

COURSE CATALOG

[We Change]

[We ...



- [We Care] ↗
- [We Learn] ↗
- [We Serve] ↗
- [We Empower] ↗
- [We Build] ↗
- [We Unite] ↗
- [We Grow] ↗
- [We Create] ↗
- [We Love] ↗
- [We Imagine] ↗
- [We Innovate] ↗
- [We Listen] ↗
- [We Design] ↗

Welcome

Welcome to the ADAPT Community Network Course Catalog for the Spring 2019 session. We invite you to use this catalog to explore new and innovative ways to enhance your day habilitation experience.

All Individuals enrolled in the ADAPT Community are encouraged to review the catalogue of services and choose the activities of their interest.

You will find current information for a wide variety of courses offered at our locations and in the community.

Live. Learn. Adapt.

The Curriculum

Listing of courses in this catalog is not a guarantee of their availability, some courses may have limited class size, and registration is first-come first-served. The agency may revise the catalog with its discretion.

Reading the Course Listings

Courses are listed, followed by a description of the class, along with the location, the time offered, and the name of the lead instructor of the course. Community-based courses and events will also identify the venue and address.

Activity Cost and transportation options are identified for each course.

**Please direct all inquiries and course registration to
CourseCatalog@adaptcommunitynetwork.org**

Table of Contents

Welcome

The Arts-----4

Crafts----- 11

Dance-----12

Cooking----- 14

Theatre-----14

Music----- 15

Education-----17

Health & Wellness----- 25

Media----- 28

Self-Advocacy-----28

Trips, Tours and Excursions-----31

Recreation-----32

Coming Soon-----34

Instructor Highlights-----35

The Arts

Art Explorers Club

One does not become a great artist simply by creating art; a true artist studies the works of the masters before them as well as their contemporaries and uses that knowledge to perfect their craft. This club is all about the exploration of art. It is designed to expose artists to some of the most important art exhibitions and fairs in the New York City and international art world. The hope is that through exposure and through the study of works, both ancient and contemporary, artists will gain a better understand of the art world and how it works in addition to getting inspiration and direction for their own artistic practice.

Instructor: Shaniece Frank

Club Schedule:

Institution	Exhibition	Date/Time
New Museum	Nari Ward: We The People	March 13 th 4:00-6:00PM
Brooklyn Museum	Frida Kahlo: Appearances Can Be Deceiving	April 17 th 4:00PM-6:00PM
MoMA	Joan Miró Birth of the World	May 15 th 4:00PM-6:00PM
Whitney Museum	Whitney Biennial 2019	June 12 th 4:00PM-6:00PM

Comic Book Group

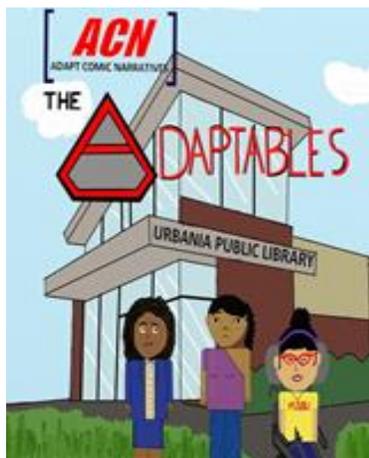
Comic books like Batman, Superman, and Archie have stood the test of time, as they continue to develop iconic characters across generations. In the Adapt Comic Narratives group, artists will have a chance to create characters and stories that will keep readers on the edge of their seats. Artists will have a hand in all aspects of creating the comic, from plot and character development, to illustration, layout, and design. The comic will be released every two months, and the class will meet once a week. Artists are asked to bring their ideas, imagination, and enthusiasm to help create this exciting new publication that is centered on superheroes with disabilities.

Section 1

Instructors: Shaniece Frank and Carly Okyle

Location: 175 Lawrence Avenue

Day and Time: Monday, 1:30PM



Section 2

Instructors: Shaniece Frank and Carly Okyle

Location: 630 Flushing Avenue

Day and Time: Tuesday, 1:30PM

Section 3

Instructors: Shaniece Frank and Carly Okyle

Location: 110 Elmwood Avenue

Day and Time: Wednesday, 1:30PM

Artist and Experimenter

Iconic artists across centuries have never been known to play by the rules. In fact it was their ability to bend and break the rules that defined their artistic style and set them apart from their peers. This class will explore how artists push the envelope and explore new ideas through medium. Artists will be asked to experiment with materials, processes, and ideas. They will be asked to wear the hats of artist and experimenter combining photography, collage, and painting among other media.

Instructors: Shaniece Frank and Adewale Raji

Location: 110 Elmwood Avenue

Day and Time: Friday, 1:00PM



Brooklyn Botanical Gardens



Brooklyn Botanic Garden is an urban botanic garden that connects people to the world of plants, fostering delight and curiosity while inspiring an appreciation and sense of stewardship of the environment. Artist will spend the day exploring the gardens and learning about the various species of plants. The trip will culminate in an hour long artmaking session inspired by the surrounding landscape.

Facilitators: Shaniece Frank

Date: May 1st, 2019

Time: 1:00PM-3:00PM

Location: 90 Washington Ave, Brooklyn

Cost: TBD

Through The Artist's Eye

Artists will explore various media, styles, techniques, and movements by drawing inspiration from icon artists past and present. Students will explore color and shape with the likes of Frank Stella and Carmen Herrera, portraits with Pablo Picasso, Surrealism with Salvador Dali and Frida Kahlo, and landscapes with Edward Hopper and Charles Burchfield.



Instructor: Shaniece Frank

Location: 281 Port Richmond Ave

Day and Time: Thursday, 10:30AM-12:00P

Art & Advocacy 101

Artists discuss a current event that affects people with disabilities and discuss, plan, and generate artistic responses. The art will often be geared towards design elements that work well on social media. There is also a long-term project worked on (mostly) outside of regular classes: two disability advocacy versions of classic stories, which we are writing illustrating with the hope to publish for library tours.

Instructor: Natalie Reichel

Location 251 w 154th St

Day and time: Thursdays, 1:00-2:00 pm, unless a field trip over-rides in courses Abstract Art Analysis 101 or Art & Advocacy 201.

Art & Advocacy 201: Ambassador Internship

Students in this group demonstrate an ongoing commitment to bringing our creations out into the community. These Ambassadors will work as consultants for designers, and at times will physically go to marches, schools, libraries, government offices, and museums as arranged by the Art, Advocacy, Education, and ASL Specialist team. This session will prominently feature visits to DreamYard and an overnight trip to the Arts Experience at Hobart & William Smith College.

Instructor: Natalie Reichel

Location: DreamYard 1085 Washington Ave, Bronx, NY 10456

Day and time: Thursdays 4-6, once a month. First session January 24th. Other sessions TBA

Institution	Exhibition	Date/Time
DreamYard	Assistive Technology Design	Thursdays, 4-6PM once per month
H&W Smith College	Arts Experience Conference	TBA, likely April 9th-11th

Abstract Art Analysis 101

What makes a piece of artwork abstract? You'd be surprised! This class takes place almost entirely outside of ADAPT. About twice a month, we will go to one of the many amazing museums or gardens in our city to view and create abstract art through a critical lens. Historical context, concepts of abstraction and symbolism will factor heavily into our discussions and resulting artwork. Sometimes we gather resources and reference photos for participants in other classes.

Museum Schedule

Institution	Exhibition	Date/Time
MoMA	Guided Tour and Studio Time	Feb 26, 11-1
Met Museum	Ancient Egyptian Abstraction: Symbols that Endured Millennia	Mar 14 11-2
MoMA	Guided Tour	Mar 26, 1-2
MoMA	Guided Tour and Studio Time	Apr 23 11-1
Bronx Botanical	Spring Blooms as inspired by Georgia O'Keeffe	May 9 11-2
MoMA	Guided Tour	May 21 1-2
Met Museum	"Epic Abstraction	June 2 11-2
MoMA	Guided Tour and Studio Time	June 13 11-1

****MoMA trips requires advance registration due to limits on group size.**

Art Mentoring Internship

Artists have the opportunity to apply both their artistic and leadership skills as they help to create and implement art lesson plans for K-5 students. The basics of teaching, demonstrating, and class management will be learned through first-hand experience. Artists will also work 1-1 with students to model both technique and good behavior. This rewarding community partnership is best for Artists that are committed to attending regularly and forming a connection with the children.

Instructor: Natalie Reichel

Location: 175 W 134th St NY, NY

Day and time: Every Wednesday 11-2, except school holidays.

Jewelry 101

Learn how to apply design elements to create attractive jewelry you can wear, sell, or give to loved ones. This group invites the community to participate, for a very inclusive setting of shared inspiration. Pattern, color theory, and other aesthetics come in to play as we explore and create different designs. Advanced students can delve into working with clasps, earrings, and wire-work.

Instructor: Natalie Reichel

Location: 5030 Broadway

Time: 4-6pm**Dates:** Thursday, March 28th

Thursday, May 2nd



A Beginners Guide to Nature Photography

This nature and landscape photography course is designed to teach you how to photograph the beauty of the world around you. Learn everything you ever wanted to know about outdoor photography, including what types of gear to use in every situation, how to work with natural light, and what times of the day make for the most compelling images. I will explain the nuances of composition, exposure and framing so you can take better pictures of wildlife, flowers, landscapes and more.

Instructor: Alisha Wedemier

Location: 2432 Grand Concourse

When: Tuesdays 11 am – 12pm

Central Park Photography

Location	Topic	Date/Time
Central Park: NORTHWOODS	Spring Bloom @ Central Park : Using Perspective	April 11 11-1pm
Central Park: CONSERVATORY GARDEN	Spring Bloom @ Central Park : Rule of Thirds	April 18th 11-1pm
Central Park: THE POOL	Spring Bloom @ Central Park : Playing with Reflections	May 2 11-1pm
Central Park: East Meadow	Spring Bloom @ Central Park : Capturing Small Details	May 9 11-1pm
Central Park: The Metropolitan Museum of Art	Spring Bloom @ Central Park : Using Leading Lines	May 16 11-1pm
Central Park: Conservatory Water	Spring Bloom @ Central Park : Get Closer	May 30 11-1pm

Instructor: Alisha Wedemier

Elements of 3D Printing: Planters

Students will learn to think and work in a 3D design platform using Tinkercad to gain a basic understanding of 3d printing and its components. Each student will design his or her own planter to house mini succulents just in time for spring!

Instructor: Joyce Jimenez

Location: 5030 Broadway

Time and date: Tuesdays 1:00PM



Sculpture with Found Objects

Students will work with recycled, natural or artificial objects that are not officially intended for art purposes. These will be repurposed to create a sculpture that is visually pleasing to each individual artist.

Instructor: Joyce Jimenez

Location: 5030 Broadway

Time and date: Wednesdays 11:00 AM

Open Studio

This session is designated to all artists who want to explore and polish their art skills. It is the perfect opportunity to work in a creative atmosphere for inspiration among your peers.



Instructor: Joyce Jimenez

Location: 5030 Broadway

Time and date: Friday 1:00pm

CRAFTS

Cricut Maker Design Class

The *Cricut Maker Designs Class* is a course to design and create “Do it yourself” (DIY) projects using the Cricut Explore Air 2 machine. This smart cutting tool is used to create projects with over 100 different materials.

Come join the *Cricut Maker Designs Class* to create anything from spring flower wreaths, Mother’s Day pillow iron-on, Easter buckets, St. Patrick earrings, and much more. There are so many possibilities of creativity and fun. There will be courses available for beginners, intermediate, and advanced levels and students are free to take home what they make.

Instructor: Taniqua Jones

Location: 175 Lawrence Ave.

Day and time: Thursday, 11 am

Spring Craft Making

People supported, staff and community members are all invited to this two part workshop on creating Spring-themed craft projects. Spring-themed projects also include St. Patrick’s Day, Easter, & Mother’s Day. This workshop is for each and every one that would like to try something new or just love to be crafty. Every participant will be able to take home their unique and one of a kind creation. All experience levels welcome, light refreshments will be served.

Instructor: Taniqua Jones

Location: 175 Lawrence Ave.

Materials Fee: \$10

Day and time: Wednesday, March 6th and 13th, 4-6 pm

Wednesday, April 10th and 17th, 4-6pm

Wednesday, May 1st and 8th, 4-6pm



DANCE & INTERACTIVE ART EXPERIENCES

Dance

In this dance class, we learn how to do basic techniques and how to put steps together into short routines to Broadway classics. Come get a fun fast paced work out to end the week. Due to a small class size we are able to work with each dancer to ensure healthy and correct technique at any level.

Instructor: Gabbi Grenell

Location: 2432 Grand Concourse

Day and time: Friday, 10:30AM-11:30AM

Sing for Hope

Since 2012, Sing for Hope brings a variety of arts experiences to ADAPT programs. Performances include live music, singing and dancing, along with occasional interactive art making workshops. Performances are open to all members of the ADAPT community.

Friday, March 22nd, 110 Elmwood Ave, 1PM

Wednesday, March 27th, 5030 Broadway, 1PM

Wednesday, April 24th, 5030 Broadway, 1PM

Friday, April 26th, 175 Lawrence Ave., 1:30PM

Wednesday, May 22nd, 5030 Broadway, 1PM

Friday, May 24th, 110 Elmwood Ave, 1PM



ASL Slam

ASL Slam is a monthly event that takes place (usually) the first Friday of every month. This event allows individuals from the Deaf community to express themselves through poetry using American Sign Language.

Friday, February 1st 2019

Friday, March 1st 2019

Friday, April 5th 2019

Friday, May 3rd 2019

Time: 6:00PM – 8:30PM

Cost: \$12.00 Admission – additional cost for beverages (soda/water).

Facilitator: Yvette Churchill

Topic: Sunshine 2.0

Sunshine 2.0 is a professional traveling theater troupe based at Rochester Institute of Technology's National Technical Institute for the Deaf in Rochester, New York. The troupe provides performances and activities for deaf and hard-of-hearing children and adults that highlight the fields of Science, Technology, Engineering, Arts and Math (STEAM), as well as educational topics pertaining to the Deaf experience. The theater troupe travels to schools and programs serving deaf and hard-of-hearing students, colleges, museums, conferences, civic groups, festivals and other venues.

Date: Tuesday, April 16th, 11 am

Location: 175 Lawrence Ave.

Facilitator: Yvette Churchill



Culinary Arts

Cultural Foodie Club

Food is more than what meets the eye. The world is big and beautiful place, full of different cuisines, cultural traditions, languages and music. This club is designed to help us visit different parts of the world in the comfort of a class, through food & music. We will learn about new ingredients, spices, and places of the world. We will learn about cultural traditions and also some fun and cool new food vocabulary. The goal is to better understand the world beyond our surroundings and ethnicities. Bon Appétite, Buon Appetito, Buen Provecho, Let's Eat!

Instructor: Nzinga Ben-Jochannan (Zee)

Club Schedule:

Culture	Dish/Influence	Date/Time
Japanese	Sushi	March 15 th
Latin	Empanadas	April 9 th
Greece	Gyros w/ Tzatziki	May 21st

Theater

Play Writing

If “All world’s a stage” then this is your chance to tell your story. Learn how to tell stories meant for the stage. We will be starting a reading series studying classic American texts. We will work together to develop characters, story line and setting, and we will learn to consider stage directions as well. Bring your ideas and enthusiasm!

Instructor: Gabbi Grenell, Camila Kann and Carly Okyle

Location 175 Lawrence

Day and time: Tuesday, 10:30AM-11:30PM

Theatre Group

Come one and all to learn about the world of performance art. This group focuses on learning performance art through improv, character building, and storytelling.

Instructor: Gabbi Grenell

Location: 5030 Broadway

Day and time: Monday, 12:30PM -1:30PM



Political Theatre: Bringing Your Own Stories to the Stage

Your story can make a change in society. We will explore a new form of theatre: Political Theatre; a platform which allows you to share your own stories, experiences and advocate for your rights. We will explore the ideas behind Forum theatre, methods, games, techniques and the impact that this form of art has on society. We’ll be using the power of story-telling to present real-life problems on stage and use theatre to rehearse solutions to significant issues such as accessibility, employment, and relationships. We will also be able to go watch a Forum Theatre performance live to have a better understanding before we write our own script and develop our own show.

Instructor: Camila Kann

Location: Flushing Avenue

Date and time: Thursdays, 11AM-12PM

Trip to watch Forum Play: Thursday, May 2nd

Housing Works Bookstore/Café



Exploring Theatre Arts – Character Development & Performance

Theatre is the representation of human nature. In this course, we will discuss different plays and pick one out to explore in depth. We'll look into character development, plots, genres, and creatively access how to stage a show. We'll also engage in games, exercises and improv, to start our engines for this creative project.

Instructor: Camila Kann

Location: Staten Island

Date and time: Fridays, 1 pm

Music

Music Explorers Club

In this course students will have the opportunity to explore music, specifically targeted towards Jazz and Classical music. Designed to expose students to many of the greatest compositions available in both genres and instruments, thus gaining new perspective and appreciation for the art.

The Gotham Jazzmen

Lincoln Center Library for Performing Arts

September- June

Tuesdays 12:PM-1:30PM

Jazz and Blues Concert

American Folk Art Museum

On Going

Wednesdays 2:00PM-3:00PM

Classical Music

Julliard School of Music, Alice Tally Hall

Check Monthly Performance Calendars for dates and performances

Loughnane Family Concert

Adapt Community Network, 5030 Broadway

3rd Wednesday of every month

2:30PM-3:30PM

Chamber Music Society of Lincoln Center

Woodwinds Master Class

Wednesday 04/17/2019

11:00AM- 1:00PM

Instructor: Rob Seidman

Intro to Music Production

With modern technology, making music has never been more fun! Music is a fundamental part of human expression. This hands-on course will give students the skills and tools they need to make their musical ideas become reality. Students will learn fundamentals of music production and how to use iPhone/smart devices to further their creativity.

Instructor: Jesse Kral

Location: 175 Lawrence Avenue, Brooklyn, NY

Time: By Appointment



Education

Level	Subjects	Lessons	Goal
Beginner	Math Reading Writing History Social Studies Critical Thinking Phonics	Single digit addition and subtraction, coin/bill recognition Reading and writing 3-letter and sight words Phonics taught using flashcards	Simple conversation skills, verbal comprehension, understanding sound letter relationships, attention and memory improvement Basic comprehension of currency Communicating quantity and scarcity
Intermediate	Social Studies Reading Math Writing History Critical Thinking Science Money Management Current Events	Multiplication, Division Reading about historical events or themes, developing poetry, creative writing Understanding Graphs Reading maps Money management and how it relates to independence	Progress toward taking GED/TASC Exam Expression through poetry and short stories Understanding historical themes, and grammatical structure

Advanced	Math Writing Social Studies Reading Comprehension Science Critical Thinking History	Fractions, multiplication division Origins of the disability rights movement and current events related to accessibility & politics Identifying personal goals Persuasive writing	Passing GED/TASC exam Understanding how contemporary issues affect individuals in society Developing a thesis statement
-----------------	--	---	--

Math, Reading, Writing and Current Events

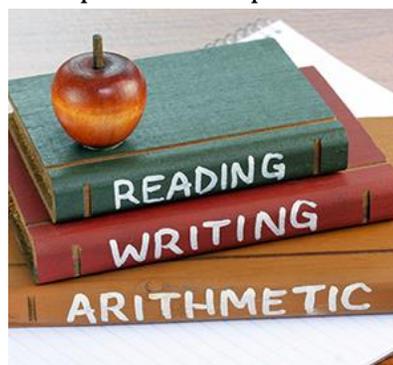
In this course, students are encouraged to discuss and target their personal goals. These goals come directly from day habilitation plans and consist of building reading, writing and money management skills. Students learn about the value of money and its application in daily life. Students work on multiplication, division and math problems. They also practice reading current event articles and take turns discussing differing viewpoints. Students learn how to better express their opinions in a more organized and effective manner.

Level: Beginner-Intermediate

Instructor: Sean Toth

Location: TOP classroom, 2432 Grand Concourse

Day and time: Fridays, 1:15PM-2:00 PM



NYPL on Kingsbridge Road: Education games using digital tablets

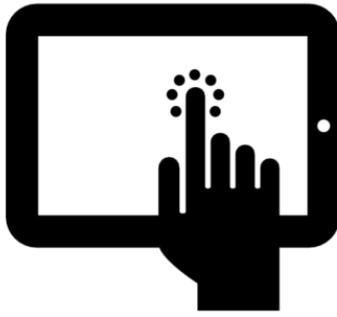
Students attend a biweekly course at the NYPL where they work on digital tablets. Here they learn how to navigate different game applications on their own. Game categories include: spelling, reading, math, vocabulary, science, matching and history. Students enjoy working on tablets and become more skillful with each session. Library and program staff assists students when necessary. The primary goal of this course is to foster independence, promote education and teach digital software knowledge to attendees.

Level: Beginner-Intermediate

Instructor: Sean Toth

Location: basement conference room, 310 E Kingsbridge Rd, Bronx, NY 10358

Day and time: Twice a month on either Monday or Thursdays, 11:00-12:00PM



Belmont Library: Educational Films and Life Skills discussion

Students attend a class taught by senior librarian, Kabir, where they watch short films about topics such as: the environment, nutrition, health and wellness, traveling, and understanding culture. Afterwards, students have the chance to discuss and ask questions. This class also revolves around life skills discussions, touching on topics such as: cooking, job hunting, networking and money management. Coffee and light snacks are served and all are welcome to join.

Level: Beginner-Intermediate

Instructor: Sean Toth

Location: 2nd floor conference room, 610 E. 186th St., Bronx, NY 10458

Day and time: once to twice a month (Wednesdays), 11:00AM-12:30PM

Money Management

Education is not just about read and write. It is about using education for our own advantages and knows what is right and what is wrong. The importance of education for every person is to live life independently. It is very important to count & calculate our budget, money. It is good for individuals to keep an eye out for bargains and when to avoid a bad deal on a purchase. Being a good money manager allows us to accumulate savings.

Instructor: Dalila Deppe

Location: 5030 Broadway & 154th Street

Day and time: TBD



Learn to Read with Music

In this group, participants will practice the skill of reading in a creative way by syncing lyrics to music. We will use technology to read along to our favorite music and perform with the goals of improving memory, growing our vocabularies, and of course, having fun while learning. This group is open to all learning levels.

Instructor: Dalila Deppe

Location: 154th Street location & 5030 Broadway

Day and time: Tuesdays at 154th, 10AM- 11AM

Thursdays at 5030 Broadway, 10AM-11AM

NYU Tandon Disabilities Studies Course Program

In this program, select students from Adapt Community Network act as Consultants to help teach NYU Tandon Design and Engineering students about living with a disability. Interested persons must complete the application process and pre-registration is required. Applicants must be committed to the program and agree to attend class every Monday session throughout the Spring Semester.

Instructor: Professor Allan Goldstein/Education Specialist Jonathan Toth

Location: Room 803, 8th Floor 2 Metrotech Center Brooklyn, NY 11201

Day and Time: Mondays, 10:30AM-2:10PM



Book Club: “Who moved my cheese?” by Spencer Johnson, M.D.

The four imaginary characters depicted in this story are intended to represent the simple and the complex parts of ourselves, regardless of our age, gender, race or nationality. Whatever parts of us we choose to use, we all share something in common: a need to find our way in the Maze (metaphor for a life) and succeed in changing times. Cheese is the metaphor for our goals in life.

Instructor: Dalila Deppe

Location: 154th location & 5030 Broadway

Day and time: 154th – Mondays, 10:00AM- 10:30AM
5030 Broadway –Thursdays, 12:15PM – 1:30PM

CUNY in the Heights

Students have the opportunity to learn professional development and array of educational assessments in state-of-the-art classrooms at CUNY in the Heights. This software based assessment which contains ten questions and has multiple- choice answers. Students must successful complete each module in order to move to the next module level. Results are given immediately after the assessment and reviewed with the instructor. Support and instruction are provided to each student weekly.

Instructor: Dalila Deppe

Location: 5030 Broadway

Day and time: Thursdays, 1:30PM -2:10PM

Deep in Thought: A Course on Critical Thinking of Current Events

This course serves to offer information on the newsworthy popular topics. Students are encouraged to participate in discussions and debates about the content. We will work as a team to identify content to review and support each other to share so everyone is empowered to participate in the group dialogue.

Instructor: Dalila Deppe

Locations: 154th location & 5030 Broadway

Day and time: 154th- Mondays, 10:30AM – 11:00AM
Broadway location on Thursdays, 10:40AM – 11:10AM

Literature 201

This is like a book club, but even *more* exciting! In this course, we'll be reading classic books like Amy Tan's "The Joy Luck Club" and "The House on Mango Street" and discussing the themes, symbolism, and language in the text. Pop quizzes and occasional assignments in this PASS/FAIL class will help to ensure retention and comprehension. Come to class and watch your vocabulary improve and your critical thinking skills sharpen!

Instructor: Carly Okyle

Location: Elmwood, Room 102

Day and time: Wednesdays, 10:30AM – 12:00PM



Why Do We Say...?

What does "sleep tight" have to do with Shakespeare? Why is a score of 0 in tennis called "love"? Everyone's heard common expressions like "cute as a button" or "hanging out," but where did they come from? Join us as we explore the origins of familiar idioms and make up a few of our own as well!

Instructor: Carly Okyle

Location: 137th Street

Day and time: Every other Friday, 11:00 AM – 12:00 PM

The History of Hip Hop Part II-The Golden Age of Hip Hop in NYC 1983-1991

The Golden age Hip Hop is a name given to mainstream Rap music created in the mid/late 1980s and early 1990s, particularly by artists and musicians originating from the New York City metropolitan area.

It was characterized by its diversity, quality, innovation and influence on hip hop after the genre's emergence and establishment in the previous decade. Throughout February Students will listen to music from the period to gain a better understanding of the tremendous impact this exciting time had on the development of today's pop music.



Instructor: Jonathan Toth

Location: 5030 Broadway New York, NY 10034

Day and Time: Tuesdays 11:00AM-2:00PM

The History of Jazz

February is African American History month. In the spirit of this month students will explore the foundations of Jazz from its roots in West Africa, through its early development in the USA through the interaction of African Americans and European Americans. Students will develop a greater understanding of the impact Jazz has had on American culture and the development of other musical genres such as Rock N Roll, Soul, Jazz, Funk, Hip Hop and Electronic Dance Music.

Instructor: Jonathan Toth

Location: Second Floor MPR Room, 175 Lawrence Avenue
Brooklyn, NY 11230

Day and Time: Thursdays, 11:00AM-12:00PM



How Did the World Become what it is today?:

Understanding Themes and Events Across Time

This ongoing course is an opportunity for students to investigate how the issues that affect the global community developed across time. We will look at how a number of contemporary issues from global warming, terrorism, racism, and human rights have their roots in a number of past historical events. The course features a variety of reading materials, from multiple subject areas. In addition, students learn how to develop a thesis statement and defend their position using relevant facts. The goal of this course is to highlight how various issues are connected and how these connections affect the lives of Individuals with disabilities as global citizens in the 21st Century.

Level: Intermediate-Advanced

Instructor: Jonathan Toth

Location: Second Floor MPR Room, 175 Lawrence Avenue Brooklyn, NY 11230

Day and Time: Thursdays, 1:00PM-2:00PM

The History of Irish Americans Part II

March is Irish American Heritage Month. Throughout this month students will take another look at Irish culture in America. Students will investigate and examine the impact Irish Americans have had and continue to have on the culture and politics of the United States.



Instructor: Jonathan Toth

Location: Second Floor MPR Room, 175 Lawrence Avenue Brooklyn

Day and Time: Thursdays, 11:00AM-12:00PM

What is Spectrum Disorder?

April is Autism Awareness month and World Autism Day is celebrated on April 2. In this course students will learn the characteristics of autism spectrum disorder and their implications for behavior, learning and the ability to process information. Students will develop a fundamental understanding of what ASD is, how it is diagnosed, the primary areas of impairment, and why prevalence is increasing.

Instructor: Jonathan Toth

Location: Second Floor MPR Room, 175 Lawrence Avenue Brooklyn, NY 11230

Day and Time: Thursdays, 11:00AM-12:00PM



Discovering Asian-Pacific Culture in America

May is Asian-Pacific American Heritage month. Over the course of the month students will explore the impact Asian-Pacific Americans from several cultures have had on American society. Staff guest lecturers of Asian-Pacific ancestry will be invited to talk and share information with students about their unique cultures.

Instructor: Jonathan Toth

Location: Second Floor MPR Room 175 Lawrence Avenue Brooklyn, NY 11230

Day and Time: Thursdays, 11:00AM-12:00PM

Improving Literacy and Math skills using Technology.

In this course, students will learn how to solve basic addition and subtraction equations using various applications on I pads such as Math Skill Builder Plus and Educational Bingo. Working in cooperative teams students learn how to sound out sight words and further develop their phonetic awareness skills through the use of the Hooked on Phonics application on I pads. Students learn independent living skills through interactive lessons projected onto the Smart Board. Some Examples of these lessons are learning how to read a receipt, paycheck, bank statement, cooking recipe, bus or subway map and to use an ATM machine. The objective of this course is for students to develop literacy which along with basic math aid in developing independent living skills such as managing finances, cooking and vocation.



Instructor: Jonathan Toth

Location: Lower Level, 281 Port Richmond Avenue, Staten Island

Day and Time: Tuesdays 12:30PM-1:30PM

American Sign Language

American Sign Language is the 4th most widely used language in the world. It is also a beautiful, expressive three-dimensional language that has strong roots in its culture. This class is designed to develop the skills and knowledge needed to communicate in American Sign Language. This class focuses on the cultural practices distinct to those who approach the world from a visual perspective. Topics include: History of Deaf Culture, and historical events that have impacted and shaped deaf culture of the D/deaf community, and honing in on strengthening conversational skills. Participants will be able to communicate effectively both inside the class, and in the Deaf community.

For hands-on skill training we will be working on the following:

Expressive- Introducing yourself, spelling your first and last name, where you are from, etc.

This is an exercise in expressive content; how you implement shoulder shifting, facial expression, etc.

Receptive- This consists of either me or our co-facilitators working one on one signing a series of sentences to you. You then have to write down and sign back in ASL Gloss.

Course Materials: American Sign Language Dictionary. Author: Elaine Costello

Instructor: Elizabeth Botti

Location: Brooklyn Public Library

Day and Time: Mondays and Wednesdays 11:00AM-12:00PM



Sip and Sign

Sip and Sign is a monthly meet-up with all of the students from the ADAPT Community Sign Language Group. All of the students communicate using Sign Language, while drinking their favorite beverage from Starbucks.

Suggested amount of money to bring to Starbucks to cover the cost of beverage - \$8.00

Location: Starbucks - Bronx –1886 Eastchester Road, Bronx NY 10461

Date and Time: - Wednesday, February 27th 10:00AM – 2:00PM

Location: Starbucks - Manhattan – 4 West 21st Street, New York, NY

Date and Time: - Monday, March 25th 10:00AM. – 2:00 PM

Location: Starbucks – Brooklyn – 154th N 7th Street – Brooklyn NY

Date and Time: - Monday, April 29th 10:00AM – 2:00PM

Facilitator: Yvette Churchill



Basic Sign Language

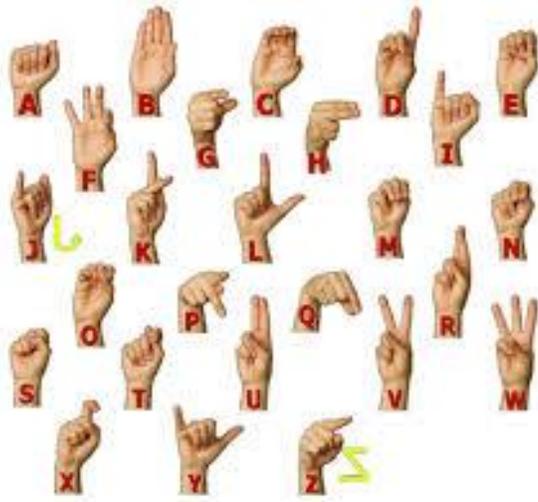
In this class we learn the basic fundamental skill of communicating in American Sign Language. This will include learning numbers and everyday phrases in American Sign Language (ASL).

Instructor: Yvette Churchill

Location: 251 W.154th street, Manhattan

Day and time: Monday(s) 10:30AM – 11:15AM

Instructor: Yvette Churchill



Location: 175 Lawrence Avenue, Brooklyn
Day and time: Tuesday (s) 10:00AM – 10:45AM

Instructor: Yvette Churchill
Location: 2452 Grand Concourse, Bronx – 2nd Floor
Day and time: Wednesday (s) 10:45AM – 11:30AM

Instructor: Yvette Churchill
Location: 5030 Broadway, Manhattan
Day and time: Fridays (s) 10:15AM – 11:00AM

Basic Sign Language Lessons at Poe Park

Basic signs including, hello, good bye, bathroom...conducted at the Poe Park center.

Instructor: Yvette Churchill

Location: Poe Park

Day and time: Wednesday, at 10:00AM

Deaf Culture Series

Each month a topic regarding Deaf Culture will be discussed. This is ranging from poetry, dance, theater as well as language.

Topic: Does One Size Fit All – Is Sign Language Universal

Date: TBD

Location: Adapt Community Network –110 Elmwood Avenue, Brooklyn, NY 11230

Facilitator and Presenter: Yvette Churchill

Safe Traveling: Guide to Navigating New York City and Transportation

This course includes the safety training for people who are interested in traveling independently either to a particular or throughout New York City.

It provides a guide to travel safely by learning why measures to take prior to a trip, during, and after their travels to ensure their safety and security.

This course covers obtaining identification, utilizing smartphone technology and online resources to travel, preparation for safely asking for help, train and bus travel, how to orient themselves, and what to do in case of emergencies.

Instructor: Kamran Nadir

Location: 251 W 154th street and 5030 Broadway

Day and time: Tuesdays 10:30AM 5030 Broadway

Wednesdays 11:30AM- 251 W. 154th St.



The ABC's of Travel Training

This classroom based course is designed for people who would like to learn to travel more independently. We will focus on the basics of traveling throughout New York City as well as confidence building for travelers to feel empowered to navigate the city.

Curriculum will include:

- Travel preparation, use of computers, tablets and smart phones to identify trip routes and locations
- The importance of being able to provide a personal identification document and emergency contact information
 - Travel readiness
 - How to obtain and manage a reduced fare MTA metro card
 - Safety travel instructions/tips
 - Code of conduct while out in the community

Instructor: Nelly Goyzueta

Locations: 175 Lawrence, Brooklyn and 2432 Grand Concourse, Bronx

Day and time: Wednesday 1:00 pm, 175 Lawrence

Thursday 1:00 pm, 2432 Grand Concourse

Health, Wellness, and Adaptive Sports



Spring Bowling Tournament

Cognitive. Learning a new skill keeps your brain fresh and working hard, and has even been shown to help prevent dementia. Even if you already know how to bowl, it provides a constant challenge – each frame is a new objective to be handled.

Social. Bowling, especially in a league, attracts people from all walks of life. It's a great way to meet new friends outside of work or school. Bowling is both a sport and leisure activity, which makes it easy to connect with teammates without interrupting anything. You'll always have something to discuss with teammates, even if it's just the game.

Physical. People don't tend to think of bowling as exercise, but hauling those heavy bowling balls around does work your muscles. Bowling won't be your only fitness solution, but it *can* be a fun addition to an exercise routine, and the trick to sticking with exercise is doing something you enjoy.

Mental/Emotional. Put simply, bowling is fun! It won't surprise anyone to know that doing things you enjoy is a great way to relieve stress. Since it's an indoor activity, bowling can also be a great escape from the winter weather that's right around the corner.

Bowling Schedule:

Teams	Location	Date
137 VS GC	Bowlerland	Friday March 1
Stillwell VS 154	Bowlerland	Tuesday March 5
5030 VS 154	Bowlerland	Friday March 8
154 VS137	Bowlerland	Monday March 11
GC VS 5030	Bowlerland	Friday March 15

Next schedule after first round

Instructor: Shantale Bramble-Donaldson
Location Bowlerland
Day and time: Starting March 1st, 2019

Zumba/ Karate

In our Zumba Class we use upbeat fun music to provide a variety of health benefits like weight loss, increased muscle tone, stress relief, and continuing an active lifestyle are just some of the benefits participants experience.

Karate provides Strength and Power. Many martial arts give a particular focus to the ability for the physical body to be both strong and powerful, improved flexibility, improved stability and coordination, lowered blood pressure and heart rate, mental concentration, stress relief.

Instructor: Shantale Bramble-Donaldson
Location: 5030 Broadway
Day and Time: Wednesday, 1-2:30PM

Yoga

Good Shepard Services has teamed up with our organization. Their services offer an array of community inclusion activities and programs to benefit different kinds of people in health and wellness. Good Shepherd Services goes where children, youth, and families face the greatest challenges and provides resources that build on their inherent strengths to help them thrive.

Location: 876 Schenck Ave Brooklyn NY, 11207
Day and Time: Once a month Wednesdays TBA – 10-11:30AM
Instructor: Shantale Bramble-Donaldson

Swimming Lessons

- ❖ **One to one lessons from a certified life guard**
- ❖ **Lessons are in a safe supervised environment**
- ❖ **Swim lessons are BY APPOINTMENT only**
- ❖ **Lessons are provided at the Adapt 175 Lawrence Avenue, Brooklyn location, in our wheelchair accessible, therapeutic pool**

To schedule an appointment:

Contact Hans Anggraito at HAnggraito@adaptcommunitynetwork.org or 718 436 7600 Ext 332



Weekly Pool Party

What could be better than having fun, you ask? Having fun *in the water*, of course! Come join us for a weekly pool party where we play fun games and listen to party music while also learning about water safety. Games include, but are not limited to, water basketball, toss-and-catch, and diving games.

Prerequisites: Pool Permission and Medical Clearance required.

Lifeguards/Instructors: Sheila Romero and Hans Anggraito

Location: 175 Lawrence Avenue Pool

Day and Time: Wednesday, 11AM to 12 noon



Saturday Swim

Can't get enough of the pool during the week? We're now open for recreational swim on ever other Saturdays.

Prerequisites: Pool Permission and Medical Clearance required.

Lifeguards: Sheila Romero and/or Hans Anggraito

Location: 175 Lawrence Avenue Pool

Day and Time: Every Other Saturday of every month, 10AM to 2PM

Health, Fitness Wellness Group

Class participants will learn about Nutrition, Healthy Eating, Health Observances, Health Campaign, and overall Wellness via visual presentation. Information such as research studies, articles, videos will be shown to promote the importance of physical activity/sports, exercise and general health, fitness, and mental wellness. The goal of this group is to focus on increasing physical activity by providing information to motivate and enable change in fitness, diet and lifestyle behavior.

Instructor: Shirley Charles

Location: 110 Elmwood Ave.

Day and time: Tuesdays and Thursdays, 11AM

Mental Health Wellness Group: (Open Group Talk)

Participants participate in educational activities to promote positive mental health education. Program workshop presentations and materials are tailored for the participants attending- both male and female adults; focusing on sensitive matters surrounding mental health while ensuring a non-judgmental atmosphere.

Instructor: Shirley Charles

Location: 110 Elmwood Ave.

Day and time: Fridays, 1PM

Media Arts



Video Production 101

This beginner course would explore the ins and outs of making personal videos or being part of a production team. We would be exploring the various parts and functions of a camera and how these translate into different camera techniques involved in video production like panning, zooming and tilting. We would also explore how different camera techniques should be applied based on what type of video is being produced like interviews, live events, movies and how-to videos. The aim of this course is to give the individuals the knowledge and confidence to tell their own stories through documentaries or promote themselves through video resumes or anything else they may come up with.

Instructor: Adewale Raji

Location: 110 Elmwood Avenue

Day and Time: Wednesdays from 1:00-2:00PM

Advocacy

LGBTQ Allies Group

A weekly group where you are FREE TO BE YOURSELF. It is an inclusive, judgment free zone where we discuss everything from self-expression & gender to dating and sexuality, and beyond. We will learn and discuss, among other things, how disability and LGBTQ rights are connected, and how we can FIGHT and ADVOCATE for a more INCLUSIVE world regardless of gender, sexual orientation or levels of ability.

Instructor: Hans Anggraito

Location: 175 Lawrence Avenue

Day and time: Friday, 1:00pm to 2:00pm

Citizenship & Civic Engagement (Civic Planning)

What does it mean to be a citizen of the United States of America? Can 'any' citizens make a difference? This course presents students with an introduction to 'civic engagement' with a focus of public issues of ethics, community-building and civil rights. It is intended to help one develop a basic understanding of key concepts and framework of civic responsibilities. Individuals will be exposed to different types of civic engagement, through direct service opportunities and by examining specific case studies.

Instructor: Liana Medina

Location: 175 Lawrence Ave.

Day and time: Friday, 11:00-12:00 PM



Learning Outcomes

- Identify Civic Engagement models
- Recognize the potential for individual civic action to affect change
- Identify examples of power and privilege and be able to explain their impact in everyday life

New York City Supreme Court Tour

The Criminal Term of Manhattan Supreme Court welcomes students, senior citizens, and civic organizations to take part in a tour of the Court. We look forward to the opportunity to provide an interesting and educational insight into the operation of the Court and the administration of justice.

A court tours program has been developed to familiarize students, citizens, and civic organizations with the dynamics of the courts of New York State. On behalf of the Unified Court System, we invite you and your group for a unique glimpse to observe democracy in action by participating in a free tour at the New York State Supreme Court, Criminal Term.

Our presentation includes a tour of the courthouse, a question and answer session and a viewing of an actual court proceeding will provide your group with a better understanding of the court's daily operation.

Date: Wednesday, April 12th

Time: 10AM

Location: 100 Centre St.

Facilitator: Liana Medina

ADAPT Advisory Council

Your voice in ADAPT Community Networks service delivery. Join our monthly Advisory Council meetings to express your opinion on agency services.

Facilitators: Jacqueline Conley, Peter Cobb and Daniel Harrison

Dates and time: Thursday, March 28th, 11AM, 630 Flushing Ave.

Thursday, April 18th, 11AM, 5030 Broadway

Thursday, May 16th, 11AM, 175 Lawrence Ave.

Thursday, June 20th, 11AM 251 W. 154th St.

Women's History Month Activities



WOMEN's History Month: Women in Boxing.

This lesson will highlight contributions of women in sports, specifically boxing.

Instructor: Shirley Saint Jean, Exercise Physiologist

Location 110 Elmwood Avenue

Day and time: Monday March 4th, 11:00AM-12:00PM



Wellness Wednesday: What is Boxing?

Attendees will learn Boxing basics (a fitness boxing lesson will be incorporated including boxing vocabulary, drills, boxing combos), as well as an introduction to Athlete Claressa Shields)

Instructor: Shirley Saint Jean, Exercise Physiologist

Location 110 Elmwood Avenue

Day and time: Wednesday March 6th, 11:00AM-12:00PM

Women ONLY Adaptive Boxing Clinic

This boxing workout is designed to increase speed and endurance. Shed calories with this cardio class while also building strength. It's time to punch your way into shape. The class is open to people of all abilities and can be adapted to suite various levels of strength and endurance.

Instructor: Shirley Saint Jean, Exercise Physiologist

Location 150-13 Cross Bay Blvd Ozone Park, NY

Day and time: Thursday March 7th, 11:00AM-12:00PM

Let's Talk-Join the Conversation: "THE FIGHT FOR WOMEN'S BOXING RIGHTS"

A group discussion will be held on female boxers, what they must overcome such as sexism before they can step into the boxing ring.

Instructor: Shirley Saint Jean, Exercise Physiologist

Location 110 Elmwood Avenue

Day and time: Friday March 8th, 11:00AM-12:00PM

Film "T-Rex" will be viewed; movie description below.

Movie Info:

17-year-old Claressa 'T-Rex' Shields from Flint, Michigan dreams of being the first woman in history to win a gold medal in Olympic boxing. For the first time ever, women's boxing is included in the 2012 Olympics. From the hard knock streets of Flint, Michigan, Claressa is undefeated and utterly confident. Her fierceness extends beyond the ring. She protects her family at any cost, even when their instability and addictions threaten to derail her dream. Claressa does have one stable force in her life. Coach Jason Crutchfield has trained her since she was just a scrawny 11-year-old hanging out at his gym. Jason always wanted a champion, he just never thought it'd be a girl. Film Duration: 1hr31mins

Instructor: Shirley Saint Jean, Exercise Physiologist

Location 110 Elmwood Avenue

Day and time: Monday-Friday March 11-15th, 11:00 am-12:00 pm



WOMEN'S HISTORY MONTH: Women in Ballet.

In honor of Women's History Month this March, we'll be sharing stories of world-famous women who inspire us as they break barriers, conquer personal battles and share their powerful stories. This lesson's focus will be on the achievements of women and to seek new ways to empower them; with emphasis on women in Ballet Performing Arts.

Instructor: Shirley Saint Jean, Exercise Physiologist

Location 110 Elmwood Avenue

Day and time: Monday March 18th, 11:00 am-12:00 pm

Wellness Wednesday: What is Ballet? How to Ballet (a fitness ballet lesson will be incorporated including ballet vocabulary, drills, short choreographed routine), with an introduction to Ballerina Misty Copeland.

Instructor: Shirley Saint Jean, Exercise Physiologist

Location 110 Elmwood Avenue

Day and time: Wednesday March 20th, 11:00 am-12:00 pm



Women ONLY Adaptive Ballet Clinic

This clinic will emphasize creative movement and modified ballet technique in a welcoming and structured environment. Class will use elements of ballet that focus on patterning, proprioception and artistic discovery.

Instructor: Shirley Saint Jean, Exercise Physiologist

Location 110 Elmwood Avenue

Day and time: Thursday March 21st, 11:00 am-12:00 pm

Let's Talk-Join the Conversation: "Misty Copeland says the ballet world still has a race problem and she wants to help fix that".

Open discussion on why representation and expanding diversity matters.

Instructor: Shirley Saint Jean, Exercise Physiologist

Location 110 Elmwood Avenue

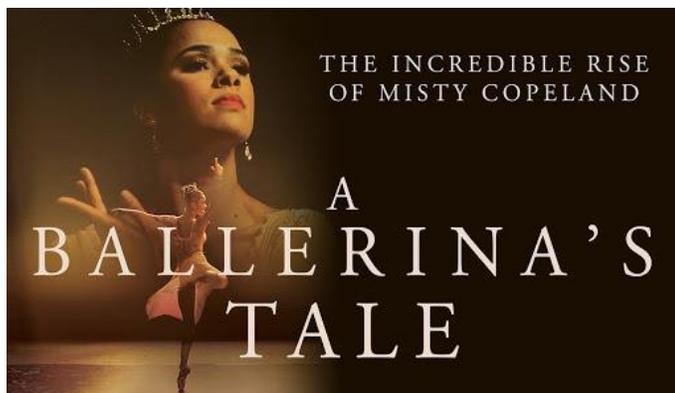
Day and time: Friday March 22nd, 11:00 am-12:00 pm

Film "A Ballerina's Tale" will be viewed:

Movie Info:

Iconic ballerina Misty Copeland made history when she became the first African-American woman to be named principal dancer of the legendary American Ballet Theater. Get behind-the-scenes of how she overcame a tumultuous upbringing and near career-ending injuries to become one of the most revered dancers of her generation. More than just a ballet success story, Copeland's journey is a hugely inspirational, universal tale of perseverance.

Duration: 1hr 25 mins



Instructor: Shirley Saint Jean, Exercise Physiologist

Location 110 Elmwood Avenue

Day and time: Monday-Friday March 25th-29th,
11:00AM-12:00PM

Women's History Month Lecture Series: Faith Ringgold

Facilitator: Shaniece Frank
Date: March 13th, 2019
Time: 10:30AM-12:00PM
Location: 175 Lawrence, Ave



Women's History Month Lecture Series: Guerilla Girls

Facilitators: Shaniece Frank and Camila Kann
Date: March 29th, 2019
Time: 10:30AM-12:00PM
Location: 175 Lawrence, Ave



photographic images. Some sources claim that she was the first woman to create a photograph.

Date: Wednesday, March 6th
Time: 11 am
Location: 2432 Grand Concourse
Facilitator: Alisha Wedemier

Historic Women in Photography: Anna Atkins

We will be discussing and viewing work of Anna Atkins who was an English botanist and photographer. She is often considered the first person to publish a book illustrated with



New York Historical Society “Women of the Collection: The Fight for Equality

Calling all advocates and fans of history!! Join the tour of the NY Historical Society and explore women’s history through exhibitions, programs, scholarship and immersive multimedia.



Date: Thursday, March 28th

Time: 11AM

Location: 170 Central Park West

Facilitator: Liana Medina

Trips, Tours and Excursions

ReelAbilities Film Festival

ADAPT Community Network is again a proud sponsor of the 2019 ReelAbilities Film Festival New York. Founded in 2007 by the Marlene Meyerson JCC Manhattan, ReelAbilities Film Festival: New York is the largest festival in the country dedicated to promoting awareness and appreciation of the lives, stories and artistic expressions of people with different abilities. The weeklong festival is renowned for its wide-ranging international film selection, riveting conversations, and performances, presented annually in dozens of venues across the New York metropolitan area. In 2010, ReelAbilities Film Festival: New York expanded into a national program, presenting its one of a kind programming in cities throughout the United States.

April 2nd through 9th, film and event schedule pending

Dia: Beacon and Storm King Art Center

Dia was founded in New York City in 1974 to help artists achieve visionary projects that might not otherwise be realized because of scale or scope. Dia: Beacon is well-known for a highly unusual, permanent display by conceptual artist Walter De Maria. De Maria's work is a massive display of a 2 foot layer of dirt!

Storm King Art Center is a 500-acre outdoor museum located in New York’s Hudson Valley, where visitors experience large-scale sculpture and site-specific commissions under open sky. Since 1960, Storm King has been dedicated to stewarding the hills, meadows, and forests of its site and surrounding landscape. Building on the visionary thinking of its founders, Storm King supports artists and some of their most ambitious works.



Facilitators: Shaniece Frank

Dates: May 22nd - 23rd, 2019

Location: Beacon and New Windsor, NY

Cost: TBD

The Arts Experience Conference

The Arts Experience is a partnership of Hobart & William Smith Colleges and the Collaborative of NY, Inc. The festival is an opportunity for participants, including people with intellectual and other developmental disabilities, the college community, and the general public to explore various means of expression through the arts. The Arts Experience will cultivate and embrace the spirit of inclusion through participation in the arts, artistic performance and celebration. The theme of this year's festival is People Power: Get Together. Inspired by the 1960s song "Get Together," the newest community inclusion campaign by Office for People with Developmental Disabilities (OPWDD), encouraging people to get together in their communities to achieve full inclusion for EVERYONE.

Instructor: Natalie Reichel

Date: April 9-11

Location: Geneva NY 14456

Cost: TBD

Statue of Liberty and Ellis Island Tour

New York is a city of immigrants, and for many new Americans, their story began on Ellis Island. Follow in their footsteps with guided tour with New York Tour1, kicking off with a boat ride in New York Harbor. The first stop is Liberty Island, home to the Statue of Liberty, which served as a symbol of welcome to millions of immigrants. After a guided tour of the museum in the statue's pedestal and a stroll around, the tour continues back on the boat as it sails toward Ellis Island.

Date: Wednesday, May 29th

Time: 11 am

Location: Departs from Battery Park

Facilitator: Liana Medina



Rock and Roll Hall of Fame

Take a tour of the world famous Rock and Roll Hall of Fame to learn more about the most legendary artists in American history. This trip will include a visit to the current displays and exhibits in the Hall of Fame museum, and a chance to experience the vibrant culture of Cleveland, Ohio.

Date: TBD

Location: Cleveland, OH

Cost: TBD



Six Flags Great Adventure & Safari Welcomes Autism Day.

When: Wednesday, May 8, 2019

Where: Jackson, New Jersey

Cost: \$35 includes admission to the park



Adapt Community ASL Events

MoMa Museum Tour and Art Studio Program

(There will be a Sign Language Interpreter available for the tour)

Date: Tuesday, March 19th at 11:10 a.m.

Location: 4 West 54th Street (Education and Research Building)

Facilitator: Yvette Churchill

Deaf Awareness Event at Bronx Community College

Date: April (TBD)

Location: Bronx Community College 2155 University Ave, Bronx, NY 10453

Facilitator: Yvette Churchill

New York International Auto Show



(There will be a Sign Language Interpreter available for the tour)

Date: Wednesday, April 24th at 10:00 a.m.

Location: Jacob Javits Center

Facilitator: Yvette Churchill

What: Whitney Museum Tour and Art Studio Program

(There will be a Sign Language Interpreter available for the tour)

Date: May (TBD) 2019

Location: 99 Gansevoort Street New York NY 10014

Facilitator: Yvette Churchill

Recreation

Club Disco - Brooklyn

Description: Takes place one Friday a month. A light supper precedes 3 hours of non-stop music, dancing and socializing with a live DJ. The party is open to participants 18 years and older. Participants can rotate between the 175 Lawrence Ave, Brooklyn location and the 251 West 154th Street, Manhattan site. Must be enrolled in ADAPT'S Recreation Program

Music By: DJ Ernesto

Location: 175 Lawrence Avenue, Brooklyn

Dates and time: Brooklyn: 22nd (I Love the 80s)

March: Brooklyn 22nd (All Themes St. Patrick's Day)

April: Brooklyn: 26th (All Themes Spring Is In The Air)

May: Brooklyn: 17th (Themes: TBD)

Cost: FREE

Transportation requirements: Must provide your own means of transportation (parent/guardian, MTA or Access-A-Ride)

Club Disco - Manhattan

Description: Takes place one Friday a month. A light supper precedes 3 hours of non-stop music, dancing and socializing with a live DJ. The party is open to participants 18 years and older. Participants can rotate between the 175 Lawrence Ave, Brooklyn location and the 251 154th Street, Manhattan site. Must be enrolled in ADAPT'S Recreation Program

Music By: DJ Ernesto

Location: 251 West 154th street, Manhattan

Cost: FREE

Days and themes: February: Manhattan: 15th (Theme Valentine's Day),
March: Manhattan: 15th (All Themes St. Patrick's Day)
April: Manhattan: 12th (All Themes Spring Is In The Air)
May Manhattan: 10th (Themes: TBD)

Transportation requirements: Must provide your means of transportation (parent/guardian, MTA or Access-A-Ride)

Club Disco – Staten Island

Description: Takes place one Friday a month. A light supper precedes 3 hours of non-stop music, dancing and socializing with a live DJ.

Participants MUST Be Waiver Enrolled

Music By: DJ Ernesto

Location: 281 Port Richmond Avenue, Staten Island

Dates and time: February: 22nd (Theme Love Is in the Air)
March: 22nd (All Themes St. Patrick's Day)
April: 26th (All Themes Spring Is In the Air)
May: 17th (Themes: TBD)

Cost: FREE



Transportation requirements: Must provide your means of transportation (parent/guardian, MTA or Access-A-Ride)

Afterschool Programs:

All events take place during program hours per each program (Chester: 3pm – 5:30pm, Annex: 2pm – 5pm, Manhattan 3pm – 5:30pm and Bronx 3pm -5:30pm)

February: Valentine's Day Socials for all programs: 14th for all/13th for the Bronx

March: St. Patrick's Day Celebration: 15th for all/13th for the Bronx

April: Spring/Easter Celebration: 18th for all/17th for the Bronx

May: Memorial Day BBQ: 24th for all/22nd for the Bronx

Brooklyn Afterschool

Description: Committed to serving children and teens ages **5 to 17** years old. Our program is supervised by education professionals who create a welcoming environment with fun and creative activities, including but not limited to: arts and crafts, music, games, cooking groups, parties and plenty of opportunities for socializing and making friends.

Locations: PS 396 – 110 Chester St, Brooklyn

Times: Monday through Thursday; 3:00pm to 5:30pm

Cost: Free

Transportation requirements: Transportation is provided through the Office of Student Transportation.

Brooklyn Afterschool (ANNEX)

Description: Committed to serving children and teens ages **5 to 21** years old. Our program is supervised by education professionals who create a welcoming environment with fun and creative activities, including but not limited to: swimming, arts and crafts, music, games, cooking groups, parties and plenty of opportunities for socializing

Locations: 175 Lawrence Avenue

Times: Monday through Friday; 2:00pm to 5:00pm

Transportation requirements: Transportation is provided through the Office of Student Transportation.

Manhattan Afterschool

Description: Committed to serving children ages 5 to 12 years old. Our program is supervised by education professionals who create a welcoming environment with fun and creative activities, including but not limited to: arts and crafts, music, games, cooking groups, parties and plenty of opportunities for socializing

Locations: PS 138@30 - 144 East 128th street

Times: Tuesday through Friday; 3:00pm to 5:30pm

Cost: Free

Transportation requirements: Transportation is provided through the Office of Student Transportation.

Bronx Afterschool

Description: Committed to serving Autistic teens and young adults ages **13 to 21** years old. Our program is supervised by education professionals who create a welcoming environment with fun and creative activities, including but not limited to: arts and crafts, music, and games, cooking groups, parties, photography and plenty of opportunities for socializing

Locations: P721X: Stephen McSweeney School – 2697 Westchester Avenue

Times: Tuesdays and Wednesdays; 3:00pm to 5:30pm

Transportation requirements: Transportation is provided through the Office of Student



Recreation

*Individuals up to **age 40** can join the Recreation Department!*

Saturday Recreation:

All activities take place during program hours from 10:00AM to 3:00PM

February 16th: Valentine's Day Socials for all programs

March 16th: St. Patrick's Day Celebration

April 13th: Spring/Easter Celebration

May 18th: Memorial Day BBQ

Pals in Pairs

Friendship is ageless. In this group, adults enrolled in ADAPT's Brooklyn sites will be paired with a child in the Lawrence Avenue After-School program. By spending time together – mentoring, playing, working on projects and getting to know each other, we hope to create new bonds of friendship and natural support.

Age is just a number! Sign up and see if you could make a new friend!

Instructors: Alicia Angevine and Carly Okyle

Location: 175 Lawrence Avenue, Brooklyn

Date and time: Monday and Thursday 2PM-5PM

Cost: Free to members and non-members

Upcoming Programs & Events

We G★t Talent! *2019* *April 24, 2019*

The ADAPT Time Machine: We Change and Change the World

Performers perform an act from their favorite decade! Whether that means taking us back to the rocking 50's, the rolling 60's, the mellow 70's or hits from the 80's and 90's... this year's show is all about creativity changing through the years.

Madea's Farewell Tour!

Radio City Music Hall
Thursday, May 16, 2018 7PM show
Saturday, May 18, 2018 3PM show

Tickets \$50 each
First Come/First Serve.



Instructor Highlight

Hans Anggraito

Hans is the Swim Instructor and Life Guard at the 175 Lawrence in Brooklyn. Hans strongly believes that everybody, regardless of ability level (swimming or otherwise), can benefit from exercising in the swimming pool. Whether it's something relaxing like floating and stretching, or intense such as lap swimming, there is something for everyone in the pool.

In addition to working at the Adapt swimming pools, Hans also facilitates the weekly LGBTQ+ Allies group held at 175 Lawrence Avenue, Brooklyn. Hans draws from his experiences as a community activist in which he stands up for the rights of other New Yorkers. He is passionate in creating inclusive environments where all are welcome and free to express themselves.

Feel free to stop by the Lawrence Avenue pool and say hello to Hans. Remember to bring your swimming suit!



