



NOR-WEST REGIONAL SPECIAL SERVICES

(914) 737-4797

www.nor-west.org

2019 WINTER/SPRING BROCHURE

ADULT/TEEN PROGRAM DESCRIPTIONS

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

RECREATIONAL SWIM

Love to swim? Then our Recreational Swim program is for you! Enjoy a 45 minute swim session at the beautiful Premier Athletic Club Pool. Our staff will assist with supervision, water games, and some general swimming techniques. Don't miss out on this wonderful opportunity for some great exercise and skill development.

ELIGIBILITY: Ages 18 and up

Open to all developmental disabilities.

DAY: Monday

TIME: 4:45pm - 5:30pm

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

DATES: January 28 to May 20 (15 weeks)

No program scheduled: 2/18, 4/15 and 5/27

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	\$75	Call Nor-West	N/A
Venue Charge	\$75	\$75	

TRIVIA CHALLENGE

Test your knowledge and enjoy a southern style dinner with friends at Savannah & Company. Work as a team to compete in 6 rounds of trivia for prizes! Trivia games are very popular and a fun way to get those brain waves churning or just have a fun time trying. **Please note: There is no transportation for this program.** Minimum of 6 people needed to make a team.

DAY: Mondays, Feb. 4, Mar. 4, Apr. 1, May 6, June 3

TIME: 6:00pm - 8:30pm

LOCATION: Savannah & Company, Cortlandt Manor

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



Trivia Challenge	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	\$150	Call Nor-West	N/A
Venue Charge	\$20 pay at site	\$20 pay at site	

SPECIAL OLYMPIC TRAINING

The Nor-West Special Olympic Team 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 Floor Hockey, Basketball, Track & Field and Soccer skills. 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 as the team depends on your participation. **NOTE: Participants for this program MUST have a current Special Olympics Medical/Consent Release on file at the Nor-West office.**

ELIGIBILITY: Ages 16 to Adult.

Open to all developmental disabilities

DAY: Tuesday

TIME: 4:00pm - 6:00pm

LOCATION: Albert A. Capellini Community and Cultural Center, 268 Veteranø Rd. Yorktown

DATES: Jan. 15 to May 28 (20 weeks)

PROGRAM CAPACITY: 30 adults

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

Special Olympic Training	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	\$230	Call Nor-West Office	\$200 RT/\$100 OW
Venue Charge	N/A	N/A	

CREATIVE COLLAB

Looking for a fun way to spend a Tuesday? Join our Creative Collab! Great alternative or supplement to your day program. We start the day with coffee/tea and lively discussion, followed by collaboration on a group project of choice. The group will embark on interesting day trips to local attractions such as state parks, museums, and shopping destinations. We'll also carve out some time introducing interesting board games. Participants should bring a bag lunch and beverage to the program every Tuesday, as well as wear sneakers. Space is limited, so don't delay.

ELIGIBILITY: Ages 18 and up

Open to all developmental disabilities

DAY: Tuesday

TIME: 9:30am - 3:00pm

LOCATION: Nor-West Kitchen, Cortlandt Manor

DATES: Feb 26 to May 28 (14 weeks)

PROGRAM CAPACITY: 11 adults

Creative Collab	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	\$300	Call Nor-West Office	\$70 Pick up only
Venue Charge	\$90	\$90	

COOKING with Chef Sheree

Food, friends, and valuable cooking skills. This program offers you a full experience to meal preparation; including learning to follow recipes, shopping, kitchen safety, and cooking. Of course the best part, chowing down with your friends! We are offering two 9-week sessions. Please indicate your 1st, and 2nd choices. If you want to register for more than one session, indicate that on the registration form you will be notified if space is available. Don't miss out on this fun, social, and valuable cooking class. *Pick up available at Keon.*

DAY: Wednesday (two 9 week sessions)

TIME: 3:00 – 6:30pm

SESSION 1: January 16 – March 13

SESSION 2: March 27 – May 29 (no session 4/17)

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	No Fee
Living in IRA, Supported Apt, or Group Home	\$180 each session	Call Nor-West	\$180 RT/\$90 OW
Venue Charge (food)	\$90 each session	\$90 each session	

ADULT LEAGUE BOWL & SNACK BAR SOCIAL

Join our ever-popular League Bowling program for a fantastic afternoon of fun, exercise, and socialization. Our Mixed Classic Bowling League is a great opportunity to learn or improve your bowling skills. Weekly statistics are collected for individual and team scores. After bowling 2 games, we will be dining at the at the JV Lane's snack bar. We will have a rotating schedule of three dinner options: pizza, meatballs wedges, and snack bar food. There is a weekly fee of \$8.00 for the games bowled and \$8.00 for dinner, so bring \$16 each week for both. **Red pin sessions every 3rd week!**

ELIGIBILITY: Ages 18 and up

Open to all developmental disabilities.

DAY: Thursday

TIME: 3:15pm - 6:00pm

LOCATION: Jefferson Valley Lanes

DATES: January 17 to May 30 (20 weeks)

PROGRAM CAPACITY: We have a **limited vehicle capacity of 26, going to the program.** Unless you have no other options, please DO NOT request transportation TO the program, so that we can accommodate those that have no transportation options.

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

League Bowl & Snack Bar Social	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	\$210	Call Nor-West Office	\$200 RT/\$100 OW
Venue Charge	\$16 pay at site	\$16 pay at site	



Save the date!
**Luis Herzog Memorial Bowling
Tournament June 6th**



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, creative craft activities, woodworking, team building activities, and exciting card games. You should have dinner before the program. Don't miss out on the fun!

ELIGIBILITY: Age 18 and up.

Open to all developmental disabilities

DAY: Friday

TIME: 6:15pm - 9:00pm

DATES: January 18 - June 7 (17 weeks)

No program scheduled: 4/19, 5/3 & 5/24 (4/5 snow make-up day)

LOCATION: American Legion V.F.W. 235 Veterans Rd. Yorktown Heights NY

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	No Fee
Living in IRA, Supported Apartment, Group Home	\$235	Call Nor-West Office	\$180 RT/\$90 OW
Venue Charge	\$25	\$25	

TASTES OF WESTCHESTER

☺ **NEW PROGRAM** ☺

Attention all foodies! Tired of visiting the same restaurants in the area? Here's your opportunity to venture out and enjoy a new dining experience, once a month, around Westchester County. We will make a fun day of learning about different cultures and their cuisines, then off to a new and exciting restaurant for a delicious lunch. The day will end with some fun games, including miniature golf at the new course at the Charles Cook Park. The program will begin and end at the Nor-West office. Transportation is available upon request (please indicate on registration form). Venue charge includes 5 meals, beverage, tax, and tip. Happy Dining ☺

ELIGIBILITY: Age 18 and up.

Open to all developmental disabilities

DATE: Saturdays 2/2, 3/9, 4/13, 5/11, 6/8

TIME: 10:00am - 4:00pm

LOCATION: Various restaurants, meets at Nor-West office

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

Tastes of Westchester	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	n/a	Call Nor-West Office	
Venue Charge	\$150 prepaid for meals	\$150 prepaid for meals	

VARIETY CLUB

Variety Club is a great way to spend a Sunday afternoon. The Club will run select Sundays, from **12:30pm to 5:00pm**. 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 billiards, board games, movies and community trips. **Please note the prepaid venue fee is due upon registration.** 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 eat lunch prior to the program.**

ELIGIBILITY: Ages 19+

Open to all developmental disabilities

DAY: Sunday

TIME: 12:30pm - 5:00pm

LOCATION: CUE Center at Cortlandt Town Center Rt. 6

DATES: 11 weeks Jan. 27 Feb. 3, 10, 24 Mar. 3, 17, 24 Apr. 7, 14, May 5, 19

PROGRAM CAPACITY: 18 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	\$250	Call Nor-West Office	N/A
Venue Charge	\$90 prepaid fees	\$90 prepaid fees	

DINNER & A MOVIE

Join us for two fantastic evenings out with friends. First, we'll enjoy a delicious dinner while socializing at La Villetta. Then we'll catch the latest flick at the Cortlandt Town Center Theater. **Please bring \$29 cash the night of each outing to cover the cost of the dinner and movie** (tens and singles please)

ELIGIBILITY: Ages 18 and up

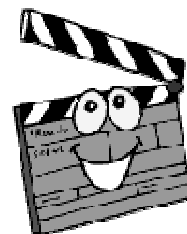
Open to all developmental disabilities

DAY: Sunday

TIME: 5:00pm - 9:30pm

LOCATION: La Villetta & Cortlandt Town Center Theater

DATES: Jan. 20 & June 2



See back for more great programs

DINNER & A MOVIE (continued)

PROGRAM CAPACITY: 18 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	\$50	Call Nor-West Office	\$20 RT/\$10 OW
Venue Charge	\$29 pay at site	\$29 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 16th

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 Day Party	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	\$12	Call Nor-West Office	\$10 RT/\$5 OW
Venue Charge	\$12	\$12	

NAISMITH BASKETBALL HALL OF FAME

The dream of every professional basketball athlete or coach is to be eventually enshrined in the Hall of Fame. Join us as we explore all that is basketball and the 300+ members of The Hall. Chock full of many interactive exhibits, The Hall provides an opportunity to shoot hoops as well. We'll start our day at the Nor-West office viewing basketball memorabilia from a private collection. When we arrive in Springfield we'll enjoy our bag lunches and then enter The Hall. We'll return to the Nor-West office to conclude our journey. Please arrive 8:30am and we will return 5:30pm

ELIGIBILITY: Age 18 and up

Open to all developmental disabilities

DATE: Sunday, April 28th

TIME: 8:30am - 5:30pm

LOCATION: Springfield, MA

PROGRAM CAPACITY: 16 participants

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

Basketball Hall of Fame	NW Catchment Area	Outside Catchment Area	Trans. Fee
Waiver Enrolled & Non-waiver living w/ Parent	No registration fee	No registration fee	Included
Living in IRA, Supported Apartment, Group Home	\$45	Call Nor-West Office	Included
Venue Charge	\$18	\$18	

DANCING THROUGH THE DECADES

Celebrate music from across the decades with DJ Jeff as he fills the dance floor with the sounds from your favorite era. We will travel back in time and enjoy hits from the 50's 60's, 70's 80's to the present day. Come dressed as your favorite music legend or diva and win prizes! Don't miss out on this new twist to our traditional dances.

This fun evening includes a catered dinner.

ELIGIBILITY: Age 18 and up.

Open to all developmental disabilities

DATE: Saturday, June 15th

TIME: 5:00-8:00pm

LOCATION: Cortlandt Muriel H. Morabito Center

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

Dancing through the Decades	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	\$12	Call Nor-West Office	\$10 RT/\$5 OW
Venue Charge	\$12	\$12	

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