



# Special Needs Recreation – Winter/Spring 2013



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

To attend activities, participant must meet the Program Eligibility and complete a Participant Membership Form. Once Membership Form is on file, participant is eligible to attend events. Select programs require additional registration. Additional Registration Includes: (1) Reserve your spot via phone or email (2) Complete/submit additional paperwork and payment. Please send your reservations to only: 407-571-8814 or rrel-khoury@altamonte.org -or- Register Online at [www.ASRecreation.org](http://www.ASRecreation.org)

## STOP TRIPS

**Description:** 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/participant with lunch provided. Financial Assistance Available. \*Feel free to send souvenir money for trips

**Additional Registration:** Required

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

Please send your reservation to only:

407-571-8814 or rrel-khoury@altamonte.org

### Upcoming Trips:

“Day at Camp” at Camp Thunderbird

Trip Date: January 19 from 9am-4pm **RSVP on Jan 11**

Blue Springs/DeLeon Springs & Old Spanish Sugar Mill

Trip Date: February 2 from 8am-4pm **RSVP on Jan 25**

Strawberry Festival in Plant City (Drop off & pick up at Westmonte Park)

Trip Date: March 2 from 8am-4pm **RSVP on Feb 22**

Location to be announced in e-newsletter

Trip Date: April 6 from 9am-4pm \* **RSVP on Mar 29**

31st Annual Softball Game - Altamonte Specials vs. Local 6 News

Trip Date: May 4 from 10am-4pm **RSVP on April 26**

## BOWLING

**Description:** Practice is held every Monday, excluding city holidays, from 3-5pm at the Altamonte AMF Lanes. Scores are recorded throughout the year and trophies are awarded at a Banquet with participant’s high score. “Pizza Mondays” are held on the last Monday of the month. Pizza will be sold by the slice for \$1.75 each.

**Cost:** \$2 per game includes shoes. **Additional Registration:** None

**No Bowling On:** Jan 21 (MLK Day), April 22 (AMF Tournament)

May 27 (Memorial Day), June 10 (Bowling Banquet)

**Bowling Banquet:** Monday, June 10. Invitations to go out in April/May.

## BALLROOM DANCE

**Description:** The Orlando Chapter of USA Dance teaches an 8-week workshop on Sundays at Lake Brantley South in the Fall and Spring. Practice is located at Lake Brantley South Gym, 1010 Sand Lake Road. Gym located across from Lake Brantley High School by Forest City Elementary

**Dates/Time:** Spring Workshop starts Sunday, January 27.

Silver- 1pm-1:45pm **or** Gold- 1:45pm-2:30pm

**Cost:** \$20.00, Financial Assistance Available. Space Limited.

**Additional Registration:** Required. Register between Jan 7-11 (or filled) Contact us for registration paperwork or more information.

**Altamonte Ballroom Stars Showcase**

Sunday, March 17 from 1:30-2:45pm

Featuring our special stars, volunteer partners and professional performers. Look for flier in our e-newsletter.

## BELLY DANCE

**Description:** Our Special Needs Belly Dancers & family members meet the 2nd and 4th Wednesday of each month at Eastmonte Park to exercise & prepare for performances from 6:30-7:30pm.

**Cost:** \$15/season. Financial Assistance Available.

Family members dance free

**Additional Registration:** Register between Jan 7-11 (or filled)

**Upcoming Practice Dates:** Jan 23, Feb 27, Mar 13, Mar 27

April 10, April 24, May 8, May 22, June 26, July 24

## NIGHTBIRD DANCES

**Description:** Themed dances are held one Friday a month from 7-9pm at Eastmonte Park. Prizes awarded for dance contest winners, costume contest winners & birthdays! Drinks and light snacks will be provided.

**Cost:** \$2 per participant & \$1 per guest (parent, caregiver, etc)

**Additional Registration:** None. If you have a group home or a large party, call in advance if you wish to reserve your group a table(s).

**Upcoming Dances:**

January 11	New Years Bash
February 8	Sweethearts Dance
March 8	Luck of the Irish
April 12	Country Hoe Down
May 24	Red, White and Blue
June 7	Hawaiian Pool Party (at Westmonte Park)

RAIN OR SHINE. Bring Swim Suits/Towels

\*Oviedo Parks & Rec offers dances on alternate evenings.

## THURSDAY NIGHT OUT

**Description:** “Thursday Night Out” is held on the 3rd & 4th Thursday of the month at Westmonte Park from 7:30-8:30pm. Programs are designed to allow participants to get together and have some fun!

**Cost:** \$1.00 with light refreshments provided.

**Additional Registration:** RSVP for cooking classes week prior.

Jan 17: Karaoke Night	Jan 24: Cooking Class
Feb 21: Karaoke Night	Feb 28: Cooking Class
Mar 21: Karaoke Night	Mar 28: <del>Canceled</del> —Holy Thursday
April 18: Karaoke Night	April 25: Cooking Class
May 16: Karaoke Night	May 23: Cooking Class

## SPRING SPRINT 5K/WALK

This is our main fundraising event to benefit the Advisory Board for the Disabled, Inc. Funds raised will help with our purchase of a new bus! Join us on Saturday, April 20 at Cranes Roost Park. Runners and sponsors Needed. ...**And Keep an eye out in our e-newsletter for a few more fundraisers this spring to help fund our new bus efforts!**

## SPARKLER’S CHEERLEADING

Good Luck to the team as they attend two competitions: March 23 at the Orange County Convention Center and April 13-14 in Jacksonville. LETS GO SPARKLERS!

## \* YOUTH PROGRAMS \*

## BAMBINO BUDDY BALL

**Description:** This baseball league allows for a “buddy” to help the player swing a bat, round the bases, catch a ball, etc. Program designed for players ages 5-20 who are either physically and/or mentally challenged.

**Cost:** Free **Additional Registration:** Contact Sarah Reece at 407-463-2504, sarah.reece@orhs.org, <http://cfbuddyball.baberuthonline.com>

## SUMMER PROGRAMS

**Summer Camp:** Registration opens May 6 and fills quickly.

Camp starts June 5. Ages 13-up. Information to be posted in April.

**Swim Lessons:** Sessions available in May-August for ages 3-5 and 6-up. Contact us for registration paperwork or more information in April.

## **ANNUAL PARTICIPANT MEMBERSHIP FORMS**

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

## **CHECK US OUT ONLINE**

Visit our websites for information on our programs and/or updates. There you can find schedules, registrations forms, and lots more! [www.AdvisoryBoardforDisabled.org](http://www.AdvisoryBoardforDisabled.org) or [www.ASRecreation.org](http://www.ASRecreation.org)

**Like us on Facebook!** View our photos & announcements at [www.Facebook.com/AltamonteSpringsSpecialPopulation](http://www.Facebook.com/AltamonteSpringsSpecialPopulation)

## **E-NEWSLETTER**

Our E-newsletter comes out monthly with reminders about all our activities and events, as well as any updates.

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 (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 April/May with information on our 2013 Summer activities.

## **REGISTRATION DATES**

Visit website to download a Quick List of Fall Registration Dates.

# **CITY OF ALTAMONTE SPRINGS SPECIAL NEEDS RECREATION 2013 WINTER/SPRING 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.

## **HOW TO SIGN UP**

To attend activities, participant must meet the Program Eligibility and complete a Participant Membership Form. Once Membership Form is on file, participant is eligible to attend events. \*Select programs require additional registration.

## **ACTIVITIES COORDINATOR:**

Ranwa Nin El-khoury

Office: 407-571-8814 Fax: 407-571-8809

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

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

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

Mail to: 225 Newburyport Avenue

Altamonte Springs, FL 32701

## **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

Lake Brantley South Gym

1010 Sand Lake Road

Altamonte Springs, FL 32714

