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# Therapeutic Newsletter

Volume 8, Issue 4

April 2021

Happy Spring!

We have tons of local/regional resources available to you this month. Check out all of our flyers for upcoming programs and events.

Our TR Picnic and TR Mystery Trips are coming up, and we'd love to have you join us for those. Register by emailing [ekaufman@auburnalabama.org](mailto:ekaufman@auburnalabama.org).

Sincerely,

Elizabeth



City of Auburn

# EXPRESSIONS OF A BRAVEHEART

Art, Music, and Dance Classes

# ONLINE



## WHAT DO I NEED?

**A BRAVEHEARTS WELCOME KIT**  
(each kit includes dance props,  
art supplies, and a t-shirt)

After you register, A Braveheart Team Member  
will contact you to arrange pick-up, delivery or  
mail for your kit!

## WHEN & WHERE

**Mondays:**

2/15, 3/1, 3/15, 3/29, 4/12

6-7PM

Zoom meeting ID:  
884-834-1458



## REGISTER HERE!

or at: <https://forms.gle/QhQHnkjDFDLm3uHJ7>

BraveHearts is an outreach component of Auburn University Social Work Program  
benefitting children and adults with disabilities and their communities





# TR Dance Class

4-4:45 PM at the  
Harris Center

Ages: 5-12

Fridays: 2/12- 4/16

\*Masks and Social  
Distancing Required

Come join us to dance and have  
some fun!



**Autism Society  
of Alabama**



## Post-Secondary Scholarship Program

This program is for individuals with autism enrolled in or accepted to a university program, college or technical/vocational school. A limited number of scholarships (up to \$500) will be awarded. Recipients will be selected by committee.

Apply Online-Starting March 1st, 2021.

## Requirements

- Documentation of formal diagnosis
- Verification of enrollment
- Two letters of recommendation
- Video submission

For more information, please email  
[info@autism-alabama.org](mailto:info@autism-alabama.org) or  
call 1-877-4AUTISM.





## Do you provide services to people with dementia and their families?

A research team at the University of Alabama has a new initiative to develop a state-wide electronic resource network to better connect people with dementia and their families to needed services. If you provide services for families affected by dementia in Alabama we want to learn more about your experiences in supporting these families and how an electronic resource network could help you better serve the community.

Participants will be asked to participate in a focus group or individual interview that will take place virtually. You are eligible to participate if you are a professional who provides services to people with dementia, such as:

- health care providers,
- home health care providers,
- referral services,
- hospice care,
- social service and public health services,
- caregiver and respite services.

Focus groups and interviews will take about an hour and participants will receive a \$35 gift card to compensate for their time.

FOR MORE INFORMATION, CONTACT:  
Dr. Nicole Ruggiano | (205)348-4654 | [nruggiano@ua.edu](mailto:nruggiano@ua.edu)

THE UNIVERSITY OF  
**ALABAMA** | School of  
Social Work





# TR MYSTERY TRIP

When? 4/10

Time - TBA

Location- TBA

Ages: 15+

Price: \$5

\*Masks and Social Distancing is  
Required.



Join us for lots of  
surprises and fun!



Join **Alabama's Hispanic Training and Resource Advocacy Network (HTRAN)** in a **VIRTUAL MEETING**



Topic: **Special Education – What Do I Need to Know?**

**March 16, 2021 at 10:00 am**

**Presenter: Lorraine Barnes**

Join from PC, Mac, Linux, iOS or Android

<https://auburn.zoom.us/join/84791523254>

Connect using Computer/Device audio if possible.

Or Telephone: **Meeting ID: 847 9152 3254**

Dial: +1 301 715 8592 (US Toll)

or +1 312 626 6799 (US Toll)

Or an H.323/SIP room system:

H.323: 162.255.37.11 (US West) or 162.255.36.11 (US East)

**Meeting ID: 847 9152 3254**

SIP: [84791523254@zoomcrc.com](mailto:84791523254@zoomcrc.com)



Alabama Council on  
Developmental Disabilities



RSVP at [mtg0039@auburn.edu](mailto:mtg0039@auburn.edu)

*This program was partially funded through a grant from the Alabama Council on Developmental Disabilities (ACDD) provided under the Developmental Disabilities Assistance and Bill of Rights Act of 2000 (106-402).*



Pediatric Movement and Physical Activity Lab  
School of Kinesiology - Auburn University



Virtual Personal Training Program

We have developed a program to provide virtual personal training for individuals with developmental disabilities ages 16 and older and their parents! The program will be run by certified personal trainers under the direction of Dr. Pangelinan. The purpose of the program is two-fold:

1. Provide opportunities for AU students to obtain certifications and training to work with individuals with disabilities to promote health and fitness.
2. To provide adapted personal training to individuals with disabilities and their parents in a safe, virtual environment to increase health and wellness.



The program will run for 12 weeks with 2 virtual sessions per week (February – April 2021). The program is subsidized so that the participants pay 50% (\$10 per session). This rate can't be beat (most gyms charge double)! The total cost to participants would be \$240 for two people! If a parent is unable to participate, the program charges would be \$7.50 per session (\$180 total).

**Who is eligible to participate?**

- Your child is 16 years of age or older with a developmental disability (e.g., Autism, Cerebral palsy, Down syndrome, Intellectual disability, etc.).
- There is no reason to believe that you or your child's participation in exercise and physical activity may put your or your child's health or well-being at risk
  - o If there is reason to believe you or your child's participation in exercise and physical activity may put your health or well-being at risk, you must receive clearance from your physician.

**If you are interested in participating with your child or have any questions, please contact** Dr. Melissa Pangelinan at [mgp0020@auburn.edu](mailto:mgp0020@auburn.edu) or Ms. Lane Neumann the program coordinator at [len0020@auburn.edu](mailto:len0020@auburn.edu).



THE UNIVERSITY OF ALABAMA AUTISM CLINIC

# Sibling Support Group

A support group for siblings of children on the spectrum

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Beginning the last week of February - Date and time TBD  
Meetings will occur weekly virtually via Zoom



EMAIL [DDKOFMAN@UA.EDU](mailto:DDKOFMAN@UA.EDU) FOR MORE INFORMATION



TR  
Camp!  
2021

June 7th-  
July 30th  
\*No camp  
the week of  
July 5th



Camp will be held at  
Dean Road Recreation  
Center.

Masks and social  
distancing will be  
required!

Age: 15+

Summer  
Of  
Fun!



# ***BACK TO SCHOOL BAMA***

**HAVE QUESTIONS ABOUT YOUR  
CHILDREN ATTENDING SCHOOL?**

**WE'RE HELPING ALABAMA PARENTS AND  
STUDENTS NAVIGATE THEIR RIGHTS  
DURING THIS DIFFICULT TIME**

**VISIT: [WWW.BACKTOSCHOOLBAMA.ORG](http://WWW.BACKTOSCHOOLBAMA.ORG)**

## COVID-19 SCHOOL CLOSURES SCHOOL SERVICES TRACKER

### KEEP TRACK OF HOW SCHOOL CLOSURES AFFECT YOUR CHILD

Schools have closed across the nation and shifted to distance education as a result of the COVID-19 pandemic. Use this tool to keep track of your child's educational experience to ensure they stay on course and meet their academic goals.

If your child receives special education services at school, keeping a daily log is especially important. Under current law, schools may need to provide your child "compensatory education" – to make up for lost special education services – when schools reopen. You can use this tool to record how often your child receives services, how long they last, and whether they help your child learn. Be sure to note their progress. Is it slowing, continuing as usual, or reversing course? When schools reopen, present this tracker to your child's school to determine the compensatory education services they may be entitled to receive.

### COMPLETING THE TRACKER

The tracker contains space for you to record the services your child received and the educational work performed.

1. **Date**—Record the date the service was offered or provided.
2. **Type of Learning/Service**—Identify the type of service or learning opportunities the school provided. Examples include required schoolwork, optional schoolwork, virtual class sessions, special education services, meeting with IEP or 504 teams, meeting with special education providers, counseling, or school meals. You can also use the tracker to record self-created or self-directed learning opportunities. You can then compare the work you created to the work the school offered.
3. **Time Spent**—Record how long the activity, assignment, or service took.
4. **Description of Learning or Service**—Include a short description of the service or learning opportunity. Also note how the service or learning opportunity was delivered, such as email, website, worksheet packet, or videoconference.
5. **Student's Progress and Experience**—Record your child's experience of the learning opportunity or service. Did they enjoy it? Did they find it too difficult? Was it effective? Any challenges accessing this material? Did they receive necessary accommodations? Did they see academic progress or learning loss?



STUDENT NAME \_\_\_\_\_

GRADE \_\_\_\_\_

SCHOOL \_\_\_\_\_

Date	Type of Learning/Service (i.e., Required school work; Optional school work; Special Ed. Service; Meals; Other)	Time Spent	Description of Learning/Service	Student's Progress & Experience (Challenges to accessing materials; interactions with school staff; student progress; any other relevant information)
<b>Example</b> 03/23	Required school work	1.5 hrs	1 hr: Math assignment from website subtracting 100's. 0.5 hr: Read Chapter 1 of "A Separate Peace." Answered questions from paper packet.	My son had trouble learning a new math concept. He was distracted while reading.



## Heart and Sole Registration is now open!

**I CAN...**  
**Be Creative.**  
**Have fun.**  
**Make new friends.**  
**Get stronger.**  
**Be kind.**  
**Try new things.**  
**Feel more confident.**  
**Run a 5k.**  
**Laugh.**  
**Make better decisions.**  
**Dream.**  
**Grow.**  
**Reach my goals.**  
**BE TOTALLY ME!**

Girls on The Run (GOTR) is an international organization that sponsors life-changing programs which promote girl empowerment by teaching life skills through lessons and running. Their middle school program is called Heart and Sole.

We are hosting a Heart and Sole program that is open to ALL girls from Lee County in 6<sup>th</sup> -8<sup>th</sup> grades. Our goal is to have a team of girls with AND without disabilities to show that EVERY girl can be a GOTR girl!

Girls are always able to walk, skip, jump, or roll in a wheelchair if they feel intimidated by running, or are unable to run—we just keep moving forward—no matter the speed! There are no competitions, only celebrations of each girl developing strength and confidence. The season ends with a celebratory 5k.

**COVID precautions will be followed. Meetings will be held outside and distancing will be in place. Masks are worn when needed.**

(This approach was used and worked very well in Fall 2020 and our GOTR team had a SAFE season!)

When: Eight week season starts week of March 1<sup>st</sup> (will take one week off for spring break)

Time: Tuesdays and Thursdays 4:30-6:00pm

Where: First Presbyterian Church Opelika

Cost: Program charge is normally \$150, but thanks to a grant from Junior League of Lee County each participant only has to pay \$10 this season! Thank you, Junior League!!!

Link to register:

<https://www.raceplanner.com/register/index/GOTRSPRING2021?sid=303b49d96ca24dfd81f524alba6bdad3&fbclid=IwAR35GKEFBzGYH7w4m1fO9fCXOaVRVS6LJnYdYb9CQ1LoORzw15BE8T6mdZY>

If you have any questions, feel free to contact Lori Marine at [lorimarine@girlsontherun.org](mailto:lorimarine@girlsontherun.org) or 334-728-0284 or check out our webpage: [girlsontherunsouthcentralal.org](http://girlsontherunsouthcentralal.org)

## DAY OF CHAMPIONS SPRING KICK-OFF

March 20<sup>th</sup> from 2:30pm until 5:00pm  
Ed Thompson Park on Ray Thorington Rd



You are cordially invited to join Rooftop Friends, a respite care ministry for families touched by disabilities, for their Spring Kick-Off, The Day of Champions!



**ROOFTOP FRIENDS**

**BASEBALL  
TENNIS**

**CORN HOLE**

**ART AND  
OTHER FUN  
OUTDOOR  
ACTIVITIES**

**EASTER EGG  
HUNT**

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Volunteer buddies  
may sign-up with  
SignUp Genius.  
(Reach out to Ruth Brewbaker  
for more information)

Buddies should arrive  
at 2:30pm

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For more information,  
please contact:

**Ruth Brewbaker**  
rbrewbaker@christchurchanglican.net  
cell# 334-399-3031

**Nancy Burtron**  
bmaw2020@hotmail.com



We all have stories of lack of adequate health care impacting our lives, or the lives of those we love, though it seems no one wants to listen.

We do.

# TELL US YOUR STORY.

We're creating a project to amplify the voices of the unheard and demand the right to health care for all.

Sign up to tell your story today at  
[tiny.cc/tellmystory](https://tiny.cc/tellmystory)







**Join us every third  
Thursday of the  
month from  
5PM-7PM for our  
Disability Happy Hour!**

Grab your favorite drink and join us for open, honest, discussion on various issues we face as people with disabilities!

**This month's topic:  
Relationships**

How are our relationships as people with disabilities with our family and community members? Co-workers, teachers, doctors? How about intimate relationships?

**Let's talk about it!**

Join us via Zoom at  
[tiny.cc/drrhappyhour](https://tiny.cc/drrhappyhour)  
or call in at  
**1-312-626-6799**

For accommodations contact  
[ask@drradvocates.org](mailto:ask@drradvocates.org)

 **Disability Rights  
& Resources**  
*The Power of Hope and Freedom*



## Supportive COVID-19 Services



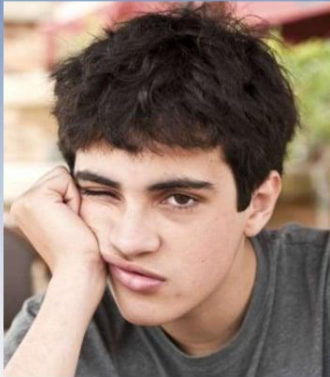
Alabama Apart Together is a crisis counseling program that is funded by a grant whose purpose is to provide supportive services to those affected by COVID-19...in other words, all Alabamians!

ALABAMA | P | A | R | TOGETHER

Through community outreach, we will be providing a listening and supportive presence to individuals, groups, organizations and businesses via phone calls and virtual meetings. We can also provide educational information about community resources such as testing sites, vaccine info, food distribution and financial assistance.

The number to call is 1.888.442.1793. The line is available 24/7 and is confidential and free to all. Servicios de habla hispana están disponible.

## EASE Research Study: Managing Emotions for Teens and Young Adults



### WHAT:

Researchers at the University of Alabama and the University of Pittsburgh are interested in learning whether a new program helps teens and young adults with Autism Spectrum Disorders (ASD) manage emotions.

- Participants are randomly assigned to one of two therapy programs
- Participation involves individual sessions and online resources
  - In-Person or Telehealth Sessions provided at no cost
  - Participant payment for assessments

### WHO IS ELIGIBLE:

- Individuals age 12-21 with autism spectrum disorders and IQ above 75

### FOR MORE INFORMATION:

Contact the Center for Youth Development and Intervention

[npowell@UA.edu](mailto:npowell@UA.edu)

205-348-3535



# Resources

- **Research Study** for people with ASD, ages 12-21, who struggle with emotion regulation. The program, due to COVID19, is now offered both in-person and virtually. Please see page 24 for additional information.
- **Fultondale Communities - PUBLIC HOUSING** is open for applications. Timing is crucial!! Only 100 applications will be accepted. Call Nikole Davis at 205-841-2595 for an appointment or questions. Application Open: February 16, 2021 - Application Close: Open until filled (only 100 applications) Applications taken at: Jefferson County Housing Authority (Fultondale Office) 2100 Stoney Brook Lane Fultondale, AL 35068 Apply now. Applications may be picked up 8am - 4pm Monday - Thursday. You must call to make an appointment to return the application. Please only leave one message on the voicemail. See link for more information [https://www.jcha.com/press\\_view.php?id=92&fbclid=IwAR1aDRX0Ib9OaWGm5BocXGkrEFJwnhTc-yLQ1njA0hyss503Fuelb-rNYnQ](https://www.jcha.com/press_view.php?id=92&fbclid=IwAR1aDRX0Ib9OaWGm5BocXGkrEFJwnhTc-yLQ1njA0hyss503Fuelb-rNYnQ)
- **What's your story?** We all have stories of lack of adequate health care impacting our lives, or the lives of those we love, though it seems no one wants to listen. We do. We're creating a project to amplify the voices of the unheard and demand the right to health care for all. If you're comfortable with helping us with this project by sharing your story on a video call with us, sign up today at [tiny.cc/tellmystory](https://tiny.cc/tellmystory). Together, WE WILL BE HEARD! See page 21 for more information.
- **EASTER EGG HUNT FOR THOSE WITH SPECIAL NEEDS** - When: **Sunday, March 21st from 1:00 pm -2:30 pm** (come and go) Where: **Courtyard at Athens High School Park** in the North Parking Lot, Entrance D, and you will be directed to the completely enclosed area. What to bring: Your family and Easter baskets In the event of rain, we will reschedule. **SPONSORED BY MAKE A WAY FOUNDATION** <https://www.facebook.com/events/266493188218647/>

# Resources

- **\$3,000 SCHOLARSHIPS FOR STUDENTS WITH AUTISM** - On-line application is now OPEN until May 3, 2021. The Schwallie Family Scholarship to support the post-secondary, undergraduate education of qualified individuals with an autism spectrum diagnosis. For more information see the following link. <https://researchautism.org/how-we-help/scholarships/>
- Did you know that the **MIND Institute** has free online learning modules to help parents more effectively teach their child(ren) with autism and other related neurodevelopmental disabilities? These resources are available in Chinese, Korean, Vietnamese, and Spanish, as well as English! <https://health.ucdavis.edu/mindin.../centers/cedd/adept.html>
- TEDxCollegePark Second Speaker Announcement! Madeline Delp is Ms. Wheelchair USA, 2017 and a accessibility advocate that will be bringing us her ideas on how to create [#AnEqualFuture](#) for people of all abilities. Registration now open at [www.tedxcollegepark.com](http://www.tedxcollegepark.com) [#TEDxCollegePark](#) is FREE, thanks to the generosity of volunteers and partners!

# Resources

- **Self-Advocates Becoming Empowered (SABE)** is collecting personal experiences of voters with disabilities for the 2020 Election. Learning about these experiences can help election officials improve their voting services and help disability organizations figure out where to focus their voter education.  
**English:**  
<https://www.surveymonkey.com/r/SABEGoVoter2020survey>.  
**Spanish:**  
<https://www.surveymonkey.com/r/SABEGoVoter2020surveySPA>
- Attention respite and healthcare providers: A **UA research team** is researching how to develop technologies to improve access to services for people with dementia and their families. Currently, they are trying to learn more from providers about their experience with outreach. Interviews can be completed at the provider's convenience and participants receive a \$35 e-gift card for their time (about 1 hour). See flyer on page 5!
- **\$500-\$5,000 GRANTS TO TEACH STUDENTS ABOUT AUTISM**  
- **OAR's Autism Education Grant** provides *Kit for Kids* peer education materials and additional funds to support projects that aim to increase autism awareness and acceptance among students in grades K-8. See the link for more information. <https://researchautism.org/education/teachers-corner/autism-education-grant/>



# Resources

- **Children Rehabilitation Services (CRS) - Family Connections** will host an information zoom meeting on how to learn a teared approach for emergencies preparedness.
- The **Autism Society of Alabama (ASA)** is excited to announce the Post-Secondary Scholarship Program, which awards a limited number of **scholarships of up to \$500** to individuals with a **formal diagnosis** of Autism Spectrum Disorders (including Asperger's and PDD-NOS) who are enrolled in or have been accepted to a post-secondary program in a university, college, or Vocational/ Technical School. See flyer on page 7 for more information! - <https://www.autism-alabama.org/post-secondary-scholarship-program/>
- **The Autism Society of Alabama** is excited to announce the **Post-Secondary Scholarship Program!** This program will award a limited number of scholarships of up to \$500 to individuals with a formal diagnosis of Autism Spectrum Disorders (including Asperger's and PDD-NOS) who are enrolled in or have been accepted to a post-secondary program in a university, college, or Vocational/ Technical School. Applications are available to be completed from March 1- April 1 <https://www.autism-alabama.org/postsecondary-scholarship-application/>
- **Aubyn Stahmer, Ph.D.** will discuss the poor understanding of necessary adaptations for best-practice interventions to work for racially and ethnically diverse families, as well as the **MIND Institute's** efforts to address the gap. Register for the Zoom event here: <http://ow.ly/dXiy50DGOz3> See flyer for more information.

# Resources

- **Alabama Respite** is looking for a part-time caregiver resource assistant. More info at <https://ucphuntsville.org/about-ucphuntsville/careers/>
- **Alabama Care** will be hosting a live video via Facebook with Jennifer **Mcinerney, Attorney at Carney Dye Law Offices**, on using an "**about me**" document for teachers in the school system and utilizing a letter of intent for life after school. <https://www.facebook.com/events/427797328342117>
- Join us today and every third Thursday of the month from 5PM-7PM for our **Disability Happy Hour**. Grab your favorite drink and join us for an open, honest, discussion on various issues we face as people with disabilities! This month's topic is relationships! How are our relationships as people with disabilities with our family and community members? Co-workers, teachers, doctors? How about intimate relationships? Let's talk about it! Join us via Zoom at [tiny.cc/drrhappyhour](https://tiny.cc/drrhappyhour) or call in at 1-312-626-6799. For accommodations contact [ask@drradvocates.org](mailto:ask@drradvocates.org). See the flyer on page 18 for more information.

# Coloring Pages

## **Spring Coloring Page**

<https://www.doodle-art-alley.com/uploads/2/6/1/6/26162462/springword.pdf>

## **Baby Chick Coloring Page**

<https://www.doodle-art-alley.com/uploads/2/6/1/6/26162462/chick.pdf>

## **Bumblebee Coloring Page**

<https://www.doodle-art-alley.com/uploads/2/6/1/6/26162462/bumblebee.pdf>

## **Flowers Coloring Page**

<spring-flower-coloring-pages-pictures-free-flowers.png> (1277×1703) (tsgos.com)

## **Easter Basket Coloring Page**

<https://countryandvictoriantimes.com/2016/03/27/happy-easter-coloring-pages/#jp-carousel-6184>

## **Space Dog Coloring Page**

<https://www.crayola.com/free-coloring-pages/print/glitter-dots-space-dog-coloring-page/>

## **Squad Goals Beach Trip Coloring Page**

<https://www.crayola.com/free-coloring-pages/print/squad-goals-beach-trip-coloring-page/>

## Spring Programs:

The Auburn Parks and Recreation Therapeutics Program offers recreational activities, programs/leagues, social activities and field trips for citizens with special needs. Therapeutic program offerings are a great way for your child, teen, or adult to meet new people, learn skills, and socialize in a structured environment. All programs are free, unless otherwise noted. To stay current with these and other local/regional program offerings, including Special Olympics, e-mail [ekaufman@auburnalabama.org](mailto:ekaufman@auburnalabama.org) to be added to our monthly e-newsletter list!

### **Bingo & Fitness**

Let's get healthy together! After we have enjoyed some exercise, we will play bingo and take home fun prizes. **FREE to Therapeutic Program Participants.** \*COVID-19 note: this event may be moved to a virtual platform. If it is held in-person, masks and social distancing will be required.

<b>Age(s)</b>	<b>Day(s)</b>	<b>Date(s)</b>	<b>Time(s)</b>	<b>Location</b>
12+	W	3/3-5/12	5:30 – 7 p.m.	DRRC

**\*Ends on 5/12 for the season. Resumes Fall 2021.**

**Contact:** Elizabeth Kaufman • (334) 501-2939 • [ekaufman@auburnalabama.org](mailto:ekaufman@auburnalabama.org)

### **TR Game Night**

Join us for traveling, learning, scavenger hunts, trivia, and more! This event will be held virtually on Zoom and the night will be filled with fun and friendship! Registrants will receive a Zoom link via email after registration is complete. **FREE to Therapeutic Program Participants.**

<b>Age(s)</b>	<b>Day(s)</b>	<b>Date(s)</b>	<b>Time(s)</b>	<b>Location</b>
8+	F	4/9, 4/30	5:30 – 7:30 p.m.	Zoom

**Contact:** Elizabeth Kaufman • (334) 501-2939 • [ekaufman@auburnalabama.org](mailto:ekaufman@auburnalabama.org)

## Spring Programs:

### **TR Dance Class**

This is a 45-minute class for children ages 5-12 with differing abilities. We will work on getting the heartbeat pumping and enhancing our motor skills while dancing to fun, upbeat music. Through simple sequencing, repetition and technique, children have the opportunity to learn basic dance skills. Several things we try to focus on are balance, foot movement, active engagement and memorization. TR dance class will accommodate any needs so that each child can have their best experience. Above all, children are encouraged to come ready to express their creativity through movement and dance.

\*COVID-19 note: Masks are required while participating. Participants will be spaced 6 feet or more apart during activities. There will be no sharing of any equipment between participants used during the class. Everything will be sanitized after each use and at the end of each class. **FREE to Therapeutic Program Participants.**

<b>Age(s)</b>	<b>Day(s)</b>	<b>Date(s)</b>	<b>Time(s)</b>	<b>Location</b>
5-12	F	2/12 – 4/16	4-4:45 p.m.	HC

**\*Does not meet on 3/12**

**Contact:** Emily Ann Smith • (205) 213-4591 • eas0075@auburn.edu

### **TR Picnic**

Join us for a picnic and walk in the park! We will be having sandwich boxed lunches and taking a walk around the park. \*COVID-19 note: Masks are required and social distancing will be maintained throughout the program. Equipment is sanitized before and after use, and no equipment is shared. **\$5 to Therapeutic Program Participants. Payable to COA.**

<b>Age(s)</b>	<b>Day(s)</b>	<b>Date(s)</b>	<b>Time(s)</b>	<b>Location</b>
15+	F	3/26	11:30 a.m. – 1:30 p.m.	KP

**Contact:** Elizabeth Kaufman • (334) 501-2939 • ekaufman@auburnalabama.org

### **TR Mystery Trip**

Join us for a mystery trip! Who knows where we will go? Sign up and find out your destination a week beforehand. Trip will begin mid-to-late afternoon. \*COVID-19 note: Masks are required and social distancing will be maintained throughout the program. The location chosen will support social distancing and safety of the participants. **\$5 to Therapeutic Program Participants. Payable to COA.**

<b>Age(s)</b>	<b>Day(s)</b>	<b>Date(s)</b>	<b>Time(s)</b>	<b>Location</b>
15+	SA	4/10	TBA	TBA

**Contact:** Elizabeth Kaufman • (334) 501-2939 • ekaufman@auburnalabama.org



## Spring Programs:

### *Special Olympics*

Auburn Parks and Recreation supports Special Olympics by sponsoring teams for many of the Special Olympic events. Currently, we support athletes for aquatics, basketball, bowling, flag football, golf, powerlifting, softball, tennis, track and field, and volleyball. Practices take place throughout the year with the help of local Special Olympics volunteer coaches. You must be at least 8 years of age and meet the requirements of the Alabama Special Olympic Guidelines in order to participate.

#### **Bocce Practice**

The basic principle of the sport is to roll a bocce ball closest to the target ball, which is called a palina. Bocce as a Special Olympics sport provides people with special needs the opportunity to have social contact, develop physically and to gain self-confidence. Next to soccer and golf, bocce is the third most participated sport in the world. Practice will continue through May 2021.

*Bocce practice will resume March of 2021, stay tuned for more information.*

<b>Age(s)</b>	<b>Day(s)</b>	<b>Date(s)</b>	<b>Time(s)</b>	<b>Location</b>
8+	SU	TBA	1-2p.m.	MLK

**Contact:** Elizabeth Kaufman • (334) 501-2939 • ekaufman@auburnalabama.org

#### **Unified Golf Practice**

Golf is a precision club and ball sport, in which competing players (or golfers) use many types of clubs to hit balls into a series of holes on a golf course using the fewest number of strokes. The game is played on golf courses, each of which features a unique design, although courses typically consist of either nine or 18 holes. Golf practice usually meets on Sundays, and adds Wednesday practices the 2-3 weeks leading up to a tournament. Tournaments are in the fall and spring.

*Golf practice will resume March of 2021, stay tuned for more information.*

<b>Age(s)</b>	<b>Day(s)</b>	<b>Date(s)</b>	<b>Time(s)</b>	<b>Location</b>
8+	SU	TBA	3:30p.m.	Moore's Mill Club

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***Due to COVID, SO practices will resume in April. Stay tuned for details!***