP by May 6.

May 23—No Programming (Instructor Absence)

May 30—Pajama Party and Late Night Breakfast at WHSC. Wear your pajamas and leave room for some delicious breakfast foods! We will eat and then play some classic sleepover games. RSVP by May 27.

June 6—Perler Beads at WHSC. Also called 'melting beads', these fun little beads can be used to make all sorts of shapes and pictures. Cost is \$5 for supplies. RSVP by May 27.

June 13—Bingo Night at WHSC. Madelyn has heard how much Teen Club loves bingo so we are going to make a whole night out of it! We will play several themed bingos and there will be prizes for everyone!

June 18—(Tuesday) Secret Life of Pets 2 at Northwoods Cinema 10 in Owatonna. The first Secret Life of Pets was a hilarious and charming animated look into what our pets do when we aren't home. Now, a second movie is coming out to pick up where the last one ended. We will be going to the movie theater on a Tuesday to take advantage of the \$5 movie. RSVP and pay by June 5 so that tickets can be purchased beforehand. Bring extra money for concessions. Time to be determined.

June 27—Making Friendship Bracelets at WHSC. Let's learn how to make friendship bracelets! We will have beads and string in many colors so that you can make any type of bracelet you would like from super simple to ultra-complex. RSVP by June 24.

Night Club Schedule April, May, and June

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.

April 3—Air Insanity Trampoline Park in Rochester, MN. We will leave West Hills Social Commons (WHSC) at 5:00pm and return at 8:30pm. If you registered for the cancelled February trip, your refund was placed on your account and can be transferred to this trip instead. Cost is \$25. RSVP by March 27.

April 10—Hollywood Night at WHSC. Dress up to the nines and join your TR friends for a night of luxury and decadence. We will roll out a red carpet and have a photo booth set up so wear your best outfit!

April 17—Making Easter Baskets at WHSC. To celebrate the Easter season and spring, we will be making Easter baskets. Cost is \$5 for a basket and eggs. Additional basket items can be purchased that night for \$1-3 dollars. RSVP by April 3.

April 24—UNO Tournament at WHSC. We had so much fun last time—let's do it again! We will split up into groups for a wild UNO Tournament. Winners from each table will move onto the next round.

May 1—Zumba Class at WHSC. Put your dancing shoes on! We will be working out with a professional Zumba instructor. Zumba combines dance and cardio exercise in a fun, fast-paced workout. The instructor will modify moves as needed so that everyone can participate. RSVP by April 17.

May 8—Card Making at WHSC. As we come up on Mother's Day, Father's Day, and other holidays, come join us as we make cards for the special people and occasions in our lives. RSVP by May 6.

May 15—Flower Planting at WHSC. In celebration of (hopefully) warmer weather, we will be planting flowers into pots to bring home. Things will get messy so make sure to wear clothes that you can get dirty. Cost is \$10 for supplies. RSVP by May 6.

May 22—No Programming (Instructor Absence)

May 29—Pajama Party and Late Night Breakfast at WHSC. Wear your pajamas and leave room for some delicious breakfast foods! We will eat and then play some classic sleepover games. RSVP by May 27.

June 5—Perler Beads at WHSC. Also called 'melting beads', these fun little beads can be used to make all sorts of shapes and pictures. Cost is \$5 for supplies. RSVP by May 27.

June 12—Nature Walk at Leo Rudolph Nature Preserve. We will meet at Leo Rudolph and go for a lovely, evening stroll on the paths of the nature preserve. Wear your walking shoes!

June 19—(Tuesday) Secret Life of Pets 2 at Northwoods Cinema 10 in Owatonna. The first Secret Life of Pets was a hilarious and charming animated look into what our pets do when we aren't home. Now, a second movie is coming out to pick up where the last one ended. We will be going to the movie theater on a Tuesday to take advantage of the \$5 movie. RSVP and pay by June 5 so that tickets can be purchased beforehand. Bring extra money for concessions. Time to be determined.

June 26—Making Cake Pops at WHSC. Join us while we make cake pops to eat and bring home! Cake pops are delicious balls of cake dipped in various coatings and put on a stick. Cost is \$5 for supplies. RSVP by June 19.

Name _____ Phone _____

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

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

Night Club

April 3	Attending	Not attending	Air Insanity Trampoline Park	RSVP by March 27, \$25
April 10	Attending	Not attending	Hollywood Night	
April 17	Attending	Not attending	Easter Baskets	RSVP by April 3, \$5 + extras
April 24	Attending	Not attending	UNO Tournament	
May 1	Attending	Not attending	Zumba Class	RSVP by April 17
May 8	Attending	Not attending	Card Making	RSVP by May 6
May 15	Attending	Not attending	Flower Planting	RSVP by May 6, \$10
May 22			No Programming	
May 29	Attending	Not attending	Pajama Party and Breakfast	RSVP by May 27
June 5	Attending	Not attending	Perler Beads	RSVP by May 27, \$5
June 12	Attending	Not attending	Nature Walk at Leo Rudolph	
June 18	Attending	Not attending	Secret Life of Pets 2 at Cinema	RSVP by June 5, \$5 + concessions
June 26	Attending	Not attending	Making Cake Pops	RSVP by June 19, \$5

Teen Club

April 3	Attending	Not attending	Air Insanity Trampoline Park	RSVP by March 27, \$25
April 10	Attending	Not attending	Hollywood Night	
April 18	Attending	Not attending	Easter Baskets	RSVP by April 3, \$5 + extras
April 25	Attending	Not attending	Intro to Cooking	RSVP by April 22. \$5
May 2	Attending	Not attending	Open Gym	
May 9	Attending	Not attending	Jar Gifts	RSVP by May 6, \$5
May 15	Attending	No Attending	Flower Planting	RSVP by May 6, \$10
May 23			No Programming	
May 30	Attending	Not attending	Pajama Party and Breakfast	RSVP by May 27
June 6	Attending	Not attending	Perler Beads	RSVP by May 27, \$5
June 13	Attending	Not attending	Bingo Night	
June 18	Attending	Not attending	Secret Life of Pets 2 at Cinema	RSVP by June 5, \$5 + concessions
June 27	Attending	Not attending	Making Friendship Bracelets	RSVP June 24

Seasonal Offerings

_____ Minneapolis Institute of Art (\$20) _____ U.S. Bank Stadium Tour and Dinner (\$45)
_____ Air Insanity Trampoline Park (\$25) _____ Como Zoo (\$20)

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.

Area 10 Swimming Finals—April 14, 2019

Areas 9/10 Basketball Finals—April 28, 2019

Area 10 Track and Field Finals—May 4, 2019

State Basketball, Swimming, and Track & Field Finals—June 21-23, 2019

