

Join us at the Therapeutic Recreation
Sunset Lounge for a summer Hawaiian
Luau! Enjoy a tropical atmosphere with
dancing, games, cozy seating, and light
refreshments. Wear your favorite
Hawaiian outfits and spend a fun evening
with friends.

This program is designed to promote independence for adults with intellectual and developmental disabilities.

Date: Friday, July 26, 2024 Time: 6:00pm-8:00pm

Location: CMAA Therapeutic Recreation Complex 2728 Lake Worth Road, Lake Worth FL, 33461

**Ages:** 18 + with intellectual and developmental disabilities

**Cost:** \$8 per person, Pre-registration required Online Registration

Call: 561-966-7088 for more information

## Benefits for participating in the dance:

- **Social Interaction:** Dance parties provide an opportunity to socialize, meet new people, and strengthen existing relationships.
- Boosted Confidence and Self-esteem: Dancing in a group setting can improve self-confidence and self-esteem by allowing individuals to express themselves freely.
- Creative Expression: Dance is a form of artistic expression that allows individuals to convey emotions and creativity through movement.
- Team Building and Community: Dance parties can foster a sense of community and teamwork, as people come together to enjoy a shared experience.
- Recreation and Fun: Dance parties are a source of entertainment and fun, providing a break from routine and an opportunity to enjoy oneself.



