

**Evening Recreation Yoga Classes Sunday Dances
Bowling Groups Social Group The Walking Club
Friday Night Dances**



To participate in these activities, please send your completed Registration Form, a current photo and tuition to the Family Support Services office.

An ID card will be issued upon receipt of these materials. The ID card must be presented at the activities as proof of registration.

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The Mission of CITIZENS is to empower individuals with intellectual and developmental disabilities to have meaningful relationships, work and activities by maximizing potential through active family and staff advocacy as well as community support.

Tuesday Evening Recreation

Where: The United Methodist Church of Hempstead
40 Washington Street
Hempstead NY 11550



basketball

When: Tuesdays from 6:00pm – 8:00pm

Dates: September 9, 2014 – June 2, 2015

Thursday Evening Recreation

Where: Cissy Birnbaum Building Gym
AHRC Brookville
189 Wheatley Road
Brookville NY 11545



crafts

When: Thursdays from 6:00pm – 8:00pm

Dates: September 11, 2014 – June 4, 2015



bingo

Special Dates:

October 28 and 30 – Halloween Parties – Come in costume

December 9 and 18 – Winter Holiday Parties

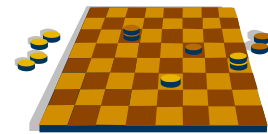
June 2 and 4 – End of the Season Parties

Program Closed:

Thursday, November 27 - Thanksgiving

Thursday, December 25 – Christmas

Thursday, January 1 – New Year's Day



games and puzzles

Adults attending **Tuesday Evening** Recreation will have their choice of playing bingo, making a craft or playing basketball. On **Thursday Evenings** guests can choose to do artwork, play bingo or a variety of other table top games.

Guests attending from agency residences must come with the necessary support to participate in the activities. The Family Support Services Recreation Counselors there facilitate the activities and are primarily a support for those adults attending on their own, independently. To maximize everyone's enjoyment we ask that all guests arrive on time.

AHRC STARZ Special Olympic Basketball athletes will train at the Hempstead location from March to June. Athletes will be contacted before the start of the season.

BOWLING GROUPS

Place, Day and Time

Start Date

Syosset: Mondays at 5:15pm..... September 8, 2014
Baldwin: Tuesdays at 4:30pm.....September 9, 2014
Wantagh: Tuesdays at 4:30pm.....September 9, 2014
Farmingdale: Wednesdays at 5:15pm.....September 10, 2014
Garden City: Wednesdays at 5:00pm.....September 10, 2014
East Meadow: Thursdays at 4:45pm.....September 11, 2014
Rockville Centre: Thursdays at 4:30pm.....September 11, 2014
Massapequa: Saturdays at 3:00pm.....September 6, 2014

Bowling Alley Addresses:

Baldwin Bowling Center – 2407 Grand Avenue, Baldwin 11510
East Meadow Lanes – 1840 Front Street, East Meadow 11554
Farmingdale Lanes – 999 Conklin Street, Farmingdale 11735
Garden City Lanes – 987 Stewart Avenue, Garden City 11530
Massapequa Bowl – 4235 Merrick Rd, Massapequa 11758
Rockville Centre Lanes – 100 Maple Avenue, RVC 11570
Syosset Lanes – 111 Eileen Way, Syosset 11791
Wantagh Lanes – 1300 Wantagh Avenue, Wantagh 11793



The cost of bowling with our groups is greatly reduced and is not included in the Registration Fee. Please remember to bring money each week to pay for two games.

All adults registered in FSS Recreation attending a weekly bowling group will be invited to the **2015 Spring Bowlfest**. In May 2014 over 120 adults enjoyed this day of bowling, lunch and prizes at Massapequa Bowl. This event has a small cost to participate.

The **AHRC STARZ** Special Olympic Bowling Athletes will train for competition at these locations from January to March. In March 2014, 150 athletes participated in the **Special Olympic 21+ Adult Bowling Competition** in East Meadow. Additional competitions are held in Sayville and Patchogue. Special Olympics events have no additional cost.

Bowling Groups are closed on agency holidays:
November 27 and December 25, 2014
January 1 and 19 and May 25, 2015

Please note we will close registration to a bowling group once it has reached capacity.
Join today!

Come Dancing at St. Aidan's!

Where: St. Aidan's Monsignor Kirwin Hall
505 Willis Avenue
Williston Park NY 11596

When: Friday Nights as listed
Time: 7:30pm to 10:00pm

St. Aidan's Dance Dates are:

2014	2015
September 26	January 23
October 24 	February 20
November 21	March 20
December 19	April 10
	May 22
	June 19

Halloween Dance – come in costume



Directions: From either the LIE (495) or the Northern State Parkways exit at Willis Avenue heading south. In less than 2 miles the church will be on your right at the corner of Willis Avenue and Pembroke Street. The church is on Willis Avenue between the Northern State Parkway and Hillside Avenue.

Friday Nights at Maria Regina!

Where: Maria Regina Church
3945 Jerusalem Avenue
Seaford NY 11783

When: Friday Nights as listed
Time: 7:30pm to 10:00pm

Maria Regina Dance Dates are:

2014	2015
September 12	January 9
October 10	February 13
November 7	March 6
	May 8
	June 5



Directions: From the Seaford-Oyster Bay Expressway (135) take Exit 3 to Jerusalem Avenue heading east. The church will be on your left after 2 lights. The church is on Jerusalem Avenue between Route 135 and Hicksville Road.

SUNDAY AFTERNOON DANCES

At the Brookville Center for Children's Services

Where: Cissy Birnbaum Building Gym
AHRC Brookville
189 Wheatley Road
Brookville NY 11545



Time: 12:00pm to 2:30pm

What: Sunday afternoon dances provide the same DJ Entertainment from Party Marty as our Friday Night Dances. There are approximately 80 – 90 adults in attendance. Light refreshments are served. Come check it out!

Sunday Dance Dates are:

2014

September 7

October 5

November 16

December 7

2015

January 4

February 8

March 15

April 12

May 3

June 14



Guests attending from agency residences must come with the necessary support to participate in the activities. The Family Support Services Dance Chaperones facilitate the activity and are primarily a support for those adults attending on their own, independently.

Directions:

From the South: Take either the LIE (495) or the Northern State Parkway to Route 107 north. Travel north on 107 past SUNY Old Westbury to Wheatley Road. Make a left onto Wheatley Road. AHRC is on the right hand side about ¼ mile ahead.*

From the North: Take Northern Blvd. to Route 107 south. Make a right onto Wheatley Road. AHRC is on the right hand side about ¼ mile ahead. *When you enter the campus, the Birnbaum Building is to your left. Please enter into the front of the building, around the corner from Advantage Care Clinic and Fay J. Linder entrances.

YOGA CLASSES

Monday Nights for all Registered Members

Where: Cissy Birnbaum Building Gym
AHRC Brookville
189 Wheatley Road
Brookville NY 11545

Tuesday Nights for Adults living in Agency Residences

Where: AHRC Massapequa - Carmans
924 Carmans Road
Massapequa NY 11758

New Location!



Wednesday Nights for Adults living at Home

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

Each night 2 classes are offered.
Please arrive on time for your class.

First Class:

5:30pm – 6:30pm

Second Class:

6:45pm – 7:45pm



No classes on agency holidays:

2014	2015
September 1	January 19
	May 25

Family Support Services has developed these YOGA classes for adults, their family members and Direct Support Professionals. We encourage everyone to come prepared to practice with the class. Light weight comfortable clothing is suggested and yoga mats are provided.

The benefits of joining a weekly yoga class are decreased feelings of stress; increased flexibility, balance and strength. People who would most benefit from yoga are those who enjoy physical activity without the competition of team sports.

Students will follow verbal instruction with visual cues while maintaining a quiet setting for everyone participating. The Yoga Instructors shape each class to meet the skill level of those in attendance. Please inquire early. The classes have been designated for specific groups to accommodate everyone that wishes to practice. Thank you for your cooperation.

MONTHLY SOCIAL GROUP

Where: AHRC East Meadow Hub Site
196-98 East Meadow Avenue
East Meadow NY 11554



When: 7:00pm – 9:30pm

What: The Social Group is intended to bring adults that reside in apartments or at home with their families with similar challenges of **independent living**, and **competitive employment** together. During the year a variety of topics are discussed. Guest speakers and visits to local community places are incorporated into the schedule by the members.

The group will meet on the following Fridays:

2014

September 19
October 3 and 17
November 14
December 5

2015

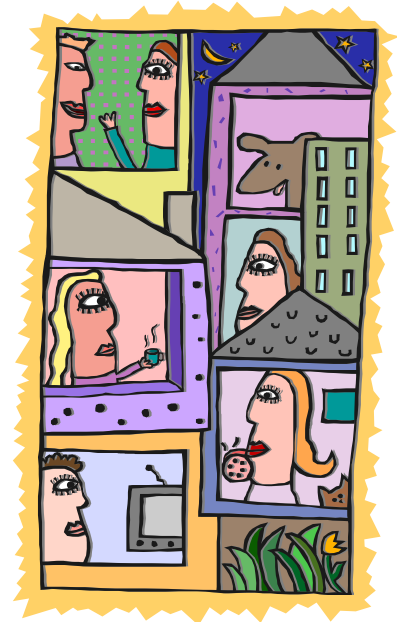
January 2 and 16
February 6 and 27
March 13 and 27
April 17
May 15 and 29
June 12 and 26

LEARN HOW TO EXPRESS YOURSELF.

SHARE YOUR EXPERIENCES.

DEVELOP NEW SOCIAL SKILLS.

HAVE FUN MAKING FRIENDS!



Please Note: Each week the group chooses what they will do the following meeting. Some evenings may include light recreation activities that require bringing a few dollars in addition to the registration fee.

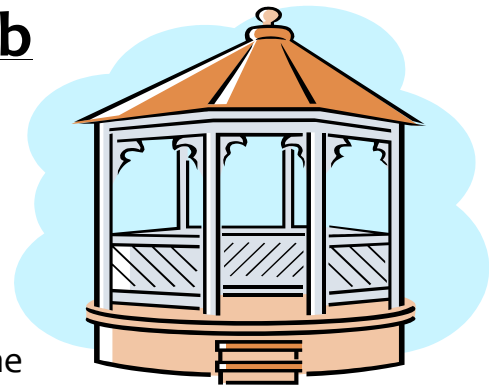
Weekend Walking and Stamina Club

Where: Cantiague Park
West John Street
Hicksville NY 11801

When: Saturdays from 10:00am – 11:00am

Meeting Place: The group meets at the GAZEBO near the children's playground area, accessible from the back parking lot.

What: Every weekend at Cantiague Park in Hicksville our Chaperones are ready to warm up and walk with you! Members of the Walking Club enjoy learning how walking for exercise can improve their health and support one another in reaching personal exercise goals.



Holiday Closings:

All holiday closings will be determined by the group the week prior.



Rain or Snow: Our goal is to be outside whenever possible. We request that in questionable weather everyone meet at 10:00am at the park. If it is determined that the weather is too poor to walk the park, the group will relocate to the nearby Broadway Mall on route 107. Inside the Broadway Mall the walk will begin where Target meets the Mall. Only if it is raining, snowing or below 32 degrees will we meet guests at the mall. In severe weather you may call 516 293 2016 x 5619 for a recording of last minute cancellations.

Directions:

From the North: Take the LIE (495) to Exit 41, Routes 106/107 south. Travel on 106, past the Mall and make a right at the light onto West John Street. The park entrance will be on your right.*

From the South: Take the Southern State Parkway to Exit 29, 107/Hicksville Road north. Drive under the Hicksville Train Station overpass and make the next left onto West John Street. The park entrance will be on your right.*

*When you enter the park, drive around the mini golf to the back parking area. The gazebo is visible from the back parking area.