



Special Needs Recreation – Fall 2013



Special Needs Activities Coordinator: Ranwa “Nin” El-khoury, 407-571-8814, rrel-khoury@altamonte.org

To attend activities, participant must meet the Program Eligibility and complete a Participant Membership Form. Once Membership Form is on file, participant is eligible to attend events. Select programs require additional registration. Additional Registration Includes: (1) Reserve your spot via phone or email (2) Complete/submit additional paperwork and payment. Please send your reservations to only: 407-571-8814 or rrel-khoury@altamonte.org -or- Register Online at www.ASRrecreation.org

STOP TRIPS

Description: STOP Trips (Saturday Time Out for Parents) take place one Saturday a month and are socially, physically and educationally beneficial field trips. Drop off and pick up is at Eastmonte Park.

Cost: Cost: \$3/particiapnt with lunch provided. Financial Assistance Available. *Feel free to send souvenir money for trips

Additional Registration: Required

You must RSVP a week prior to the trip, on the designated day beginning at 9am, by phone or email. Reservations are taken in the order received. Space is limited. Send your reservation to only:

407-571-8814 or rrel-khoury@altamonte.org

Upcoming Trips:

American Police Hall of Fame and Museum

Trip Date: September 7 from 9am-4pm **Reg opens at 9am, Aug 30**

Sea World*

Trip Date: October 12 from 8am-7pm **Reg opens at 9am, Oct 4**

*LIMITED SPACE: After all reservations are received on 10-4, a random drawing will take place to select participants attending this trip.

*Lunch provided. Participants should plan to bring money for snacks/dinner

Access-Life Expo Ocoee (Boating, Fishing, Archery, Crafts & more)

Trip Date: November 16 from 9am-4pm **Reg opens at 9am, Nov 8**

*TRIP DATE CHANGED. This is an update to the date posted in calendar.

BOWLING

Description: Practice is held every Monday, excluding city holidays, from 3-5pm at the Altamonte AMF Lanes. Scores are recorded hroughout the year and trophies are awarded at a Banquet with participant's high score. "Pizza Mondays" are held on the last Monday of the month. Pizza will be sold by the slice for \$1.75 each.

Cost: \$2 per game, includes shoes. **Additional Registration:** None
No Bowling On: September 2 (Labor Day), December 23, 30

BALLROOM DANCE

Description: The Orlando Chapter of USA Dance teaches an 8-week workshop on Sundays at Lake Brantley South in the Fall and Spring. Practice is located at Lake Brantley South Gym, 1010 Sand Lake Road. Gym located across from Lake Brantley High School by Forest City Elementary

Dates/Time: Fall Workshop starts Sunday, October 6, 2013.

Silver- 1pm-1:45pm or Gold- 1:45pm-2:30pm

Cost: \$20.00, Financial Assistance Available. Space Limited.

Additional Registration: Required. Register between Sept 9-13 (or filled) Contact us for registration paperwork or more information.

Altamonte Ballroom Stars Showcase

Sunday, November 24 from 1:30-2:45pm

Featuring our special stars, volunteer partners and professional performers. Look for flier in our e-newsletter.

6th ANNUAL BELLY DANCE RECITAL

Description: Troupe Moumayaza, our special needs belly dancers, will be hosting their 6th recital! We hope you will come out and watch our beautiful dancers, plus many other local professional dancers!

Date: Friday, October 18, 2013 at Eastmonte Park from 7-9pm

Cost: Cost: \$2.00 Funds will support Troupe Moumayaza

WINTER CAMP– SAVE THE DATE

Description: Crafts, field trips, games, guests & more!

Held on Wednesdays on Jan 8, 15, 22, 29 and Feb 5, 12, 19, 26 Located at Eastmonte Park from 9am-4pm

Cost: \$50.00, Financial Assistance Available. Space is Limited.

Additional Registration: Registration opens **Monday, Dec 2 at 9am**. Camp fills up quickly, so do not delay. Visit our website or contact us for a copy of the registration process, paperwork or more information.

NIGHTBIRD DANCES

Description: Themed dances are held one Friday a month from 7-9pm at Eastmonte Park. Prizes awarded for dance contest winners, costume contest winners & birthdays! Drinks and light snacks will be provided.

Cost: \$2 per participant & \$1 per guest (parent, caregiver, etc)

Additional Registration: None. If you have a group home or a large party, call in advance if you wish to reserve your group a table(s).

Upcoming Dances:

September 13	Crazy Hat Dance
October 25	Halloween Masquerade
November 8	Decades Dance - 50's 60's 70's 80's
December 6	Holiday Gala - Invitation Only. No Walk-ins.

*Oviedo Parks & Rec offers dances on 4th Friday. www.owsoptimistclub.com

THURSDAY NIGHT OUT

Description: "Thursday Night Out" is held on the 3rd & 4th Thursday of the month at Westmonte Park from 7:30-8:30pm. Programs are designed to allow participants to get together and have some fun!

Cost: \$1.00 with light refreshments provided.

Additional Registration: RSVP for cooking classes week prior.

Sept 19: Karaoke Night	Sept 26: Cooking Class
Oct 17: Karaoke Night	Oct 24: Cooking Class
Nov 21: Karaoke Night	Nov 28: Cooking Class—Canceled

HOLIDAY NIGHT RIDE

Description: We will take the bus/van to drive by local houses with beautiful light displays & Cranes Roost Park. Meet at Eastmonte Park from 6pm-8:30pm. Space is limited. Financial Assistance Available.

Trips: Tuesday, December 17 or Thursday, December 19

Cost: Cost: \$1.00 with Cookies & Hot Cocoa provided.

Additional Registration: Register for one trip starting on **Nov 25 at 9am**

CHRISTMAS CRAFT CAMP

Description: Join us as we create holiday themed crafts, presents, cookies, sing carols, and more. Located at Eastmonte Park from 1:30pm-5:30pm. (Campers have the option to stay at camp until the Holiday light ride at 6pm). Volunteers Needed.

Camp Dates: Tuesday, December 17 and Thursday, December 19

Cost: \$10.00 with pizza dinner provided for both days of camp.

Space is limited. Financial Asst. Available

Additional Registration: Required. Registration opens **Nov 25 at 9am**

* YOUTH PROGRAMS *

SPARKLER'S CHEER CAMP

Description: Join us as we learn cheer skills from local guests & dancers. Saturday, October 26, 2013 from 10am-4pm. Open to new athletes and current Sparklers ages 6 and up. Lake Brantley South Gym, 1010 Sand Lake Road. Gym located across from Lake Brantley High by Forest City Elem.

Cost: \$5, includes cheer camp T-Shirt. Bring your own lunch.

Space Limited, Financial Assistance Available. Volunteers Needed.

Additional Registration: Required. Register between October 6-11.

Competition Team: The Sparklers are a group of male/female cheerleaders with special needs who train/compete in October-April.

Competition team is currently full, but a waiting list is available for interested athletes.

BAMBINO BUDDY BALL

Description: This baseball league allows for a "buddy" to help the player swing a bat, round the bases, catch a ball, etc. Program designed for players ages 5-20 who are either physically and/or mentally challenged.

Cost: Free **Additional Registration:** Contact Sarah Reece at 407-463-2504, sarah.reece@orhs.org, <http://cfbuddyball.baberuthonline.com>

ANNUAL PARTICIPANT MEMBERSHIP FORMS

These must be on file for participants to take part in our activities. Forms are renewed annually and do not need a doctors signature, but can be completed by the parent or guardian. Forms are available on our website or can be mailed to you.

CHECK US OUT ONLINE

Visit our websites for information on our programs and/or updates. There you can find schedules, registrations forms, and lots more! www.AdvisoryBoardforDisabled.org or www.ASRecreation.org

Like us on Facebook! View our photos & announcements at www.Facebook.com/AltamonteSpringsSpecialPopulation

E-NEWSLETTER

Our E-newsletter comes out monthly with reminders about all our activities and events, as well as any updates.

To sign up, please e-mail us at Rrel-khoury@altamonte.org

PROGRAM ELIGIBILITY

Participants with special needs must meet the following criteria to take part in programs. If they are unable to do so, participant is welcome to attend programs, but must provide their own assistant for supervision (a family member, companion, etc.)

- Age 13 and over (with exception to select specially designed youth programs)
- Be able to function in a group structure (1 staff member/volunteer per 5 participants)
- Capable of participation in group activities
- Have independent bathroom skills
- Be able to follow basic instructions

NEXT NEWSLETTER

Look out for our next newsletter in early-December 2013 with information on our 2014 Winter and Spring activities.

REGISTRATION DATES

Visit website to download a Quick List of Fall Registration Dates.

Altamonte Springs Advisory Board for the Disabled, Inc.

225 Newburyport Avenue
Altamonte Springs, FL 32701

Special Needs Activities - Quarterly Newsletter

NON-PROFIT ORGANIZATION
US POSTAGE PAID
MID-FL, FL
PERMIT 14163



The City of Altamonte Springs - Special Needs Recreation and the Advisory Board for the Disabled, Inc. provide social and recreational activities at a minimal cost to the mentally and physically challenged population, ages 13 and up in Altamonte Springs and surrounding communities.

HOW TO SIGN UP

To attend activities, participant must meet the Program Eligibility and complete a Participant Membership Form. Once Membership Form is on file, participant is eligible to attend events. *Select programs require additional registration.

ACTIVITIES COORDINATOR:

Ranwa Nin El-khoury
Office: 407-571-8814 Fax: 407-571-8809
Email: Rrel-khoury@altamonte.org
www.AdvisoryBoardforDisabled.org
www.ASRecreation.org

Mail to: 225 Newburyport Avenue
Altamonte Springs, FL 32701

EMERGENCY CELL PHONE:

If you need to contact us immediately while a program is in session, please call 321-303-5255.

ACTIVITY LOCATIONS:

- Eastmonte Park - Office
- 830 Magnolia Drive
- Altamonte Springs, FL 32701
- Westmonte Park
- 624 Bills Lane
- Altamonte Springs, FL 32714
- AMF Altamonte Lanes
- 280 Douglas Avenue
- Altamonte Springs, FL 32714
- Lake Brantley South Gym
- 1010 Sand Lake Road
- Altamonte Springs, FL 32714

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Registration Dates - Quick List

Please read our quarterly newsletter for more information and details about activities.

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STOP TRIPS (ages 13- up)

Trip Date: Sept 7 Registration opens 9am: Aug 30
Trip Date: Oct 12 Registration opens 9am: Oct 4
Trip Date: Nov 16 Registration opens 9am: Nov 8

BALLROOM DANCE WORKSHOP (ages 13- up)

Workshop Begins: October 6
Registration: between Sept 9-13

SPARKLER'S CHEER CAMP (ages 6- up)

Event Date: Saturday, October 26
Registration: between Sun, Oct. 6– Fri, Oct. 11

CHRISTMAS CRAFT CAMP (ages 13- up)

Event Dates: Tues, Dec. 17 and Thurs, Dec. 19
Registration: begins November 25 at 9am

HOLIDAY NIGHT RIDE (ages 13- up)

Event Dates: Tues, Dec. 17 or Thurs, Dec. 19
Registration: Begins November 25 at 9am.
Select one of the trips.

WINTER CAMP (ages 13- up)

Camp Begins: Wednesday, January 8, 2014
Registration: begins December 2 at 9am

HOLIDAY GALA (ages 13- up)

Event Date: Friday, December 6. Invitation Only.
Registration: due by November 25

SPARKLER'S COMPETITON TEAM (ages 6- up)

Season: October-April
Registration: Add name to waitlist

BAMBINO BUDDY BALL (ages 5-20)

Registration: Ongoing. Sarah Reece at 407-463-2504, sarah.reece@orhs.org, <http://cfbuddyball.baberuthonline.com>

BOWLING (ages 13- up)

Ongoing
Registration: None—just show up

NIGHTBIRD DANCES (ages 13- up)

Event Dates: Fridays, Sept 13, Oct 25, Nov 8
Registration: None—just show up

THURSDAY NIGHT OUT (ages 13- up)

Event Date: 3rd and 4th Thursday of the month
Registration: Karaoke Night: None—just show up.
Cooking Class: RSVP a week prior for food count.

ANNUAL BELLY DANCE RECITAL

Event Date: Friday, October 18
Registration: None—just show up

ABOUT US

The City of Altamonte Springs - Special Community Services and the Advisory Board for the Disabled, Inc. provide social and recreational activities at a minimal cost to the mentally and physically challenged population, ages 13 and up in Altamonte Springs and surrounding communities.

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