

# Special Population Activities – Summer 2010

Special Needs Activities Coordinator: [Ranwa Nin El-khoury, 407-571-8814, Rrel-khoury@altamonte.org](mailto:Ranwa.Nin.El-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. Only one message is required. Space is limited.

### Channel 6 Softball Game

Trip Date: May 8 from 10am-4pm      RSVP on April 30

*\*STOP Trips resume in September 2010*

## **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: \$2 per participant & \$1 per guest (such as a parent, caregiver, etc.)

May 14  
June 4

Cinco De Mayo Fiesta  
Hawaiian Pool Party (Westmonte Park)  
RAIN OR SHINE. Bring Swim Suits and Towels.

*\*Nightbird Dances resume in September 2010*

## **BOWLING PRACTICE**

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

**Special Olympics Bowling:** Training scores will be collected for Special Olympics eligibility starting on Monday, June 21

## **BOWLING BANQUET**

Monday, June 14, 2010 from 6-8pm at Eastmonte Park Civic Center. Cost: \$5.00 per bowler & \$5.00 per guest. This event will be catered. Each paid bowler will receive a trophy engraved with his or her high score! (Trophies are donated and may vary in size and style)

**Payment and Reservations due by Monday, May 10.**

Checks can be made payable to: The Advisory Board for the Disabled, Inc.

## **2010 SUMMER CAMP**

Wednesday June 9, 16, 23, 30 and July 7, 14, 21, 28

Space is Limited - Register between May 3-June 4

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

Crafts, field trips, swimming, games, special guests & more!

*\*Contact us for registration paperwork or visit us online*

## **BALLROOM DANCING SHOWCASE**

Sunday, May 23, 2010 from 1:30pm - 2:30pm **FREE**

Lake Brantley South Gym, 1010 Sand Lake Road, Alt. Spgs  
Enjoy special needs dance performances, exhibition performers, light refreshments & all for FREE (*Donations Accepted*)

*Gymnasium is located ACROSS the street from LBHS. Enter into Forest City Elementary (2nd Street Light). Park by the bus loop & follow side walk to the back gymnasium on the right of the school*

USA Dance - Central Florida will be offering another Ballroom Dancing workshop in Fall of 2010. Details TBA. Volunteers needed and welcome.

## **BELLY DANCE PRACTICES**

Our Special Needs Belly Dancers & family members meet the 2nd and 4th Wednesday of each month to exercise & prepare for performances from 6:30-7:30pm. Location changed to Eastmonte Park. Cost: \$1.00/person.

Practice Dates:

April 14, May 12, May 26, June 23  
July 28, Aug 11, Aug 25

## **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.

May 13: Crafts & Games  
May 20: Karaoke Night  
May 27: Cooking Class

*\*Thursday Night Out will resume in September 2010*

## **SPARKLER'S CHEERLEADING—SEASON SIX**

Registration for Season Six will be held in October 2010. Athletes range in ages, beginning at age 6 up to age 60. They are divided into different performance squads. Groups prepare for performances, parades, other community events and some prepare for local competitions.

## **NEXT NEWSLETTER**

Look out for our next newsletter in mid-August 2010 with information on our fall activities and winter camp.

**HAVE A FUN & SAFE SUMMER!**



## 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](http://www.AdvisoryBoardforDisabled.org)

View our event photos online at:

[www.AltamonteSpecials.MyPhotoAlbum.com](http://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](mailto: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



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:

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Email: [Rrel-khoury@altamonte.org](mailto:Rrel-khoury@altamonte.org)

[www.AdvisoryBoardforDisabled.org](http://www.AdvisoryBoardforDisabled.org)

[www.AltamonteSports.org](http://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 Summer Newsletter*

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

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