

## **ComeUnity** Recreation Program September 2016 – June 2017

The Citizens **ComeUnity** Recreation Program offers a wide array of social, athletic and creative activities for Members to choose from. Each activity is presented by agency professionals in a fun and relaxed atmosphere, welcoming each Member, their supports and family to join in. **ComeUnity** Recreation is here for you.

Yoga Classes

Bowling League

The Social Exchange

Saturday Morning Walking Club

Thursday Evening Recreation

Tuesday Evening Recreation

Friday Night DJ Dances

Sunday DJ Dances

This booklet lists all the activities with their respective locations and times. To become a Member of the program fill out the Registration Form and return it to the Citizens office with your payment and recent full face photo. An I. D. card will be sent to you as proof of Membership.

Citizens  
115 East Bethpage Road  
Plainview NY 11803  
Attn: Recreation

For additional information contact Heidi Klewicki at 516 293 2016 x 5619  
or via email at [hklewicki@ahrc.org](mailto:hklewicki@ahrc.org).

*Our Community Partners provide support to our program and members.*



The United Methodist Church of Hempstead  
**ComeUnity** Tuesday Evening Recreation Program

Where: United Methodist Church  
40 Washington Street  
Hempstead NY 11550

Time: 6pm – 8pm

Dates: September 13, 2016 to June 6, 2017



Tuesday Evening Recreation Members can choose from playing bingo for prizes, completing a simple craft project or playing basketball. The **STARZ ComeUnity** Sports Basketball Club practices here in the spring. This is a great place to meet new people and catch up with old friends.

The Brookville Center for Children's Services  
**ComeUnity** Thursday Evening Recreation Program

Where: BCCS  
Cissy Birnbaum Building  
189 Wheatley Road  
Brookville NY 11545

Time: 6pm – 8pm

Dates: September 15, 2016 to June 8, 2017



Thursday Evening Recreation Members can choose from playing bingo for prizes, singing Karaoke or making artwork from a wide variety of specialty paper and coloring materials. Come see what's new.

**Special Dates**

October 25 and 27 Halloween Parties  
December 20 and 22 Winter Holiday Parties  
June 6 and 8 – End of the Season Parties

**Program Closed**

Thursday, Nov. 24 – Thanksgiving  
Tuesday, Dec. 27 – Winter Break  
Thursday, Dec. 29 – Winter Break

Members attending Tuesday and Thursday Evening Recreation from agency residences should come with the Direct Care Support necessary to enjoy the activities safely. Citizens **ComeUnity** Recreation Counselors facilitate the activities and are primarily a support to those Members attending on their own.

To maximize everyone's enjoyment we ask that all Members arrive on time. Cancellations due to weather or otherwise will be communicated to Members via email.

# ***ComeUnity*** Mixed Singles Bowling League



**Mondays at 5:15pm .....Begins September 12, 2016**

AMF Syosset, 111 Eileen Way, Syosset NY 11791

**Tuesdays at 4:30pm.....Begins September 13, 2016**

Ultra Lanes Baldwin, 2407 Grand Avenue, Baldwin NY 11510

**Tuesdays at 4:30pm.....Begins September 13, 2016**

AMF Wantagh, 1300 Wantagh Avenue, Wantagh NY 11793

**Wednesdays at 5:15pm.....Begins September 14, 2016**

Farmingdale Lanes, 999 Conklin Street, Farmingdale NY 11735

**Wednesdays at 5:00pm.....Begins September 14, 2016**

AMF Garden City, 987 Stewart Avenue, Garden City NY 11530

**Thursdays at 4:30pm.....Begins September 15, 2016**

Rockville Centre Lanes, 100 Maple Avenue, Rockville Centre NY 11570

**Thursdays at 4:45pm.....Begins September 15, 2016**

AMF East Meadow, 1840 Front Street, East Meadow NY 11554

**Saturdays at 3:00pm.....Begins September 10, 2016**

Ultra Lanes Massapequa, 4235 Merrick Road, Massapequa NY 11758

Bowling Leagues close on agency holidays: 11/24, 12/24, 12/31, 1/16 and 5/29.

Welcome to ***ComeUnity*** Recreation's Mixed Singles Bowling League. Each team in the league has a Bowling Coach to support the Members. The cost of each game bowled is reduced for our Members and varies by alley. (\$2.50 - \$4.00/game) Please remember to bring enough money each week for the games bowled and join a group you can get to on time. Members are invited to our annual Spring Bowlfest for fun and ***ComeUnity*** Sports competitive events at an additional fee.





The Church of St. Aidan  
**ComeUnity** Friday Night D.J. Dances

St. Aidan's Monsignor Kirwin Hall 7:30pm – 10:00pm  
505 Willis Avenue  
Williston Park NY 11596

2016  
September 23  
October 7  
November 4

2017  
February 24  
March 24  
April 7  
May 19  
June 23



"Party" Marty Mitchell




CHURCH OF  
**SAINT AIDAN**




Maria Regina R.C. Church  
**ComeUnity** Friday Night D.J. Dances

Maria Regina School Auditorium 7:30pm – 10:00pm  
3945 Jerusalem Avenue  
Seaford NY 11783

2016  
September 9  
October 21   
December 16

2017  
January 13  
February 10  
March 10  
April 21  
May 5  
June 2

 Halloween Dance  
Come in costume.



Maria Regina R C. Church

**ComeUnity** Dance Chaperones lead line dances such as the Macarena, Electric Slide, Cupid Shuffle, Cha Cha Slide, Cotton Eye Joe and the Conga for our members to follow. Our D.J. "Party" Marty Mitchell is a real on air personality with over 25 years of success in the field. A wide variety of music is played including Top 40, Disco and Country from the 70's to the present with some slow dances for our couples to enjoy. Requests are also taken the night of the dance.

Members attending the dances from agency residences should come with the Direct Care Support necessary to enjoy their time safely. Dance Chaperones are primarily a support to those Members attending on their own. Light refreshments are served at each dance.

*Come dance the night away!*



The Brookville Center for Children’s Services  
**ComeUnity** Sunday Afternoon D.J. Dances

Where: BCCS  
 Cissy Birnbaum Building  
 189 Wheatley Road  
 Brookville NY 11545

Time: 12:00pm – 2:30pm



“Party” Marty Mitchell

2016

September 11  
 October 16  
 November 13  
 December 11

2017

January 8  
 February 12  
 March 12  
 April 2  
 May 7  
 June 11



Sunday Afternoon D.J. Dances have the same quality music, D.J. And Dance Chaperones as our Friday Night Dances. At the BCCS dances are held in the gym and cafeteria space. Members are welcome to bring their lunch if they wish.



**ComeUnity** Dance Chaperones lead line dances such as the Macarena, Electric Slide, Cupid Shuffle, Cha Cha Slide, Cotton Eye Joe and the Conga for our members to follow. Our D.J. “Party” Marty Mitchell is a real on air personality with over 25 years of success in the field. There’s a wide variety of music played from Top 40 to Disco to Country from the 70’s to the present with some slow dances for couples to enjoy.

Members attending the dances from agency residences should come with the Direct Care Support necessary to enjoy their time safely. Dance Chaperones are primarily a support to those Members attending on their own. Light refreshments are served at each dance.

## ComeUnity Yoga Classes

Where: BCCS  
Cissy Birnbaum Building  
189 Wheatley Road  
Brookville NY 11545



When: Mondays  
First class: 5:30pm – 6:30pm  
Second class: 6:45pm – 7:45pm

Classes are provided in the school gymnasium beginning Sept. 12.

There will be no class on agency holidays:  
September 5, 2016 – Labor Day  
January 16, 2017 – Martin Luther King Day  
May 29, 2017 – Memorial Day

Where: AHRC  
115 East Bethpage Road  
Plainview NY 11803



When: Tuesdays  
First class: 5:30pm – 6:30pm  
Second class: 6:45pm – 7:45pm

Classes are provided in the Front Conference Room beginning Sept. 13 unless otherwise noted. Cancellations due to weather or other circumstances will be communicated to our Members throughout the year via email.

Where: The Church of St. Jude  
3606 Lufberry Avenue  
Wantagh NY 11793



When: Wednesdays  
First class: 5:30pm – 6:30pm  
Second class: 6:45pm – 7:45pm

Classes are provided in the Church of St. Jude's Social Hall beginning Sept. 14.

Closings due to church functions or inclement weather will be communicated to our Members throughout the year via email.

**ComeUnity** Yoga classes are run by two Yoga Alliance Certified Instructors who incorporate traditional breathing techniques, meditation, stretching and yogic postures into the one hour practice. Classes begin with quiet chanting to gather students together and incorporate aromatic essential oils to promote relaxation at the end of each class. Mats are provided for all Members and their supports. Come join us for an hour of restorative yoga practice and discover what yoga can do for you.



The Church of St. Jude



## ***ComeUnity*** Social Exchange

Where: AHRC East Meadow Hub Site  
196 East Meadow Avenue  
East Meadow NY 11554



When: 7:00pm – 9:30pm

What: The ***ComeUnity*** Social Exchange is intended to bring people together who face similar challenges of independent living, competitive employment, meeting people and making new friends. Members plan what they will do as a group. The outline below is a guide.

2016 September 16 and 30 – Welcome Back to the Social Exchange!  
October 14 and 28 - Autumn Mandala Sand Art  
November 18 – Thank Someone Special  
December 9 - Winter Holiday Pot Luck Party

2017 January 6 and 20 – Healthy Habits for a New Year  
February **3** and 17 – Valentine’s Day Wreath Craft\*  
March 3 and 31 – Movie Madness  
April 28 – Earth Day – The World Around Us  
May **12** – Spring Ceramics Craft\*  
June 9 and 23 – Dinner in the Community



The Social Exchange facilitator is there to guide the conversation and help Members express themselves clearly. The basic expectation of all Members is that they want to be there; they use verbal communication to share their thoughts and ideas; and that they do not exhibit challenging behavior that would interfere with the session. We thank you for your cooperation.

### *Find Your Creative Spirit*

\*The Social Exchange invites Members, their family and friends to our craft nights **(dates in bold)** at an additional cost to the membership fee. You must RSVP for these opportunities in advance so sufficient craft materials are available to the group. Alternate activities will be provided for those Social Exchange Members who choose to attend but not participate. These dates are: Feb. 3 and May 12, 2017.



## Cantiague Park **ComeUnity** Walking Club

Where: Cantiague Park  
West John Street  
Hicksville NY 11801

When: Saturdays from 10am – 11am  
Starting September 10, 2016

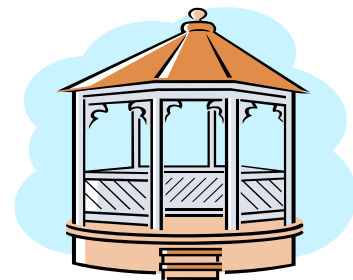


The **ComeUnity** Walking Club invites you to join us at Cantiague Park for an invigorating walk through the park on their beautiful walking paths. Members meet each week at the gazebo in the children’s playground area. After a brief stretch and warm up, Members walk the paths at their own pace with the support of two Walking Club Chaperones. Members learn how walking for exercise can improve their health and how exercising with peers can be a great support in reaching your personal fitness goals.

Meeting Place: The Gazebo is in the center of the children’s playground area. It provides shade and structure as we wait for everyone to arrive and begin our warm up. The Gazebo is visible from the back parking area. If you enter the park via West John Street, make the left around the mini golf course, and a left at the ice rink into the back parking area. You will see the Gazebo from that lot.

Closings:

- Nov. 26, 2016 – Thanksgiving Weekend
  - Dec. 24, 2016 – Christmas Weekend
  - Dec. 31, 2016 – New Year’s Day Weekend
  - May 29, 2017 – Memorial Day Weekend
- Any additional cancellations will be communicated to the members.



Safety: Please dress appropriately for the weather, use sunblock prior to arriving when necessary and bring your own water bottle or sports drink for hydration. There are bathrooms available year-round at the park.

Rain or Shine: Our goal is to hold the walk outside as much as possible. However in rain, snow, temperatures below 32 degrees or in the event of a heat advisory, we will gather at the nearby Broadway Mall. The Members will meet the Chaperones inside the Mall at the entrance to Target. In severe weather you may call 516 293 2016 x 5619 for a recording of last minute cancellations.

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Get up, get out and get your body moving with the **ComeUnity** Walking Club!