



NOR-WEST REGIONAL SPECIAL SERVICES

2026 FALL BROCHURE

ADULT/TEEN PROGRAMS

(914) 737-4797

www.nor-west.org

**Nor-West
P.O. Box 44
Mohegan Lake, NY
10547**

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. Don't miss out on this wonderful opportunity for some great exercise and skill development!

ELIGIBILITY: Ages 18 and up

DAY + TIME: Mondays, 5:45pm - 6:30pm (13 weeks)

LOCATION: Premier Athletic Club, Montrose

DATES: Sept. 14 – Dec. 14

MAX CAPACITY: 10 participants

VENUE FEE: \$130 due with registration (everyone pays)

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

No program: 10/12

TRAN: N/A



VIBE AND THRIVE

Welcome to our Monday wellness program! This engaging program fosters creativity, relaxation, and personal growth through various mindfulness activities. We will create arts and crafts, practice chair yoga, and learn how to develop healthy living skills. Led by an experienced art therapist, come "Vibe and Thrive" with us!

ELIGIBILITY: Age 18 and up.

DAY + TIME: Mondays, 4:30pm-6:00pm (13 weeks)

DATES: Sept. 14 – Dec. 14

LOCATION: CUE Room, Cortlandt Town Center

VENUE FEE: \$39 due with registration for snacks (everyone pays)

REGISTRATION FEE - (Living in a Supported Setting): \$156

No program: 10/12

TRAN: N/A



GAME NIGHT at LITTLE SORENTO'S

Enjoy three evenings out with friends at Little Sorento's. We will come up with a themed trivia competition every month, which we'll participate in while dining on some delicious, homecooked Italian food!

DAY + TIME: Select Mondays, 6:00pm -8:30pm

DATES: Oct. 5, Nov. 2, Dec. 7

LOCATION: Little Sorento's, Cortlandt Manor

VENUE FEE: \$24 cash each date (everyone pays on the day of program)

REGISTRATION FEE - (Living in a Supported Setting): \$60

TRAN: N/A

SPECIAL OLYMPICS TRAINING

Our Special Olympics Training program will be made up of two groups. Those ready for tournament play will be selected for team competition, while those who require additional training on team concepts will be placed into the skills group. Teams will practice and compete in an appropriate division at several Special Olympic events. This season, athletes will develop skills in Volleyball and Floorball. Team athletes are expected to attend weekend competitions. **NOTE: Participants MUST have a current Medical/Consent Release on file with S.O.**

ELIGIBILITY: Ages 16 to Adult

DAY + TIME: Tuesdays, 4:00pm - 6:00pm (13 weeks)

LOCATION: Yorktown Community & Cultural Center, Yorktown Heights

DATES: Sept. 15 – Dec. 15

MAX CAPACITY: 30 adults

VENUE FEE: FREE!

REGISTRATION FEE - (Living in a Supported Setting): FREE!

No program: 11/3
(10/27 meet at Morabito Center)

TRAN: OW \$65/ RT \$130

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

CULINARY CREATIONS

Our revamped cooking program offers food enthusiasts a deeper dive into the culinary experience. **We now meet at the Community Hub in Peekskill, which offers a much larger kitchen area to expand our recipe selections and the size of our program.** 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. Don't miss out on this fun, social, and valuable cooking class. *Bon appétit!*

DAY + TIME: Wednesdays, 3:30 – 6:00pm (12 sessions)

DATES: Sept. 16 – Dec. 16

No program: 11/11, 11/25

LOCATION: Community Hub, 4 Nelson Ave, Peekskill

VENUE FEE: \$140 for food costs (everyone pays)

REGISTRATION FEE - (Living in a Supported Setting): \$240

TRAN: 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. Pizza dinner will be served with three staggered seating times. There is a weekly fee of \$14.00 for the games bowled and \$8.00 for dinner, so bring \$22 each week for both. **NOTE: Participants MUST have a current Medical/Consent Release on file with Special Olympics, in order register and participate in the Special Olympics bowling tournament! Also note: We have a limited vehicle capacity of 20 riders. Please **DO NOT** request transport unless you have no other options, so we can accommodate those who rely solely on bus transport.**

ELIGIBILITY: Ages 18 and up

DAY + TIME: Thursdays, 3:15pm - 6:00pm (13 weeks)

LOCATION: Jefferson Valley Lanes, Yorktown Heights

DATES: Sept. 17 – Dec. 17

No program: 11/26

VENUE FEE: \$22 cash each week (everyone pays the day of program)

REGISTRATION FEE - (Living in a Supported Setting): \$285

TRAN: OW \$65/ RT \$130

SOCIAL SCENE

Our Social Scene program is a wonderful opportunity to socialize with friends while engaging in fun activities. We'll play 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). Please bring \$10 cash for pizza nights! Don't miss out on the fun!**

ELIGIBILITY: Age 18 and up

DAY + TIME: Fridays, 6:15pm - 8:45pm (13 weeks)

DATES: Sept. 18 – Dec. 18

No program scheduled: 11/27

LOCATION: CUE Room, Cortlandt Town Center

PROGRAM CAPACITY: 25 Adults

VENUE FEE: \$40 due with registration for snacks (everyone pays)

REGISTRATION FEE - (Living in a Supported Setting): \$260

TRAN: N/A

SELF-ADVOCACY MEETUP

Have your voices heard! As a person with a developmental disability, you have the right to choose your own path and to live your life freely. Learning to advocate for yourself is an important skill to develop in order to reach that goal. At our self-advocacy meetup, you can speak up and be empowered with other members of Nor-West regarding the common experiences you share. This program precedes our Social Scene program, so consider participating in both! Be supported, be heard!

ELIGIBILITY: Age 18 and up.

DAY: 2nd Friday of the month (3 sessions)

TIME: 5:00pm – 6:15pm

DATES: Oct 9, Nov 13, Dec 11

LOCATION: CUE Room, Cortlandt Town Center

VENUE FEE: FREE!

REGISTRATION FEE - (Living in a Supported Setting): FREE!

TRAN: N/A

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

ROTARY COMMUNITY CORP OF NOR-WEST

Rotary Clubs are committed to local, national, and international community service projects. We have partnered with the Rotary Club of Cortlandt Manor to facilitate community involvement for our participants. We welcome back returning members and look forward to greeting new ones! Members of the Rotarians and Community Coalition of Nor-West will create goals and develop new volunteer projects for the coalition. It's an excellent opportunity to participate in community service and make a difference! Learn what the RCC of NW stands for. This program precedes our Social Scene program, so consider participating in both!



ELIGIBILITY: Age 18 and up.

DAY: 1st and 3rd Friday each month (6 sessions)

TIME: 5:00pm – 6:15pm

DATES: Oct. 2, 16 | Nov. 6, 20 | Dec. 4, 18

LOCATION: CUE Cortlandt Town Center

VENUE FEE: FREE!

REGISTRATION FEE - (Living in a Supported Setting): FREE! **TRAN:** 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 18 to 25

TIME: 10:00am - 4:00pm

DATES: Sept. 19 – Dec. 12 (8 weeks)

No program scheduled: 9/26, 10/17, 10/24, 11/21, 11/28

LOCATION: CUE Cortlandt Town Center

PROGRAM CAPACITY: 13 participants

VENUE FEE: \$200 due with registration for admissions/activities (everyone pays)

TRAN: N/A

TASTES OF THE HUDSON VALLEY **Updated Pricing**

Attention all foodies! 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. We may also stop at a culturally-representative location along the way. There will also be discussion of the next adventure. The program begins and ends at the Nor-West office/CUE Room. **Please bring \$35.00 on the day of the trip to cover the meal, beverage, tax, and tip.** Happy Dining!

DATE: Oct 3 and Nov 14 (2 sessions)

TIME: 10:00am - 3:00pm

LOCATION: Meet at CUE Cortlandt Town Center

VENUE FEE: \$35 cash (everyone pays the day of program)

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

TRAN: 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. 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+

DATES: Sept 20 | Oct 4 & 18 | Nov 1 & 15 | Dec 6 (6 weeks)

TIME: 11:15am - 4:00pm

LOCATION: CUE Cortlandt Town Center

PROGRAM CAPACITY: 16 participants

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

REGISTRATION FEE - (Living in a Supported Setting): \$225

TRAN: N/A

LUNCH & A MOVIE **NEW LOCATION: FORNO TRATTORIA!******

Join us for a fantastic Sunday Afternoon with friends. First we'll enjoy lunch at our new program location, FORNO TRATTORIA in the Cortlandt Town Center. Then, we'll be off to the movies at Regal Cinemas! **Please bring \$30 cash the day of the outing to cover the cost of the meal and movie. A special thank you to Forno for a reduced lunch menu price!** There are three Lunch and a Movie sessions this season, so please only sign up for a maximum of two!

ELIGIBILITY: Ages 18 and up

DAY + TIME: Select Sundays, 12:00pm - 5:30pm*

**Departure time may vary*

DATES: Sept. 27, Oct 25, Nov 22

LOCATION: Forno Trattoria & CTC Regal Cinemas

PROGRAM CAPACITY: 16 participants per group

VENUE FEE: \$30 cash (everyone pays the day of program)

REGISTRATION FEE - (Living in a Supported Setting): \$45 **TRAN:** OW \$5/ RT \$10



ADULT/TEEN SPECIAL EVENTS

ARMY WEST POINT FOOTBALL GAME

Come watch the Black Knights take on Florida Atlantic in a fall football classic. What better way to celebrate Autumn in the USA than with a live football game?! You should bring a bag lunch and non-glass beverage. ***Please Note:*** This trip will involve a significant amount of walking. You should be able to navigate the stadium bleachers and *sit in a seat without a back* for the duration of the game. Also, all attendees must have some form of ID when entering West Point (State ID, Enhanced License, Real ID, regular driver's license). **ENTRY MAY BE DENIED IF YOU DON'T HAVE AN ID WITH YOU.**

ELIGIBILITY: Ages 18 and up

DATE + TIME: Saturday, October 17, 10:30am – 3:00pm (Game time @ 12:00pm)

LOCATION: Michie Stadium – West Point, NY

VENUE FEE: \$30 (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.

Our seasonal dances include a delicious catered dinner.

ELIGIBILITY: Age 18 and up

DATE + TIME: Saturday, October 24, 5:00pm - 8:00pm

LOCATION: Muriel H. Morabito Center, Cortlandt Manor

VENUE FEE: \$18 (everyone pays)

REGISTRATION FEE - (Living in Supported Setting): \$20 **TRAN:** 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 13th

LOCATION: Paramount Theater, Peekskill

VENUE FEE: \$60 (everyone pays)

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

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

See following page for youth/teen

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

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 17

DAY: Monday

DATES: Sept. 14 – Dec. 14 (13 weeks)

LOCATION: Premier Athletic Club, Montrose

VENUE FEE: \$ 130 due with registration (everyone pays)

TIME: 4:45pm - 5:30pm

No program scheduled: 10/12

TRANS: N/A

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LOCATION: CUE Cortlandt Town Center

PROGRAM CAPACITY: 13 participants

VENUE FEE: \$200 due with registration for admissions/activities (everyone pays)

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