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# Recreation Therapy & Movement Arts Program

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**Fall 2019**



## **Mission**

To promote an active and healthy lifestyle while increasing the quality of life for patients through outdoor adventure, sports, creative movement, art and social engagement.



**Shriners Hospitals**  
for Children® — Portland

## Swimming

Drop in swimming—come for as much swim time as you would like! Instruction and assistance are available throughout the 1.25 hour session. Join us for the entire time or just for 30 minutes, the choice is yours! Swimming is one of the best ways for people of all abilities to be active. Enjoy the added benefit of a warm water pool. A parent or guardian must accompany (and assist, if necessary) all patients and siblings in the pool and on deck.

**Dates:** Saturdays- October 12, 19, 26, November 2, 9, 16  
**Time:** 12:00 - 1:15pm  
**Ages:** 2 years and older  
**Location:** Mittleman Jewish Community Center, SW Portland

## Music Therapy

Musical Instruments, live music, dancing, singing. What better way to complement therapy goals while having a total blast?! In this fun-filled therapy group, children will work on improving social, motor, cognitive, and communication skills while interacting and learning in a musical environment. You can expect your child to sing, dance, play instruments, and make new friends!

**Dates:** 1st Thursdays – October 3, November 7  
**Time:** 1:00pm (50 min. sessions)  
**Ages:** All ages  
**Location:** Shriners Hospital, 3rd Floor Media Room

## Horseback Riding

Learn riding techniques in a covered riding arena. A parent or guardian must accompany youth during lessons. Riding is for Shriners patients only. Please plan to attend all three riding days in the session you select. Even if you have applied before and were placed on the waiting list, please apply again. This program fills up quickly!

**\*Please note: rider must be able to sit upright without trunk support in order to participate in this program.**

**Dates: Saturdays**  
**Session 1:** Oct 5, Oct 12, Oct 19  
**Session 2:** Oct 26, Nov 2, Nov 9  
**Session 3:** Nov 16, Nov 23, Dec 7 (no lesson on Nov 30)  
**Time:** 11:45pm – 1:00pm  
**Ages:** 4 years and older  
**Location:** Forward Stride, Beaverton, OR

## Fall Gardening Day

Join us at the Portland Nursery for a Fall Gardening Day! You can expect to learn about plants and trees that bloom in the fall. Look forward to taking home a fall-themed craft or a fall plant.

**Date:** Sunday, November 3  
**Time:** 2:00pm – 4:00pm  
**Ages:** Ages 4 and up  
**Location:** Portland Nursery (Division Street location)



## Art Activities

Children's Healing Art Project (CHAP) brings the healing power of art to children living with illness and disabilities. Through a variety of art activities – from beading, sculpting, collage making, painting, and drawing, trained art teachers assist children to find their own voice through a creative artistic process. Families are welcome to join.

**Dates:** Wednesdays, November 6 & December 4  
**Time:** 6:30pm – 7:30pm  
**Ages:** All ages  
**Location:** CHAP Art Studio, Sellwood, OR

## Adaptive Rock Climbing

Adaptive rock climbing is a growing trend, providing an opportunity for people of all abilities to climb to new heights! No previous climbing experience is required, and adaptations will be made for all ability levels.

**Dates:** Sunday, October 27th - (Kids Climb: 5 – 11 years)  
Sunday, December 15th - (Teen Climb: 12 years and up)  
**Time:** 2:30pm - 4:30pm  
**Ages:** 5 years and older  
**Location:** Bay Club, Tigard, OR

## Gymnastics Play Day

At the Oregon Gymnastics Academy, kids will experience an open and relaxed exploration of movement and play, with accommodations provided as necessary. Trained gymnastics instructors will provide rotations and an obstacle course for those who are interested. Children with limited mobility can enjoy the foam pit, mats, swings, and trampolines.

**Date:** Sunday, December 8  
**Time:** 4:30pm – 6:00pm  
**Ages:** 3 years and older  
**Location:** Oregon Gymnastics Academy, Beaverton, OR

## Accessible Hiking Day

Join us for an afternoon outdoors on an accessible hiking trail in Tualatin Hills Nature Park. Bring the whole family out for fun leisurely hike and nature scavenger hunt with other Shriners families. Accessible trail is a hard-surface trail made of pavement and hard-packed gravel.

**Date:** Sunday, October 6  
**Time:** 1:30pm – 3:30pm  
**Ages:** All ages  
**Location:** Tualatin Hills Nature Park, Beaverton, OR



## Support Groups

**Muscular Dystrophy Support Group:** for patients with neuromuscular conditions and their families. Child Life Specialists supervise fun activities for kids while parents discuss issues and share stories in a group facilitated by Social Work. Please contact Caroline Scott at [clscott@shrinenet.org](mailto:clscott@shrinenet.org) or (971)544-3304 for more information, or to be added to the email list

**“Moving On” Transition Group:** For patients ages 16-21 who want to learn more about transitioning to adulthood. Each month will be an educational topic and the opportunity for discussion with other teens. Contact Susan Labhard, 503-241-5090 x1140, or email Caroline Scott, [clscott@shrinenet.org](mailto:clscott@shrinenet.org) for more information, or to be added to the email list.

*Meets the second Wednesday of every month, 5:30pm – 7:00pm, Shriners Hospital 7th Floor Foyer*

**Limb Differences Support Group:** for patients who identify with limb differences or limb loss and their families. Quarterly events will provide educational and social opportunities. Please contact Caroline Scott at [clscott@shrinenet.org](mailto:clscott@shrinenet.org) or (971)544-3304 for more information, or to be added to the email list.

*This program meets quarterly with times and locations TBD.*

## Interested in more adaptive sports?

**Adaptive Sports Northwest** provides and promotes recreational, fitness and competitive opportunities for people with physical disabilities. For information about their programs, please contact Eve Hampton, Sports and Recreation Programming Manager, at [eve@adaptivesportsnw.org](mailto:eve@adaptivesportsnw.org) or visit their website at [adaptivesportsnw.org](http://adaptivesportsnw.org).

## Registration & Contact Information

**Priority registration begins in early September but please feel free to submit this form at any point.** Please fill out the enclosed patient registration form and mark what programs you would like to participate in. A confirmation letter will be emailed before the programs start with information and participation forms. For more information or to contact the Recreation Therapy & Movement Arts Program please contact Caroline Scott at [clscott@shrinenet.org](mailto:clscott@shrinenet.org) or 971-544-3304. Forms may be emailed back or faxed to 503-294-3240.

**Para información en español, llame a las intérpretes al 503-412-6895.**

**Many Thanks** To our many wonderful instructors & volunteers for sharing their time, talents, and gifts with us; to all of the following organizations who generously support our summer programs:

**Mittleman Jewish Community Center / Singing Tree Music Therapy / Forward Stride  
Portland Nursery / Children's Healing Art Project (CHAP) / Bay Club Portland  
Oregon Gymnastics Academy / Portland Children's Museum**

### Additional Information

Programs are free to patients - instruction, adaptive and other equipment, volunteer assistance, and related materials are provided. Siblings are allowed to participate with pre-approval in most activities. Families are always welcome to observe programs and, when possible, family participation is encouraged.

**To learn about inclusive recreation programs and adapted equipment availability in your community, please contact Caroline Scott.**



**Shriners Hospitals**  
for Children®—Portland

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