

ADAPTIVE

Our Adaptive Recreation program provides quality recreational opportunities for community members with disabilities. This specialized programming offers those with physical, cognitive, developmental, or other acquired disabilities the chance to fully participate in their community, with focus on health, wellness, and recreation for all.

Daytime Friendship Club

4 Weeks • \$82 Res, \$92 Non-Res • Troy Community Center, Room 504

This program is for persons age 18 and older with developmental disabilities or other cognitive impairments. Activities include sports, exercise, crafts, games, swimming, and more. Staff will try to accommodate all participants; however, if an individual requires one-on-one attention or personal care, they may be required to provide an aide. There is no cost for the aide except for meals and other incidentals.

Act#	Day	Dates	Time
7300-B4	Tue	10/5–10/26	10 am–3 pm
7310-B4	Thu	10/7–10/28	10 am–3 pm
7300-C4	Tue	11/2–11/30*	10 am–3 pm
7310-C4	Thu	11/4–11/18**	10 am–3 pm

*No meeting 11/23 **3 week session \$62 Res, \$72 NR

Adaptive Arts & Craft Classes

1 Session • \$36 Res, \$41 Non-Res • Troy Community Center, Room 401

These classes are for persons age 18 and older with developmental disabilities or other cognitive impairments. Art Experience Instructor Lisa Bennett has an M.Ed. in Art Therapy. Aides are welcome to assist and may attend at no cost.

Zentangle Pumpkin Drawings

Create your own zentangle pumpkin patch using a combination of dots, lines, and patterns. Celebrate fall and bring out the artist within! Supplies included.

Act#	Day	Dates	Time
7331-B4	Mon	10/25	5:30–7 pm

Snowman Painting with Acrylics

Enjoy this step by step process painting class. Participants will use acrylic paints and a 16 x 20 canvas to create a snowman painting. Supplies included.

Act#	Day	Dates	Time
7331-C4	Mon	11/22	5:30–7 pm

FLIP TO REVERSE SIDE FOR MORE →

Register online at rec.troy.mi.gov/registration
or in person at Troy Community Center.

3179 Livernois · 248.524.3484 · rec.troy.mi.gov



Friday Frolic Dance

\$7 at the door or Punch Card • Troy Community Center, Rooms 304/305

A Monthly Social Dance Event with a DJ for adults age 18 and older with disabilities. Aides are welcome and may attend for free.

Freaky Friday Frolic

Friday, October 8 | 7–9 pm

Show us your grooviest and spookiest moves! Don't forget to wear your Halloween costume. Light refreshments included for participants. Aides may purchase pop and chips for \$1.

80's Night

Friday, November 12 | 7–9 pm

Throw on some leg warmers and grab your favorite scrunchie! Get ready for a totally excellent evening! 80's attire optional but encouraged. Light refreshments included for participants. Aides may purchase pop and chips for \$1.

Karaoke Night

\$7 at the door or Punch Card • Troy Community Center, Room 402

Mondays: Sep 20, Oct 18, Nov 15 | 7–8:30 pm

Have fun while singing along with the latest and greatest artists. Feel free to bring your own CD to sing and dance along with. Pop and chips will be provided. Aides may purchase pop and chips for \$1.



Adaptive Punch Card

\$55 Res, 60 Non-Res

Punch card is good for 10 admissions to select special events as indicated (Friday Frolic or Karaoke Night). There is no refund for lost or stolen cards. Purchase at the front desk during Admin Hours.



Adaptive Connection Enewsletter

The Adaptive Connection is emailed every first Wednesday of the month at 9:30 am

Each edition includes updates on Adaptive programs at Troy Recreation Department, plus helpful information for adults with disabilities from departments through the City of Troy and other available resources in the Southeast Michigan area. Sign up at rec.troymi.gov/adaptiveconnection

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