



CmeUnity

Recreation Program



**Citizens Options
Unlimited**

www.citizens-inc.org/recreation



Dear Friends, Family Members and Agency Employees:

Welcome to the September 2019–June 2020 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 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

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
MediSked, LLC



Table of Contents

Welcome Letter	2
Program Overview	3
Available Activities	
Tuesday Night Recreation (Bingo, Craft Project, Basketball)	4
Thursday Night Recreation (Bingo, Karaoke, Art Project)	4
Zumba	5
Social Exchange	6
Mixed Singles Bowling League	7
Dances (Afternoon and Evening)	8
Yoga Classes	9
Walking Club	10

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 **\$115 per season.**
- The cost of the program for a person residing in any agency residence is **\$175 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. 10, 2019 – June 2, 2020

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. 12, 2019 – June 4, 2020

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 29 and 31

Halloween Parties

December 17 and 19

Winter Holiday Parties

June 2 and 4

End of Season Parties

Program Closed

November 28

Thanksgiving

December 24 and 26

Winter Break

December 31

New Year's Eve



Zumba with Anndrea

Grooving to the beats of salsa, flamenco, and merengue music feels more like a dance party than a workout, which is exactly what makes Zumba so popular. This Latin-inspired dance workout is one of the most popular group exercise classes in the world. You don't need to be a great dancer to feel welcome in Anndrea's Zumba classes.

Monday Night

Beginning September 9, 2019

4–5 p.m.

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

Tuesday Night

Beginning September 10, 2019

4:30–5:30pm

**United Methodist Church
40 Washington Avenue, Hempstead, NY 11550**

Program Closed

December 24	Christmas Eve
December 31	New Year's Eve
January 20	Martin Luther King Jr. Day
May 25	Memorial Day





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.

2019

September

September 20 Sharing Summer Stories of Fun in the Sun

October

October 11 Positive Attitude Month

October 18 Stone Painting With Permanent Markers

November

November 1 I Love NY – Learn About Our Beautiful State

November 15 Thankful For Family – Create Your Family Tree

December

December 13 Winter Holiday Party – Light Refreshments Served

2020

January

January 10 New Year, New Thoughts

January 24 Game Night – Cards, Puzzles, Board Games and More!

February

February 7 Diversity and Inclusion – What Makes You YOU?

February 14 Valentine's Day Party – Light Refreshments Served

March

March 6 Sand Art*

March 13 World Music and Dance

April

April 24 Earth Day Recycle Project – Egg Cartons

May

May 15 Paint and Sip Social*

May 29 Furry Friends Pet Therapy

June

June 12 Pot Luck Dinner – Bring a Dish to Share

June 26 Summer's Here! Ice Cream Social

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



ComeUnity Mixed Singles Bowling League

Come share in all the fun at our Mixed Singles Bowling League! Each team is supported by a coach who encourages socialization among members and organizes weekly payments to the alley. The cost of each game bowled is reduced for members and varies by alley (\$3–4 per game).

Please remember to bring money for the games you wish to bowl. Teams bowl for approximately two hours per night. Members get bowling score cards to track their progress and all the teams celebrate the end of the season with a party during the last week of June.

Mondays at 5:15 p.m.

Starts September 9, 2019

AMF Syosset

111 Eileen Way, Syosset, NY 11791

Tuesdays at 4:30 p.m.

Starts September 10, 2019

AMF Wantagh

1300 Wantagh Avenue, Wantagh, NY 11793

Wednesdays at 5 p.m.

Starts September 11, 2019

AMF Garden City

987 Stewart Avenue, Garden City, NY 11530

Wednesdays at 5:15 p.m.

Starts September 11, 2019

Farmingdale Lanes

999 Conklin Street, Farmingdale, NY 11735

Thursdays at 4:30 p.m.

Starts September 12, 2019

Rockville Centre Lanes

100 Maple Avenue, Rockville Centre, NY 11570

Thursdays at 4:45 p.m.

Starts September 12, 2019

AMF East Meadow

1840 Front Street, East Meadow, NY 11554

Saturdays at 3:30 p.m.

Starts September 7, 2019

Farmingdale Lanes

999 Conklin Street, Farmingdale, NY 11735

Program Closed

The Bowling League will not meet on Nov. 28 (Thanksgiving), Dec. 24 (Christmas Eve), Dec. 25 (Christmas Day), Dec. 31 (New Year's Eve), Jan. 1 (New Year's Day), Jan. 20 (Martin Luther King Jr. Day), or May 25 (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

2019

September 27
No October
November 22
December 20

2020

January 3
February 21
March 27
April 17
No May
June 19

7:30–10 p.m.

Maria Regina School Auditorium

3945 Jerusalem Ave., Seaford, NY 11783

2019

September 13
October 4
November 8
No December

2020

January 17
February 28
March 20
April 3
May 8
June 5

Sunday Afternoon Dances

Noon–2:30 p.m.

Brookville Center’s Cissy Birnbaum Building

189 Wheatley Road, Brookville, NY 11545

2019

September 8
October 13
November 3
December 8

2020

January 12
February 9
March 15
April 19
May 17
June 14

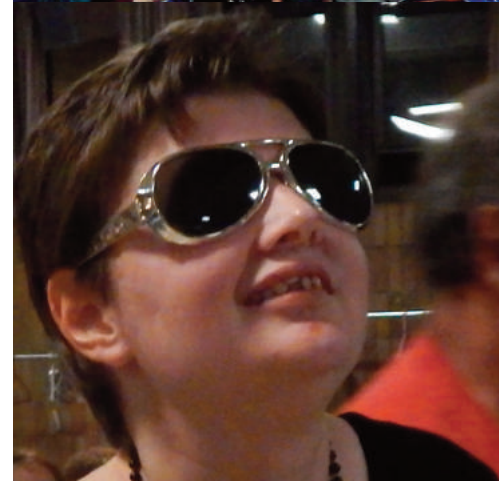
October 25, the Halloween dance, will be held at:

Yes We Can - Community Center

141 Garden Street

Westbury, NY 11590

7–9 p.m.



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 9

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.

Program Closed

There will be no Yoga Classes on Dec. 24 (Christmas Eve), Dec. 25 (Christmas Day), Dec. 31 (New Year's Eve), Jan. 1 (New Year's Day), Jan. 20 (Martin Luther King Jr. Day), or May 25 (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 Saturday, September 7

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. 30 and May 23.

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.





Together, we're making memories!



Connect with us on social media.

www.citizens-inc.org/recreation





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**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