



Special Population Activities – Winter/Spring 2009



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

2009 WINTER CAMP *Now 8 weeks long!*

January 7, 14, 21, 28 & February 4, 11, 18, 25
Located at Eastmonte Park from 9am-4pm
Cost: \$50.00, Register between Dec 8-Jan 5

Activities Include crafts, field trips, games, special guests, and more!

Summer Camp *Registration begins on May 4. See our Summer Newsletter for details.*

BELLY DANCING PRACTICES

Our Special Needs Belly Dancers & family members meet the 4th Wednesday of each month to exercise & prepare for performances at Westmonte Park from 6:30-7:30pm. Cost: \$1.00/person.

Practice Dates:

Jan 28 Feb 25 Mar 25 April 22
May 27 Jun 24 Jul 22 Aug 26

BOWLING

Practice is held every Monday, excluding holidays, from 3-5pm at the Altamonte AMF Lanes. Cost is \$1.75/game as of Sept. 8, 2008, which includes shoe rental.

Scores are recorded throughout the year and trophies are awarded at the Banquet announcing each participant's high score.

Bowling Banquet: Monday, June 15, 2009 from 6-8pm at Eastmonte Park. Invitations will be handed out at practices in May.

Special Olympics Bowling: Training begins on Monday, June 22, 2009 from 3-5pm. To be eligible to compete, athletes must bowl 10 games before the County Competition on August 24, 2009 and have an active Special Olympics Physical Form on file.

NIGHTBIRD DANCES

Themed dances are held one Friday per 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

January 16	New Year's Bash	May 22	A Night in Hollywood: Be a Star
February 13	Sweethearts Dance	June 5	Hawaiian Pool & Dance Party
March 20	Luck of the Irish		<i>RAIN OR SHINE at <u>Westmonte</u></i>
April 17	Country Hoe Down		<i>Bring Swim Suits and Towels.</i>

STOP TRIPS

STOP Trips (Saturday Time Out for Parents) take place one Saturday a month and are socially, physically and educationally beneficial field trips. To attend you must RSVP **on** the designated reservation day. Space is limited. Drop off and pick up is at Eastmonte Park. Please be on time.

Cost has increased: \$3 per person with lunch provided. *(Please let us know if you have any financial difficulties)*
Feel free to send souvenir money for trips

January 10	Boggy Creek Airboat & Safari Rides	<u>8am-4pm</u>	RSVP on Jan. 2
February 7	Blue Springs & Sugar Mill (Pancake House)	<u>8am-4pm</u>	RSVP on Jan. 30
March 7	Strawberry Festival	<u>8am-4pm</u>	RSVP on Feb. 27
April 25	Shriner's Circus at UCF	<u>9am-4pm</u>	RSVP on April 17
May 2	Channel 6 Softball Game	<u>10am-4pm</u>	RSVP on April 24

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

Volunteers Welcome

Jan 8	Crafts & Games
Jan 15	Karaoke Night
Jan 22	Cooking Class
Jan 29	Movie Night
Feb 12	Crafts & Games
Feb 19	Karaoke Night
Feb 26	Cooking Class
Mar 12	Crafts & Games
Mar 19	Karaoke Night
Mar 26	Cooking Class
April 9	CANCELED
April 16	Karaoke Night
April 23	Cooking Class
April 30	Movie Night
May 14	Crafts & Games
May 21	Karaoke Night
May 28	Cooking Class

CHEERLEADING

The Sparklers are having a great season!! They will be performing at many local events this spring and will end their season in April with a competition in Tampa. **GOOD LUCK SPARKLERS!**

SPECIAL OLYMPICS NEWS...

"Summer Sports" begin in January 2009. Sports include: track, cycling, bocce, tennis, volleyball, and soccer. Golf begins in April and Swimming in May.

For more information: 407-263-8043 or www.SpecialOlympicsSeminoleCounty.org

2009 MEDICAL FORMS

Please make sure to turn in your 2009 Medical Form. These **must** be on file for participants to take part in our activities. Thank you for your help with this.

2009 CALENDARS

Please remember that the information listed in the newsletter is more current than the calendar.

Caleendars were handed out at the Holiday Gala. If you did not receive your calendar, please pick one up at any of our events or contact us to have one mailed to you.

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 Rrel-khoury@altamonte.org

NEW WEBSITE

The Advisory Board has a new website! Feel free to check it out for information on our programs and/or updates.

Www.AdvisoryBoardforDisabled.org

SPECIAL YOUTH PROGRAMS

Currently, we are looking into expanding our services to the youth community. If you know an individual under the age of 13, please let us know so we can send them a survey. Surveys are also available online.

★ ★ SPECIAL NEEDS ACTIVITIES ★ ★

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 in Altamonte Springs and surrounding communities.

Participants need a 2009 Medical Form on file to take part in events. Please contact us to get a form.

ACTIVITIES COORDINATOR:

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Office Located at Eastmonte Park

ACTIVITY LOCATIONS:

Eastmonte Park
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



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

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