



NOR-WEST REGIONAL SPECIAL SERVICES 2023 FALL BROCHURE

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Nor-West
P.O. Box 420
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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



ELIGIBILITY: Ages 18 and up

DAY: Monday

TIME: 5:45pm - 6:30pm

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

DATES: Sept. 18 – Dec. 18 (12 weeks)

No program scheduled: 9/25 & 10/9

CAPACITY: 10 participants

FEES: Please note NW catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown

Recreational Swim	NW Catchment Area	Out of Area	Trans. Fee
Waiver Enrolled & Non-waiver living w/ Parent	No registration fee	No registration fee	N/A
Living in IRA, Supported Apt, or Group Home	\$72	Call Nor-West	N/A
Venue Fee	\$96	\$96	

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 and a minimum of 8 people needed**

DAY: Mondays, Oct. 2, Nov. 6, Dec. 4

TIME: 6:00pm -8:30pm

LOCATION: Savannah & Company, Cortlandt Manor

FEES: Please note: NW catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown

Game Night at Savannah's	NW Catchment Area	Out of Area	Trans. Fee
Waiver Enrolled & Non-waiver living w/ Parent	No registration fee	No registration fee	N/A
Living in IRA, Supported Apt, or Group Home	\$45	Call Nor-West	N/A
Venue Fee	\$22 pay at site	\$22 pay at site	

SPECIAL OLYMPIC TRAINING

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. 18th**. Team athletes are expected to participate in the competition. Special Olympics is transitioning from Floor Hockey to Floor Ball as a competitive sport. We are looking into including this option as a Fall sport or beginning our basketball training early as traditionally it has been so popular.

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. 19 – Dec. 19 (12 weeks)

No program scheduled: 10/31 & 11/7

PROGRAM CAPACITY: 30 adults

FEES: Please note NW catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown



Special Olympics

SPECIAL OLYMPIC TRAINING (Continued)

Special Olympic Training	NW Catchment Area	Outside Catchment Area	Trans. Fee
Waiver Enrolled & Non-waiver living w/ Parent	No registration fee	No registration fee	N/A
Living in IRA, Supported Apartment, Group Home	\$144	Call Nor-West Office	N/A
Venue Fee	N/A	N/A	

CULINARY CREATIONS

This revamped program offers cooking enthusiasts a deeper dive into the cooking experience. We will be moving to 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 – 9/20 – 10/25, Session II - 11/8 – 12/20

No program scheduled: 11/1, 11/22

LOCATION: Nor-West Kitchen, Cortlandt Manor

FEES: Please note NW catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown

Culinary Creations	NW Catchment Area	Out of Area	Trans. Fee
Waiver Enrolled & Non-waiver living w/ Parent	No registration fee	No registration fee	N/A
Living in IRA, Supported Apt, or Group Home	\$126	Call Nor-West	N/A
Venue Charge (food)	\$72	\$72	

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 1st 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. 21 – Dec. 21 (13 weeks)

No program scheduled: 11/23

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.

FEES: Please note NW catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown

Adult/Teen Bowl	NW Catchment Area	Outside Catchment Area	Trans. Fee
Waiver Enrolled & Non-waiver living w/ Parent	No registration fee	No registration fee	No Fee
Living in IRA, Supported Apartment, Group Home	\$195	Call Nor-West Office	\$65 OW/\$130 RT
Venue Fee	\$18 pay at site	\$18 pay at site	

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! **Please note: There is no transportation for this program**

ELIGIBILITY: Age 18 and up

DAY: Friday

TIME: 6:15pm - 8:45pm

DATES: Sept. 22 – Dec. 22 (12 weeks)

No program scheduled: 11/10 and 11/24

LOCATION: CUE Center at Cortlandt Town Center Rt. 6

PROGRAM CAPACITY: 20 Adults

FEES: Please note NW catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown

SOCIAL SCENE (Continued)

Social Scene	NW Catchment Area	Outside Catchment Area	Trans. Fee
Waiver Enrolled & Non-waiver living w/ Parent	No registration fee	No registration fee	N/A
Living in IRA, Supported Apartment, Group Home	\$180	Call Nor-West Office	N/A
Venue Fee	\$25	\$25	

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 Cortlandt Lanes. 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: 12:30pm - 5:00pm

DATES: Sept. 23 – Dec. 16 (9 weeks)

No program scheduled: 10/7, 10/28, 11/18, 11/25

LOCATION: Meets at Cortlandt Lanes

PROGRAM CAPACITY: 12 participants

Please note: NW catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown

Afternoon Adventures	NW Catchment Area	Outside Catchment Area	Trans. Fee
Waiver Enrolled & Non-waiver living w/ Parent	No registration fee	No registration fee	N/A
Venue Fee	\$210 prepaid fees	\$210 prepaid fees	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. The day will end with some fun games and discussion of the adventure. The program will begin and end at the Nor-West office. 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. 23rd and Dec. 2nd

TIME: 10:00am - 4:00pm

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

Please note: NW catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown

Tastes of The Hudson Valley	NW Catchment Area	Out of Area	Trans. Fee
Waiver Enrolled & Non-waiver living w/ Parent	No registration fee	No registration fee	N/A
Living in IRA, Supported Apt, or Group Home	\$70	Call Nor-West	N/A
Venue Charge	\$30 (Pay at Site)	\$30 (Pay at Site)	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: Oct. 1, 15, 28, Nov. 12, & Dec. 3, 17 (6 weeks)

PROGRAM CAPACITY: 16 participants

FEES: Please note NW catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown

Variety Club	NW Catchment Area	Outside Catchment Area	Trans. Fee
Waiver Enrolled & Non-waiver living w/ Parent	No registration fee	No registration fee	N/A
Living in IRA, Supported Apartment, Group Home	\$170	Call Nor-West Office	N/A
Venue Fee (Pre-paid trips only)	\$100 prepaid fees	\$100 prepaid fees	

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 \$34 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*

DATES: Oct. 22 or Dec. 10

**Actual departure time may vary*

LOCATION: Nonna's Restaurant & Cortlandt Town Center Theater

PROGRAM CAPACITY: 15 participants per group

FEES: Please note NW catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown

Lunch & Movie	NW Catchment Area	Outside Catchment Area	Trans. Fee
Waiver Enrolled & Non-waiver living w/ Parent	No registration fee	No registration fee	No Fee
Living in IRA, Supported Apartment, Group Home	\$33 per session	Call Nor-West Office	\$10 RT/\$5 OW
Venue Fee	\$36 pay at site	\$36 pay at site	

ADULT/TEEN SPECIAL EVENTS

HALLOWEEN MONSTER MASH

Calling all ghosts, vampires, and goblins. Nor-West invites you to attend our very popular Halloween MONSTER MASH. Costumes optional but strongly encouraged. Prizes will be awarded for 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 28th

TIME: 5:00pm - 8:00pm

LOCATION: Muriel H. Morabito Center, Cortlandt Manor

FEES: Please note NW catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown

Halloween Monster Mash	NW Catchment Area	Outside Catchment Area	Trans. Fee
Waiver Enrolled & Non-waiver living w/ Parent	No registration fee	No registration fee	N/A
Living in IRA, Supported Apartment, Group Home	\$20	Call Nor-West Office	\$ 5 OW/\$10 RT
Venue Fee	\$18	\$18	

JESSICA LYNN – A VERY MERRY COUNTRY CHRISTMAS (& DINNER)

Join us for a catered dinner!!...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: Saturday, December 16th

TIME: 5:00pm – 11pm (Showtime 8pm)

LOCATION: Paramount Theater, Peekskill

FEES: Please note NW catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown

A Very Merry Country Christmas	NW Catchment Area	Outside Catchment Area	Trans. Fee
Waiver Enrolled & Non-waiver living w/ Parent	No registration fee	No registration fee	N/A
Living in IRA, Supported Apartment, Group Home	\$30	Call Nor-West Office	\$ 5 OW/\$10 RT
Venue Fee	\$60	\$60	