

THERAPEUTIC RECREATION COMMUNITY PROGRAMS

WINTER 2026

CMAA Therapeutic Recreation Complex
2728 Lake Worth Road
Lake Worth, FL 33461
(561) 966-7088



Palm Beach County
Board of County
Commissioners

PALM BEACH COUNTY



PARKS & RECREATION



In accordance with ADA provisions, this document may be requested in an alternate format. Please call (561) 966-7088 for more information.

How the lottery works

- Palm Beach County Parks and Recreation Therapeutic Recreation section uses a lottery system for program registration to ensure everyone has equal access to register.
- There are limited program slots available. Applying for the lottery does not guarantee a slot in the selected programs.
- The lottery will be open for participants/parents to apply online during the dates listed.
- A computerized lottery spin will be conducted after the application period has closed.
- Participants/parents will be notified by phone of lottery results and be given payment information.
- If a participant is not selected in the lottery they will be entered onto the waitlist.

Online Lottery Application:

November 12-18, 2025

Payment Due Date:

December 16, 2025 by 5:00 p.m.

Program Requirements:

Ages 18+

Transportation not provided unless noted with the program information

Contact:

Emily Huhn | (561) 966-7088

How to apply

- Visit www.pbcparcs.com to begin.
- Under 'Online Services' tab, click on 'Register/Pay for a Program' in drop down menu.
- Login with your username and password.
- If you do not have a username, click on 'Create an Account' and follow prompts.
- For login assistance please call 561-966-7088.
- Click on the Therapeutic Recreation Link to find the upcoming programs.

Payment information

- Program fees can be paid online or in person at the CMAA Therapeutic Recreation Complex.
- The Community Programs section is unable to accept payments over the phone.
- Any payment not received by the payment deadline, will result in forfeiture of unpaid program slots.
- Unpaid slots will become available for waitlisted participants.

Community Outings

Goal: To provide participants with intellectual and developmental disabilities an opportunity to spend time socializing and building relationships with peers at a theme park while learning how to safely navigate the park in a group setting.

Benefits: Gain confidence in social settings, enhance independence in decision-making, improve self-awareness and a heightened sense of emotional well-being.

West Palm Beach Zoo

Program Date: March 27, 2026

Day: Friday

Time: 10:00 a.m. - 5:00 p.m.

Meeting Location(s): Meet at CMAA T-Rec Complex

Fee: \$50

Description: Embark on an extraordinary wildlife adventure at the West Palm Beach Zoo! Get up close with amazing creatures from around the globe as you wander through lush, beautifully designed habitats. Watch playful otters splash and dive, marvel at the raw power of majestic tigers and delight in the vibrant colors of tropical birds soaring overhead. Every turn brings a new surprise, from adorable primates to fascinating reptiles. This is more than just a zoo visit it's a chance to connect with nature, laugh with friends and create memories that will last a lifetime. Pack your sense of wonder and get ready for an incredible day of exploration and discovery!

Reminders:

- **Small Backpack/Purse:** Bring a small bag to hold your essentials like your phone, wallet, and sunscreen. Remember, participants are responsible for their own belongings.
- **Meal Money:** Please bring money for lunch and any snacks or drinks you'd like throughout the day. Hydration is important—bring a refillable water bottle if you have one!

South Florida Fair

Program Date: January 21, 2026

Day: Wednesday

Time: 12:00 p.m. - 7:00 p.m.

Location: Meet at CMAA T-Rec Complex

Fee: \$30

Description: Step right up for the ultimate fair experience! The South Florida Fair is bursting with excitement at every turn—heart-pounding rides that make you scream with joy, mesmerizing live shows, adorable farm animals just waiting to be visited and dazzling exhibits that capture your imagination. Stroll through the carnival lights as the sounds of laughter and music fill the air. Treat yourself to mouthwatering fair classics like golden funnel cakes dusted with powdered sugar, savory corn dogs, fresh squeezed lemonade and so much more! Challenge your friends on the games, discover unique treasures from local vendors and soak in the electric atmosphere. This is THE day to celebrate everything we love about South Florida—friendship, fun and unforgettable moments that will have you smiling for weeks!

Reminders:

- **Small Backpack/Purse:** Bring a small bag to hold your essentials like your phone, wallet, and sunscreen. Remember, participants are responsible for their own belongings.
- **Dress for the Weather:** Florida can get warm and sunny! Wear light, comfortable clothing and closed-toe shoes for walking. Don't forget your hat, sunglasses and sunscreen.
- **Meal Money:** Please bring money for lunch and rides or any snacks or drinks you'd like throughout the day.

Recreation Engagement

Goal: To provide participants with intellectual and developmental disabilities opportunities to spend time with peers, interact, socialize and have fun while gaining and/or maintaining independence in small group settings and in the community.

Benefits: Social interaction with peers, improve self-awareness and a heightened sense of emotional well-being. Gain confidence in social settings, enhance independence in decision-making and completing daily tasks.

Mix & Mingle

Program Dates: January 12 - March 2, 2026

*No class January 19 & February 16

Day: Mondays

Time: 6:00 p.m. - 8:00 p.m.

Location: Meet at West Jupiter Recreation Center

Fee: \$65

Description: Travel with us around the world with Mix and Mingle. Participants will receive their very own passport to get stamped as they journey through each destination.

Travel itinerary:

- **Spain:** Learn the lively basics of salsa dancing.
- **Mexico:** Participate in exciting and fun enrichment games while learning and practicing simple Spanish words and greetings.
- **Greece:** Try your hand at a classic Greek game of statues along with a guided Greek salad making class.
- **China:** Relax with your peers while decorating fans and creating beautiful paper art with beginner origami.
- **Italy:** Did someone say PIZZA? Prepare and enjoy your very own pizza creation.
- **Thailand:** Learn and play the inner workings of a fun game called chair ball.

Valentine's Day Dance

Program Date: February 13, 2026

Day: Friday

Time: 6:00 p.m. - 8:00 p.m.

Location: CMAA T-Rec Complex

Fee: \$8

Description: Love is in the air! Join us for a magical evening of romance, friendship and non-stop fun at the TR Valentine's Day Dance. The music will be pumping, the decorations will be stunning and the dance floor will be calling your name! Whether you're showing off your best moves, enjoying refreshments with friends, or simply soaking in the joyful atmosphere, this night is all about celebrating the people who make life special. Dress to impress, bring your favorite dance moves and get ready for an enchanting evening filled with laughter, music and sweet memories that will warm your heart long after the night ends!

Shamrock Shake Bake-Off

Program Date: March 17, 2026

Day: Tuesday

Time: 6:00 p.m. - 8:00 p.m.

Location: CMAA T-Rec Complex

Fee: \$15

Description: May the luck of the Irish be with you in the kitchen! Put on your green and join us for the ultimate St. Patrick's Day baking competition. Channel your inner pastry chef as you mix, bake and decorate show-stopping festive cupcakes that would make even a leprechaun jealous! Learn creative decorating techniques, experiment with emerald-green frosting, shimmering gold sprinkles and playful toppers that scream "St. Paddy's Day!" The best part? Tasting your delicious creations while celebrating with friends! Whether you're a baking beginner or a cupcake connoisseur, this hands-on competition brings together creativity, friendly competition and the sweet taste of success. Who will take home the golden spatula? Come find out!

Earth Day Festivities

Program Date: April 22, 2026

Day: Wednesday

Time: 4:30 p.m. - 6:30 p.m.

Location: Meet @ CMAA T-Rec Complex

Fee: \$15

Description: Celebrate our beautiful planet with a day of outdoor fun, creativity, and environmental appreciation! Step outside and reconnect with Mother Nature through exciting hands-on activities that highlight just how incredible Earth really is. Get your hands dirty planting seeds that will grow into beautiful plants, create stunning eco-friendly crafts using recycled materials and participate in interactive games that teach us how to protect our planet. From nature scavenger hunts to artistic projects inspired by the environment, every activity is designed to help you fall in love with the world around us. Bring your curiosity, your creativity and your love for nature—together we'll learn, laugh and show some serious appreciation for this amazing planet we all call home!

Talent Show

Program Date: April 24, 2026

Day: Friday

Time: 6:00 p.m. - 8:00 p.m.

Location: CMAA T-Rec Complex

Fee: \$15 per participant,
spectators are free

Description: The spotlight is waiting for YOU! This is your moment to shine, show off your talents and let your star power light up the stage at our spectacular Therapeutic Recreation Talent Show! Whether you're a singer belting out your favorite tune, a dancer with moves that wow, a comedian with jokes that make everyone laugh, or someone with a totally unique talent that needs to be seen—this stage is yours! And if performing isn't your thing, no worries—grab a seat in the audience and be the loudest cheerleader for your friends. Every act, every moment, every round of applause makes this night absolutely electric. From heartfelt performances to show-stopping surprises, we're creating an evening packed with laughter, pride and unforgettable memories. Bring your talent, bring your support and let's make this the best show ever!

Sports in Motion

Goal: To enhance physical fitness and social engagement of participants with intellectual and developmental disabilities through athletic skill development, wellness training and gameplay in an inclusive and supportive environment.

Benefits: Maintain health, wellness and mobility through moderate physical activity, social interaction and skill building. Gain confidence in social settings and a heightened sense of emotional well-being.

Sports Unlimited

Program Dates: February 4 - March 11, 2026

Day: Wednesdays

Time: 6:00 p.m. - 7:30 p.m.

Location: West Jupiter Recreation Center

Fee: \$45

Description: Ready, set, PLAY! Sports Unlimited is where the action happens! This high-energy program is packed with movement, teamwork, laughter and competitive fun. Each week brings a new adventure as you learn and master different classic and adaptive games designed to get everyone moving and smiling. From the strategic challenge of Boccia to the fast-paced excitement of Kickball, the teamwork thrill of Capture the Flag to the unique fun of Moonball and Matball. There's never a dull moment! Whether you're a sports enthusiast or just love being active with friends, this program delivers non-stop entertainment while building skills, confidence and lasting friendships. Lace up your sneakers and get ready to play like never before!

IDD Pickleball

West Jupiter

Program Dates: April 6 - April 20, 2026

Day: Mondays

Time: 6:00 p.m. - 8:00 p.m.

Location: West Jupiter Recreation Center

Fee: \$80

Lake Worth

Program Dates: April 8 - April 29, 2026

*No class April 22, 2026

Day: Wednesdays

Time: 6:00 p.m. - 8:00 p.m.

Location: CMAA T-Rec Complex

Fee: \$80

Description: The pickleball craze is back and better than ever! Grab your paddle, rally your friends and get ready to learn the hottest sport taking the nation by storm. These dynamic three-session clinics with your favorite instructor will have you mastering the fundamentals of pickleball in no time—from perfecting your serve and improving your volleys to understanding court strategy and teamwork. Whether you're brand new to the game or looking to level up your skills, you'll love the fast-paced action, the satisfying "pop" of the ball and the incredible sense of accomplishment as you watch your abilities grow week after week. Pickleball combines the best of tennis, badminton and ping-pong into one addictively fun game that's easy to learn but endlessly entertaining. Come for the sport, stay for the community!

IDD Archery

Program Dates: April 9 & April 16, 2026

Day: Thursdays

Time: 6:00 p.m. - 8:00 p.m.

Location: CMAA T-Rec Complex

Fee: \$10

Description: Channel your inner Robin Hood and discover the ancient art of archery! There's something incredibly satisfying about drawing back a bow, taking aim and releasing an arrow toward the target. These sessions are designed to build confidence, improve focus and celebrate the thrill of trying something new in a supportive and encouraging environment. Whether you're a first-time archer or have shot before, you'll love the challenge of hitting the bullseye and the rush of excitement with every shot. Our experienced instructors will guide you through proper technique, safety and form, ensuring everyone feels comfortable and successful. Plus, archery is an amazing way to make new friends, develop patience, concentration and discover a skill that's both empowering and incredibly fun. Step up to the line, take a deep breath and let your arrow fly!