

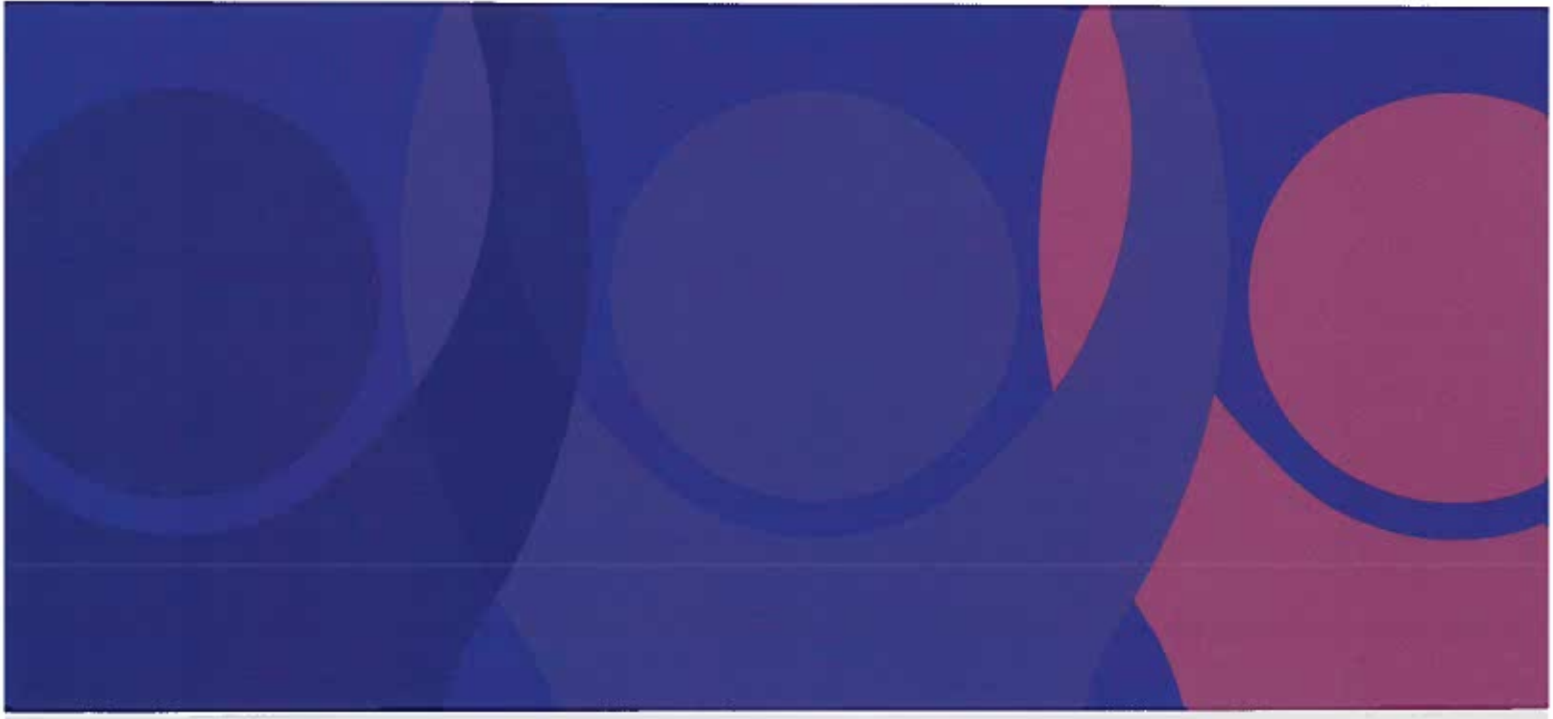


# **C**meUnity

## **Recreation Program**



[www.citizens-inc.org/recreation](http://www.citizens-inc.org/recreation)



Dear Friends, Family Members and Agency Employees:

Welcome to the September 2018–June 2019 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. Please carefully read over the materials as some activities have changed. To register, visit [www.citizens-inc.org/recreation](http://www.citizens-inc.org/recreation) or connect with me to request a registration form.

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](mailto: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	United Methodist Church of Hempstead
Church of St. Aidan's	Yes We Can Community Center
The Church of St. Jude	

### **Thank You to Our Generous Supporters**

The Slomo and Cindy Silvan Foundation, Inc.

Jack Fanning Memorial Foundation

Young Presidents' Organization - Long Island



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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

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.**
- Make checks and Money Orders payable to Citizens.
- Mail your registration form and payment to:  
Citizens, 115 East Bethpage Rd., Plainview, NY 11803, Attn: Heidi K.
- 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. 11, 2018 – June 4, 2019**

**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. 13, 2018 – June 6, 2019**

**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 25 and 30**

**Halloween Parties**

**December 18 and 20**

**Winter Holiday Parties**

**June 4 and 6**

**End of Season Parties**

### **Program Closed**

**November 22**

**Thanksgiving**

**December 25 and 27**

**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 that might disrupt the group.

### **2018**

#### **September**

- September 14 Welcome Back – Make a Social Scrapbook
- September 28 Stories, Hopes and Dreams Mixer

#### **October**

- October 12 National Fire Prevention Week – Look. Listen. Learn. Fire can happen anywhere.
- October 19 Fruit and Veggie Prints – Creating Patterns With Shape and Color

#### **November**

- November 2 Furry Friends Friday: Pet Therapy
- November 16 Discover Your Favorite Modern Artist

#### **December**

- December 7 Winter Holiday Party

### **2019**

#### **January**

- January 11 New Year, New Me – Creating Healthy Habits
- January 25 “What lifts you?” Group Wings Mural

#### **February**

- February 1 Game Night
- February 8 Paint and Sip at Social\*

#### **March**

- March 15 Diversity Night With World Music
- March 29 Exploring Suffolk County Art, Food and Leisure

#### **April**

- April 12 Earth Day – DIY Bird Feeders

#### **May**

- May 10 Nautical-Inspired Framed Mirror Craft\*

#### **June**

- June 14 End of the Season – Pot Luck Dinner
- June 28 Summer Is Here – Ice Cream Social

\*These two evenings are offered at an additional cost. Space is limited.



## **ComeUnity** Mixed Singles Bowling League

Come bowl with us! Our weekly Mixed Singles Bowling League has a coach to support each team and help ComeUnity members 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 money for the games you wish to bowl. Each team bowls for approximately two hours per night.

### **Mondays at 5:15 p.m.**

Starts September 10, 2018

#### **AMF Syosset**

111 Eileen Way, Syosset, NY 11791

### **Tuesdays at 4:30 p.m.**

Starts September 11, 2018

#### **AMF Wantagh**

1300 Wantagh Avenue, Wantagh, NY 11793

### **Wednesdays at 5 p.m.**

Starts September 12, 2018

#### **AMF Garden City**

987 Stewart Avenue, Garden City, NY 11530

### **Wednesdays at 5:15 p.m.**

Starts September 12, 2018

#### **Farmingdale Lanes**

999 Conklin Street, Farmingdale, NY 11735

### **Thursdays at 4:30 p.m.**

Starts September 13, 2018

#### **Rockville Centre Lanes**

100 Maple Avenue, Rockville Centre, NY 11570

### **Thursdays at 4:45 p.m.**

Starts September 13, 2018

#### **AMF East Meadow**

1840 Front Street, East Meadow, NY 11554

### **Saturdays at 3 p.m.**

Starts September 8, 2018

#### **Farmingdale Lanes**

999 Conklin Street, Farmingdale, NY 11735

### **Vacation Days**

The Bowling League will not meet on Nov. 22 (Thanksgiving), Dec. 25 (Christmas), Jan. 1 (New Year's Day), Jan. 21 (Martin Luther King Jr. Day) and May 27 (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

2018	2019
September 21	January 4
October 26	February 15
December 21	March 22
	April 26
	May 17
	June 21

7:30–10 p.m.

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

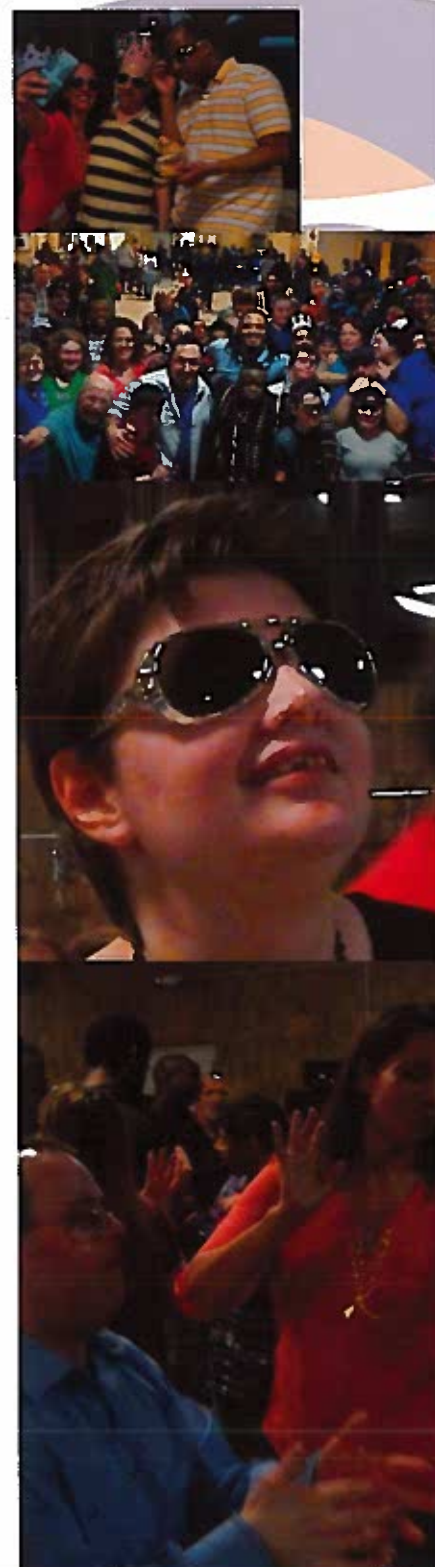
2018	2019
September 7	January 18
October 5	February 22
November 9	March 8
	April 5
	May 3
	June 7

### Sunday Afternoon Dances

Noon–2:30 p.m.

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

2018	2019
September 9	January 6
October 14	February 10
November 11	March 24
December 9	April 7
	May 5
	June 9





## 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 10

#### Monday Classes

##### Brookville Center's Cissy Birnbaum Building

189 Wheatley Road, Brookville, NY 11545

Starts Monday, September 10

**First Class: 5:30–6:30 p.m.**

**Second Class: 6:45–7:45 p.m.**

#### Tuesday Classes

##### Citizens Options Unlimited

115 E. Bethpage Road, Plainview, NY 11803

Starts Tuesday, September 11

**First Class: 5:30–6:30 p.m.**

**Second Class: 6:45–7:45 p.m.**

#### Wednesday Classes

##### The Church of St. Jude

3606 Lufberry Avenue, Wantagh, NY 11793

Starts Wednesday, September 12

**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. 3 (Labor Day), Jan. 1 (New Year's Day), Jan. 21 (Martin Luther King Jr. Day), March 6 (Ash Wednesday), and May 27 (Memorial Day).



## ComeUnity Walking Club

Join us at Catiague 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 Saturday, September 8

10–11 a.m.

#### Catiague 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. 24, Dec. 22 and May 25.**

**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.**





**Citizens Options  
Unlimited**

# Together, we're making memories!



**Connect with us on social media.**

[www.citizens-inc.org/recreation](http://www.citizens-inc.org/recreation)





**ComeUnity**  
**Recreation Program**



**Citizens Options  
Unlimited**

**115 East Bethpage Road, Plainview, NY 11803  
Attn: Heidi K.**

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