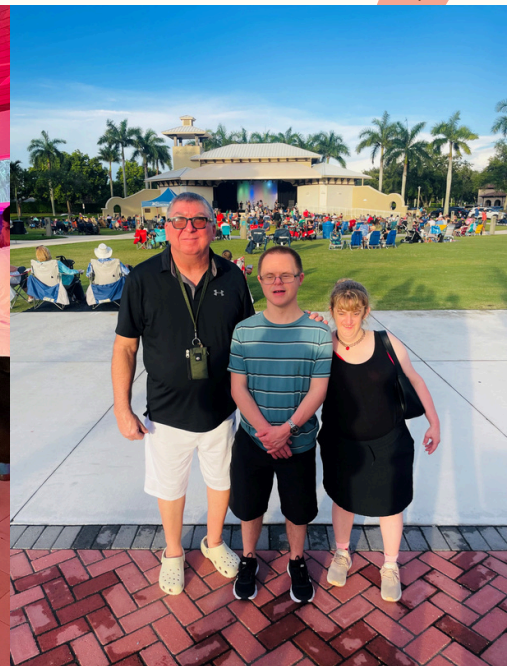


THERAPEUTIC RECREATION COMMUNITY PROGRAMS

FALL 2025

CMAA Therapeutic Recreation Complex
2728 Lake Worth Road
Lake Worth, FL 33461
(561) 966-7088



Palm Beach County
Board of County
Commissioners



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.

Online Lottery Application:

August 4-11, 2025

Payment Due Date:

August 19, 2025 by 12:00 p.m.

Program Requirements:

Ages 18+

Transportation not provided unless noted with the program information

Contact:

Emily Huhn | (561) 966-7088

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.

Annual Field Trip

Goal: To provide participants with intellectual and developmental disabilities an opportunity to spend time socializing and building relationships with peers at a theme park while learning how to safely navigate the park in a group setting.

Benefits: Gain confidence in social settings, enhance independence in decision-making, improve self-awareness and a heightened sense of emotional well-being.

Universal Studios Orlando Trip

Program Date: September 24, 2025

Day: Wednesday

Time: 6:00 a.m. - 9:00 p.m.

Meeting Location(s): Meet at CMAA T-Rec

Complex or West Jupiter Recreation Center

Fee: \$140 plus money for food and souvenirs

Description: Come out and create some truly unforgettable memories with your friends as we dive into the excitement of Universal Studios Orlando! Prepare for a day packed with thrills, laughter, and incredible experiences as your favorite movies and TV shows leap off the screen and come to life all around you.

Reminders:

- **Small Backpack/Purse:** Make sure to bring a small backpack or purse to keep your essentials like your phone and wallet secure. Remember, everyone is responsible for their own money and belongings, so keep an eye on your items!
- **Dress for the Heat:** Universal Orlando can get really hot, especially in the summer. Wear comfortable, closed-toe shoes (you'll be doing a lot of walking!), shorts or comfortable pants, and a T-shirt. A hat and sunscreen are also a must to protect yourself from the sun.
- **Meal Money:** Don't forget to budget for your meals! You'll need money for breakfast, lunch, and dinner throughout the day.

Recreation Engagement

Goal: To provide participants with intellectual and developmental disabilities opportunities to spend time with peers, interact, socialize and have fun while gaining and/or maintaining independence in small group settings and in the community.

Benefits: Social interaction with peers, improve self-awareness and a heightened sense of emotional well-being. Gain confidence in social settings, enhance independence in decision-making and completing daily tasks.

Mix & Mingle

Program Dates: September 16 - October 28, 2025

*No class September 23

Day: Tuesdays

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

Location: Meet at CMAA T-Rec Complex

Fee: \$65

Description: Travel with us around the world with Mix and Mingle. Participants will receive their very own passport to get stamped as they journey through each destination.

Travel itinerary:

- **Spain:** Learn the lively basics of salsa dancing.
- **Mexico:** Participate in exciting and fun enrichment games while learning and practicing simple Spanish words and greetings.
- **Greece:** Try your hand at a classic Greek game of statues along with a guided Greek salad making class.
- **China:** Relax with your peers while decorating fans and creating beautiful paper art with beginner origami.
- **Italy:** Did someone say PIZZA? Prepare and enjoy your very own pizza creation.
- **Thailand:** Learn and play the inner workings of a fun game called chair ball.

Let's Get Cooking!

Goal: Gain valuable life skills through engaging hands-on cooking experiences to enhance culinary abilities, nutrition knowledge, and independence of participants with intellectual and developmental disabilities.

Benefits: Enhance independence with meal preparations, decision making and completing daily tasks. Increase awareness of nutritional knowledge and food choices. Improve self-confidence and heightened sense of emotional well-being.

TR Cooking 101

Program Date: September 18 -
October 16, 2025

*No class September 25

Day: Thursdays

Time: 6:00 p.m. - 7:30 p.m.

Location: CMAA
T-Rec Complex

Fee: \$55

Description: A perfect introduction to the kitchen, where participants will have fun learning essential skills like food safety, proper ingredient handling, and recipe reading. From mastering basic chopping to creating simple, delicious meals, TR Cooking 101 is designed to inspire confidence and creativity. Start your journey to becoming a kitchen star!

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 direction.

TR Cooking 102

Program Date: November 6,
- December 4, 2025

*No Class November 27

Day: Thursdays

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

Location: West Jupiter
Recreation Center

Fee: \$55

Description: Take your cooking skills to new heights with TR Cooking 102! In this fun and engaging program, participants will build on foundational skills to tackle more advanced techniques such as dicing, mincing, and timing recipes. Learn to confidently use stovetops and ovens while preparing dishes that will wow your friends and family. This program is your ticket to culinary greatness in 2025!

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.

Recreation Connections

Goal: To provide participants with intellectual and developmental disabilities opportunities to spend time with peers, interact, socialize and have fun while gaining and/or maintaining independence in small group settings and in the community.

Benefits: Social interaction with peers, improve self-awareness and a heightened sense of emotional well-being. Gain confidence in social settings, enhance independence in decision-making and completing daily tasks.

Monster Mash Halloween Dance

Program Date: October 31, 2025

Day: Friday

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

Location: CMAA T-Rec Complex

Fee: \$8

Description: Join us for a spine-tingling night of frightfully fun rhythms at the Monster Mash Halloween Dance. Come dressed to impress in your favorite costumes and unleash your inner monster to the beat of hauntingly good tunes.

SNOWdown SHOWdown

Program Date: November 18, 2025

Day: Tuesday

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

Location: CMAA T-Rec Complex

Fee: \$15

Description: Bundle up and bring the heat to our winter SNOWdown SHOWdown competition night. This night features unique and exciting games including: a snowball toss, freeze dance, penguin race, snowman relay, and more. These festive team games are sure to bring a smile to your face and keep you moving.

Okeeheelee Nature Center

Program Date: November 12, 2025

Day: Wednesday

Time: 10:00 a.m. - 12:00 p.m.

Location: Meet @ CMAA T-Rec Complex

Fee: \$15

Description: Let's venture to the great outdoors and experience what Okeeheelee Park has to offer! Explore the park by taking a scenic nature walk and learning about some of Florida's wildlife. Afterward, we will enjoy a delicious picnic at one of the parks beautiful picnic spots.

Karaoke Mic Madness

Program Date: December 9, 2025

Day: Tuesday

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

Location: CMAA T-Rec Complex

Fee: \$15

Description: It's your time to shine! Join us for a night of where you can really raise your voice while singing your favorite classic hits at T-Rec's Karaoke night! It's not about perfect pitch—it's about experiencing the passion, laughter and joy of music together.

CityPlace Snowfall & Light Show

Program Date: December 12, 2025

Day: Friday

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

Location: Meet @ Rosemary Square
700 S Rosemary Ave Suite 200,
West Palm Beach, FL 33401

Fee: \$15

Description: Get ready to experience a winter wonderland Florida style. Join us as we head to CityPlace for a magical evening filled with sparkling lights, festive music and a one-of-a-kind snowfall experience right in the heart of downtown West Palm Beach. While there, we will also visit some of CityPlace's delectable dessert shops that they have to offer such as Sloan's ice cream and The Salty Donut.

Sports in Motion

Goal: To enhance physical fitness and social engagement of participants with intellectual and developmental disabilities through athletic skill development, wellness training and gameplay in an inclusive and supportive environment.

Benefits: Maintain health, wellness and mobility through moderate physical activity, social interaction and skill building. Gain confidence in social settings and a heightened sense of emotional well-being.

Sports Unlimited

Program Dates: October 29- December 10, 2025

*No class November 26

Day: Wednesdays

Time: 6:30 p.m. - 8:00 p.m.

Location: CMAA T-Rec
Complex

Fee: \$45

Description: Let's play. This action-packed program is all about movement, teamwork and fun. Each week, participants will learn and play different classic and adaptive games including: **Moonball, Giant Soccer, Boccia, Kickball, Capture the Flag and Matball.**

IDD Pickleball

Let's get physical! Our IDD Pickleball Clinics are currently in the process of being planned, so make sure to stay stretched and alert for these extraordinary upcoming clinics.

Pickleball is a super fun and easy-to-learn game. It's a great way to:

- Get active
- Learn new skills
- Make friends
- Have a blast!

We'll make sure these clinics are welcoming and enjoyable for everyone.