



NOR-WEST REGIONAL SPECIAL SERVICES 2024 FALL BROCHURE

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Nor-West
P.O. Box 44
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10547

ADULT/TEEN PROGRAM DESCRIPTIONS

RECREATIONAL SWIM

Attention swimmers! Enjoy 45-minute swim sessions at the beautiful Premier Athletic Club Pool. Our staff will assist with supervision, water games, and some general swimming techniques. Swimmers who are interested in participating in Special Olympics competitions next Spring can begin training as well. Don't miss out on this wonderful opportunity for some great exercise and skill development!



ELIGIBILITY: Ages 18 and up

DAY: Monday

TIME: 5:45pm - 6:30pm

LOCATION: Premier Athletic Club 2127 Albany Post Rd. Montrose, NY

DATES: Sept. 16 – Dec. 16 (12 weeks)

No program scheduled: 10/14 & 11/11

CAPACITY: 10 participants

VENUE FEE: \$120 due with registration (everyone pays)

REGISTRATION FEE - (Living in a Supported Setting): \$80

TRANS: N/A

GAME NIGHT at SAVANNAH'S

Enjoy three evenings out with friends at Savannah & Company. Although Savannah's no longer offers trivia game night, we will be creating our own fun while dining on delicious southern-style food. **Please note: There is no transportation for this program.**

DAY: Mondays, Oct. 7, Nov. 4, Dec. 2

TIME: 6:00pm - 8:30pm

LOCATION: Savannah & Company, Cortlandt Manor

VENUE FEE: \$22 cash each date (everyone pays)

REGISTRATION FEE - (Living in a Supported Setting): \$55

TRANS: N/A

SPECIAL OLYMPIC TRAINING ****Transportation Available****

The Nor-West Special Olympic Training will be made up of two groups: One team and one skills group. The team will practice and compete in an appropriate division at several Westchester/Putnam Special Olympic events. This season, athletes will prepare and develop skills in Volleyball. Those ready for competitive play will be selected for team competition. Those who require additional training on team concepts will be placed into the skills group. The Special Olympic Regional Volleyball Team Competition is scheduled for **Saturday, Nov. 16th**. Team athletes are expected to participate in the competition. Special Olympics has transitioned from Floor Hockey to Floor Ball as a competitive sport. We will shift to Floorball immediately following the volleyball training for that competition in January. **NOTE: Participants for this program MUST have a current Special Olympics Medical/Consent Release on file.**

ELIGIBILITY: Ages 16 to Adult

DAY: Tuesday

TIME: 4:00pm - 6:00pm

LOCATION: Yorktown Albert A. Capellini Community & Cultural Center

DATES: Sept. 17 – Dec. 17 (13 weeks)

No program scheduled: 11/5

PROGRAM CAPACITY: 30 adults

(10/29 meet at Morabito Center)

VENUE FEE: None

REGISTRATION FEE - (Living in a Supported Setting): \$ 180

TRANS: OW \$65/ RT \$130



Special Olympics

Please note Nor-West catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown

CULINARY CREATIONS

This revamped program offers cooking enthusiasts a deeper dive into the cooking experience. We will meet at the Cortlandt Youth Center kitchen, which offers a complete range-top and double oven to expand our recipe selections. The group will explore and discuss the following week's choice during each meeting. As always, kitchen safety, measuring, and preparation will be part of the program, however the shopping will be done already, allowing more time to cook (and EAT!). Don't miss out on this fun, social, and valuable cooking class. *Bon appétit!*

DAY: Wednesday (6 Weeks per Session, 2 Sessions)

TIME: 3:30 – 6:30pm

DATES: Session I – 9/18 – 10/30, Session II - 11/6 – 12/18

No program scheduled: 9/25, 11/27

LOCATION: Cortlandt Youth Center Kitchen, Croton-on-Hudson

VENUE FEE: \$ 70 Per Session (everyone pays)

REGISTRATION FEE - (Living in a Supported Setting): \$ 110 Per Session **TRANS:** N/A



ADULT/TEEN BOWL & SNACK BAR SOCIAL

Enjoy a fun time bowling with your Nor-West friends. Bowling is a great activity for every ability. Dinner will alternate weekly with pizza and chicken nuggets/fries with three staggered seating times. There is a weekly fee of \$10.00 for the games bowled and \$8.00 for dinner, so bring \$18 each week for both. **Red pin sessions every 3rd week!** **Note: The Special Olympic Bowling Tournament is scheduled for October 5th at Cortlandt Lanes. You must have a current Special Olympic Medical/Release on file in order register and participate!**

ELIGIBILITY: Ages 18 and up

DAY: Thursday

TIME: 3:15pm - 6:00pm

LOCATION: Jefferson Valley Lanes

DATES: Sept. 19 – Dec. 19 (13 weeks)

No program scheduled: 11/28

PROGRAM CAPACITY: We have a **limited vehicle capacity of 20**. Unless you have no other options, please DO NOT request transportation, so that we can accommodate those that have no other transportation options.

VENUE FEE: \$18 cash each week (everyone pays)

REGISTRATION FEE - (Living in a Supported Setting): \$215 **TRANS:** OW \$65/ RT \$130

ROTARY COMMUNITY CORP OF NOR-WEST

Many participants and families may know of the Rotary Club, committed to local, national, and international community service projects. We are thrilled to have partnered with the Rotary Club of Cortlandt Manor to institute a new Rotary Corp to facilitate community involvement for our participants. We welcome back returning members and look forward to greeting new ones. The Rotarians and Community Coalition of NW members will meet in the CUE room at the Cortlandt Town Center to meet goals and develop new plans for our coalition. It's an excellent opportunity to participate in community service and make a difference! Learn what the RCC of NW stands for. This group will continue to meet monthly or more often if necessary, beyond the summer. This program precedes our Social Scene program, so consider participating in both!



This program is FREE OF CHARGE to all. Please note: There is no transportation for this program

ELIGIBILITY: Age 18 and up.

DAY: 1st Friday of the month (3 Sessions)

TIME: 5:00pm – 6:15pm

DATES: 10/4, 11/1, 12/6

LOCATION: CUE Cortlandt Town Center

VENUE FEE: N/A

REGISTRATION FEE - (Living in a Supported Setting): N/A **TRANS:** N/A

Please note Nor-West catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown

SOCIAL SCENE

Our Social Scene program is a wonderful opportunity to socialize with friends while engaging in fun activities. We'll play some favorite board games, Bingo, team building activities, and exciting card games. You should have dinner before the program except for on the monthly scheduled pizza night (first Friday of each month). Don't miss out on the fun!

ELIGIBILITY: Age 18 and up

DAY: Friday

TIME: 6:15pm - 8:45pm

DATES: Sept. 20 – Dec. 20 (13 weeks)

No program scheduled: 11/29

LOCATION: CUE Center at Cortlandt Town Center Rt. 6

PROGRAM CAPACITY: 20 Adults

VENUE FEE: \$50 due with registration for snacks/refreshments (everyone pays)

REGISTRATION FEE - (Living in a Supported Setting): \$225 **TRANS:** N/A

AFTERNOON ADVENTURES

Afternoon Adventures offers a great opportunity to socialize with friends and enjoy a variety of fun activities in the community. A schedule of activities will be mailed out before the start of the program. Prepaid venue fees are due upon registration. The program will meet at the Cortlandt Town Center. Please bring a bag lunch. Don't miss out on this great opportunity for a full day of fun and socialization.

ELIGIBILITY: Ages 16 to 25

TIME: 10:00am - 4:00pm

DATES: Sept. 28 – Dec. 21 (10 weeks)

No program scheduled: 10/19, 11/16, 11/30

LOCATION: CUE Center at Cortlandt Town Center Rt. 6

(10/5 - 12pm-4pm after SO bowling comp)

PROGRAM CAPACITY: 13 participants

VENUE FEE: \$250 due with registration for admissions/activities (everyone pays)

TRANS: N/A

TASTES OF THE HUDSON VALLEY

Attention all foodies! We have expanded out of the immediate area into unexplored culinary and cultural venues. Here's your opportunity to venture out and enjoy a new dining experience in the Hudson Valley. We will make a fun day of learning about a different culture and then off to a restaurant for a delicious lunch and perhaps a stop at a culturally representative location along the way. There will also be discussion of the next adventure. The program will begin and end at the Nor-West office/CUE Room. Two dates this Autumn. ***Please bring \$30.00 on the day of the trip to cover the meal, beverage, tax, and tip.*** Happy Dining ☺

DATE: Saturday, Sept. 28th & Dec. 14th

TIME: 10:00am - 3:00pm

LOCATION: A Hudson Valley Restaurant – Group meets at Nor-West office

VENUE FEE: \$30 cash for each date (everyone pays)

REGISTRATION FEE - (Living in a Supported Setting): \$ 72 **TRANS:** N/A

VARIETY CLUB

Variety Club is a great way to spend a Sunday afternoon with friends. The Club will run select Sundays, from **11:15am to 4:00pm**. The program will be based at the Cortlandt "CUE" center at the Cortlandt Town Center (adjacent to rear entrance of UA cinemas). Variety Club will have a rotating schedule of activities including board games, movies, and community trips. Prepaid fees are used to purchase tickets in advance. **Cash venue fees will still be required for movies.** You will receive a schedule detailing the activities and fees after the registration period. **Please bring a bag to program.**

ELIGIBILITY: Ages 26+

DAY: Sunday

TIME: 11:15am - 4:00pm

LOCATION: CUE Center at Cortlandt Town Center Rt. 6

DATES: Sept. 22, | Oct. 6, 20, | Nov. 3, 17 | & Dec. 1 | (6 weeks)

PROGRAM CAPACITY: 16 participants

VENUE FEE: \$ 150 due with registration (everyone pays)

REGISTRATION FEE - (Living in a Supported Setting): \$ 200

TRANS: N/A

Please note Nor-West catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown

LUNCH & A MOVIE

Join us for a fantastic Sunday Afternoon with friends. We are adjusting this popular program to accommodate movie lengths and variety with earlier show times and prevent super late arrivals home. First, we'll enjoy lunch at Nonna's Restaurant (Beach Shopping Center), then off to the movies at Cortlandt Town Center Theater. **Please bring \$36 cash the day of the outing to cover the cost of the meal and movie.** Please indicate your 1st and 2nd choice on the registration form



ELIGIBILITY: Ages 18 and up

DAY: Sunday

TIME: 12:00pm - 5:30pm*

**Actual departure time may vary*

DATES: Sept. 29th or Dec. 8th

LOCATION: Nonna's Restaurant & Cortlandt Town Center Theater

PROGRAM CAPACITY: 15 participants per group

VENUE FEE: \$36 cash on date of program (everyone pays)

REGISTRATION FEE - (Living in a Supported Setting): \$33 **TRANS:** OW \$5/ RT \$10

ADULT/TEEN SPECIAL EVENTS

ARMY WEST POINT FOOTBALL GAME

Come watch the Black Knights take on the Owls of Rice University in a fall football classic. What better way to celebrate Autumn in the USA than with a live football game, cheering on the home team with a stadium full of fans?! You should bring a bag lunch and non-glass beverage. ***Please Note:*** This trip will involve a significant amount of walking. You should be capable of navigating the stadium bleachers and *sitting in a seat without a back* for the duration of the game.



ELIGIBILITY: Ages 18 and up

DATE: Saturday, September 21st

TIME: 10:00am – 3pm (Game time 12pm)

LOCATION: Michie Stadium – West Point, NY

VENUE FEE: \$60 (everyone pays)

REGISTRATION FEE - (Living in Supported Setting): \$40 **TRANS:** Included

HALLOWEEN MONSTER MASH

Calling all ghosts, ghouls, and goblins... Nor-West invites you to attend our freakishly popular Halloween MONSTER MASH. Costumes optional, but strongly encouraged (there's a contest!). Prizes will be awarded for the scariest and most creative costumes. Let your imagination run wild. Don't miss out on this fun annual event.

This fun evening includes a delicious catered dinner.

ELIGIBILITY: Age 18 and up

DATE: Saturday, October 19th

TIME: 5:00pm - 8:00pm

LOCATION: Muriel H. Morabito Center, Cortlandt Manor

VENUE FEE: \$18 (everyone pays)

REGISTRATION FEE - (Living in Supported Setting): \$20 **TRANS:** OW \$5/ RT \$10



JESSICA LYNN – A VERY MERRY COUNTRY CHRISTMAS (& HOLIDAY MEAL)

Join us for a catered meal!!...And then, off to what has become a genuine New York holiday tradition right in our own backyard!! All of the traditional holiday songs you know and love in a full Multi-media performance with singing, marching bands, dancing, choirs, and more. Even Santa makes an early appearance in Peekskill for this fantastic event!

ELIGIBILITY: Age 18 and up

DATE: Sunday, December 15th

TIME: TBD – (Showtime not yet made public- attendees will be notified once announced)

LOCATION: Paramount Theater, Peekskill

VENUE FEE: \$60 (everyone pays)

REGISTRATION FEE - (Living in Supported Setting): \$40 **TRANS:** OW \$5/ RT \$10

See insert for youth/teen programs

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