

Special Population Activities – Winter/Spring 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 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.

Jungleland Adventures

Trip Date: January 23 from 9am-4pm RSVP on Jan 15

Blue Springs/DeLeon Springs & Old Spanish Sugar Mill

Trip Date: February 6 from 8am-4pm RSVP on Jan 29

Strawberry Festival in Plant City

Trip Date: March 6 from 8am-4pm RSVP on Feb 26

****Drop off and Pick Up at Westmonte Park for March trip ONLY**

Shriners Circus at UCF

Trip Date: April 24 from 9am-4pm RSVP on April 16

Channel 6 Softball Game

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

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.

Bowling Banquet: Monday, June 14, 2010 at Eastmonte Park. Invitations will be handed out at practices in May.

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

SPAGHETTI DINNER

To benefit the Advisory Board for the Disabled, Inc.

Friday, February 26 from 5-8pm at Eastmonte Park

Cost: \$7.50 for adults and \$5.50 for children

2010 WINTER CAMP

January 6, 13, 20, 27 and February 3, 10, 17, 24

Space is Limited - Register between Dec 7-Jan 4

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

Includes crafts, field trips, games, special guests and more!

Summer Camp Registration will begin May 4, 2010.

BALLROOM DANCING - LEVEL TWO

USA Dance - Central Florida will be offering the next level of Ballroom Dancing to previous members in the Spring.

A new "Level 1" workshop is scheduled for Summer 2010, open to new dance members.

Volunteers needed and welcome for both sessions.

SPARKLER'S CHEERLEADING—SEASON FIVE

The Sparklers are having a great season!! They will be competing in March in Kissimmee and April in Jacksonville.

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.

January 8	New Years Bash
February 12	Sweethearts Dance
March 12	Luck of the Irish
April 16	Country Hoe Down
May 14	Cinco De Mayo Fiesta
June 4	Hawaiian Pool Party (<u>Westmonte Park</u>)

RAIN OR SHINE. Bring Swim Suits and Towels.

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:

Jan 27, Feb 24, Mar 10, Mar 24

April 14, May 12, May 26

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.

Jan 14: Crafts & Games	April 8: Crafts & Games
Jan 21: Karaoke Night	April 15: Karaoke Night
Jan 28: Cooking Class	April 22: Cooking Class
Feb 11: Crafts & Games	April 29: Movie Night
Feb 18: Karaoke Night	May 13: Crafts & Games
Feb 25: Cooking Class	May 20: Karaoke Night
Mar 11: Crafts & Games	May 27: Cooking Class
Mar 18: Karaoke Night	
Mar 25: Cooking Class	

YOUTH PROGRAMS

"PLAY YOUR WAY" Play Your Way, developed by Physical Therapy students from UCF, provides FREE opportunities for children ages 5-12 with special needs to participate in fitness activities while interacting with others. For more information, visit www.PlayYourWay.webs.com

BAMBINO BUDDY BALL This division encompasses players ages 5-20 who are either physically and/or mentally challenged. This division makes allowance for a "buddy" to help the player swing a bat, round the bases, catch a ball, etc. Register today to take part in the March season. Contact Sarah Reece at 407-463-2504, sarah.reece@orhs.org

2010 MEDICAL FORMS

Please make sure to turn in your 2010 Medical Form. 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.

2010 CALENDARS

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

CHECK US OUT ONLINE

The Advisory Board has a 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

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

NEXT NEWSLETTER

Look out for our next newsletter in May 2010 with information on our summer activities, including Summer Camp.



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 2010 Medical Form on file.

ACTIVITIES COORDINATOR:

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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

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