

THE BUZZ

The monthly Honey Bee Therapies Newsletter



It's Gonna Be MAY!

Falon Bridwell & Christi MacWilliams

Well howdy there, Honey Bees! We hope you have been enjoying the warmer weather that spring brings to us. We've compiled some information that might be of use to you this month. Enjoy!

While May is considered spring, lets face it. Its now summer in Texas. With that being said, there are some things to consider for the upcoming month!

As temperatures increase, so does the UV index. Please make sure you are bringing sunscreen with you and enforcing its use with your clients. You may also want to talk to the families and make sure that your clients bring their own bottle of water to every session. Teaching kids how to care for themselves in various climates is essential for appropriate leisure engagement (both while they are with you and hopefully they carry these principles long after you leave!)

WHAT YOU'LL FIND INSIDE:

- **FREE ACTIVITIES**
- **UPCOMING EVENT**
- **OUTDOOR TRAILS**
- **BASTROP, TX**



Upcoming Event

Barks for Beers

Divine Canines provides **free** therapy dog services to various populations including older adults and hospitalized patients, many of whom are particularly vulnerable during this health crisis.

Barks for Beers helps them keep their training costs affordable and helps keep their volunteers, human and canine, equipped to provide the best possible free services.

Beginning April 29, purchase the 2022 Divine Canines pint glass and Pawsport for \$30+ tax at any participating brewery. The Pawsport entitles you to one pour at each brewery listed below.

4th Tap Brewing Co-Op
12 Fox Beer Company
Adelbert's Brewery
Black Star Co-op
The Brewtorium Brewery and Kitchen
Circle Brewing Company
Family Business Beer Company
Fitzhugh Brewing
Frontyard Brewing
Ghost Note Brewing
Hitmaker Brewing Company
Hopsquad Brewing
Independence Brewing Company
Infamous Brewing Company
Koko's Bavarian
Live Oak Brewing Company
Nomadic Beerworks
Oasis Texas Brewing Company
Oddwood Brewing
Oskar Blues Brewery
Real Ale
Red Horn - Parmer Lane
Red Horn - Scottsdale Drive
Southern Heights Brewing Company
Suds Monkey Brewing
Treaty Oak
Twisted X Brewing Company
Vacancy Brewing
Vista Brewing
Willard's Brewery



HONEY BEE THERAPIES
NETWORKING EVENT

COME JOIN US AT THE BREWTORIUM AS WE SUPPORT DIVINE CANINES BARKS FOR BEERS. WE WILL BE OUT IN THE COMMUNITY FROM 12-2 AND LOOK FORWARD TO MEETING OTHER COMMUNITY BASED REC THERAPISTS. THIS EVENT IS FOR ALL AUSTIN AREA REC THERAPISTS. FEEL FREE TO BRING A FRIEND!



SATURDAY
MAY 21, 2022
12P - 2P

RSVP TO CZWICKE@HONEYBEETHERAPIES.ORG

6015 DILLARD CIR, SUITE A, AUSTIN, TX 78752

Free Austin Activities

Pecan Street Art Festival

Location: East 6th Street, Downtown Austin

Date/Time: May 8th & 9th

Details: Local artists and vendors showcase and sell their work along the street.

FAM Day!

Location: 121 Main Street, Buda TX

Date/Time: May 7th from 12PM to 2PM

Details: Free crafts available to kids and their families (or in this case, their providers) outside of the Art Center.

Healthy Kids Day

Location: YMCA Twin Lakes (Cedar Park)

Date/Time: May 1st from 2PM to 5PM

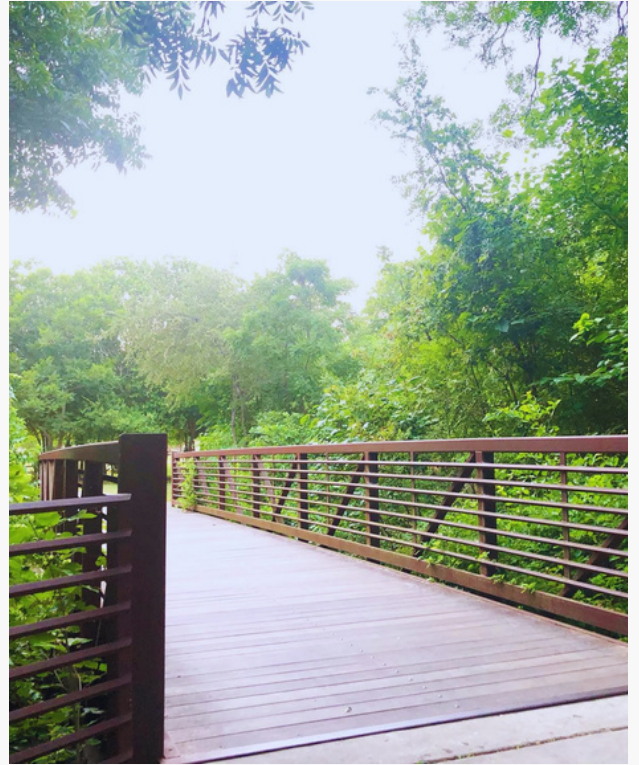
Details: Come out and enjoy games, bounce houses, super slide, spinner ride, rockwall, crafts and more.

Pop Up Play Day

Location: Freeman Park, Round Rock

Date/Time: May 14th from 5pm-7pm

Details: Event put on by Round Rock Parks and Recreation. Boasting games, free food, and fun!



"Earth and sky, woods and fields, lakes and rivers, the mountain and the sea, are excellent schoolmasters, and teach of us more than we can ever learn from books."

May-be the Park?

Parks are the Recreation Therapist's best friend. Remember, parks are FREE and a great resource for you as a provider as well as families who struggle to afford costly recreation activities. Have your clients research parks nearby to give to their parents!

Play For All Abilities

- Located in Round Rock
- Equipment for children of all physical abilities! Bring a scooter or a bike for the racetrack! Practice social skills and community safety in the miniature town!

Roy G. Guerrero Colorado River Park

- Located in Southeast Austin
- Stellar playground AND access to the river. Bring your swimsuits!

Milburn Park

- Located in Cedar Park
- Dirt jumps for bikes, walking trail, bouldering wall, playground, swimming pool, and volleyball courts!



Blues on the Green

It is that time of year! Blues on the Green is back after taking time off from COVID. There are 4 free concerts planned from May to August. Dates have not yet been announced, but be on the lookout!

These events usually fall on a Wednesday and start at 8PM. This could be a great activity for older teenagers looking to get involved in their community.

Make sure to bring chairs or a blanket to sit on!



Recreation Ideas For YOU!

Please don't forget to practice some self care and engage in some recreation yourself! Austin has plenty of activities for all ages, but maybe getting a break from the kiddos is just what you need.

Austin Outer Limits Festival, May 27th-29th

Bonfires, drums, live music, dance parties, acoustic jams and fun @ the largest outdoor venue in Austin

Lone Star Jam, May 28th-29th

Enjoy some Texas Culture at this music festival showcasing some of the greatest Texas Country bands!

Night at the Museum (Museum of Ice Cream!)

An unforgettable party with grown-up and not so grown-up games, boozy ice cream concoctions and plenty of sweet surprises.

May the Forest Be With You

Austin boasts so many beautiful trails that accommodate varying levels of fitness. Below are some local trails that we simply love, use them while weather permits!

Walnut Creek

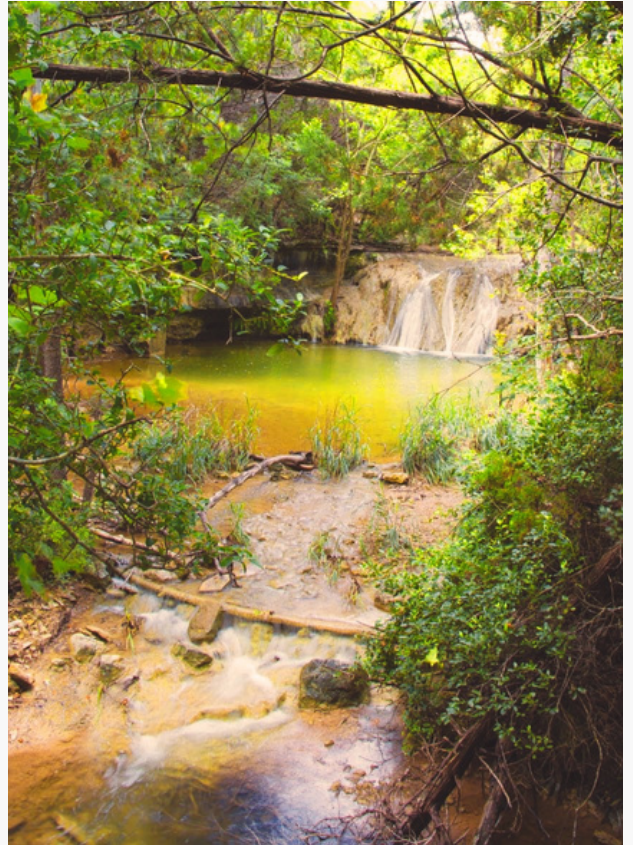
- These trails are rated easy. This area also has paved trails for bike riding as well as dirt jumps for mountain biking.

Wild Basin Wilderness Preserve

- This trail can be done in a loop or you can walk out and back from any of the various points. The trail is rated easy.

Hill of Life

- The trail is on the Barton Creek Greenbelt. It is rated moderate for the climb up the hill of life.



Bee The Change You Want To See

This month, I would like to recognize one of our owners, **Christi MacWilliams, CTRS**. Just so were clear, this part is written by Falon. Christi would never toot her own horn like that but I think she deserves some recognition.

Christi is an exceptionally hard worker. Despite the challenges that life throws her way, Christi puts her best foot forward each and every day to ensure that our team is happy. She is always there to pick up the phone when I am having a meltdown over an uncooperative client and respond to any of the hives questions promptly and efficiently. Christi is a cheerleader for so many people and I personally am grateful to have her as my partner.

Thank you Christi for all that you do, I would be lost without you! #QUEENBEE

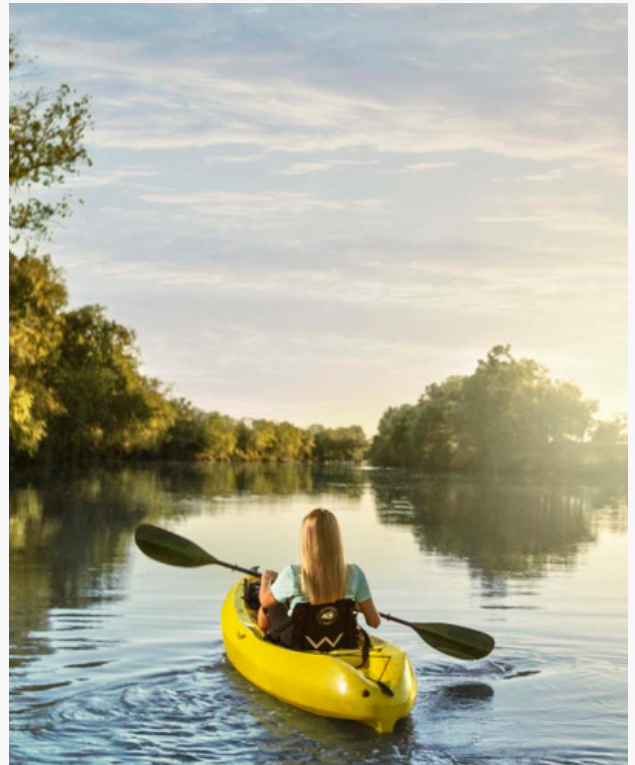
Welcome to Bastrop!

Bastrop is now one of the areas Honey Bee Therapies serves! This town is located about 45 minutes east of Austin. What used to be a small town is now booming with new residents and plenty of opportunity for clients.

Bastrop is known for its sense of adventure. In this little Texas town you can find two state parks, plenty of opportunities for camping, kayaking, fishing, rock climbing, and more!

Despite being a historic Texas town, Bastrop has quite the arts and culture scene. You can often find live music, shop downtown for pieces from local artists, or take some classes at the local arts center.

If this isn't enough to sell you on Bastrop, there is tons of delicious FOOD! If you happen to be in town, visit Neighbor's Bar and Grill for their gluten free pizza or get a slice of pie from Maxine's Cafe!



"People who cannot find time for recreation are obliged sooner or later to find time for illness"

Bastrop Free Activities

Toads In Town

- Stop into the Bastrop visitor's center to get information on finding toads in town!
- Delf-guided tour that gets you out and about exploring the heart of Bastrop while educating about an endangered species in the region, the Houston Toad.

Bird Watching

- Bastrop is home to 277 different species of birds and located along the prolific route that millions of birds take on their way to South America and back during their biannual migration
- Get information about what birds there are at <https://www.visitbastrop.com/birding-in-bastrop/>

Lost Pines Art Center

- Admission is free!
- Classes available
- Many different events!





Austin Active Kids

Austin Active Kids is a Facebook page where parents post activities they do with their kids out in the community. This a great resource to use for inspiration of kid-approved activities and locations!

Kids Out and About: Austin

This is a website that can be used for children's upcoming events. They cover the greater Austin area and also lists free resources as well as resources for kids with intellectual or physical disabilities!

Austin Kids Classes and Camps

Austin Kids Classes and Camps is a Facebook page for parents (or in this case, providers) to find camps and various recreation classes. This is a resource you can use for yourself or provide to the families to enhance your clients recreation involvement outside of your sessions!

Sober ATX

Sober ATX is another Facebook page where you can connect with other sober people in the community. While I would recommend against providing this to your clients (this is for adults) it can be a great resource for friends and family to get connected to other like-minded individuals. This is a place to share sobriety milestones, questions, and find meet ups to engage in drug/alcohol free environments.

