



Among the beneficiaries of this program will be the Somerset County Park Commission Therapeutic Recreation Program, which is a cooperative effort between the Park Commission and 16 municipalities to provide year-round recreation opportunities for people with developmental disabilities. The goal of the department is to promote an active leisure lifestyle that improves social, physical, cognitive, and emotional functioning and health while enhancing each participant's abilities.

#### CHILDREN'S PROGRAMS

**Camp Okee Sunokee:** A six week day camp for children with learning disabilities or Asperger's Syndrome, ages 6-14, that encourages the development of recreation and social skills, and enhances self-confidence and educational growth through the participation in a variety of activities including arts & crafts, sports & games, music, cooking, trips, and swimming.

**Summer Adventure:** An exciting two week summer program, for high school teens and young adults, ages 14-21, who are receiving special education services due to a learning disability, are cognitively impaired, or have Asperger's Syndrome. The goal is to build self-esteem and confidence, develop friendships, encourage team building, teach independence, and improve life skills through outdoor activities, trips, crafts, and cooking.

**Kid Connection:** Year-round programs for children ages 7-13 with a developmental disability to experience fitness, sports, crafts, and games.

#### TEEN AND ADULT PROGRAMS

**Recreation Activities:** A variety of social, cultural, artistic, culinary, sports, fitness, community outings, horticulture, and overnight trips are available for participants with learning and developmental disabilities. The benefits of participation include social skills, self-esteem, wellness, physical ability, communication skills, and constructive use of leisure time.

**T.R.A.I.L.S.:** This is an adapted horseback riding program (Therapeutic Recreation Adapted Instruction at Lord Stirling) run in conjunction with Lord Stirling Stable for teens and adults who have a developmental disability.



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*Proceeds to benefit the*  
SOMERSET COUNTY PARK COMMISSION  
RECREATIONAL PROGRAMS AND SERVICES

*Sponsored by*  
SOMERSET COUNTY PARK FOUNDATION

*In cooperation with*  
SOMERSET COUNTY BOARD OF CHOSEN FREEHOLDERS

