

# THERAPEUTIC RECREATION, ADAPTIVE INCLUSIVE & SPECIAL NEEDS PROGRAMS



## STAFFORD PARKS, RECREATION & COMMUNITY FACILITIES

### SPRING SPOTLIGHT ON COOKING AUTISM

The founders of CookingAutism.org, a non-profit company, are inspired to give back to the community by committing to help fund educational food programs in the local area designed for children with neurological challenges, including but not limited to Autism Spectrum Disorder (ASD), Cerebral Palsy, Apraxia and Down Syndrome. Often children with ASD struggles with nutrition and eating due to sensory issues that are out of their control. Eating can be challenging because it incorporates smell, sight, touch, taste, and hearing simultaneously, and can cause an overload in a child's senses.



CookingAutism.org helps to provide a curriculum model and support that can implement strategies that may improve sensory struggles, improve social skills, build communication, sharpen speech, strengthen fine-motor skills, build on academics, and teach life improvement skills...all of this in the natural setting of a cooking class. We are very excited to be able to give back to our community and help build a stronger foundation for our children to build upon.

For more information, please visit our website [www.CookingAutism.org](http://www.CookingAutism.org) or email [Info@CookingAutism.org](mailto:Info@CookingAutism.org)

**Special Educators:** Applications for grants and Supports for life-skills cooking programs will open up on **April 2nd**. Please subscribe to our website for a reminder email.

#### VOLUME 2, ISSUE 2

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#### FEBRUARY 2020

##### Special points of interest:

- Special Needs community news
- Upcoming Programs
- Inclusive Family Events
- Registration information

### TO OUR READERS

Stafford Parks, Recreation and Community Facilities wants to hear from you! If you have any comments, questions or concerns regarding the adaptive and special needs programming, please call or email our Therapeutic Recreation Programmer at 540-658-5116 or email

[trec@staffordcountyva.gov](mailto:trec@staffordcountyva.gov).

Don't forget to follow us on Facebook, Twitter, Instagram and share your photos!



#### VIRGINIA FUN FACT

Patawomeck is a Native American tribe based in Stafford County. It is one of Virginia's 11 recognized tribes. The tribe has roughly 2,300 members and works to revive its historic Algonquin language.

**STAFFORD PARKS,  
RECREATION &  
COMMUNITY  
FACILITIES**

1739 Jefferson Davis Hwy  
Stafford, VA 22554

Tel: 540.658.5116

E-mail:

trec@staffordcountyva.gov



**STAFFORD**

Parks, Recreation & Community Facilities

*To promote an active  
lifestyle that will  
enrich lives by  
providing clean, safe,  
accessible parks and  
facilities and offering  
diverse recreation  
opportunities*



**SPRING PARK  
SPOTLIGHT**

Stretch your legs and take man's best friend with you to Duff McDuff Dog Park. This is truly one of Stafford County's gems where your pup can roam free and you can both get some exercise outside. 3 different fenced areas for different size dogs.  
75 James Ashby Pkwy,  
Falmouth, 22405

**UPCOMING PROGRAMS**

**MARCH:**

12, 26 - Out on the Town Social Series

**APRIL:**

Archery - Wednesdays, 4/1 - 4/29  
AGES 9-15 5-6 p.m., 16+ 6-7 p.m.  
Rowser \$30

8 - Sensory Play Day (Spring Theme)  
10:30 a.m. - 11:30 a.m. Rowser AGES 1-5 \$6

9, 23 - Out on the Town Social Series

**THERAPEUTIC SHOWCASE**  
18 April 11:00 a.m. - 2:30 p.m.  
Rowser ALL AGES FREE

**MAY:**

16 - Natural History Museum (Day Trip)  
AGES 18+ \$22

5, 21 - Out on the Town Social Series

**SUMMER CAMP REGISTRATION**  
**Adaptive Gymnastics Camps**  
**June 15-19 & July 20-24**  
**Opens February 2, 2020**

**We are thrilled to report that we have added (4) tandem, sit on top kayaks to our fleet! Join us in the summer for an all ability paddle.**

**ONGOING:**

**Special Needs Gymnastics** - Tu-Th & Sat. Call or pricing and availability.

**Special Needz Ninjaz** classes are available at Stafford Gymnastics & Recreation Center

Private and small group lessons available for Ages 18mo +

**Stafford Connects** - Stafford Connects is a job exploration program for young adults with disabilities ages 18-30. For additional details and qualifications, or to register, please call the Therapeutic Recreation Programmer at 540.658.5116 or email [trec@staffordcountyva.gov](mailto:trec@staffordcountyva.gov)

**Remember:** pre-registration is required for all special needs programs.

**You can find registration information and details for upcoming programs at [www.StaffordParks.com](http://www.StaffordParks.com)**

To request individualized adaptive, therapeutic, inclusive services or for questions about adaptive programs, contact our Therapeutic Recreation Programmer by calling 540-658-5116.

**INCLUSIVE & FAMILY PROGRAMMING**

**The Great Golden Egg Hunt**

Sat, Apr 4 at 6 Stafford County Parks  
Additional information on participating parks can be found online.

ALL AGES Cost: FREE \*\*PRIZES\*\*  
8:00 a.m. - all eggs are found

**Pratt Park Picture Show**

Sat, Dec 14 Government Island  
Ages 3+ Cost: \$10/\$15  
1:00 p.m. - 3:00 p.m.

**Fall Sports:**

**Flag Football**

Ages 5-17 Mar 23- June 6  
\$65 res / \$75 non-res

**REMEMBER:** Stafford County Sports department welcomes all ability levels. 540.658.4572

**Register online at:**

[www.StaffordParks.com](http://www.StaffordParks.com)

Register in person at any of the following locations:

**Rowser Building**

1739 Jefferson Davis Hwy, Stafford

**Courthouse Community Center**

29 Stafford Ave, Stafford

**Stafford Gymnastics & Recreation Center**

500 Nelms Circle, Falmouth