

Therapeutic Recreation Community Programs

CMAA THERAPEUTIC RECREATION COMPLEX

2728 Lake Worth Road
Lake Worth, Florida 33461
(561) 966-7088



WINTER / SPRING PROGRAMS 2024

How The Lottery Works

- Palm Beach County Parks and Recreation, Therapeutic Recreation section uses a lottery system for program registration to ensure everyone has equal access to register.
- There are limited program slots available. Applying for the lottery does not guarantee a slot in the selected programs.
- The lottery will be open for participants/parents to apply online during the dates listed.
- A computerized lottery spin will be conducted after the application period has closed.
- Participants/parents will be notified by phone of lottery results and be given payment information.
- If a participant is not selected in the lottery they will be entered onto the waitlist.

How To Apply

- Visit www.pbcparcs.com to begin.
- Under 'Online Services' tab, click on 'Register/Pay for a Program' in drop down menu.
- Login with your username and password.
- If you do not have a username, click on 'Create an Account' and follow prompts.
- For login assistance please call 561-966-7088.
- Click on the Therapeutic Recreation Link to find the upcoming programs.

Payment Information

- Program fees can be paid online or in person at the CMAA Therapeutic Recreation Complex.
- The Community Programs section is unable to accept payments over the phone.
- Any payment not received by the payment deadline, will result in forfeiture of unpaid program slots. Unpaid slots will become available for waitlisted participants.



Palm Beach County Board of County Commissioners

Maria Sachs, Mayor, Maria G. Marino, Vice Mayor, Gregg K. Weiss
Michael A. Barnett, Marci Woodward, Sara Baxter, Mack Bernard

Verdenia C. Baker, County Administrator



Online Lottery Application:

December 15 - December 29, 2023

Payment Due Date:

January 8, 2024 at 12:00 p.m.

Program Requirements:

Programs Ages 18+

Transportation not provided unless noted with the program information.

Contact:

Erin Kessler for more information (561) 966-7088

LIFE SKILLS

TR COOKING 101

Staff/Participant Ratio: 1:2

Program Time: 5:30 p.m. - 7:00 p.m.

Fee: \$55

Location: West Jupiter Recreation Center

Day: Thursdays

Program Dates: January 11 - February 1, 2024

Location: Wellington Community Center

Day: Thursdays

Program Dates: April 4 - April 25, 2024

Location: CMAA T-Rec Complex

Day: Thursdays

Program Date: May 9 - May 30, 2024

Description: Cooking 101 is an exciting buildable program to TR Cooking! In this introduction to cooking basics, you will learn the skills needed to prepare culinary delights including food safety, proper handling of ingredients, maintaining proper hygiene and food storage. **Skills covered:** How to read a recipe, basic terminology, accurate measuring of dry and wet ingredients, basic chopping and dicing, how to safely use a microwave and air fryer with 1-3 step recipes.

Minimum Eligibility Requirements: Manage own behavior with minimal to moderate staff intervention. Ability to make simple choices. Participants must have a desire to participate in sessions. **Skills Needed:** Ability to grasp and maneuver kitchen utensils with minimal assistance and moderate guidance. Able to follow one-to-two step directions.



WINTER / SPRING PROGRAMS 2024

TR COOKING 102

Staff/Participant Ratio: 1:3

Program Time: 5:30 p.m. - 7:30 p.m.

Fee: \$55

Location: CMAA T-Rec Complex

Day: Thursdays

Program Dates: February 8 - February 29, 2024

Location: West Jupiter Recreation Center

Day: Tuesdays

Program Dates: April 2 - April 23, 2024

Location: Wellington Community Center

Day: Tuesdays

Program Date: May 7 - May 28, 2024

Description: As we build from Cooking 101, staff will reinforce previous knowledge and skills and teach new, more advanced skills. Participants will learn about choosing the proper equipment for their needs, chopping, dicing and mincing, boiling water, how to follow multiple component recipes, timing recipes, how to safely use the oven and a burner with minimal hand-over-hand instruction.

Minimum Eligibility Requirements: Previous participation in TR Cooking 101 and ability to manage own behavior with minimal staff intervention. Ability to make simple choices. Participants must have a desire to participate in sessions.

Skills Needed: Ability to grasp and maneuver kitchen utensils with minimal assistance and minimal guidance. Understand basic kitchen terminology. Ability to accurately measure wet and dry ingredients with minimal guidance. Able to follow basic 3-step recipe independently.



SOCIAL SKILLS

SOUTH FLORIDA FAIR

Day: Tuesday

Program Dates: January 23, 2024

Time: 11:00 a.m. - 4:00 p.m.

Location: Meet at the CMAA T-Rec Complex

Fee: \$30**

**Ride tickets must be purchased separately online or at the door

Description: Get Ready for Fair-tastic Fun! Join us on an epic field trip to the South Florida Fair – where we will DIVE INTO THE FUN! Buckle up for thrilling rides, tasty treats, dazzling shows, and the best part – hanging out with friends! The day will be packed with excitement and unforgettable moments. If the rides aren't your favorite, see the live shark show, get up-close with sea lions, or walk-through an immersive underwater experience – come join the adventure! Transportation is provided from the T-Rec Complex.

ANNUAL TRIP TO DISNEY

Day: Wednesday

Program Date: February 7, 2024

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

Location: Meet at the CMAA T-Rec Complex & West Jupiter Recreation Center

Fee: \$130**

**Food and drinks purchased separately

Description: Get ready for our Trip around the world to Disney's EPCOT Park. Enjoy some great food, activities and rides during a day in Orlando with friends. Our charter bus will pick up/drop off at both the T-Rec Complex and West Jupiter Recreation Center.

Minimum Eligibility Requirements Apply.

Minimum Eligibility Requirements: Annual Trip to Disney & Miami Heat Basketball Game

Participants must be able to function within a 1:10 staff to participant ratio. Manage own behavior and belongings with minimal to moderate staff intervention. Ability to make simple choices.

Participants must have the desire to participate in sessions. For these programs, we require that you have participated in one of the following programs Mix and Mingle, Cooking or the Hockey Game within the past 18 months.



WINTER / SPRING PROGRAMS 2024

SUNSET LOUNGE

Day: Friday

Program Date: March 1, 2024

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

Location: CMAA T-Rec Complex

Fee: \$8

Description: If you want to socialize in style and have a great time with your friends, the Sunset Lounge is the place to be. The atmosphere is perfect for a fun and enjoyable evening. With dancing, games, and cozy seating, everyone will have a fantastic time. Additionally, light refreshments will be provided to keep the energy up throughout the night.

MIAMI HEAT BASKETBALL GAME

Day: Sunday

Program Date: March 24, 2024

Time: 4:00 p.m. - 11:00 p.m.

Location: Meet at the CMAA T-Rec Complex

Fee: \$90**

**Food and drinks purchased separately

Description: Get ready for an unforgettable experience with your friends as we come together to watch an exhilarating Miami Heat game against a team that is yet to be determined. Don't worry about transportation, as it will be provided for your convenience. Get ready to cheer and create unforgettable memories at this exciting event!

Minimum Eligibility Requirements Apply.

ATHLETIC SKILLS

MOONBALL

Day: Monday

Program Dates: January 29, 2024

Time: 5:30 p.m. - 7:00 p.m.

Location: Lake Lytal Park, West Palm Beach

Fee: \$15

Description: Join us for an enjoyable evening on the softball field as we engage in a game of Moonball! Moonball is a modified version of softball where we use a volleyball as the ball. You are guaranteed to have a great time with your friends during this game. Previous experience is not required.



GIANT SOCCER

Day: Monday

Program Dates: February 26, 2024

Time: 5:30 p.m. - 7:00 p.m.

Location: Bert Winters Park, Juno Beach

Fee: \$15

Description: If you're looking for an exciting and unique way to enjoy soccer, a giant inflatable soccer ball game might be just the thing for you. This game involves kicking, punching, rolling, and bouncing a massive soccer ball across the field towards your team's goal.



WINTER / SPRING PROGRAMS 2024

TR ARCHERY

Day: Monday

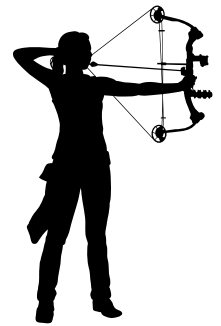
Program Dates: March 18, 2024

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

Location: CMAA T-Rec Complex

Fee: \$10

Description: Let your arrows fly as you learn how to safely shoot a bow and arrow with a USA Archery Certified Instructor.



GOLF

Day: TBD

Program Dates: May 2024 TBD

Time: 5:30 p.m. - 7:00 p.m.

Location: John Prince Park Golf Learning Center, Lake Worth

Fee: \$15

Description: Come join us at the John Prince Park Golf Learning Center for an entertaining evening filled with games, where you'll not only have a great time but also learn valuable skills and drills for golf. During the event, we will focus on honing your putting, chipping, and hitting techniques at the driving range.



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