



CmeUnity

Recreation Program



www.citizens-inc.org/recreation



Dear Friends, Family Members and Agency Employees:

Welcome to the September 2017–June 2018 season of the Citizens' ComeUnity Recreation Program. We proudly offer quality social, athletic and creative activities for adults who are 18 years of age or older, throughout Nassau County and surrounding areas.

In this Recreation Brochure, you will find many activities to choose from and a Registration Form for your use. Payment must be received by mail. Please carefully read over the materials as some activities have changed.

We look forward to welcoming everyone to another year of fun, friends and recreation.

Yours Truly,

Heidi Klewicki

Assistant Director, Family Support Services
Citizens Options Unlimited
(516) 293-2016, ext. 5619 | hklewicki@citizens-inc.org

Thank You to Our Community Partners

AMF East Meadow	Farmingdale Lanes
AMF Garden City	Maria Regina School
AMF Syosset	Rockville Centre Lanes
AMF Wantagh	Ultra Lanes Massapequa
Church of St. Aidan's	United Methodist Church of Hempstead
The Church of St. Jude	Yes We Can Community Center

Thank You to Our Generous Supporters

The Slomo and Cindy Silvan Foundation
Jack Fanning Memorial Foundation
Young Presidents' Organization - Long Island
Ahold Financial Services
Cablevision Systems Corporation



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Join Our Recreation Program Offering Sports, Arts and Social Activities!

Who We Are

Our organization, Citizens Options Unlimited (Citizens), believes that when people come together and work as a team great things happen. Citizens' ComeUnity Recreation Program offers adults with intellectual and developmental disabilities opportunities to connect, celebrate and achieve, as individuals and as part of a group.

What We Offer

With the support of our community partners, we are pleased to provide weekly recreation events, including yoga classes, bowling leagues and dances throughout Nassau County. Family members, volunteers and employees are welcome and encouraged to join in!

Commitment to Overall Health

Our ComeUnity instructors recognize one of the greatest challenges we all face is incorporating healthy habits into our daily routines. Our programs are proactive, positive and person centered.

Supports

Attendees from agency residences should come with the direct care support necessary to enjoy activities safely. Recreation counselors facilitate activities and are primarily a support to those ComeUnity members attending on their own.

Attendance/ Cancellation

To make the most of our activities, we ask that all ComeUnity members arrive on time. Cancellations will be communicated to members via email. Also, in cases of severe weather, please feel free to **check program availability at (516) 293-2016, ext. 5619.**

How to Sign Up

Please use our print registration form on page 11 to sign up.

When you become a ComeUnity member, you can access all programs in this booklet for a one-time membership fee, except for Social Exchange Craft Nights and bowling games. If you'd like to try an activity before paying for the full program, we are happy to set up a time for you to join us.

- The cost of the program for a person living at home is **\$100 per season.**
- The cost of the program for a person residing in any agency residence is **\$150 per season.**
- Reduced fees are available to those with challenging financial circumstances. If this applies to you or a loved one, please send in your request for a reduced fee in writing with your registration. We will review each request in a timely manner.

You will receive a membership card to present to recreation staff at the start of each activity.



ComeUnity Recreation Nights

Tuesday and Thursday Recreation Nights are great places to connect with friends, while enjoying a variety of activities.

Tuesday Night

Sept. 12, 2017–June 5, 2018

6–8 p.m.

United Methodist Church

40 Washington St., Hempstead, NY 11550

Choose to participate in bingo for prizes, simple craft projects or basketball.

Thursday Night

Sept. 14, 2017–June 7, 2018

6–8 p.m.

Brookville Center's Cissy Birnbaum Building

189 Wheatley Road, Brookville, NY 11545

Choose to play bingo for prizes, sing Karaoke or create artwork.

Special Dates

October 26 and 31

Halloween Parties

December 19 and 21

Winter Holiday Parties

June 5 and 7

End of Season Parties

Program Closed

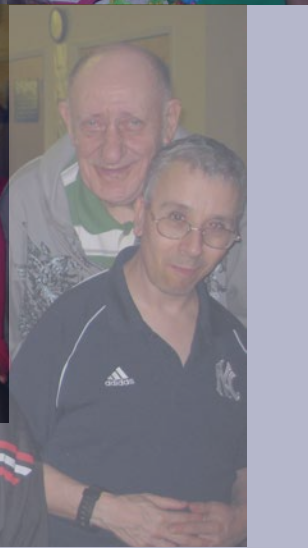
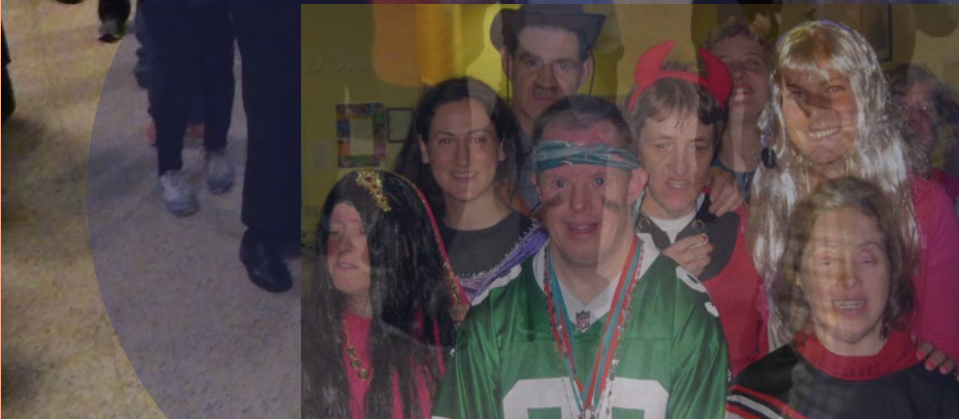
November 23

Thanksgiving

December 26 and 28

Winter Break





ComeUnity Social Exchange

7–9:30 p.m.

AHRC East Meadow Hub Site

196 East Meadow Avenue, East Meadow, NY 11554

Social Exchange is intended to bring people together who face similar challenges of independent living, competitive employment, meeting people and making new friends. A facilitator will be present to help guide conversations and help members express themselves more clearly. The basic expectation of all attendees is that they want to participate, communicate verbally, and do not exhibit challenging behavior to interfere with the session.

2017

September 15 and 29

Welcome Back to the Social Exchange

October 20

Game Night

November 10

Thank-a-Veteran Event: Show your support for our troops by creating and delivering an over-sized thank you card for the nearby NCMC - Veterans Services Area.

December 1 and 22

Winter Holiday Party

2018

January. 5 and 19

New Year, New Me Event: Explore New Year's resolutions in a fun, group setting.

February 2 and 16

Art Canvas Paint Night*

March 2 and 23

Exploring New York: Plan your next trip and explore potential getaways throughout the state.

April 6 and 20

Spring on Long Island

May 18

Tie-dye T-shirt Night*

June 1 and 15

End of the Season Dinner Party

*The Social Exchange invites ComeUnity members, family and friends to our craft nights at an additional cost of \$20 per person. RSVPs must be received in advance so sufficient craft materials are available for the group.



ComeUnity Mixed Singles Bowling League

Come bowl with us! Our weekly Mixed Singles Bowling League has a coach to support each team and help each ComeUnity member develop their bowling skills. The cost of each game bowled is reduced for our members and varies by alley (\$3–4 per game). Please remember to bring the money needed per game.

Please note that all bowling games are approximately 2 hours.

Mondays at 5:15 p.m.

Starts September 11, 2017

AMF Syosset

111 Eileen Way, Syosset, NY 11791

Tuesdays at 4:30 p.m.

Starts September 12, 2017

Ultra Lanes Massapequa

4235 Merrick Road, Massapequa, NY 11758

Tuesdays at 4:30 p.m.

Starts September 12, 2017

AMF Wantagh

1300 Wantagh Avenue, Wantagh, NY 11793

Wednesdays at 5 p.m.

Starts September 13, 2017

AMF Garden City

987 Stewart Avenue, Garden City, NY 11530

Wednesdays at 5:15 p.m.

Starts September 13, 2017

Farmingdale Lanes

999 Conklin Street, Farmingdale, NY 11735

Thursdays at 4:30 p.m.

Starts September 14, 2017

Rockville Centre Lanes

100 Maple Avenue, Rockville Centre, NY 11570

Thursdays at 4:45 p.m.

Starts September 14, 2017

AMF East Meadow

1840 Front Street, East Meadow, NY 11554

Saturdays at 3 p.m.

Starts September 9, 2017

Ultra Lanes Massapequa

4235 Merrick Road, Massapequa, NY 11758

Vacation Days

The Bowling League will not meet on Nov. 23 (Thanksgiving), Dec. 25 (Christmas), Jan. 1 (New Year's Day), Jan. 15 (Martin Luther King Jr. Day) and May 28 (Memorial Day).



ComeUnity Dances

Our dances offer a relaxed environment to freestyle or learn line dances, such as the Macarena, Electric Slide, Cupid Shuffle, Cha Cha Slide, Cotton Eye Joe and the Conga. Whether you enjoy Top 40 songs or country, a wide variety of music is played by DJ "Party Marty" Mitchell, who is a professional radio personality with more than 25 years of experience in the field.

ComeUnity members from agency residences should attend with the direct care support needed to enjoy their time safely. Dance chaperones are primarily a support for those members attending on their own. Light refreshments are served at each dance.

Friday Night Dances

7:30–10 p.m.

**St. Aidan's Monsignor Kirwin Hall
505 Willis Ave., Williston Park, NY 11596**

2017

September 22
November 3
December 8

2018

Feb. 23
March 9
April 27
May 11
June 8

7:30–10 p.m.

**Maria Regina School Auditorium
3945 Jerusalem Ave., Seaford, NY 11783**

2017

September 8
October 13
November 17
December 15

2018

January 12
February 9
March 16
April 13
May 4

**The Halloween Dance will be held on
Friday, Oct. 27, from 6:30–9 p.m. at the
Yes We Can Community Center,
141 Garden St, Westbury, NY 11590**

Sunday Afternoon Dances

Noon–2:30 p.m.

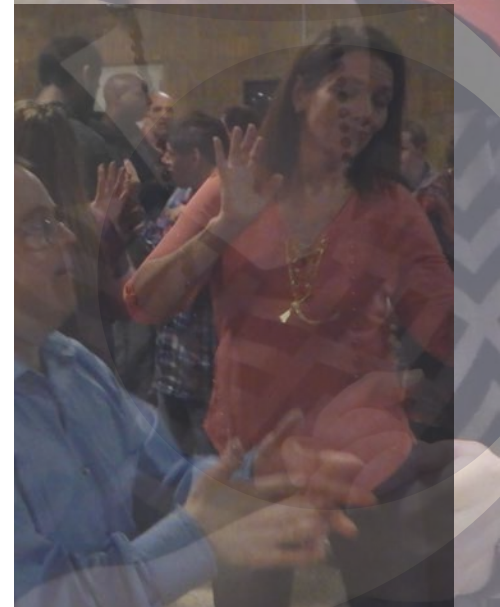
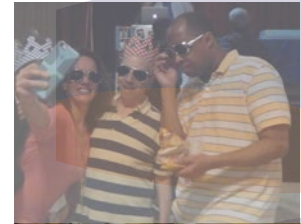
**Brookville Center's Cissy Birnbaum Building
189 Wheatley Road, Brookville, NY 11545**

2017

September 10
October 22
November 12
December 10

2018

January 21
February 11
March 4
April 8
May 20
June 3



ComeUnity Yoga Classes

Led by Yoga Alliance-certified instructors, our one-hour classes are focused on restorative yoga, that incorporates breathing techniques, meditation, stretching and yogic postures. Classes begin with quiet chanting to gather students together and conclude with aromatic essential oils to promote relaxation. Choose from two different sessions on Monday, Tuesday and Wednesday.

Weekly Classes Start September 12

Monday Classes

Brookville Center's Cissy Birnbaum Building

189 Wheatley Road, Brookville, NY 11545

First Class: 5:30–6:30 p.m.

Second Class: 6:45–7:45 p.m.

Tuesday Classes

AHRC Nassau

115 E. Bethpage Road, Plainview, NY 11803

First Class: 5:30–6:30 p.m.

Second Class: 6:45–7:45 p.m.

Wednesday Classes

The Church of St. Jude

3606 Luffberry Avenue, Wantagh, NY 11793

First Class: 5:30–6:30 p.m.

Second Class: 6:45–7:45 p.m.

Vacation Days

There will be no classes on Sept. 4 (Labor Day), Dec. 25 (Christmas Day), Jan. 1 (New Year's Day), Jan. 15 (Martin Luther King Jr. Day) and May 28 (Memorial Day).



ComeUnity Walking Club

Join us at Cantiague Park for an invigorating walk through beautiful walking paths. Connect with peers, as well as learn how this exercise can help with fitness goals. Two chaperones will accompany our members on each walk. We encourage family members, volunteers and agency employees to take advantage of this great opportunity for weekly exercise.

Weekly Activity Starts September 9

10–11 a.m.

Cantiague Park

West John St., Hicksville, NY 11801

We meet each week at the gazebo in the children's playground area. It provides shade and structure as we wait for everyone to arrive and begin our warm up. If you enter the park via West John St., make a left around the mini golf course, and a left at the ice rink into the **back parking area** – where the gazebo will be visible.

The group will not meet on Nov. 25, Dec. 23 and May 26.

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

Inclement Weather: Our goal is to hold the walk outside. However, in the event of rain, snow, temperatures below 32 degrees or a heat advisory, we will gather at the nearby Broadway Mall. Chaperones will meet ComeUnity members inside the mall near the entrance to Target. **Unsure of the weather, location or closings? Call (516) 293-2016, ext. 5619.**





Registration Form: 2017 –2018

Spots are limited and will sell out.

To register for the 2017–2018 season, please fill out this form and return it with payment to: Citizens Options Unlimited, Attn. Recreation, 115 East Bethpage Road, Plainview, NY 11803. You will receive a Membership Card upon receipt of your materials. If you have chosen a group that is at capacity you will be notified at that time.

First Name Last Name

Home Address

Residential Agency, If Applicable

Home Phone Number and Parent Cellphone Number, If Applicable

Emergency Contact: Name Relationship Phone Number

Email Address

Birthday

Tabs ID

Medicaid Number

Disability

Check the boxes next to the event you wish to join.

To ensure the best experience for everyone, please only sign up for activities that you can arrive on time for. Those arriving more than 15 minutes late may not be able to take part in some activities.

Dances

- Friday, 7:30–10 p.m., in Williston Park
- Friday, 7:30–10 p.m., in Seaford
- Sunday, Noon–2:30 p.m., in Brookville

Recreation

- Tuesday, 6–8 p.m., in Hempstead
- Thursday, 6–8 p.m., in Brookville

Social Exchange

- Friday, 7–9:30 p.m., in East Meadow

Walking Club

- Saturday, 10–11 a.m., in Hicksville

Bowling*

- Monday, 5:15 p.m., in Syosset
- Tuesday, 4:30 p.m., in Massapequa
- Tuesday, 4:30 p.m., in Wantagh
- Wednesday, 5:15 p.m., in Farmingdale
- Wednesday, 5 p.m., in Garden City
- Thursday, 4:45 p.m., in East Meadow
- Thursday, 4:30 p.m., in Rockville Center
- Saturday, 3 p.m., in Massapequa

*Approximately 2 hours

Yoga

- Monday, 5:30–6:30 p.m., in Brookville
- Monday, 6:45–7:45 p.m., in Brookville
- Tuesday, 5:30–6:30 p.m., in Plainview
- Tuesday, 6:45–7:45 p.m., in Plainview
- Wednesday, 5:30–6:30 p.m., in Wantagh
- Wednesday, 6:45–7:45 p.m., in Wantagh

Photo Release: I authorize AHRC Nassau and/or AHRC Foundation and its related entities (Brookville Center for Children's Services and Citizens Options Unlimited, Inc.) to use or disclose information about me including my name, program name, photographs or other likenesses and other information as needed and appropriate for training, fundraising, educational, advertising, promotional and publicity purposes.

Parent/Guardian/Residential Manager Signature



ComeUnity

Recreation Program



**Citizens Options
Unlimited**

**115 East Bethpage Road, Plainview, NY 11803
Attn: Recreation**

For additional information, please contact Heidi Klewicki at (516) 293-2016, ext. 5619, or via email at hklewicki@citizens-inc.org