

OTHER ACTIVITIES AND RESOURCES

Family Connect: Professional staff available to answer your questions
8:00 AM - 4:00 PM, Monday through Friday, 1-800-470-4999 or family.connect@upstatecp.org

School Support Services Liaison:
Margaret Beck for information and assistance 798-4006, ext. 374 or margaret.beck@upstatecp.org

Boys Scouts: Bi-Weekly meetings at Tradewinds Education Center
Upstate Cerebral Palsy Armory Drive Campus, Utica
patti.carey@upstatecp.org for more information

Family Resource Center Consultations:
Suzanne Bakiewicz 315-797-6241 ext 406 or suzanne.bakiewicz@kelbermancenter.org

Teen Groups: Monthly group meetings for teenage boys and young adult girls
Dates, times and locations vary but include bowling, shopping, and other recreation
738-0794, ext. 249 or colleen.orsino@upstatecp.org for more information

SUPPORT GROUPS

Advancement Square: Most Wednesdays, 5:30 - 6:45 PM beginning July 14 (call to confirm dates)

Teen Group: Thursdays, 4:00 - 5:00 PM
Kelberman Center, Upstate Cerebral Palsy Armory Drive Campus, Utica
Adult and Teen Support groups for individuals with autism spectrum disorders
tammy.thomas@kelbermancenter.org for more information

Autism Family Support Group: 2nd Monday of each month 6:00 - 8:00 PM
Upstate Cerebral Palsy Armory Drive Campus, Bldg. C 2nd Floor Conference Room, Utica

Coffee Club: Every Thursday morning 9:30 - 11:00 AM
Upstate Cerebral Palsy Armory Drive Campus, Bldg. A, Utica
leslie.stephens@upstatecp.org for more information

Down Syndrome Family Support Group: 2nd Tuesday of each month 6:00 - 8:00 PM
Upstate Cerebral Palsy Chadwicks Campus, 3390 Brooks Lane
colleen.orsino@upstatecp.org, kathy.hartnett@upstatecp.org or cynthia.ackerman@upstatecp.org for more information

Morrisville Family Support Group: Meets the first Thursday of each month at 6:30 pm
Kelberman Center, Morrisville Site, 36 Main Street, Morrisville NY
suzanne.bakiewicz@kelbermancenter.org or 315-797-6241 ext 406 for information.

Parent to Parent: Monthly meetings for parents of children with special needs
738-0794, ext. 249 or colleen.orsino@upstatecp.org for more information

RECREATION OPPORTUNITIES

JULY - SEPTEMBER, 2010

Upstate Cerebral Palsy and The Kelberman Center are pleased to offer a vast array of social and therapeutic recreation opportunities throughout the year and at various locations in central New York. These options have been chosen to broaden an individual's skills and social well being, and range from dancing and curling, to swimming, horseback riding and gymnastics. We are always looking to add additional choices and welcome your feedback. There are also support groups and conferences for individuals and families.

Email: recreation@upstatecp.org
www.upstatecp.org • www.kelbermancenter.org

Please check the websites for most current dates and information.

Paul Stern, Director of Community Services
UPSTATE CEREBRAL PALSYPALSY
258 Genesee Street, Utica, NY 13502
paul.stern@upstatecp.org
(315) 738-0794 ext. 233 • Fax: (315) 738-0961

Tammy Thomas, Director of Home and Community Programs
THE KELBERMAN CENTER
1601 Armory Dr. Bldg C, Utica, NY 13501
tammy.thomas@kelbermancenter.org
(315) 797-6241 x 253 • Fax: (315) 749-7054

July 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Special Needs Dance <small>Morrisville Family Support Group</small>	2	3
4	5 Tae Kwon Do Dance for Adults	6 Dance <small>Awesome Summer Days Camp Week 1 of 5</small>	7 Tae Kwon Do	8 Autism Teen Group Special Needs Dance	9 Tae Kwon Do	10 Tennis
11 Baseball	12 Tae Kwon Do <small>Autism Support Group</small> Dance for Adults	13 Dance <small>Down Syndrome Group Family Picnic 5:30PM Chadwicks Park</small>	14 Tae Kwon Do Advancement Square	15 Autism Teen Group Special Needs Dance	16 Tae Kwon Do	17 Tennis
18 Soccer	19 Tae Kwon Do Dance for Adults	20 Dance	21 Tae Kwon Do	22 Autism Teen Group Special Needs Dance	23 Tae Kwon Do	24 Tennis <small>T.P. Open at Twin Ponds for Down Syndrome</small>
25 Soccer	26 Dance for Adults Tae Kwon Do	27 Dance	28 Tae Kwon Do	29 Autism Teen Group Special Needs Dance	30 Tae Kwon Do	31 Tennis

August 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Soccer	2 Dance for Adults Tae Kwon Do	3 Dance	4 Tae Kwon Do	5 Autism Teen Group Awesome Summer Days Family Picnic Special Needs Dance Morrisville Family Support Group	6 Tae Kwon Do	7
8 Soccer	9 Dance for Adults Tae Kwon Do Autism Support Group	10 Dance Down Syndrome Group at Dunham Library, Whitesboro	11 Tae Kwon Do	12 Autism Teen Group Special Needs Dance	13 Tae Kwon Do	14
15 Soccer	16 Dance for Adults Tae Kwon Do	17 Dance	18 Tae Kwon Do	19 Autism Teen Group Special Needs Dance	20 Tae Kwon Do	21 Brody's Buddy Ride for Down Syndrome Awareness <i>brodysbuddyride.org</i>
22 Soccer	23 Dance for Adults Tae Kwon Do	24 Dance	25 Tae Kwon Do	26 Autism Teen Group Fall Horseback Riding begins Special Needs Dance	27 Tae Kwon Do	28
29 Soccer	30 Dance for Adults Tae Kwon Do	31 Dance				

September 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Best Buddies Program begins at Perry Jr. High New Hartford		1 Tae Kwon Do	2 Autism Teen Group Horseback Riding Morrisville Family Support Group	3 Tae Kwon Do	4
5	6 Labor Day Dance for Adults Tae Kwon Do	7 Dance	8 Tae Kwon Do	9 Autism Teen Group Horseback Riding	10 Tae Kwon Do	11
12 Soccer	13 Dance for Adults Tae Kwon Do Autism Support Group	14 Dance Down Syndrome Support Group	15 Tae Kwon Do	16 Autism Teen Group Horseback Riding	17 Tae Kwon Do	18
19 Tentative Start Week for Pool Pals and Aqua Buddies	20 Dance for Adults Tae Kwon Do	21 Dance	22 Tae Kwon Do	23 Autism Teen Group Horseback Riding	24 Tae Kwon Do	25
26	27 Dance for Adults Tae Kwon Do	28 Dance	29	30 Autism Teen Group Final Fall Horseback Riding		

RECREATION ACTIVITIES

Awesome Summer Days Camp: July 6 - August 5, 2010
Chadwicks Campus, 3390 Brooks Lane
 Day camp for children with Autism Spectrum Disorder
 Mon - Thurs, 9:00am - 2:00pm
 (315)797-6241

Horseback Riding: Weekly from August 26 - Sept. 30, 2010
Windy J Stables. King Road, Sauquoit
 Horseback Riding with one-on-one assistance for rider,
 \$125 for 6-weeks- 30 min. session, \$62.50 for 15 min. sessions
 (315)798-8808, ext. 287

Dance: Classes begin the week of May 24, 2010
CenterStage Dance Studio, Marcy Towne Center
 Dance classes for children and adults,
 \$10 per week or 8 weeks for \$70
 Ages 18 and older, Mondays, 6:30 - 7:30 PM
 Ages 5-9, Tuesdays, 6:00 - 6:45 PM
 Ages 10 -17, Tuesdays, 6:45 - 7:30 PM
 Special Needs ages 5 - 17
 Thursdays in July and August, 6-6:45 PM
 (315)738-0794, ext. 233

Quick Start Tennis: Saturdays from July 10 - Aug. 28, 2010
Tradewinds - Armory Dr. Campus & Tradewinds - Rome Campus
 Ages 5 - 17, with special needs
 Two sessions at each location, 10-10:50am and 11-11:50am
www.upstatecp.org for more information

Soccer: Seven Week Season, July 18 - Sept. 12
Field of Dreams Sports Complex, 2413 St. Rt. 5, Utica
 Adapted soccer for ages 5 - 15 with special needs
 \$40 for seven week season with banquet on Sept. 12
 (315)738-0794, ext. 233

Swimming: Eight Weeks, Mondays and Wednesdays
 Tentatively September 20 - November 17
Utica College Athletic Center, Burrstone Rd., Utica
 Pool Pals for children with autism
 Aqua Buddies for children with special needs
 Recreational swim program with skill development and therapy
 \$75 for eight week session
 Pool Pals (315)797-6241
 Aqua Buddies (315)724-6907

Tae Kwon Do: 8-week sessions
Scalise Tae Kwon Do, 587 Main Street, New York Mills
 \$150 for eight weeks, ages 5 - 15
 Mondays, 5:45 - 6:30 PM
 Wednesdays, 5:45 - 6:30 PM
 Fridays, 5:15 - 6:00 PM
 (315)738-0794, ext. 233

UPCOMING ACTIVITIES

**Obstacle Course in October • Ultimate Frisbee in October • Gymnastics • XC Skiing • Downhill Skiing
 Karate at Bailey's Karate School in Rome • Ice Skating • Curling • Golf • Bocce • Volleyball
 Call 738-0794, ext. 233 for more information**

**Kids Corner Social Skills • Advancement Square • Afterschool Pals in Morrisville
 Call The Kelberman Center at 797-6241 for more information**