

The City of Altamonte Springs & Advisory Board for the Disabled, Inc
Special Population Activities – Fall 2010

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: \$3 per person with lunch provided.

Feel free to send souvenir money for trips

To Sign Up:

You must RSVP on the designated day a week prior to the trip by phone or email. Reservations are taken in the order received. Only one message is required. Space is limited.

Please send your reservation to only:
407-571-8814 or rrel-khoury@altamonte.org

September 18 from 9am-4pm

Orlando Fire Museum & Station 1 RSVP on Sept. 10

October 9 from 8am-7:30pm

Disney's Magic Kingdom RSVP on Oct. 1

***LIMITED SPACE:** After all reservations are received on 10-1, a random drawing will take place to select participants attending this trip.

*Participants should plan on bringing money for snacks and/or dinner.

November 20 from 9am-4pm

"Enchanted Forest" Nature Walk RSVP on Nov. 12

BOWLING PRACTICE

Practice is held every Monday, excluding holidays, from 3-5pm at the Altamonte AMF Lanes. *Cost has increased to \$2 per game as of June 21, 2010.* Scores are recorded throughout the year and trophies are awarded at a Banquet with participant's high score.

SPAGHETTI DINNER

Friday, September 24, 2010 from 5-8pm at Eastmonte Park
Cost: \$7.50 for adults and \$5.50 for children

Sponsored by the Altamonte Springs Women's Club

To benefit the Advisory Board for the Disabled, Inc.

Spread the word to help support our programs!

BALLROOM DANCE

The Central Florida Chapter of USA Dance will be teaching an 8-week workshop on Sundays from 1:30-2:30pm at Lake Brantley South (Gymnasium across the street from LBHS).

Start Date: Sunday, October 3 Cost: \$20.00

Registration: September 13 - October 1

Space Limited, Financial Assistance Available

Family & Friends Showcase

Sunday, November 21 from 1:30-2:30pm, FREE

Lake Brantley South Gym, 1010 Sand Lake Road

Featuring our special dancers, volunteer partners and professional exhibitionists. *Gym located ACROSS from LBHS.*

HOLIDAY NIGHT RIDE

Thursday, December 9 or Tuesday, December 14 at Eastmonte Park from 6pm-8:30pm. Cost: \$1.00 with Cookies & Hot Cocoa provided. We will take the bus/van & visit local houses with beautiful light displays & Cranes Roost Park. Space is limited. RSVP your seat for one of the trip dates, no later than Dec 3.

2011 WINTER CAMP - SAVE THE DATE

Held on Wednesdays: Jan 5, 12, 19, 26 and Feb 2, 9, 16, 23

Located at Eastmonte Park from 9am-4pm Cost: \$50.00

Space is Limited. Register between Dec 6-Jan 3

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! Cost: \$2 per participant and \$1 per guest (such as a parent, caregiver, etc.) If you have a group home or a large party, please call in advance to reserve your group a table(s).

September 10

Red White & Blue

October 22

Halloween Bash

November 12

Decades Dance - 50's 60's 70's 80's

December 3

Holiday Gala - *Invitation Only*

*Oviedo Parks and Recreation now offers dances on alternate evenings. Please visit our website to view their schedule.

2010 BELLY DANCE RECITAL

Troupe Moumayaza, our special needs belly dancers, will be hosting their 3rd recital! Come out and watch our beautiful dancers, plus many other professional dancers!

Friday, October 15, 2010

Eastmonte Park from 7-9pm

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

THURSDAY NIGHT OUT

"Thursday Night Out" is held on Thursday evenings at Westmonte Park, excluding the 1st Thursday of the month.

Program time has changed: 7:30pm-8:30pm. Cost: \$1.00 with refreshments. Programs are designed to allow participants to get together and just have some fun! **Please let us know if you will be attending the cooking classes.*

Sept 9: *Crafts & Games - Canceled, Schedule Conflict*

Sept 16: Karaoke Night

Sept 23: Cooking Class

Sept 30: *Movie Night - Canceled, Schedule Conflict*

Oct 14: Crafts & Games

Oct 21: Karaoke Night

Oct 28: Cooking Class

Nov 11: Crafts & Games

Nov 18: Karaoke Night

Nov 25: *Cooking Class - Canceled, Holiday*

SPARKLER'S CHEERLEADING—SEASON SIX

The Altamonte Sparklers are a group of more than 60 male and female cheerleaders with special needs. Athletes range in ages and prepare for performances, community events and some attend local competitions.

Athlete Registration Current and new athletes are invited to our Season Six Registration Meeting on Sunday, October 3, 2010. Contact Nin for details.

Volunteer Coaches Needed *Sign up before Aug 29*

BAMBINO BUDDY BALL

Games begin on Saturday, September 18, 2010. This division encompasses players ages 5-20 who are either physically and/or mentally challenged. This baseball league makes allowance for a "buddy" to help the player swing a bat, round the bases, catch a ball, etc. Athlete leadership positions available. Contact Sarah Reece at 407-463-2504, sarah.reece@orhs.org, <http://cfbuddyball.baberuthonline.com>

2010 MEDICAL FORMS

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

CHECK US OUT ONLINE

Visit the Advisory Board website for information on our programs and/or updates. There you can find schedules, registrations forms, & lots more! www.AdvisoryBoardforDisabled.org

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

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 (such as 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 mid-December 2010 with information on our winter & spring activities.

CITY OF ALTAMONTE SPRINGS SPECIAL NEEDS ACTIVITIES 2010 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 Medical Form on file.

ACTIVITIES COORDINATOR:

Ranwa Nin El-Khoury
Mail to: 225 Newburyport Avenue
Altamonte Springs, FL 32701
Office: 407-571-8814
Fax: 407-571-8809
Email: Rrel-khoury@altamonte.org
www.AdvisoryBoardforDisabled.org
www.AltamonteSports.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 - 2010 Fall Newsletter

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

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