For children and adults with intellectual and developmental disabilities, including but not limited to autism spectrum disorders, cerebral palsy and Down syndrome, opportunities for leisure activities can be few and far between. At UNMC’s Munroe-Meyer Institute, the recreational therapy department provides exceptional experiences that enrich quality of life for participants with developmental disabilities throughout their lifespan.

Made up of certified therapeutic recreation specialists as well as art, horticulture and other adaptive therapy specialists, a volunteer coordinator and many activity therapy technicians, MMI’s staff is dedicated to maximizing each participant’s developmental potential. Families also benefit. They receive a much-needed respite or “break” and know their children are in a safe environment and, most importantly, having fun.

 Principle support of recreation therapy opportunities at MMI is generously provided by the Hattie B. Munroe Foundation, the Meyer Foundation for Disabilities, the MMI Guild, the MMI Board of Directors and the Enrichment Foundation of Omaha.

For more information about any of these programs, please call 402-559-5777.

Para información acerca del Campamento Munroe en español, por favor llame a nuestra intérprete Ann Goering 402-559-5815.

UNMC Munroe-Meyer Institute – A University Center for Excellence in Developmental Disabilities Education, Research and Service
Camp Munroe

Who: Children and young adults, ages 2½ to 21. Participants are placed in small groups based on their age.

What: The curriculum includes cooking, swimming, art, music, dance, sports/games, gardening and community outings.

Why: Camp provides recreation, play and social interaction opportunities for participants and peers, learning experiences for student volunteers and respite for families.

When: Summer and winter day camps run from 9:30 a.m. to 3:30 p.m. Summer camp is offered Monday – Friday and runs from late June through early August. Winter camp occurs for several days in December and January.

Of note: Camp Munroe uses the buddy system, in which each camper has either a volunteer or staff member assigned to them for the day. Participants may attend camp for one or more weeks.

After School Program

Who: Children and young adults, ages 5 to 21.

What: Participants enjoy self-directed play sessions as well as structured small-group activities that include cooking, swimming, art, music, sports/games and community outings.

When: Offered each fall and spring from 3 p.m. to 5:30 p.m.

Of note: Families select either a Monday/Wednesday or a Tuesday/Thursday enrollment.
Saturday Recreation Program

Who: Children and young adults, ages 2½ to 21. Participants are placed into small, age-appropriate groups.

What: Participants engage in structured activities such as cooking, swimming, art, music and sports/games.

When: Saturday mornings, 9:30 a.m. to noon, fall and spring enrollment.

Arnold Stern Saturday Nights

Who: Teens and young adults ages 13 to 21.

What: A program to encourage co-educational friendship opportunities among teens and young adults with developmental disabilities. Activities include sporting events, movies, theater productions, outdoor adventures, bowling and arcades.

Where: Across the metro area.

Why: The purpose is to create awareness within the greater Omaha community and to help prepare participants for adult leisure independence and decision-making.

When: Once a month, fall and spring enrollment sessions.
Girls Group

**Who:** Young teens and women ages 13 to 21.

**What:** A program to encourage friendship among female teens and young adults with developmental disabilities. Activities include arts and crafts, sporting events, movies, theater productions, outdoor adventure, bowling and arcades.

**Where:** Across the metro area.

**Why:** The purpose is to create awareness within the greater Omaha community and to help prepare participants for adult leisure independence and decision-making.

**When:** Once a month, fall and spring enrollment sessions.

Adult Evening Respite and Habilitation Program

**Who:** Adults with developmental disabilities ages 21 and older.

**What:** Adults enjoy recreational activities and social interaction opportunities with high ratios of staff and volunteer support. Activities include cooking, swimming, art projects, social dance, karaoke and holiday-themed parties.

**Where:** Center-based at MMI.

**When:** This program has fall, spring and summer enrollment opportunities and is held on Thursday evenings.
Adult Aquatic Program

Who: This program is designed for participants with extreme mobility restriction or medical fragilities requiring active transfer and in-water assistance. Enrollment is limited to 10 participants in order to ensure adequate pool space.

What: The program includes individualized programs of exercise, sport/game, play and social activities.

Where: Center-based at MMI.

When: This program has fall, spring and summer enrollment opportunities and is held on Tuesday evenings.

Urban Adventure Club

Who: Adults with developmental disabilities ages 18 and older.

What: Members of this club go on extended outings that typically last between six to 10 hours, depending on the event and location. Day trips may include movies, concerts and theatrical performances.

Where: Omaha metro area.

When: Once a month.
Community Outing Club

**Who:** Adults with developmental disabilities ages 18 and older. Each group consists of six to eight participants and four to five staff members.

**What:** Members of this club attend community events such as concerts, sporting events, movies and bowling.

**Where:** Omaha metro area.

**When:** Once a month.

**Of note:** Transportation will be provided from MMI to the event.

Adult Cooking Club

**Who:** Adults with developmental disabilities ages 18 and older.

**What:** This club operates on the “Cuisines of the World” theme. Curriculum experiences are rotated among German, Chinese, Italian and other ethnic-themed menus to provide club members with unique cooking opportunities.

**Where:** Center-based at MMI.

**When:** Once a month.
Adult Leisure Coaching Services

Who: Individuals with developmental disabilities ages 18 and older.

What: The leisure coaching program assists in the development of lifetime leisure skills within the community, such as water aerobics, craft classes, dance and martial arts academies.

Where: Participants may enroll in area YMCA classes and programs, City Park and Recreation programs, and other private recreation programs with accompanying MMI support staff.

When: Enrollment opportunities are year-round.

Of note: The program will assist with admission fees, equipment, support staff and transportation, depending upon individual enrollment circumstances.

Autism Social Clubs

Who: Middle and high school students, as well as adults with Asperger syndrome or autism spectrum disorder.

What: The activities vary from game night, aquatics, art classes, sporting events, movies, theater productions, outdoor adventure, bowling and arcades.

Where: Center-based at MMI with some community outing.

Why: The goal of the club is to enrich the social opportunities for members and assist in developing friendship circles.

When: Meets monthly, usually on Friday or Saturday afternoons or evenings.

Of note: Activity technicians provide social support during club activities.
Wheel Club

Who: Teens and adults with developmental disabilities.
What: An adapted cycling club.
Where: The club varies trail rides across several area park and trail systems, including the Lewis and Clark landing, Lake Zorinsky and others.
Why: Participants can experience the enjoyment of outdoor trail riding through membership in this club.
When: Sunday afternoons in the spring and fall (weather dependent).
How: All of the club’s cycles are tandem designs that allow pairing of an able companion rider with a person with disabilities. Activity technicians are available to assist with cycle selection, rider fit and comfort, as well as serve as co-riders if needed.

Community Gardening Club

Who: Individuals with developmental disabilities ages 18 and older.
What: Participants can plant and manage their own small plot of community gardening space with support from MMI recreation staff.
Where: City Sprouts Community Garden.
When: From April to October.
Of note: This club operates in conjunction with the City Sprouts community garden, which offers barrier free access and raised bed planting designs.
Theater Arts and Music Workshops

Who: Children, youth and adults with developmental disabilities who have attended other MMI recreational therapy programs.

When: Two three-day workshops annually, one in early January and one in early July.

What: The winter workshop will be led by resident performing artists, local musicians and guest performing arts faculty, with curricula in the areas of puppetry, improvisational acting, movement, melodrama, set design, music expression, song, instrument, voice and dance. The workshops will culminate in an evening performance at the end of the third day. MMI Recreational Therapy Department staff and volunteers will supervise and support participants during the winter and summer workshops.

Why: These workshops are designed to enrich the leisure lifestyle in the areas of the performing arts across the lifespan and to strengthen community bonds with MMI participants and the creative and performing arts community.
Volunteer Service Learning Program

Who: Students ages 13 and older may volunteer for programs offered by the MMI Department of Recreational Therapy; however, adult programs are open only to persons 16 and older.

What: Volunteers provide support to program participants with developmental disabilities to ensure safe and fun activity participation. Volunteer training is required and includes instruction on safety rules, behavior management, precautions, use of adaptive equipment and disability education and advocacy.

Why: The program strives to increase the volunteer’s awareness of individuals with disabilities.

When: Volunteer opportunities in therapeutic recreation are available year-round. All new volunteers are required to attend a training class prior to the start of the volunteer service.

University Internship Opportunities

Who: Undergraduate and graduate students.

What: Internships, practicum experience and training opportunities are available in the disciplines of art therapy, horticulture therapy, adapted physical education and therapeutic recreation.

Where: Center-based at MMI.

When: Educational opportunities are available on a year-round basis.

Of note: Students interested in applying for training experiences should contact the MMI Recreational Therapy Department director at least four months in advance of their desired start date at 402-559-5771.