

Adult Programs are designed to meet the leisure interests of participants ages 21 (or high school graduate) and up.

Participants must be independent in daily living skills, able to be successful within a staff to participant ratio of 1:4, and able to manage their own money with little assistance - OR - provide a personal aide. The cost covers expenses of the activity. Unless otherwise noted, you will need to provide money for meals/concessions, if applicable. For participants with an aide, please note that you will be responsible for any fees incurred.

TR Tripsters

If you are looking for fun things to do during the day and a chance to meet new friends, this is the program for you! Learn new leisure skills and visit various attractions around the city.

Dates: Tuesdays - Jan: 24, 31 Feb: 7, 14, 21, 28 March: 6, 13, 20, 27 April: 3, 10, 17, 24 May: 8

Time: 10:00am-2:00pm **Pick up and drop off:** City Hall **Location:** Out and about around the city

Cost: \$100.00 for 15 weeks /\$25.00 per month. This will include *most* outings. You will need money when we eat out. * You will receive a schedule with the specific activities planned in your confirmation packet.



ADULT PROGRAMS

HA! Healthy and Active

The HA! - **Healthy and Active** group is a fitness based program designed in conjunction with the "Step up to Health" Initiative to encourage physical activity and healthy eating patterns in persons with disabilities. Join us for a fun physical activity and healthy lunch. This spring we will be participating in a series of Golf, Bowling, Zumba, Water Aerobics and, as always....walking!

Dates: Thursdays -

Time: 9:30am-2:00pm

Jan: 26

Pick up and drop off: City

Hall Feb: 2, 9, 16, 23

Cost: \$25.00 -

March: 1, 8, 22, 29

You will need to bring lunch money.

April: 5, 12, 19, 26

May: 10

*Inclement weather walking will take place at Jim Dailey Fitness Ctr.

Weekend Warriors

Weekend Warriors offers monthly social activities designed for adults. Participants who normally work during the week will have a chance to hang out with friends, while learning to be independent in the community. *Even if you attend our weekday outings, we welcome you to sign up!*

Dates:

February 17th Dinner & a Movie

March 9th Shogun's Restaurant

April 20th Traveler's Game

May 11th Karaoke/Game Night

Cost: \$25.00 plus meals/concessions

Pick up and drop off: Locations will be noted in your confirmation letter.

*All activities are subject to change.



Adult Community Outings

Murry's Dinner Playhouse

Unger and Madison are back, but this time it's Florence and Olive, in a revisited and improved version of Neil Simon's classic hit. Poker buddies give way to Trivial Pursuit novices, and the dizzy Pigeon sisters have been replaced by the uproarious Constanzuela brothers.

Wednesday, February 8th

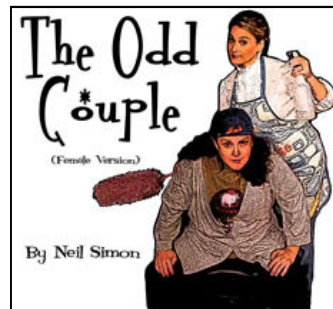
Time: 11:00am - 3:45pm

Lunch at 11 am, curtain at 1 pm

Cost: \$32.00

Show: The Odd Couple

Drop off and Pick up: Murry's



Hot Springs Day Trip

Date:

Friday, March 30th

Time:

9:00am – 4:00pm

Location:

Downtown Hot Springs

Drop off and Pick up:

City Hall

Cost: \$20.00 and bring your own lunch money

Join us for a fun filled day in the "Spa city". Lots of fabulous fun awaits!

*Detailed schedule of the day will be included with program confirmation.



Arkansas Travelers Baseball

Grab money for your "popcorn and Cracker Jax" and let's all go to the ball field!

Date: Tuesday, May 15th

Time: 10:30 am– 2:30am

Cost: \$8.00

Location: Dickey Stephens Ballpark

Drop off and Pick up: City Hall



Smile!!

We may take photos of participants enrolled in programs or outings. These photos are used only for promotion of our TR services. These may include displays, brochures, videos and flyers.