



# Special Population Activities – Summer 2009



Special Needs Activities Coordinator: Ranwa Nin El-khoury, 407-571-8814, Rrel-khoury@altamonte.org

## **BOWLING PRACTICES**

Practice is held every Monday, excluding holidays, from 3-5pm at the Altamonte AMF Lanes. Cost is \$1.75/game. Scores are recorded throughout the year and trophies are awarded at the Banquet announcing each participant's high score.

## **BOWLING BANQUET**

Monday, June 15, 2009 from 6-8pm at Eastmonte Park Civic Center. Cost: \$5.00 per bowler & \$5.00 per guest. This event will be catered. Each paid bowler will receive a trophy engraved with his or her high score! (Trophies are donated & may vary in size & style)

### **Payment and Reservations due by Monday, May 11.**

Checks can be made payable to: The Advisory Board for the Disabled, Inc.

## **SPECIAL OLYMPICS BOWLING**

Training begins on Monday, June 22, 2009 from 3-5pm. To be eligible to compete, athletes must bowl 10 games before County Competition on August 24 and have an active Special Olympics Physical Form on file. This form is different from the City of Altamonte Medical Form.

## **THURSDAY NIGHT OUT**

"Thursday Night Out" is held on Thursday evenings, excluding the 1st Thursday of the month. They are designed to allow participants to get together and just have some fun! Located at Westmonte Park from 7-8:30pm. Cost: \$1.00 with refreshments. \*Please let us know if you will be attending the cooking classes.

- May 14: Crafts & Games
- May 21: Karaoke Night
- May 28: Cooking Class

## **2009 SUMMER CAMP** Now 8 weeks long!

June 10, 17, 24 and July 1, 8, 15, 22, 29  
Located at Eastmonte Park from 9am-4pm  
Cost: \$50.00, Limited Space Available.  
Register between May 4-June 5

Ages 13 and up welcome. Activities Include: swimming, crafts, field trips, games, special guests, and more!

**VOLUNTEERS NEEDED—PLEASE CONTACT NIN**

## **NIGHTBIRD DANCES**

Themed dances are held one Friday per month from 7-9pm at Eastmonte Park. Refreshments are provided. Prizes awarded for dance contest winners, costume contest winners & birthdays! If you have a group home or a large party, please call in advance and we will reserve your group a table(s). **Cost has increased:** \$2 per participant and \$1 per parent, caregivers, etc. attending.

**May 22:** A Night In Hollywood: Be A Star (Eastmonte Park)

**June 5:** Hawaiian Pool & Dance Party (Westmonte Park)  
Rain or Shine! - Bring Swimsuits and Towels

## **BELLY DANCING PRACTICES**

Our special needs belly dancers & family members meet the 3rd and 4th Wednesday of each month to exercise & prepare for performances at Westmonte Park from 6:30-7:30pm. Cost: \$1.00/person.

Practice Dates: May 20 & 27, Jun 24, Jul 22, Aug 19 & 26

## **SPARKLERS CHEERLEADING—SEASON FIVE**

Registration for Season Five will be held on Sunday, Sept. 27, 2009. Practices will begin on Sunday, Oct. 11, 2009 until April of 2010. Athletes range in ages, beginning at age 6 up to age 60. They are divided into 3 different performance squads and each group prepares for local competitions, performances, parades, and other community events.

## **IMPORTANT: PLEASE DETACH & SEND THIS BACK TO STAY ON OUR MAILING LIST!**

*If we do not receive your response by July 1, 2009, we will remove you from our mailing list.*

### **MAIL TO:**

**City of Altamonte Springs, Special Community Services, 225 Newburyport Ave, Altamonte Springs, FL 32701**

*Thank you in advance for your cooperation in our attempts to be more cost and environmental friendly.*

## **PARTICIPANT INFORMATION**

YES - Please keep me on your mailing list

NO - Please remove me from your mailing list

Participant Name: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

## **2009 MEDICAL FORMS**

Please make sure to turn in your 2009 Medical Form. These **must** be on file for participants to take part in our activities. They are available on our website or can be mailed to you.

## **2009 CALENDARS**

Please remember that the information listed in the newsletter is more current than the calendar.

Calendars were handed out at the Holiday Gala. If you did not receive your calendar, please pick one up at any of our events or contact us to have one mailed to you.

## **ONLINE PHOTO GALLERY**

View our event photos online at [www.AltamonteSpecials.MyPhotoAlbum.com](http://www.AltamonteSpecials.MyPhotoAlbum.com)

## **NEW WEBSITE**

The Advisory Board has a new website! Feel free to check it out for information on our programs and/or updates. There you can find schedules, registrations forms, and lots more!  
[www.AdvisoryBoardforDisabled.org](http://www.AdvisoryBoardforDisabled.org)

## **E-NEWSLETTER**

Our E-newsletter comes out monthly with reminders about all our activities and events. To sign up, please e-mail us at [Rrel-khoury@altamonte.org](mailto:Rrel-khoury@altamonte.org)

## **NEXT NEWSLETTER**

Look out for our next newsletter in August 2009 with information on our Fall/Winter Events, including STOP Trips, Nightbird Dances, Thursday Night Out, and more!



## **CITY OF ALTAMONTE SPRINGS - SPECIAL NEEDS ACTIVITIES**



The City of Altamonte Springs— Special Community Services and the Advisory Board for the Disabled, Inc. provide social and recreational activities at a minimal cost to the mentally and physically challenged population, ages 13 and up in Altamonte Springs and surrounding communities.

*To Sign Up: Participants need a 2009 Medical Form on file.*

### **ACTIVITIES COORDINATOR:**

Ranwa Nin El-khoury

Office: 407-571-8814

Fax: 407-571-8809

Email: [Rrel-khoury@altamonte.org](mailto:Rrel-khoury@altamonte.org)  
[www.AdvisoryBoardforDisabled.org](http://www.AdvisoryBoardforDisabled.org)

### **ACTIVITY LOCATIONS:**

Eastmonte Park—Office  
830 Magnolia Drive  
Altamonte Springs, FL 32701

Westmonte Park  
624 Bills Lane  
Altamonte Springs, FL 32714

AMF Altamonte Lanes  
280 Douglas Avenue  
Altamonte Springs, FL 32714

### **Altamonte Springs Advisory Board for the Disabled, Inc.**

225 Newburyport Avenue  
Altamonte Springs, FL 32701

NON-PROFIT ORGANIZATION

US POSTAGE PAID

MID-FL, FL

PERMIT 14163