



## Club Rec – FAQ

### What is Club Rec?

- Club Rec is a day social, recreation program focused on enhancing quality of life after injury or illness.

### What happens at Club Rec?

- Community outings on the Sheltering Arms bus – day trips, movies, lunch, museums, shopping
- Individual and group exercise classes in our onsite fitness center
- Surfing the web, emails, playing games in the computer lab
- Making wreaths, painting classes, sewing class, ceramics, jewelry making in our craft room
- Health and leisure education classes
- Group recreational activities
- Social opportunities
- Spirituality Group lead by our Chaplain and volunteers
- Weekly visits to use our Therapeutic Pool
- Peer support from others who are dealing with adjustments to disabilities
- Bingo, karaoke, card games, scavenger hunts, cooking class, wii games, movies, and much more!

### Who attends the Club Rec Program?

- Individuals who have had a stroke, traumatic brain injury, spinal cord injury, multiple sclerosis, amputees, Parkinson's or other neurological conditions or illnesses.
- Individuals who may have physical challenges or limitations but are independent with toileting, eating, dressing, medication management, and mobility with or without an assistive devices
- Individuals looking for an active lifestyle and opportunities for socialization after injury or illness
- Individuals whose caregivers are looking for respite
- Individuals who are looking for opportunities for community outings
- Individuals looking for a program after therapy to maintain function and progress

### Where is the Club Rec Program located?

West Broad 2805 St., Richmond, Va. 23230; near intersection of Broad and Boulevard

### What are the hours of operation?

- Monday thru Thursday 8:00 am – 4:30 pm. Structured programming by Recreational Therapists are from 9:00 am – 3:00 pm.

### What is the cost for participation in the Club Rec Program?

- The program is cash-based service, and the fee is \$40.00 per day. Financial assistance is available to those who qualify. Sliding scale fees are available at \$10.00 or \$20.00 per day if financial assistance

application has been completed and approved by the Financial Assistance Department at Sheltering Arms.

### **Is transportation available to and from Club Rec?**

- Club Rec does not provide transportation to and from the program. However, many members access GRTC-CARE, GRTC- Chesterfield Access, and Senior Connections. Club Rec is also located on the city bus line and there is a stop directly in front of the building

### **How do I get started?**

- Visit Club Rec page at [Sheltering Arms Partners for Life Splash Page - Club Rec](#) to schedule a tour or program evaluation
- Call Valerie Boggess at 764-5275, menu option 2 (Club Rec & Special Events) if you Have additional questions, would like to tour the facility, or would like to set up an intake evaluation.