

Special Population Activities – Fall 2009

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

STOP TRIPS

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 has increased: \$3 per person with lunch provided. *Feel free to send souvenir money for trips*

To attend you must RSVP **on** the designated day by phone or email. Reservations are taken in the order received. Space is limited.

September 12 from 9am-4pm

Orange County History Center RSVP on Sept. 4

October 10 from 8am-7:30pm

Disney's Epcot RSVP on Oct. 2

*LIMITED SPACE: After all reservations are received on Oct. 2, a random drawing will take place to select participants attending.

*Participants should plan on bringing money for snacks or dinner

November 21 from 9am-4pm

Bok Tower Gardens RSVP on Nov. 13

BOWLING PRACTICE

Practice is held every Monday, excluding holidays, at the Altamonte AMF Lanes from 3-5pm. Cost is \$1.75/game. Scores are recorded throughout the year and trophies are awarded at the Banquet with participant's high score.

NEW! BALLROOM DANCING CLASSES

The Central Florida Chapter of USA Dance will be teaching a 12-week workshop on Sundays from 1:30-2:30pm at Lake Brantley South (Gymnasium across the street from LBHS).

Start Date: Sunday, September 13

Family Showcase: Sunday, December 13

Registration Fee: \$20.00

Space is limited. Registration August 18– August 31

“PLAY YOUR WAY” - YOUTH PROGRAMS

Play Your Way was developed by Physical Therapy students from the University of Central Florida to provide FREE opportunities for children ages 5-12 with special needs to participate in fitness activities while interacting with others in the community. “Play Dates” will be held at Westmonte Park from 9-11am. Sign up at: www.PlayYourWayforKids.com

Play Dates: Saturday, September 26, October 17, December 19

SPAGHETTI DINNER

To benefit the Advisory Board for the Disabled, Inc.
Friday, September 18 from 5-8pm at Eastmonte Park
Cost: \$7.50 for adults and \$5.50 for children

2010 WINTER CAMP - SAVE THE DATE

January 6, 13, 20, 27 and February 3, 10, 17, 24
Located at Eastmonte Park from 9am-4pm Cost: \$50.00
Space is Limited - Register between Dec 7-Jan 4

NIGHTBIRD DANCES

Themed dances are held one Friday a month from 7-9pm at Eastmonte Park. Refreshments are provided. Prizes awarded for dance contest winners, costume contest winners & birthdays! If you have a group home or a large party, please call in advance and we will reserve your group a table(s). **Cost has increased: \$2** per participant and \$1 per parent, caregivers, etc. attending.

September 11 Red White & Blue

October 23 Halloween Bash

November 6 50's Sock Hop

December 4 Holiday Gala - Invitation Only

2009 BELLY DANCE RECITAL

Troupe Moumayaza, our special needs belly dancers, will be hosting their second recital! Come out and watch our beautiful dancers, plus many other professional dancers!

Friday, October 16, 2009

Eastmonte Park from 7-9pm

Cost: \$2.00 Funds will support Troupe Moumayaza

THURSDAY NIGHT OUT

“Thursday Night Out” is held on Thursday evenings, excluding the 1st Thursday of the month. They are designed to allow participants to get together and just have some fun! Located at Westmonte Park from 7-8:30pm. Cost: \$1.00 with refreshments. *Please let us know if you will be attending the cooking classes.

Sept. 10: Crafts & Games - Canceled

Sept 17: Karaoke Night

Sept 24: Cooking Class

Oct. 8: Crafts & Games

Oct. 15: Karaoke Night

Oct. 22: Cooking Class

Oct. 29: Movie Night

Nov. 12: Crafts & Games

Nov. 19: Karaoke Night

Nov. 26: Cooking Class - Canceled

HOLIDAY NIGHT RIDE

Thursday, Dec. 10th from 6-8:30pm at Eastmonte Park.
Cost: \$1.00 with Cookies & Hot Cocoa provided. We will take the bus/van & visit local houses with beautiful light displays & Cranes Roost Park. Please RSVP your spot no later than December 4, 2008.

SPARKLER'S CHEERLEADING—SEASON FIVE

Registration will be held on Sunday, Sept. 27, 2009. Practices will begin on Sunday, Oct. 11, 2009 until April of 2010. Athletes range in ages and are divided into 3 different performance squads. Each group prepares for local competitions, performances, parades, and other community events. Please contact Nin for more info.

MEDICAL FORMS

Please make sure to turn in your Medical Form. These **must** be on file for participants to take part in our activities. They are available on our website or can be mailed to you.

CHECK US OUT ONLINE

The Advisory Board has a new website! Feel free to check it out for information on our programs and/or updates. There you can find schedules, registrations forms, and lots more! www.AdvisoryBoardforDisabled.org

ONLINE PHOTO GALLERY

View our event photos online at:
www.AltamonteSpecials.MyPhotoAlbum.com

E-NEWSLETTER

Our E-newsletter comes out monthly with reminders about all our activities and events. To sign up, please e-mail us at Rel-khoury@altamonte.org

NEXT NEWSLETTER

Look out for our next newsletter in mid-December 2009 with information on our Winter/Spring Events, including: Winter Camp, STOP Trips, Nightbird Dances, Thursday Night Out, and more!



CITY OF ALTAMONTE SPRINGS SPECIAL NEEDS ACTIVITIES 2009 FALL NEWSLETTER



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.

To Sign Up: Participants need a 2009 Medical Form on file.

ACTIVITIES COORDINATOR:

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Email: Rel-khoury@altamonte.org
www.AdvisoryBoardforDisabled.org

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

Special Needs Activities - 2009 Fall Newsletter

Altamonte Springs Advisory Board for the Disabled, Inc.
225 Newburyport Avenue
Altamonte Springs, FL 32701

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