



NOR-WEST REGIONAL SPECIAL SERVICES

2022 WINTER BROCHURE

See back page for Youth/Teen Programs

(914) 737-4797

www.nor-west.org

Nor-West
P.O. Box 420
Crugers, NY 10521

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

DATES: Jan. 24 – April 4 (10 weeks)

No program scheduled: 2/21

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

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	\$55	Call Nor-West	N/A
Venue Fee	\$60	\$60	

GAME NIGHT at SAVANNAH'S

Enjoy three evenings out with friends at Savannah & Company. Although Savannah is not running their trivia, we will be creating our own fun while dining on delicious southern-style food.

DAY: Monday Feb. 7, March 7, Apr. 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	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

After a long hiatus, our Special Olympic Training is back. This season, athletes will prepare and develop skills in Basketball and Track & Field. Those ready and capable of competitive play will be selected for team competition. Those who require additional training on team concepts will be placed into the skills group. Please see calendar for competition dates. Please make every effort to attend the competitions... the team depends on your participation. **NOTE: Participants for this program MUST have a current Special Olympics Medical/Consent Release and the new Special Olympic Covid Code of Conduct forms on file at the Nor-West office. Sneakers and masks required.**

ELIGIBILITY: Ages 16 to Adult.

DAY: Tuesday

TIME: 4:00pm - 6:00pm

LOCATION: Cortlandt Muriel H. Morabito Center

DATES: Jan. 25 – Apr. 5 (11 weeks)

PROGRAM CAPACITY: 30 adults

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



Special Olympics

Special Olympics 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	\$132	Call Nor-West Office	N/A
Venue Fee	N/A	N/A	



FOLLOW US
ON FACEBOOK

COOKING with Chef Sheree

This popular program offers cooking enthusiasts and novices a “soup to nuts” cooking experience. Learn to follow recipes, shop for your meal, kitchen safety, measuring, and meal preparation. Of course, the best part is enjoying your delicious creations with friends. Don’t miss out on this fun, social, and valuable cooking class. *Bon appétit!*

DAY: Wednesday

TIME: 3:00 – 6:30pm

DATES: Jan. 26 – March 30 (10 weeks)

Snow make-up day: 4/6

LOCATION: Nor-West Kitchen, Cortlandt Manor

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



Cooking Class	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	\$210	Call Nor-West	N/A
Venue Charge (food)	\$135	\$ 135	

ZOOM WHEEL OF FORTUNE

Join us on Zoom to play your favorite game show, “Wheel of Fortune”. With this realistic Zoom game you get to spin the wheel, (be careful to avoid the bankrupt!), choose a consonant, or buy a vowel. Work as a team to try to solve the puzzle. Please include your email on the registration form to get the Zoom link. **NO FEE TO JOIN!**

DAY: Wednesday

TIME: 4:00 – 5:15pm

DATES: Jan. 26 – March 30 (10 weeks)

ADULT BOWL & SNACK BAR SOCIAL * Transportation Available*

Enjoy a fun time bowling with your Nor-West friends. Bowling is a great activity for every ability. We will continue our Covid safety protocols by requiring masks to be worn by all, regardless of vaccination status. 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. We will continue the tradition of **Red Pin Bowl every 3rd week!**

ELIGIBILITY: Ages 18 and up

DAY: Thursday

TIME: 3:15pm - 6:00pm

LOCATION: Jefferson Valley Lanes

DATES: Jan. 27 – Apr. 7 (11 weeks)

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. **In accordance with Covid-19 bus safety guidelines, masks are required while riding the bus.**



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

Adult 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	\$175	Call Nor-West Office	\$110 RT/\$55 OW
Venue Fee	\$18 pay at site	\$18 pay at site	

SOCIAL SCENE

New hours for winter

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. 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: Jan. 28 – Apr. 8 (11 weeks)

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	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	\$165	Call Nor-West Office	N/A
Venue Fee	\$25	\$25	

VARIETY CLUB

New hours

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. This prepaid fee will be used to purchase tickets that require advance payment. **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 21+

DAY: Sunday

TIME: 11:15pm - 4:00pm

LOCATION: CUE Center at Cortlandt Town Center Rt. 6

DATES: Jan. 30 Feb. 6, 27 March 13, 27 (5 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	\$135	Call Nor-West Office	N/A
Venue Fee (Pre-paid trips only)	\$60 prepaid fees	\$60 prepaid fees	

DINNER & A MOVIE

Transportation Available

Join us for a fun Sunday evening out with friends. First, we will enjoy delicious dinner at Nonna's Italian Restaurant (Beach Shopping Center), then off to the movies at Cortlandt Town Center Theater. Don't delay this program fills quickly!

Please bring \$33 cash the night of the outing to cover the cost of the dinner and movie.

ELIGIBILITY: Ages 18 and up

DAY: Sunday

TIME: 5:00pm - 9:30pm

DATE: Feb. 20

LOCATION: Nonna's Restaurant & Cortlandt Town Center Theater

PROGRAM CAPACITY: 12 participants

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

Dinner & 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	\$54	Call Nor-West Office	\$10 RT/\$5 OW
Venue Fee	\$33 pay at site	\$33 pay at site	

ADULT/TEEN SPECIAL EVENTS

ST. PATRICK'S DAY DANCE

Everyone is Irish on St. Patrick's Day! Come celebrate with your friends at Nor-West's St. Patrick's Day celebration. Dance a jig and get those "*Irish eyes a smiling*". Don't forget to wear your green. **This fun evening includes a delicious catered dinner.**

ELIGIBILITY: Age 18 and up.

Open to all developmental disabilities

DATE: Saturday, March 19th

TIME: 5:00-8:00pm

LOCATION: Cortlandt Muriel H. Morabito Center

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



St. Patrick's Dance	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	N/A
Venue Fee	\$18	\$18	

See back for Youth/Teen programs

YOUTH/TEEN PROGRAM DESCRIPTIONS

INSTRUCTIONAL SWIM

Our Instructional Swim program provides valuable water safety and swimming skills. Our swim instructor will rotate through the group conducting individualized instruction based on each child's level of ability. Nor-West will provide recreation aides in the water to work hands-on with the children. Please note that we do not have exclusive use of this pool. Other swim lessons and club members will be utilizing the pool during our lesson time.



ELIGIBILITY: Ages 7 to 16

DAY: Monday

TIME: 4:45pm - 5:30pm

DATES: Jan. 24 – April 4 (10 weeks)

No program scheduled: 2/21

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

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

Instructional Swim	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	\$120	\$132	N/A

YOUTH INSTRUCTIONAL BOWL

Join us for a fun morning with friends at our Instructional Bowl Program. No matter what level, we will assist to improve bowling skills, all while having fun socializing and cheering on your teammates. Bumpers will be utilized for some children to help gain confidence and ensure success. Adaptive equipment such as ramps and handle balls are available for those who need additional assistance. Held at **Cortlandt Lanes with a weekly fee of \$ 8.00** for games bowled



ELIGIBILITY: Ages 7 to 17

DAY: Saturday

TIME: 10:00am – 11:30am

DATES: Jan. 22 – Apr. 2 (10 weeks)

No program scheduled: 3/12

LOCATION: Cortlandt Lanes

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

Instructional Bowl	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	\$8 pay at site	\$8 pay at site	N/A

AFTERNOON ADVENTURES

Afternoon Adventures offers a great opportunity to socialize with friends and enjoy a variety of fun activities in the community. Weekly trips will be scheduled in accordance with Covid safety guidelines. 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 Nor-West office in Cortlandt Manor. Please bring a bag lunch. **Masks are required while riding the bus.** Don't miss out on this great opportunity for fun and socialization.

ELIGIBILITY: Ages 15 to 20

DAY: Saturday

TIME: 10:00am – 4:00pm

DATES: Jan. 22 – Apr. 2 (9 weeks)

No program scheduled: 3/12, 3/19

LOCATION: Nor-West Office

PROGRAM CAPACITY: 11 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	\$180 prepaid fees	\$165 prepaid fees	N/A

