

Special Events Calendar

October 2009

Teen to Adulthood

The fall season has started with dances, special dance classes, corn mazes, and more! Make sure you check out the Leisure Leger for all the great stuff to do, even if it's not listed strictly as specialized recreation, there're more opportunities for more fun!

I would like to remind everyone that while I do compile this list each month, I am not the contact person for any of the activities. **If you have questions, please look to the contact listed for that activity.** Please feel free to call me if you know of any other activity that we might enjoy. You can call me at (919)870-1456 or email me bpapan7@yahoo.com.

DANCES are back on the calendar! The dances scheduled now are:

Halloween Dance is on October 24 from 7-9:30 at the Millbrook Exchange CC and brought to you by Raleigh Rec. The cost is \$5 at the door.

Meredith College has an annual theme dance in November. Past themes have been the 50's and Hawaiian Luau. The theme this year is "**The Awesome 80s.**" So hold the date of **November 21!** More information to come!

Are you in love with the **State Fair**? Remember you can save almost 50% on tickets bought ahead of time. Check out the website at www.ncstatefair.org for more information. Tickets are also on sale at a discount at various locations (Triangle Town Mall) starting on October 1 and until 6pm of the 15th.

COFFEE HOUSES: Coffee Houses are gatherings sponsored by local

Churches and regularly offer refreshments, some entertainment, and the room to socialize.

Good Shepherd Lutheran Church

7000 Creedmore Rd., Raleigh from 7-9pm.

The dates September 25, October 30, and the wonderful shared dinner on December 11 from 6:30-9:30. The Coffeebreak team is open to any suggestions/ideas would like suggestions for future Coffeebreaks. Contact Cindy Davis at jlcbd@nc.rr.com if additional information is required.

Resurrection Lutheran Church

100 Lochmere Drive, Cary. From 7-9pm.

The Resurrection Coffeehouse is scheduled for the second Friday of each month. That puts October's coffeehouse on the 9th. For more information please call Kathy Sherman at kgsherman7@aol.com or 467-2090.

For more information on the above 2 listed Coffeehouses, please see the Serving Cup website at www.servingcup.org for their schedule, directions, and for other services.

The Friendship Cafe at the North Raleigh Church of the Nazarene

at 9200 Strickland Rd. in Raleigh gets together on the 3rd Friday of each month from 7-9. The exciting schedule for the season is: October 16 – The Element Puppet Team: November 20 – Line Dancing with Special Guests: January 15, 2010 – The Un-Intentionals Improv Comedy Team; February 19 – Valentines Dance: March 26 – Game Night: April 6 – Open Mic Night. Call Sandy Floyd at 848-9866 or email her at sanflo78@mindspring.com for more information.

COME PLAY BOCCIA BALL complements of Bridge II Sports. Come

learn the skills and strategy of this adaptive form of Bocce Ball at Bond Park Community Center in Cary. It's on 4 Sundays, October 11, November 8, and December 13) from 3-5pm. Please register by contacting Ashley Thomas at 866-880-2742. The cost is \$10 per athlete (\$2.50 per session) or \$40 for families (\$10 per session). Check out more at www.bridge2sports.org.

SPECTRUM RESOURCES focuses on expanding social interaction of clients with High Functioning Autism and Asperger's Syndrome. There are a variety of clubs and courses such as **Construction Junction, Teen Clubs, The Spectrum Cafe, and Deciphering the Social Code** (separate programs for teens and adults). They even offer **Vista Junction** just for girls. Many of the classes are full and waitlisted but there are still openings and more classes will be added based on demand. They are located at 6300 Chapel Hill Road in Raleigh. Please call (919) 906-9404 or learn more on the web at www.spectrumresourcesofnc.net.

VOICES TOGETHER is a 1 hour a week session which encourages speech, conversation and processing skills. Visit the website at www.voicestogether.net and **come to a class and observe and be a part of the fun for free to check it out!** The classes are typically full with wait lists in Raleigh and the openings are:

*Adults on Wednesday at 1:30 in Chapel Hill and on Thursday at 2:30 in Raleigh

*Pre-teen (8-11yrs) Wednesday at 4pm in Chapel Hill for individuals with high functioning autism

*Teens (15-19 yrs) on Wednesdays in Raleigh near the Crabtree Mall at 4pm.

Wait lists are kept and new groups are opened as needed. There are 2 music therapists running each group which will include adapted visuals, percussion and songs that encourage speech and vocal production. Please contact **Carrie Gage of Voices Together** for additional

information for the existing program, coming to a trial class for free, as well as any information for the newly added locations at (919) 942-2714 or email her at carrie@voicestogether.net

*******DanceLife has a dance class that will surely be a hit! *******

On Saturday, October 3 from 1:30-3:30pm DanceLife will be hosting a dance workshop for children with special needs at NC State. During the workshop dancers will participate in a 30-45 minute dance class, have a break for snack and craft, and learn a short piece of choreography. The workshop will be based on a Disney theme (High School Musical/ Hannah Montana) which is a favorite of many. Participants are encouraged to dress up if they choose to. **The registration deadline is October 2** and class size is limited to 15. Workers/buddies are welcome to join in the fun. The registration form can be found [HERE](#). (click on it for a link to the registration form) Please email jmjazwa@gmail.com if you have any questions.

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CAROLINA DANCE CENTER at 9101-169 Leesville Road, will have a special 45 minute jazz/hip hop dance class every Thursday afternoon at 3:30. Please call 848-1830 or check the website at www.carolinadancecenter.com for more information.

FREE DANCE CLASSES *are available at the Holly Springs School of Dance. The Shining Stars special needs dance class is offered on the first Saturday of every month from 10-11am. It is completely free and there's a group of dancers from the studio who come in and pair up with our children as they dance. Please feel free to call Marilyn at 557-3270.*

THE AKTION CLUB OF GREATER RALEIGH usually meets at 6:00 on the first Tuesday of each month (October 6) at the ARC (343 East Six Forks rd., ste. 320). This month's speaker will be a

representative from Catholic Charities to talk about their month long food drive – another service opportunity! Feel free to invite your friends to share the fun and important information. Please contact Cricket Harrell at (919) 414-3922 for registration and more information.

Raleigh Parks and Recreation

The Raleigh Parks/Recreation Leisure Ledger's September through December listing of specialized recreational activities for ages 4 and up is now available. Log on to www.parks.raleighnc.gov, click on *activities* in the upper left area, then click the blue box down on the left PARKS PUBLICATIONS. Find the Specialized Recreation listing under the current catalogue, click on PDF and you will see the extensive activities available. If you do not have access to a computer and do not have the ledger, please call 831-6640 to update your name to the mailing list and to get a copy. Early registration is recommended as some programs may be cancelled due to non enrollment. **Programs cover a wide selection of fun and fitness such as private swimming lessons, crafts, canoe paddling, swimming, pet care, bowling, ceramics, line dancing, and bingo. Take a look and join the fun!**

Special Olympics: Please call **Brian Philpot of Raleigh Specialized Recreation at 807-8378** for more information about the programs available. North Carolina has a thriving Special Olympics program so come out and have some fun!

The Youth Club is for ages 12-21 that are still in high school that can function with a 1:4 ratio or provide their 1:1 chaperone. You **MUST** register any stated deadline so that an appropriate number of chaperones can be secured. For additional information or to offer outing suggestions or requests, call Jennifer Tabery at 807-5402 or email her at Jennifer.tabery@ci.raleigh.nc.us. The activities scheduled are:

Chefs In Training Cooking is a class that emphasizes kitchen safety, hygiene, food groups, healthful meal planning, basic table manners, and food preparation. Participants will showcase their new cooking skills during the final class when they prepare a meal for their parents! The class is at the Jaycee Community Center for ages 12-22 yrs old and is on Mondays starting September 28 through October 14 from 6-8pm. The cost is \$15.

The Super Readers' Book Club will meet on October 28 at the Jaycee Community Center from 6-8pm. The participant should read on a 1st to 3rd grade level and have read the book – Junie B. Jones Has a Monster Under Her Bed - and be ready to discuss their favorite adventures and scenes from the book. They will create a theme based craft and enjoy a snack. The cost is \$15.

Game Nights 2009 will be at the **Jaycee Park CC** from 6:30-9:30. Make sure you sign up early so the fun isn't cancelled – pre registration is a must! The cost per night is \$10 to cover drinks and snacks and the dates and information are:
October 9 - barcode 87917
November 13 – barcode 87918
December 18 – barcode 87919

NC State Fair is coming and we'll be there on October 22 from 4-9pm. Hot dogs, cotton candy, games, rides! Please bring \$10 for dinner – or more if you really like to eat the fair food – and money for rides or souvenirs. The drop off is at Jaycee Park, the cost is \$10, and the barcode is 88727.

The Wildcats Social Club caters to ages 17 - 27 that have graduated high school. The club meets at least every other month (often 2x a

month!) for a variety of recreation, leisure, and social activities. Members work on money management, community skills, and activity planning. Activities are often NC State games, the State Fair, dinner and a movie, lunch and pottery, and community volunteering. For more information regarding the events please call **Stephanie Stancil at 807-5400** or email her at: stephanie.stancil@ci.raleigh.nc.us. The events scheduled are will no longer be listed on this calendar because membership is a must and people were showing up for the events unexpectedly. The listing of the events will be sent to each member separately. It's easy and free to be a member – contact Ms. Stancil!

Bingo Nights are Back! The Wildcats and the Dragons are welcome to join us for unlimited Bingo and snacks at Pullen Park Community Center from 6-8pm. Pre-registration is a must. The registration fee is \$5 per night and the schedule and barcodes are:

October 13 – 85090

November 10 – 85091

December 8 - 85092

THE DRAGON CLUB caters to ages 27 and up and the special events are typically 'sold out' quickly due to the high demand. For more information regarding their schedule of events, please call Meredith Jackson at 807-5401.

Maze Days in on October 10 and we will spend the day walking the corn maze, going on a hayride, checking out the farm life and picking out a pumpkin to take home. We depart JayCee Park at 9am and return at 3pm. You will need money for lunch. The registration fee is \$12 and the barcode is 89664.

West Side Story is on Friday, October 16 at the Progres Energy Theatre. The show is about 2 street gangs, the Jets and the Sharks and the ethnic and cultural differences. Please eat dinner before you arrive and you may bring money for snacks and souvenirs.

We depart JayCee park at 6pm and return at 10:30pm. The cost of the show is \$15 and the barcode is 89656.

HORSEBACK RIDING:

GRACE of Raleigh is now offering therapeutic riding lessons in response to continued requests at Steppin' Haven Farms, 100 Cedarwood Drive in Louisburg – off Highway 401 near the highway 98 intersection. This is in addition to their GRACE riding sessions. Lessons are now offered on weekends and weekdays and the cost is \$35 per hour, per rider. Reservations are now being taken for lesson times. If you are interested or know someone who could benefit by this program, please contact Susan Belton at (919) 497-0700 or email at sbelton1@bellsouth.com. They are looking forward to hearing from you!

Horse and Buddy Therapeutic Riding: Ride year round in New Hill (near Cary and Apex) for approximately \$30 per ride. Visit the website at www.horseandbuddy.org for directions and the current schedule.

Enjoy!
Barbara Papanestor
Bpapan7@yahoo.com,
(919) 870-1456