

WINTER/SPRING PROGRAMS 2025

THERAPEUTIC RECREATION COMMUNITY PROGRAMS

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



Palm Beach County Board of County Commissioners

Maria G. Marino, Mayor, Sara Baxter, Vice Mayor
Gregg K. Weiss, Joel G. Flores, Marci Woodward
Maria Sachs, Bobby Powell Jr.

Verdenia C. Baker, County Administrator



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:

February 7 - February 12, 2025

Payment Due Date:

February 20 by 12:00 p.m.

Program Requirements:

Ages 18+

Transportation not provided unless noted with the program information

Contact:

Sarah Krop | (561) 966-7020

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.

Life Skills



Cooking 101

Staff/Participant ratio: 1:2

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

Fee: \$55

Location: CMAA T-Rec Complex

Day: Thursdays

Program Dates: March 6 - March 27, 2025

Description: Let's kick off 2025 with an unforgettable culinary adventure! TR Cooking 101 is the 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, this program 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 directions.

Cooking 102

Staff/Participant ratio: 1:3

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

Fee: \$55

Location: CMAA T-Rec Complex

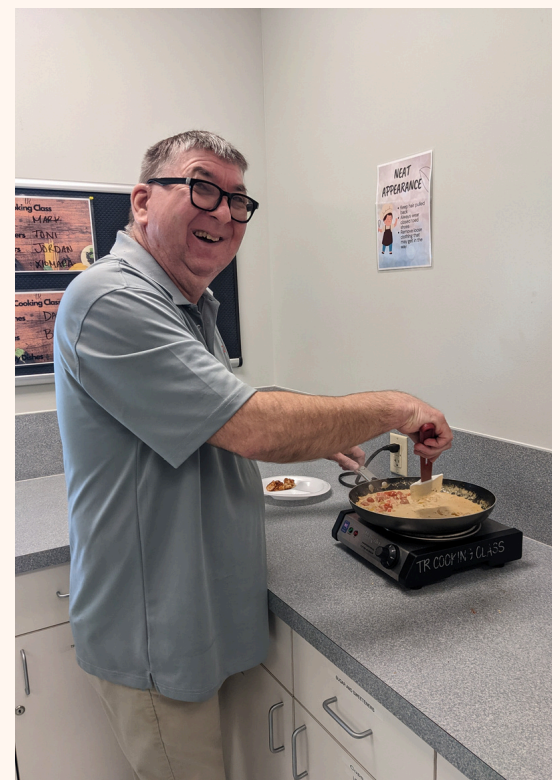
Day: Thursdays

Program Dates: April 3 - April 24, 2025

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 like 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.



Social Skills

Glow in the Dark Pickleball Dance

Day: Friday

Location: CMAA T-Rec Complex

Program Dates: April 25, 2025

Fee: \$15

Time: 5:00 p.m. - 9:00 p.m.

Description: Light up your 2025 with TR's first ever Glow in the Dark Pickleball Dance! This unique event combines the excitement of glow-in-the-dark pickleball with a lively dance party. Enjoy neon lights, great music, and an unforgettable evening of fun and laughter. Bring your friends and let's celebrate the new year with this one-of-a-kind experience. Don't miss out!



Lake Worth Dinner Party

Day: Friday

Location: Meet at Restaurant - TBA

Program Dates: March 28, 2025

Fee: \$15

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

Description: Looking to make lasting memories with friends in Lake Worth? Our dinner party is the perfect way to socialize in a vibrant setting! With a warm and inviting atmosphere, it's the ideal place for an enjoyable night out. Come together for an unforgettable evening where mouthwatering dishes, engaging conversations, and wonderful company create an enchanting experience.



Social Skills

Jupiter Dinner Party

Day: Friday
Program Dates: April 11, 2025
Time: 6:00 p.m. - 8:00 p.m.

Location: Meet at Restaurant - TBA
Fee: \$15

Description: Looking to elevate your social scene and enjoy a memorable night with friends? Join us for a dinner party at our Jupiter restaurant! The ambiance is ideal for a delightful evening filled with laughter and great conversations. Experience an unforgettable night where delicious cuisine, fantastic company, and enchanting discussions come together to create a truly magical dining experience.



Athletic Skills

IDD Pickleball

CMAA T-Rec Complex

Day:
Wednesdays
Program Dates:
February 26 - April 2, 2025
Time:
2:30 p.m. - 4:00 p.m.
Fee:
\$110

West Jupiter Recreation Center

Day:
Mondays
Program Dates:
February 24 - March 31, 2025
Time:
4:30 p.m. - 6:00 p.m.
6:00 p.m. - 7:30 p.m.
Fee:
\$110

Description: Start the new year with energy and excitement in Pickleball for IDD! This inclusive program welcomes all skill levels to enjoy the fast-paced and fun world of pickleball. Develop coordination, teamwork, and confidence while making new friends on the court. Let's rally together for a fantastic 2025!

