



**Philosophy:** to stimulate the body and brain regulators via dopamine, oxytocin, serotonin and endorphin (DOSE) aiding in a balanced day/life. TLC uses key factors such open environment and a variety of activities to release stagnant energy and dormant abilities during self-exploration in a supervised setting.

**Dopamine-** *The reward chemical:* Exercise, create something: writing, music, art, anticipating something you're excited for, eating, sleep, understanding expectations and working on goals.

**Oxytocin-** *The empathy/admiration hormone:* Exercise, socializing, music, helping others & interaction with animals.

**Serotonin-** *The mood stabilizers:* Exercise, sunlight, mindfulness & nature/open space.

**Endorphin-** *The natural pain reliever and mood enhancer:* Exercise, creativeness, laughing/crying, food choice, meditation & stretching.

**Anyone with special needs is welcome to enroll, for those who are not self-directed-an aid or respite worker is \*required. This is a stimulating program.** \*Subject to change with 10-day notice or emergency cancelation. Clients with food allergies will be asked to provide their own snacks.

## Program Characteristics:

1. **2025:** \$55 per client for 2-hour program. Price is subject to change with 30 days' notice. Additional family participants are +\$15. Classes are every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month and some Saturdays for Family H&R. Example: March 4<sup>th</sup>, 18<sup>th</sup> and Saturday 28<sup>th</sup>, April 1<sup>st</sup>, 15<sup>th</sup> and Saturday the 19<sup>th</sup> and so on. Website and social media will stay up to date with happenings.
2. RSVP on Website: [Turnerlearningcenter.com](http://Turnerlearningcenter.com)

## Equality for the Disabled: Restoration and Healing

Accepting SDP clients or out of pocket; will work with programs to become a vendor.

Daily Options: Ricky & Friends, Cycling, Social time, Food, Creative Activity, Giant Yard Games & Development Time.

### **45 Minutes: Check in + Exercise**

- Wash in, check in: One-on-One moment to share their day thus far and assess the amount of output/input needed.
- Cycling- Tridynamic, Rickshaw and/or 4-person bike: mobility, exercise and stagnant energy outlet (Tridynamic 101)
- Grounding/Centering techniques
- e.g., box breathing, guided stretching, resetting Vegas Nerve)

### **45 Minutes: Sensory and Creative Activities**

- Positive music: instrumental, healing hertz, uplifting  
Vibrational Healing: Low Frequency Module
- Create something: writing, music, art (e.g., tactile projects)
- Cognitive training games, hand eye coordination, strategy, learning new skills through social interaction

### **30 Minutes: Social Skills and Self development**

- Conversation about goals, intentions, dreams, and/or ideas
- Conversation reflecting input and output (diet, exercise, thoughts, environment) affecting mood and feelings, exploring the open space.

## Future Goals of TLC Program

Measurable Goal: to take skill sets and apply to TLC events.

- Snack bar training for Socials
- Tridynamic certified, Rider for Rickshaw/ 4-man bike
- Animal Care
- Ricky and Friends
- Garden- planning process to completion
- Audio/Video setting up stereo/TV equipment for Karaoke Socials
- Bocce Ball Socials