**Special Events Calendar**

**September 2017**

***Teen to Adulthood***

That summer break went fast! September is right around the corner. If you are not in Raleigh proper then you will be interested in the surrounding towns’ new programs for us. I have contacted many of the entries here for any updated information and have received updates which are marked by the \*\*\*\*\* at the beginning of the listing.

If there is a special event that comes up you can email me and I might be able to send it off as an individual item.

Do not forget to use the Leisure Ledger as a wonderful source of organized programs and information on their extensive aquatic program! It is available online or just grab one at any Parks Community Center. Sign up early to ensure a spot.

**If you have questions, please look to the contact listed for that activity**. Please feel free to email me at [bpapan7@yahoo.com](mailto:bpapan7@yahoo.com) **if you know of any other activity that we might enjoy.** I would like to thank all the people who have kept me in mind when they hear of something fun for us!

***DANCES ARE COMING!***  Dances are for ages 14 and up and there will be volunteer chaperones, a DJ, refreshments, and lots of friends from 7-9:30pm. **Dress to impress!!** The cost is $5 at the door and you should come with a registration form all filled out to make your entry faster. If you do not receive reminder information from Raleigh Specialized Rec call (919) 996-2147 or email [SRIS@rlaeihnc.gov](mailto:SRIS@rlaeihnc.gov) to ask to be on it.

**Fall Dance** is on 9/29 at the Five Points Center for Active Adults

**Halloween Dance** is on 10/21 at Millbrook Exchange

**Turkey Trot** is on 11/18 at Millbrook Exchange

**Winter Wonderland Dance** is on 12/16 at Millbrook Exchange

***\*\*\*\*\*APEX PARKS, RECREATION AND CULTURAL RESOURCES*** have expanded their programs.  Check out their website at [https://www.apexnc.org/520/Specialized-Recreation](https://www.apexnc.org/520/Specialized-Recreation" \t "_blank)

Check it out to find out more about Youth Turkey Trots Running Club, Spirit League Basketball, bingo nights, and Tennis abilities Clinics! To register or for more information, please contact Allie Prelaske, [allie.prelaske@apexnc.org](mailto:allie.prelaske@apexnc.org) or 919-249-3507 for more information.

***\*\*\*\*\*CARY PARKS, RECREATION & CULTURAL RESOURCES DEPARTMENT****:*Provides programs for persons with disabilities of all ages.  Activities are open to non-Cary residents as well with a small additional fee.   Please visit [www.townofcary.org](http://www.townofcary.org/) and search “Specialized Recreation” for more information, or contact Judy Newsome at (919) 462-2027 or email [judy.newsome@townofcary.org](mailto:judy.newsome@townofcary.org)

***\*\*\*\*\*THE TOWN OF ROLESVILLE*** is offering a variety of activities for ages 5-18 at the Community Center at 514 Southtown Circle. Find out more information regarding the most current offerings on the website at [www.rolesvillenc.gov](http://www.rolesvillenc.gov).

***\*\*\*\*\*WAKE FOREST RECREATION*** has joined other towns and has several offerings for us! They now offer **Fun with Fitness** and **Club Connect.**

**Fun with Fitness:**  Learn basic exercise techniques and movements and get active through music, dance, stories, and creativity. Wear comfortable clothes, bring a water bottle and bring a buddy if necessary. There is a small fee for each program, pre-registration is required and the classes held at the Alston-Massenburg Center at 416 N. Taylor Street from 9:15 – 10:15am.

Taekwondo: Dates are 9/9 and 12/16 and the cost is $15

Yoga: Dates are 10/21 and 1/13/18 and the cost is $10

Zumba: Dates are 11/11 and 2/17/18 and the cost is $10.

**Club Connect** is a monthly event for socialization, activities, and fun. It is a chance to socialize with peers, play games, be creative and plan activities based on input from the group. The Club meets on the 4th Thursday of the month at the Alston Massenburg Center from 5:30-7:30.

For more information and to register contact Kelly Schurtz at [kschurtz@wakeforestnc.gov](mailto:kschurtz@wakeforestnc.gov) or call (919)556-7093.

***\*\*\*\*\*YOGA CLASSES*** are being offered for both adults with ID/DD and for parents and caregivers of ID/DD children. The classes are held at the Yoga-Mojo Studio at 1127 Kildaire Farm Rd inside the Long Life Wellness Center. The leader is Diana Taggart who has 14 yrs experience working with the ID/DD community and has been teaching yoga to the community since her graduation from Innerlight Yoga School.

**Mindful Moments,** a class for parents of caregivers of ID/DD children is on Saturdays from 11:45-1pm on 9/2, 10/7, 11/4, and 12/2. $15/class but you can come try it for $5 or buy a 4 class package for $5/class.

The **Breath. Flow. Grow**. Yoga for individuals with ID/DD will now be on Tuesdays and Thursdays from 1:45-2:30 and you will have the option to register as a drop in for $10 or purchase a package of 5 classes for $45 and use them as you please.

You can find out more information and sign up at [www.yoga-mojo.com](http://www.yoga-mojo.com) For more information call Diana at (919) 701-9642.

***ROCK CLIMBING*** is available for the special needs community at a variety of locations, dates, and times. For more information and to register check out [www.dukeadaptiveclimbing.org](http://www.dukeadaptiveclimbing.org). There are opportunities at Triangle Rock Club and Chapel Hill Community Center at different times. There are adaptive clinics at Rocky Face Mountain Outdoor Adaptive Clinic (3451 Rocky Face Church Rd, Hiddenite, NC< 28638), call [828-632-1093](tel://828-632-1093) for more information.

***SPORTS OPPORTUNITIES*** are available through the following 4 groups:

**The Miracle League of the Triangle** provides individuals with special needs the opportunity to play baseball each spring and fall.  Volunteers offer one-on-one support to our athletes. We hold youth leagues (K-12 grades) and adult leagues (18 years and older and out of high school).  Our ball fields are located in Cary and North Raleigh. For more information go to [www.MiracleLeagueoftheTriangle.com](http://www.miracleleagueofthetriangle.com/), email [LeagueManager@MiracleLeagueooftheTriangle.com](mailto:LeagueManager@MiracleLeagueooftheTriangle.com) or call 919-238-0333.

**Triangle Special Hockey** is open to anyone who can skate and wants to play! Find out more at trianglespecialhockey.org.

**CASL** is introducing the HEART program that is a soccer program designed for children ages 4-18 with disabilities in Wake County. There is **no cost** to join this program. Contact Martin Rodriguez Arispe at [martin.rodriguez-arispe@caslnc.com](mailto:martin.rodriguez-arispe@caslnc.com) or call him at 919-341-4567 to get the information for next season.

**Pop Warner** has challenger divisions for Cheering, Football, and dance teams for ages 5-18. Google Pop Warner Special Needs and follow your interests!

***DRUM CIRCLES*** are available and are ready to bring people together through drum and rhythm circles. Communitas (a nondenominational social community for children and adults with IDD and other family members) brings us the drum circles on the 4th Wednesday of every month at 6pm at the Alliance of Disability Advocates office (1012 Oberlin Rd, suite 200, Raleigh). **Comminitas has many more activities too – check them out at www.communitas.org/events.**

***\*\*\*\*\*TRIANGLE SPECIAL TAIKO*** Triangle Taiko is a joint program with the Raleigh Parks, Recreation & Cultural Resources Department providing free Taiko drumming classes for teens and adults with developmental and physical disabilities. Through this program, participants will increase their physical fitness level while learning the history and art of Taiko drumming. Individuals need to have some coordination, the ability to follow directions, a desire to play drums and perform, and be able to handle the loud volume level of the drums.  For more information, please call 919-787-6233 or e-mail yokoiwashima@gmail.com.

***ATTENTION CAREGIVERS!*** A parent has informed me that a group **Bridge to Healing** offers tax deductions and matching funds for parents that pay out of pocket for any type of therapy for their special needs kids or adults. It is a nonprofit and provides tax-deductible receipts. Tricia Borsch ([tspearfish@yahoo.com](mailto:tspearfish@yahoo.com)) is the founder and a board member. Their link is <http://bridgetohealinginc.com/> .

**\*\*\*\*\*THE *ARC OF THE TRIANGLE*** has openings in their Cary choir called the Grace Notes. The Grace Notes is an adult choir of people with intellectual/developmental disabilities who have a wonderful time sharing their love of music with our community. The Grace Notes Choir meets every Tuesday night from 7-8pm at Covenant Christian Church (2911 SW Cary Parkway, Cary, NC) and performs about 8-10 times a year. For more information contact Michelle Foy at [mfoy@arctriangle.org](mailto:mfoy@arctriangle.org) or call (919) 832-2660 or (919) 816-7388 (cell).

**Check out the ARC of the Triangle’s website** at [www.arctriangle.org](http://www.arctriangle.org). There is a drop down menu at the top left and then press on Info and Resources to get to Kid’s Connection for other fun things to do.

***\*\*\*\*\*INSPIRE ATHLETICS SUPERSTARS*** (formerly known as Tri-Athletic Super Star s looking for more members in their cheerleading squads to learn new skills like tumbling, and dancing to work together with other school cheerleaders and attend/perform at local competitions! No experience is needed and all ages are welcome. The practices will be held in Cary off Davis Drive. For more information contact Jordan Witt at [jwitt63@yahoo.com](mailto:jwitt63@yahoo.com).

***ACCESS THEATRE NOW!*** This class gives students with physical, emotional, learning and developmental disabilities an opportunity to gain self-esteem, improve social and communication skills and explore new modes of self-expression – all in a non-competitive, structured atmosphere. Each session will culminate in an open classroom highlighting the individual talents of all involved. Support staff is welcome. No previous experience necessary. Call 919-821-4579 x225. This is held at Raleigh Little Theatre.

***LOOKING FOR A GOOD THRIFT STORE?*** Come out to the new **HANDmeUPS** Thrift Store located in the Litchford Village Shopping Center at 8320 Litchford Rd, Raleigh. This is a non-profit store dedicated to providing training and employment opportunities for people with autism and other developmental disabilities. Give them a **HAND UP** by donating your hand-me-downs!

***\*\*\*\*\*TRIANGLE ALLIANCE CHORUS (TAC)***, is a project of Alliance of Disability Advocates, is comprised of musically-talented adults with developmental disabilities. Through their performances, TAC members advocate for themselves and others with disabilities, using music to break down barriers, create inclusive experiences with music, and change assumptive attitudes about the abilities of people who are developmentally different. Individuals who are interested in joining TAC may schedule an audition. Requirements: 18 years old or older, must be able to vocally match pitches and carry melodic lines, be able to participate independently in a group, and have access to transportation to Tuesday night weekly rehearsals and performances throughout the Triangle. Contact Pam Langston (TAC choral director) at [TACsings@gmail.com](mailto:TACsings@gmail.com) or call at (910) 214-9596.

***TRIANGLE SELF ADVOCACY NETWORK*** is a self -advocacy group with The Arc of the Triangle. The meetings in Wake County are on the 2nd and 4th Tuesday of every month at **Hillyer Memorial Christian Church (718 Hillsborough St, Raleigh) in the Fellowship Hall on the 2nd floor** from 6:30-8:00. The Durham meetings are on the 1st and 3rd **Thursdays** of each month at Reality Ministries at 916 Lamond Ave, Durham. Learn about money management, employments relationships, personal safety and much more while building friendships and enjoying social get-togethers. The advisor is Tara Moore who works for Arc of the Triangle. Her phone number is 919-832-2660, and her email is [Tmoore@arctriangle.org](mailto:Tmoore@arctriangle.org).

***TIME TO SHINE OPEN MIC NIGHT***  is on the 3rd Friday of each month from 6-8:30 at the Chavis Recreational Center at 505 Martin Luther King Jr. Blvd. There will not be any food sold so if you need a snack please bring change for the vending machines.

***THE ALLIANCE OF DISABILITY***  has programs for socializing, fun, and action. They meet at the Alliance’s office on **1012 Oberlin Road, Suite 300**. The phone number is 919-833-1117. **They are now accepting applications for the NCYLF-North Carolina Youth Leadership Forum. For more information check the website at** [**www.adanc.org**](http://www.adanc.org)**.**

**Hidden Army** is for ages 30 years and younger and focuses on socializing, community action, and skill building. This group meets on the 2nd Monday of each month from 6-8pm. Email Christina Branch at [Christina.branch@alliancecil.org](mailto:Christina.branch@alliancecil.org) for more information.

**Free Travel Training** is also offered by the Alliance to train people to ride public transportation. She will also provide any education training on different types of transportation or help you apply. Contact Caroline Ambrose [caroline@adanc.org](mailto:caroline@adanc.org).

***THE SHiNE SERVICE*** is now a regular on the calendar and is usually held every 4th Sunday at the Good Shepard Lutheran Church (7000 Creedmore Rd., Raleigh) from 12:30-1pm. This is a Christian worship service for families of children with special needs. It is interactive and inclusive. Check out the web page [http://gslchurchnew.org/ministries/missionoutreach/shine/](http://gslchurchnew.org/ministries/missionoutreach/shine/" \t "_blank) or direct inquiries to [tim.brown@gslc.org](mailto:tim.brown@gslc.org) or call (919) 848-3300.

***WHEELCHAIR BOUND BUT LOVE SPORTS?*** Check out the website of [www.bridge2sports.org](http://www.bridge2sports.org). This group sponsors the Thunder basketball team but there are other sports available as well.

***SPECIAL BLESSINGS*** hosts both support and play group opportunities by bringing ‘seasoned’ caregivers alongside parents of ‘newer’ children to exchange experiences and possible solutions. All events need pre-registration. Check the website for more information visit [www.specialblessingsinc.net](http://www.specialblessingsinc.net) or call 919-366-9589.

***TAE KWON DO*** for those with Autism, Asperger’s, or ADHD AT **My Favorite Cardio Place**  (303 East Durham Road, Cary, 27513) The class is run by award winning instructor David Aquino teaches classes that are therapeutically targeted to children with autism, ADD or Tourette’s. Call 585-370-9589 for more information or a free class!

***\*\*\*\*\*COFFEE HOUSES*:** Coffee Houses are gatherings sponsored by local Churches and regularly offer refreshments, entertainment, and the room to socialize.

**Good Shepherd Lutheran Church**

7000 Creedmore Rd., Raleigh from 7-8:30pm.

Come join us for good fellowship and entertainment on the last Friday of each month. The 2017 schedule is 8/25, 9/29, 10/27, 11/24, and the wonderful combined dinner from 6:30-8:30 on 12/8. Contact **Cindy Davis at** [**cindybdavis@gmail.com**](mailto:cindybdavis@gmail.com)for additional information.

**Resurrection Lutheran Church**

100 Lochmere Drive, Cary from 7-8:30pm.

The Resurrection Coffeehouse is scheduled for the second Friday of each month. The 2017 schedule is 6/9, 7/14, 8/11, 9/8, 10/13, 11/10, and 12/8. The December date has been a combined dinner at Good Shepherd but it seems as if that is not in the schedule this year. For more information please call **Leslie Welch at 468-8174 or email her at** [**leslieannwelch@gmail.com**](mailto:leslieannwelch@gmail.com)**.**

***\*\*\*\*\*NEW COFFEEHOUSE!!***  The **Benson Memorial United Methodist** (4706 Creedmore rd)is starting up their coffeehouse. The coffeehouse will be from 7-8:30pm and the next on is scheduled for 10/6. It will be a quarterly coffeehouse and I will make sure I get the dates in plenty of time for you!

For more information on the above 2 listed Coffeehouses, please see the Serving Cup website at [www.servingcup.org](http://www.servingcup.org/) for their schedule, directions, and for other services.

***THE AUTISM SOCIETY’S SOCIAL CLUBS*** are a great way to meet friends and practice those social skills.

**FUN EATS** is for ages 16 and up and is a relaxed evening with friends of eating dinner and playing games. This meets the 2nd Thursday of each month from 6-8pm at Creative Living. For rates, reservations, and more information email Katherine Gardocki at [kgardocki@autismsociety-nc.org](mailto:kgardocki@autismsociety-nc.org).

**SOCIAL CLUBS** are available for Middle school ages, High school ages, and adults with high functioning Autism. There are group and paired games, video games, and sports with pizza and snacks. All clubs meet on the last Saturday of every month at Creative Living at varying times. For times, rates, reservations and more information email Katherine Gardocki at [Kgardocki@autismsocietync.org](mailto:sflorence@autismsociety-nc.org). For more information about the social clubs run by the Autism Society of NC and the contact is Katherine.

***VOICES TOGETHER***! This program is an hour a week session that encourages speech, conversation and processing skills. Visit the website at [www.voicestogether.net](http://www.voicestogether.net) and **come to a class and observe and be a part of the fun for free to check it out.** For more information or for an invitation call (919) 942-2714.

***\*\*\*\*\*CAROLINA DANCE CENTER*** at 9101-169 Leesville Road, has a Special ***FREE and very fun*** 45minute jazz/hip hop dance class. Please note the class time is from 3:15 - 4 on **Thursdays**, starting on 9/7.Come on out and enjoy the fun way to exercise! Please call 848-1830 or contact Missy at [info@carolinadancecenter.com](mailto:info@carolinadancecenter.com) for more info.

***THE AKTION CLUB OF GREATER RALEIGH*** is a service club that is associated with the Kiwanis Club.  In addition to various public service activities and making crafts, interesting speakers come to the meetings. The meetings are on the first Thursday of each month to determine where the group will volunteer that month. The meetings are from 6:30-7pm at the Arc of NC at 343 East Six Forks rd., ste. 320. Feel free to invite your friends to share the fun and important information**.** If you have questions about what service projects we are doing you can contact Stacy Askew at 919-623-4975 or email her at [saskew@nc.rr.com](mailto:saskew@nc.rr.com) to let them know you are coming!   Check it out at <http://www.aktionclub.org/Home.aspx>.

***SPECIAL OLYMPICS SPORTS:*** There is fun to be had in the sports of Special Olympics. If you are not up to competition, there are many skills programs for you to learn how to play the sport in a relaxed pace! The Special Olympics of Wake County is now lead by Christen Winstead. Contact her at [Christen.Winstead@raleighnc.gov](mailto:Christen.Winstead@raleighnc.gov) or call her at (919) 996-2111for more information about our very active Special Olympics program.

**Raleigh Parks and Recreation**

The Raleigh Parks/Recreation Leisure listing specialized recreational activities for ages 4 and up is available at any of your local community centers.

***QUEST ADULT DAY PROGRAM*** is a new program for ages 22 or older with developmental and/or physical disabilities who are interested in day-time recreation, healthy living activities and community engagement. Participants must be able to work within a group setting, manage personal care with minimal assistance and follow basic rules of safety and interaction. Individuals who require more support may bring a personal assistant to the program. Personal assistants must complete additional paperwork and a background check before attending.

Registration, Participant Information and/or Personal Assistant forms are requested at least two weeks before the program start date. Please contact 919-996-2147 or SRIS@raleighnc.gov for more information regarding dates and costs. Location: Five Points Center for Active Adults

**Raleigh Parks, Recreation & Cultural Resources Department issues a Leisure Ledger** several times throughout the year, listing specialized recreational activities for ages 4 and up.  The Leisure Ledger is available at any of your local community centers and online.

Raleigh PRCR hosts programs and activities covering a wide selection of camps, sports, fitness, crafts, cooking, dancing, game nights and more!  There is something for everyone, so take a look and join the fun!  Early registration is recommended as some programs may be cancelled due to under enrollment, or fill up due to extreme popularity.

In addition to programs and activities, the Raleigh PRCR also supports the following social clubs, which have additional outings and activities sent out on bi-monthly flyers.  Activities might include community outings to museums, restaurants, sporting events, movies, etc., and day and overnight trips.

The **Adventure Club** is a social club for teens and young adults ages 15 to 24 with developmental disabilities.

The **Wildcats Club** is a social club for young adults ages 25 to 34 with developmental disabilities.

The **Dragons Club** is a social club for adults ages 35 and up with developmental disabilities.

For all clubs, individuals should be able to participate on a 1:4 ratio or provide their own 1:1 chaperone.  To receive the social club flyers, email [SRIS@raleighnc.gov](mailto:SRIS@raleighnc.gov), and asked to be added to the list.

There are new staff members in the Specialized Recreation & Inclusion Service area, as the department evolves to respond to our ever-changing needs.  To help direct you to the best staff member, please use the main contact phone (919-996-2147) or email [SRIS@raleighnc.gov](mailto:SRIS@raleighnc.gov).

***HORSEBACK RIDING:***

**Helping Horse Therapeutic Riding** offers hippo therapy for individuals with special needs in the Triangle area. Participants 4 years old to adult are welcome. The riding season runs from September to May and is comprised of 35 weekly lessons and there are openings. The new address is If you are interested please call 848-0153 and leave a message or visit [www.helpinghorse.org](http://www.helpinghorse.org).

**Horse and Buddy Therapeutic Riding:** Ride year round in New Hill (near Cary and Apex) for approximately $125 per month. Visit the website at www.horseandbuddy.org for directions and the current schedule or email [riding@horseandbuddy.org](mailto:riding@horseandbuddy.org) for more information.

**Reins from Above** is located at 1308 Bethlehem Church rd, Youngsville. Contact Stacey Ryder at 919-631-9294 or email her at [reinsfromabove@hotmail.com](mailto:reinsfromabove@hotmail.com) for more information.

Enjoy!

Barbara Papanestor

[bpapan7@yahoo.com](mailto:bpapan7@yahoo.com)

**THE NEXT STEP** is back with more informational meetings. Check out the website at [www.iddnextstep.org](http://www.iddnextstep.org) for the most current meeting topics scheduled. On September 16 the topic will be “What is the right type of living situation.” In October L’Arche will present. It is always on the 3rd Saturday of each month from 9:30 – 11:00. Please email Dave Curro at [dave@IDDNextStep.org](mailto:tdave@IDDNextStep.org) to make sure you are on his mailing list for additional information.

***A NEW NEXT STEP GROUP*** has started and continuing on the 4th Saturday of each month from 9:30-11 at the Sunrise Methodist Church on Sunset Lake Rd. For more information contact Maggie Neuman at [maggienextstepswwake@gmail.com](mailto:maggienextstepswwake@gmail.com).

***Friendship/Social Skills Group for Adults with HFA/Asperger’s/Mild IDD***:

 Join a welcoming and positive group experience that gets you out of the house and into a budding friendship circle! If you are an adult with IDD who is somewhat isolated or is spending too much time connecting with the computer rather than people, you might want to consider this coaching group for young adults (20 to 40 years old) with Asperger’s disorder, HFA, or mild intellectual disabilities. Each week we work on listening skills, relaxation practices and friendship skill building (e.g., how to “read” social cues) using small group discussion, social skills videos, and lots of positive reinforcement and encouragement.  Group members become more and more relaxed with one another—on their way to forming friendships within the group and, hopefully, generalizing the skills to use outside the group too. Group meets every Thursday, from 3:30 p.m. to 4:30 p.m. at my office, 146 Wind Chime Court, in Raleigh.  This is an ongoing group and is limited to 8 members. It starts September 21 and runs through June.  This is an open group; you can join at any time.  Call Kathy Honeyman at 919-602-8433 or email at[kathyhoneyman@earthlink.net](mailto:kathyhoneyman@earthlink.net" \t "_blank) for more information. [www.SpecialNeedsCounselor.com](http://www.specialneedscounselor.com/" \t "_blank).

***Parents of Special Needs Adults Coaching Group:***

 As a parent of an adult with disabilities, you may be wondering what your next step is. Should my child continue to live with the family, or live in his own place? Is there anything else I still need to do? How do I let go? Whether your adult child lives with the family or moves to a residential option, you still must come to grips with their future. This is a unique opportunity to meet with other parents struggling with the same issues. Each week, we check in to see where you are in the process of helping your adult child move on, identify and share community resources poised to help and, importantly, explore your own process of moving on too! Join a group of parents exploring new beginnings, setting goals for the next step for their adult child and for themselves, and sharing the experience with people who understand.  Group is limited to 10 members. It meets weekly on Tuesday evenings from 6 p.m. to 7:30 p.m.  This 10-session group starts in the spring on March 6, 2018, and it ends in May with a brunch at my house!  Cost is $149, all-inclusive.  Call Kathy Honeyman at 919-602-8433 or email at [kathyhoneyman@earthlink.net](mailto:kathyhoneyman@earthlink.net" \t "_blank) for more information.  www.SpecialNeedsCounselor.com.