

AHRC Nassau - Citizens Options Unlimited Inc.



## ***ComeUnity*** Recreation Program

September 2015 – June 2016

The Citizens ***ComeUnity*** Recreation Program offers a wide array of social, athletic and creative activities for Members to choose from.

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Yoga Classes	Yoga Classes for People with Autism Spectrum Disorders
Bowling Leagues	Friday Night and Sunday Afternoon D. J. Dances
The Social Exchange	Tuesday - Thursday Evening Recreation
Saturday Morning Walking Club	Special Olympic Training Clubs

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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.*



**Special  
Olympics**  
New York



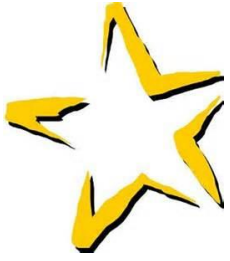
Citizens Options  
Unlimited

**AHRC**  
N A S S A U

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CHURCH OF  
SAINT AIDAN



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

Where: United Methodist Church  
40 Washington Street  
Hempstead NY 11550

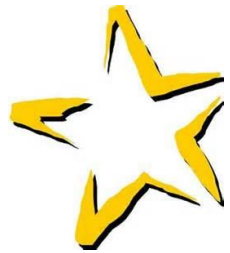


Time: 6pm – 8pm

Dates: September 15, 2015 to June 7, 2016



Tuesday Evening Recreation Members can choose from playing bingo, completing a craft project or playing basketball. The **STARZ** Special Olympic Basketball Training Club practices here in the spring.



## 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 17, 2015 to June 9, 2016

Thursday Evening Recreation Members can choose from playing bingo, completing a simple craft, drawing and coloring or doing a variety of table top games and puzzles.

### **Special Dates**

October 27 and 29 Halloween Parties  
December 17 and 22 Winter Holiday Parties  
June 7 and 9 – End of the Season Parties



### **Program Closed**

Thursday, Nov. 26 – Thanksgiving  
Thursday, Dec. 24 – Christmas Eve  
Thursday, Dec. 31 – New Year's Eve

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 are primarily a support to those Members attending on their own. To maximize everyone's enjoyment we ask that all Members arrive on time.



## ***ComeUnity*** Bowling Leagues



**Mondays at 5:15pm ..... Begins September 14, 2015**  
AMF Syosset, 111 Eileen Way, Syosset NY 11791

**Tuesdays at 4:30pm..... Begins September 15, 2015**  
Ultra Lanes Baldwin, 2407 Grand Avenue, Baldwin NY 11510

**Tuesdays at 4:30pm.....Begins September 15, 2015**  
AMF Wantagh, 1300 Wantagh Avenue, Wantagh NY 11793

**Wednesdays at 5:15pm.....Begins September 16, 2015**  
Farmingdale Lanes, 999 Conklin Street, Farmingdale NY 11735

**Wednesdays at 5:00pm.....Begins September 16, 2015**  
AMF Garden City, 987 Stewart Avenue, Garden City NY 11530

**Thursdays at 4:30pm.....Begins September 17, 2015**  
Rockville Centre Lanes, 100 Maple Avenue, Rockville Centre NY 11570

**Thursdays at 4:45pm.....Begins September 17, 2015**  
AMF East Meadow, 1840 Front Street, East Meadow NY 11554

**Saturdays at 3:00pm.....Begins September 12, 2015**  
Ultra Lanes Massapequa, 4235 Merrick Road, Massapequa NY 11758

The cost of bowling with ***ComeUnity*** Leagues is greatly reduced. Please remember to bring enough money each week to bowl two games. Members are invited to the annual Spring Bowlfest and local Special Olympic Bowling Tournaments. Please join a group you can get to on time.

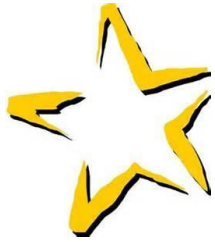
Bowling Groups are closed on agency holidays: 11/26, 12/24, 12/31, 1/18 and 5/30.

Please note we will close registration for each group when it reaches capacity.



**Special  
Olympics**  
New York





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

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

7:30pm – 10:00pm



"Party" Marty Mitchell

### 2015

September 25

October 23 

November 20

December 18

### 2016

January 15

February 19

March 18

May 20

June 24



Halloween Dance – Come in costume



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

Maria Regina Auditorium  
3945 Jerusalem Avenue  
Seaford NY 11783

7:30pm – 10:00pm



### 2015

September 18

October 9

November 6

### 2016

January 8

February 12

March 11

April 8

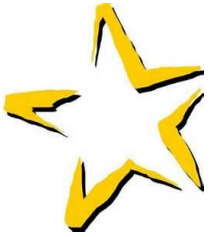
May 13



Maria Regina R.C. Church

***ComeUnity*** Dance Chaperones lead line dances like 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.

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.



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

Where: BCCS

Cissy Birnbaum Building  
189 Wheatley Road  
Brookville NY 11545



"Party" Marty Mitchell

2015

September 13  
October 18  
November 15  
December 13



2016

January 10  
February 21  
March 13  
April 17  
May 15  
June 12



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.

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 join in all the fun!





## The Brookville Center for Children's Services ***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. 14.

There will be no class on agency Holidays:  
September 7, 2015 – Labor Day  
January 18, 2016 – Martin Luther King Jr. Day  
May 30, 2016 – Memorial Day



## Temple Sinai Massapequa ***ComeUnity*** Yoga Classes

Where: Temple Sinai

270 Clocks Blvd.  
Massapequa NY 11758



When: Tuesdays

First class: 5:30pm – 6:30pm  
Second class: 6:45pm – 7:45pm\*

Classes are provided in a classroom at Temple Sinai Massapequa beginning Sept. 29.  
The Synagogue reserves the right to use their facility for special events and religious holidays. Closings will be communicated to Members throughout the year.

\*This class is designed for people with Autism Spectrum Disorders.



## The Church of St. Jude ***ComeUnity*** Yoga Classes

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

These classes are provided in the Church of St. Jude's Social Hall beginning Sept. 9.  
The Church reserves the right to use their facility for special events and religious holidays. Closings will be communicated to Members throughout the year.

All ***ComeUnity*** Yoga classes are run by two Yoga Alliance Certified Instructors who incorporate traditional breathing techniques, meditation, stretching and yogic postures into the hour of practice. They invite chanting to bring everyone into the practice and use aromatic essential oils during the final relaxation period to end the class. Mats are provided for all Members and their supports. Come join us for an hour of relaxing 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.

Dates:

2015

September 11  
October 2 and 16  
November 13  
December 11

2016

January 22  
February 5 and 26  
March 4 and 25  
April 15 and 29  
May 6 and 27  
June 3 and 17



During the year a variety of topics are discussed. The Social Exchange facilitator is there to guide the conversation and assist Members to clearly express themselves. Most gatherings include activities based on ideas that come from the Members. Examples of evening activities are: researching local leisure opportunities, eating a meal together, designing a holiday craft or attending a movie at the East Meadow Public Library located directly across the street.

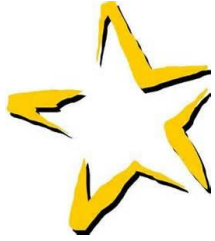
The basic expectation of all Members is that they want to be there; have verbal communication skills to share their thoughts and ideas; and that they do not exhibit challenging behavior that would interfere with the session.

Our goals for the Members are that they meet peers who share their experiences and challenges; develop their social and communication skills; exchange knowledge of their community and have fun while making new friends.



Please note: Some evenings may include light recreation activities that require Members to bring a few dollars with them to the activity. This is in addition to the registration fee and will be communicated the week prior.

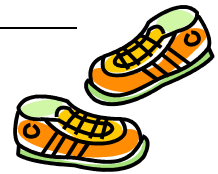
Come check us out!



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## Cantiague Park ***ComeUnity*** Walking Club

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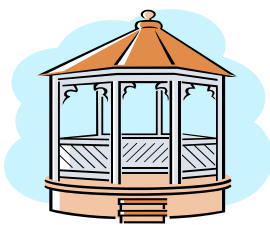
Where: Cantiague Park  
West John Street  
Hicksville NY 11801

When: Saturdays from 10am – 11am  
Starting September 12, 2015



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 as we wait for everyone to arrive and structure for our group 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. 28, 2015 – Thanksgiving Weekend

Dec. 26, 2015 – Christmas Weekend

Jan. 2, 2016 – New Year's 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 all year at the park.

Rain or Shine: Our goal is to hold the walk outside as much as possible. However in rain, snow or temperatures below 32 degrees, 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. Get up, get out and get your body moving with the ***ComeUnity*** Walking Club!

