

*Welcome*

# 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 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](mailto:CourseCatalog@adaptcommunitynetwork.org)**

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## ***Arts***

### **Art & Advocacy 102:**

Artists discuss current events that affects people with disabilities and plans and generates artistic responses. The art will often be geared towards design elements that work well on social media. This semester will include creating signs for the upcoming Disability Pride Parade.

*For more information on the Disability Pride Parade, please see page 42.*

**Instructor:** Natalie Reichel

**Location:** 251 West 154th St

**Day and time:** Thursdays, 1:00-2:00 pm

### **Pride Parade Sign-making**

This course will support advocacy and self-expression through the arts. Students will make signs to bring to the Pride festivities—*please see page 42 for event details.*

**Instructor:** Joyce Jimenez

**Location:** 5030 Broadway

**Days:** June 14  
June 21  
June 28



## **Life Drawing 102:**

This is your chance to get out and draw inspiration from the world around you! We will be taking trips to photograph and paint a large variety of beautiful and interesting things. Discussions will include context/history of the current subject as well as tips on how to draw and paint them. Subjects will vary from plants and landscapes, to animals, people, and even outer space!

**Instructor:** Natalie Reichel

**Locations:** See chart below

**Days and times:** Wednesdays starting June 26

*Trip times may vary, and outdoor events may change due to weather. For questions or trip confirmation, please email [coursecatalog@adaptcommunitynetwork.org](mailto:coursecatalog@adaptcommunitynetwork.org) one week prior to the trip.*

### **Trip Schedule:**

<b>Institution</b>	<b>Exhibition</b>	<b>Date/Time</b>
New York Botanical Garden	Azaleas	July 3
	Native Plants	August 7
	Perennials	September 4
	Walking tour	September 25
Bronx Zoo	Small Mammals	June 26
	Sea Lion Show & Asia	September 11
Natural History	Ocean Life	July 31
	Space	August 14
	Mammals	August 28
Central Park	Conservatory	July 10
	Bethesda Terrace	September 18
Swindler's Cove	Wetlands	July 17
Fort Tryon	Garden Trust	July 24
		August 21



## **Illustration 201: The Wizard of Oz Reimagined**

This focus group works with advanced artists to create illustrations based on the collective imagination of our Art & Advocacy 101 group. These illustrators will bring life to the characters of a unique version of the Wizard of Oz told from the perspective of advocacy for people with disabilities. Concepts such as character emoting and background illustration will play heavily in this course. This completed book will eventually be self-published and then brought on tour to libraries and schools.

**Instructor:** Natalie Reichel

**Location:** 5030 Broadway

**Day and time:** Fridays beginning in late July 1:30-3:00pm

July 19

August 2

August 9

August 23

August 30

September 6

September 13

September 27



## **Art Mentoring Internship: Lesson Planning and Co-facilitating to K-5 Students**

Artists can 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 weekly and forming a connection with the children.

**Instructor:** Natalie Reichel

**Location:** 175 W 134th St NY, NY

**Day and time:** Every Wednesday 11:00-2:00pm, June 6th through June 19<sup>th</sup>



## **Comic Creators**

Comic books like Batman, Superman, and Archie have stood the test of time, as they continue to develop iconic characters across generations. In this 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 newest installments of *The Adaptables*, 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 publication that is centered on superheroes with disabilities.

**Instructors:** Shaniece Frank, Carly Okyle

**Location:** 175 Lawrence Avenue, upstairs MPR

**Day and Time:** Wednesday, 10:30 am-12:00 pm



## **Comic Cosplay 101**

Don't just admire the comic characters you love – become them! In this course, we'll design, create, and assemble costumes evoking your favorite character. You won't need to wait for Halloween to have costume-centered fun. We'll also delve into the culture and history of Cosplay (costume play), from the 1990s to present day.

**Instructors:** Shaniece Frank, Taniqua Jones, Carly Okyle

**Location:** 175 Lawrence Avenue, MPR

**Day and Time:** Tuesday, 10:30 am – 12:00 pm



## **ASL, Art, and Community**

### **Whitney Museum Tour and Art Studio Program**

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

**Facilitator:** Yvette Churchill

**Location:** 99 Gansevoort Street New York NY 10014

**Date:** June 24, 2019 @ 10:15am

### **Guggenheim Museum**

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

**Facilitator:** Yvette Churchill

**Location:** 1071 5th Ave, New York, NY 10128

**Date:** August 2019 (Date TBD)



## **ASL Slam**

ASL Slam is an event which allows individuals from the Deaf community to express themselves through poetry using American Sign Language. This summer's show will feature special guest, Dack Virnig. Join us for an evening of creativity and expression!

**Facilitator:** Yvette Churchill

**Location:** Nuyorican Poets Café, 236 E 3rd St, New York, NY 10009

**Day and time:** Friday, June 7, 2019 6:00 pm – 8:30 pm

**Cost:** \$20.00 Admission *Cost for the beverages (soda/water) is a separate charge*

## **Elements of 3D Printing: Pocket Pals**

Students will learn to think and work in 3D design to gain a basic understanding of 3D printing and its components by using the platform using Tinkercad. Each student will design his or her own pocket pal, a character that can be clipped to his or her bags or carried around with them.

**Instructor:** Joyce Jimenez

**Location:** 5030 Broadway

**Day and time:** Tuesdays at 1:00pm



## **Art Club**

Art club is for students to come together in a creative environment designated for all things art. The topics and activities will vary based on the interest of the group. Video documentaries, art news, painting, window displays, and group projects are some examples of the topics that will be covered.

**Instructor:** Joyce Jimenez

**Location:** 5030 Broadway

**Day and time:** Wednesdays at 1:00pm



## **Open Studio**

This session is designated for 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

**Day and time:** Fridays at 1:00pm

## **The Tempest: Set Design**

Artists will be designing and creating the set for the upcoming play *The Tempest*. The scenic design will be showcasing interesting concepts while using found materials.

**Instructor:** Emely Luna

**Location** 2432 Grand Concourse

**Day and time:** Monday, 1:00-2:00 pm

### **Workshop Schedule:**

<b>Class</b>	<b>Description</b>	<b>Date/Time</b>
The Tempest: Script Analyzing	The script will be read and discussed during class. Some points of discussion will be characters, change of scenery, theme, dramatic techniques, and author's message.	June 10 <sup>th</sup> 12:00 PM- 2:00 PM
Scenic Design Discussion	We will discuss how students imagine the scene to look in terms elements and layout.	June 17 <sup>th</sup> 12:00 PM-1:00 PM
Set Design Blueprint	The set layout will be sketched on paper as a class project.	June 17 <sup>th</sup> 1:00PM- 2:00PM
Prop Design	Students will work together to create props for the stage. These props will include a palm tree, waves, and a piece from a ship wreck.	June 24 <sup>th</sup> , July 8 <sup>th</sup> , 15 <sup>th</sup> , and 22 <sup>nd</sup> 12:00PM- 2:00PM

# CRAFTS

## **Mind, Body, & Care Class**

The Mind, Body, & Care Class consist of making “do it yourself” projects that will help your mind relax, soothe the body, and teach you how to care for someone or something.

Join this course to create anything from body scrubs, lovely scents for diffusers, whipped body butters, lip balms, trips to learn how to make terrariums and much more. There will be classes available for beginners, intermediate, and advanced levels and students are free to take home what they make. You will have to reserve your spot with the instructor a week before class if you would like to participate (for supply purposes).

**Instructor:** Taniqua Jones

**Location:** 175 Lawrence Ave. / 1<sup>st</sup> Level MPR

**Day and time:** Thursday, 11:00 am

*For reservations please email Taniqua Jones at [tjones@ucpnyc.org](mailto:tjones@ucpnyc.org). Trip fees may vary.*

## **Summer Craft Making**

People supported, staff and community members are all invited to create Summer-themed craft projects. Each project will be divided into two workshops. Summer-themed projects include pot planting, sea shell picture frames, spray bottle art, and even plaster hand making. These workshops are for everyone that would like to try something new or just love to be crafty.

Everyone will be able to take home their unique and one-of-a-kind creations. All experience levels welcome and light refreshments will be served. You will have to reserve your spot with the instructor a week before class if you would like to participate (for supply purposes).

**Instructor:** Taniqua Jones

**Location:** 175 Lawrence Ave. / Upstairs Lunch Room

**Materials Fee:** \$10

**Day and time:** Wednesday, June 12<sup>th</sup> 10:30am – 12:00pm

Wednesday, June 19<sup>th</sup> 4:00pm – 6:00pm

Wednesday, July 10<sup>th</sup> 10:30am – 12:00pm

Wednesday, July 17<sup>th</sup> 4:00pm – 6:00pm

Wednesday, August 14<sup>th</sup> 10:30am – 12:00pm

Wednesday, August 21<sup>st</sup> 4:00pm – 6:00pm



*For reservations please email Taniqua Jones at [tjones@ucpnyc.org](mailto:tjones@ucpnyc.org).*

## **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 wirework.

**Instructor:** Natalie Reichel

**Location:** 5030 Broadway

**Time:** 4:00-6:00pm

**Dates:** One Thursday a month: June 20, July 18, August 22, September 19

# Cooking

## **Food & Art Design Club**

This class will allow you to find your inner Pablo Picasso through food and plating design. Each class you will be able to create a new master piece, using food as your art supplies. You do not have to know how to cook, or paint/draw. All you have to do is bring an open mind and a willingness to create something beautiful and abstract. Let's explore the wonderful possibilities of food art.

**Instructor:** Nzinga Ben-Jochannan (Zee)

**Location:** 630 Flushing Avenue

**Day and time:** Wednesday, 1:00-2:00 pm



## **Cooking 101**

This course is designed for those who would like to learn to cook but have little or no experience. Topics will include kitchen safety, menu-planning, hands-on instruction on basic kitchen techniques, and will focus on healthy but delicious recipes. All ability levels can participate.

**Instructor:** Nzinga Ben-Jochannan (Zee)

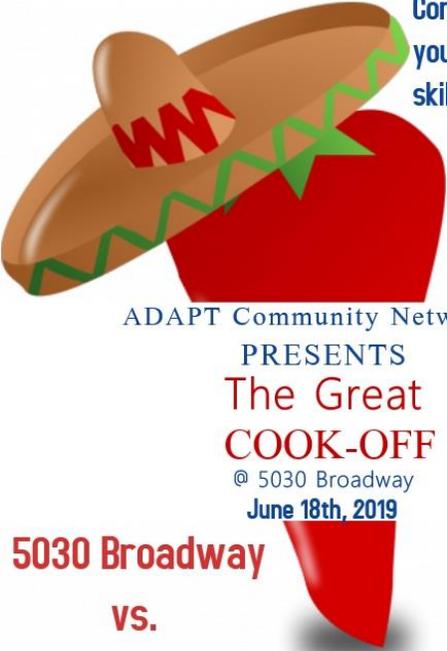
**Location:** 5030 Broadway

**Day and time:** Tuesdays, 1:00-2:00pm

**Location:** 175 Lawrence Ave.

**Day and time:** Fridays, 11:00am-12:00pm

# ADAPT COOK-OFF COMPETITION



Come show us your cooking skills

ADAPT Community Network  
PRESENTS  
The Great  
COOK-OFF  
@ 5030 Broadway  
June 18th, 2019

5030 Broadway  
vs.  
Grand Concourse

From 3-5pm

Teams should include 3-5 people, including one staff member. You will cook 1 dish, going against another day hab team. Your dish will be judged and the winner moves on to the next round. For further questions and instructions, ask/email the culinary specialist Nzinga(Zee) at [nben-jochannan@ucpnyc.org](mailto:nben-jochannan@ucpnyc.org)

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Come show us your cooking skills

ADAPT Community Network  
PRESENTS  
The Great  
COOK-OFF  
@ 630 Flushing  
June 17th, 2019

630 Flushing  
vs.  
Lawrence

From 3-5pm

Teams should include 3-5 people, including one staff member. You will cook 1 dish, going against another day hab team. Your dish will be judged and the winner moves on to the next round. For further questions and instructions, ask/email the culinary specialist Nzinga(Zee) at [nben-jochannan@ucpnyc.org](mailto:nben-jochannan@ucpnyc.org)

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*Winners from each competition will compete in the final round. Bring your creativity and your appetite!*

# *Theater*

## **Musical Theatre**

Come one and all to learn about the world of performance art. This group focuses on learning performance art through musical storytelling and dance.

**Instructor:** Gabbi Grenell

**Location:** 2432 Grand Concourse

**Day and time:** Friday, 10:30-11:30 pm

## **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, 12:30-1:30 pm



## **Play Writing**

If “All world’s a stage” then this is your chance to tell your story. We will work together to develop characters, story line and setting, and we will learn to consider stage directions. Bring your ideas and enthusiasm!

**Instructors:** Gabbi Grenell and Camila Kann

**Location** 110 Elmwood

**Focus:** British romantic comedy

**Day and time:** Tuesday, 10:30 am-11:45 pm

**Instructors:** Gabbi Grenell and Carly Okyle

**Location:** 408 137<sup>th</sup> Street

**Focus:** Original work about the 1960’s

**Day and time:** Thursday, 1:30 -2:30 pm

## **Theatre Group – Improv, Games, and Creative Play**

We’ll engage in games, exercises and improv techniques to start our engines and delve into creative play. These activities will help us develop important acting skills such as focus, imagination, suspension of disbelief, memorization and confidence. We’ll also look into character development, plots, genres, and creatively access how to stage a show.

**Instructor:** Camila Kann

**Location:** Lawrence Avenue - downstairs MPR

**Date and time:** Mondays @ 11am-12pm

## **Theatre as a Political Tool: How Can We Represent Our Own Stories on Stage**

Your story can make a change in society. We will explore a new form of theatre: Political Theatre, one which allows you to share your own stories, share your own experiences and advocate for your own 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 issues that are important to you such as accessibility, employment, relationships etc. Do you want to have your voices heard?

We will also be able to go watch a Forum Theatre performance to have a better understanding of it, so we can write our own script and develop our own show. We'll also attend different shows that explores the intersection between politics and theatre arts.

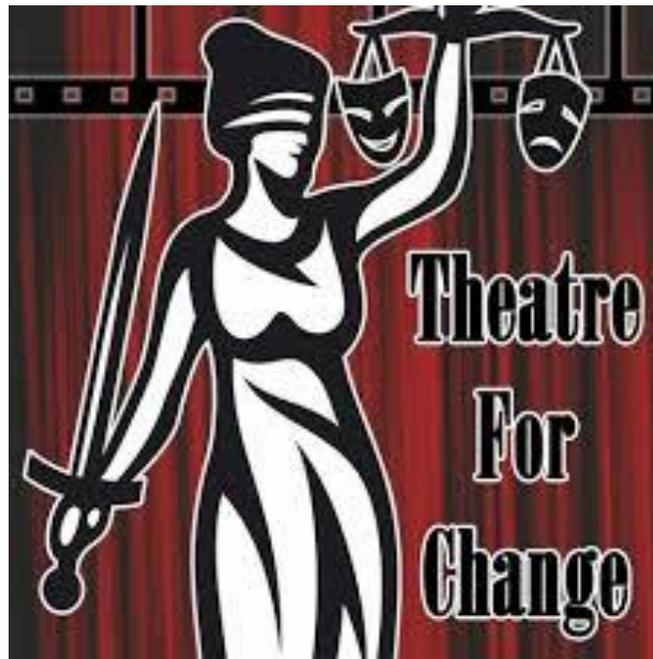
**Instructor:** Camila Kann

**Location:** Flushing Avenue - lunchroom

**Date and time:** Thursdays @ 11:00am-12:30pm

**Trip #1:** *Antigone in Ferguson* by Theater of War Productions  
Wednesday June 12<sup>th</sup>, 7:00-93:0pm

**Trip #2:** Forum Play Date TBD



## ***WILLIAM SHAKESPEARE SUMMER PERFORMANCE SERIES***

### **Romeo and Juliet**

This Romanic Tragedy set in Verona, Italy around the 1300s explores love & death, violence and loyalty. An age-old vendetta between two powerful families erupts into bloodshed. A group of masked Montagues risk further conflict by gatecrashing a Capulet party. A young lovesick Romeo Montague falls instantly in love with Juliet Capulet, who is due to marry her father's choice, the County Paris. Will Juliet reciprocate Romeo's love?

***Rehearsals for the cast will take place at Lawrence Avenue***

**Day and time:** Tuesdays and Wednesdays 1:30-3:00pm

**Performance dates and locations:** Lawrence Ave-August 14<sup>th</sup> and 15<sup>th</sup>  
Stillwell Ave- August 10<sup>th</sup>

**Time:** 1:00pm

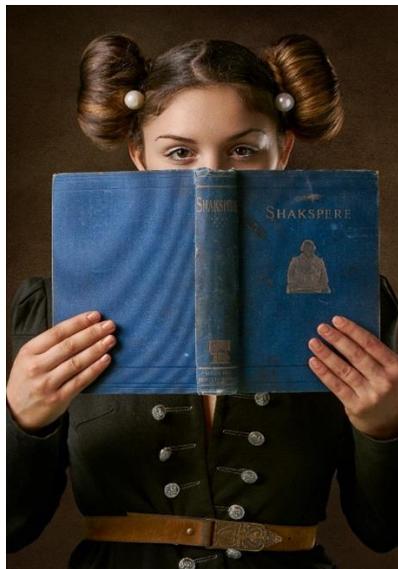
### **The Tempest**

Magic, Betrayal, Love and Forgiveness. Set on an island near Italy; Prospero the former duke of Milan and his daughter Miranda live on a deserted island. Prospero is a powerful magician who creates a storm that sets the scene for the play. Filled with trickery and revenge Prospero aims to get back at his brother and the queen. Will Prospero ever unite with his former title and get off this island? Only his magic can tell.

***Rehearsals for the cast will take place at 5030 Broadway***

**Performance dates and locations:** 5030 Broadway-August 7<sup>th</sup> and 8<sup>th</sup>  
Stillwell Ave- August 10<sup>th</sup>

**Time:** 1:00pm



# *Music*

## **Intro to Music Production**

This class will introduce students to the concepts and techniques behind modern music production in a fun hands-on approach. Every class begins with a simple vision, to make a musical idea come to life. Each student will be given the opportunity to contribute their ideas, whether it is through singing, utilizing the keyboard, or tapping out percussion. If music is something that puts a light in your life, then this is class for you!

**Instructor:** Jesse Kral

**Location:** 175 Lawrence Avenue

**Day and time:** Wednesday, 11:00am-12:00 pm



## **Fame & Encore Summer Tour Performance**

Fame & Encore from Clayton Productions in Salt Lake City Utah are two groups of Talented High School age performers. They sing and dance to energetic medleys including: Disney Medley, Newslies Medley, Suessical Medley and Motown Medley. They have lifted spirits all around the United States with their thrilling performances. This is a show that you don't want to miss!

**Instructor:** Jesse Kral

**Location:** 175 Lawrence Avenue, Brooklyn NY 11230

**Day and time:** Thursday, June 27<sup>th</sup>, 11:00 am

## **Summer Concert Series**

Music is the heart and soul of NYC in the summer, from block parties, to concerts in the park, and street fairs, one could not imagine a summer without it. This Summer Concert Series we will focus on exposing aspiring musicians to a variety of genres/performances throughout the city. We will take advantage of the city's fun and free musical offerings.

### **Series Schedule:**

<b>Venue</b>	<b>Performance By</b>	<b>Date/Time</b>
Prospect Park Bandshell	Tank and the Bangas / Cory Henry & the Funk Apostles	June 20 <sup>th</sup> 7:00PM – 10:00PM
Prospect Park Bandshell	Mick Jenkins / Leikeli47 / Leven Kali / Joy Postell	July 5 <sup>th</sup> 7:00PM – 10:00PM OR
	Jidenna / Anik Khan / DJ MOMA	July 26 <sup>th</sup> 7:00PM – 10:00PM
Rumsey Playfield Central Park	FELA! (Kuti) The Concert	July 31 <sup>st</sup> 8:00PM - 10:00PM
Rumsey Playfield Central Park	Elephant Man / Junior Reid / Estelle / Raging Fyah	August 10 <sup>th</sup> 6:00PM – 10:00PM
Tompkins Square Park	Carl Allen's Art Blakey Tribute / George Coleman Trio / Fred Hersch / Lakecia Benjamin	August 25 <sup>th</sup> 3:00PM – 7:00PM

**Instructor:** Jesse Kral

## **Summer Music Explorer Club**

In this course, students will have the opportunity to explore different type of Jazz music at two of our city's parks. The course is designed to expose students to music played by pianists as well as other instruments. The goal of this activity is for students to gain a new perspective and appreciation for Jazz.

### **Jazz from the New School**

**Location:** Union Square Park

**Date and Time:** June 13th thru August 15th - Every Thursday at Noon

**Facilitator:** Rob Seidman

### **Live Jazz and Ragtime**

**Location:** Bryant Park 42<sup>nd</sup> street (between 5<sup>th</sup> and 6<sup>th</sup> Avenue)

**Date and Time:** June thru September - Monday thru Friday from 12:30 pm – 2:30 pm

**Facilitator:** Rob Seidman

## *Education*

<b>Level</b>	<b>Subjects</b>	<b>Lessons</b>	<b>Goal</b>
<b>Beginner</b>	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
<b>Intermediate</b>	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
<b>Advanced</b>	Math Writing Social Studies Reading Comprehension Science Critical Thinking History	Fractions, multiplication, and 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

## **Learning Basic Math, and Phonics using Technology**

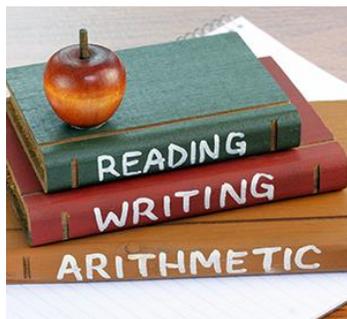
In this ongoing course, students will learn how to solve basic addition and subtraction equations using various applications on ipads such as Math Skill Builder Plus and Educational Bingo. Working in cooperative teams, students learn how to sound out sight words and further develop their phonetic awareness skills through the use of the Hooked on Phonics application on ipads. 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.

*Level:* Beginner-Intermediate:

**Instructor:** Jonathan Toth

**Location:** Lower level 281 Port Richmond Avenue Staten Island, NY 10302

**Day and Time:** Tuesdays, 12:30-1:30pm



## **Money Management**

Budgeting, saving, and spending are all some of the of the most important parts of money management. In this course, students will learn the basics of how to create and maintain helpful habits that are useful for shopping and understanding personal finances. All learning levels are welcomed.

*Level:* Beginner-Intermediate

**Instructor:** Dalila Deppe

**Location:** 154<sup>th</sup> Street

**Day and time:** Wednesdays at 154<sup>th</sup>, 1:00- 1:45pm



## **Preparing for the 2020 Elections**

In this monthly course, participants will discuss and review the political platforms of the current presidential candidates, the process and impact of voting, and progress of the election. This class will provide students with information that will help them make an informed election decision.

**Instructor:** TBD

**Location:** Lawrence and 5030 Broadway

**Day and time:** *Days will vary monthly—details will be shared one week prior to class*

### **Learning to Read with Music: Lip- syncing, karaoke, and reading lyrics**

Reading is a proven way to help develop strong learning skills, build vocabulary and improve memory. In this course, we will follow along to the lyrics of popular songs to make this reading group entertaining and interactive. Students will be provided with worksheets and ipads available at the program to read the lyrics. Students with smart phones are welcomed to use them as well.

Level: Beginner-Intermediate

**Instructor:** Dalila Deppe

**Location:** 154<sup>th</sup> at 5030 Broadway

**Day and time:** Thursdays at 5030 Broadway, 10:00-11:00am

### **Deep in Thought: A Course on Critical Thinking**

This course serves to offer information on the 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.

Level: Intermediate-Advanced

**Instructor:** Dalila Deppe

**Locations:** 154<sup>th</sup> location & 5030 Broadway

**Days and time:** 154<sup>th</sup>- Mondays and Tuesdays 11:00am– 11:30am  
Thursdays at Broadway location, 12:30 – 1:00pm

### **CUNY in the Heights**

Education gives us knowledge of the world around us and changes it into something better. With CUNY in the Heights, students can learn professional development and avail of educational assessments in state-of-the-art classrooms at CUNY in the Heights. Each assessment contains ten questions and has multiple- choice answers. Results are given immediately after the assessment and reviewed with the instructor.

**Instructor:** Dalila Deppe

**Location:** 5030 Broadway, 251 154<sup>th</sup> Street

**Day and time:** Thursdays, 1:00 -2:00pm, Broadway location  
Wednesdays, 10:00– 11:30am, 154<sup>th</sup> location



## **How Did the World Become What it is Today? Understanding Themes and Events Across Time**

This course is an opportunity for students to investigate how the issues that affect the global community developed across time. We will look at how contemporary issues from global warming, terrorism, racism, and human rights have their roots in several 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 21<sup>st</sup> century.

*Level:* Intermediate-Advanced

**Instructor:** Jonathan Toth

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

**Day and Time:** Thursdays, 1:00-2:00pm

## **Raising Awareness About Environmental Issues**

June 5<sup>th</sup> is World Environment Day which started in 1972 by the United Nations General Assembly. Its purpose is to stimulate worldwide awareness about environmental issues and their impact on humans. In keeping with the spirit of this important day throughout the month, students will learn about the causes of various environmental issues. We will cover wildlife habitat destruction, pollution and the carbon footprint, global warming and climate change. We will also explore what current solutions exist to solve these pressing issues.

*Level:* Intermediate-Advanced

**Instructor:** Jonathan Toth

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

**Day and Time:** Thursdays in June, 11:00am-12:00pm



## **Learning about the Americans with Disabilities Act Law**

July 26<sup>th</sup>, 2019 marks the 29<sup>th</sup> Anniversary of the Signing of Americans with Disabilities Act (ADA), a law enacted by the U.S. Congress in 1990 “to establish a clear and comprehensive prohibition of discrimination on the basis of disability.” Throughout this month students will learn more about what the ADA law, what led to its passing and its continued legacy.

*Level:* Intermediate-Advanced

**Instructor:** Jonathan Toth

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

**Day and Time:** Thursdays in July, 11:00am-12:00pm

## **Exploring the World**

In this course, students will be encouraged to discuss and identify a dream location they would like to visit someday. This might be a city, state, foreign country or popular tourist destination. Students will talk about what makes each place unique to them. We will learn about the history and highlights of each location. Students will also learn about all aspects of travel preparation. A few areas we will cover are: budgeting, transportation, lodging, planning itineraries, troubleshooting and how to adapt to new and exciting cultures. Everyone is welcome to come, dream big, and learn about our vast and diverse world.

*Level:* Beginner-Intermediate

**Instructor:** Sean Toth

**Location:** MPR room, 5030 Broadway

**Day and time:** Thursdays, 1:15-2:00 pm



## **The History of Juneteenth**

June 19<sup>th</sup> is known as Juneteenth or Freedom Day because it commemorates the announcement of the ending of slavery in the United States in 1865. During this lecture, students will learn about the history of this day and its impact on African American culture and American history.

**Instructor:** Jonathan Toth

**Location:** Elmwood

**Day and time:** Monday, June 17<sup>th</sup> at 1:00pm

## **Discovering Japanese Culture**

August 15<sup>th</sup> is the Feast of Lanterns which is a Japanese Buddhist custom to honor the departed spirits of one's ancestors. Celebrated for over 500 years, the event lasts for three days. In honor of this special holiday throughout August students will explore various aspects of Japanese culture. Education Specialist Sean Toth will be a guest speaker and will talk about the time he spent living in Japan as an English Language Instructor.

*Level:* Beginner-Intermediate

**Instructor:** Jonathan Toth

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

**Day and time:** Thursdays in August, 11:00am-12:00pm



## **Disability Studies Summer Intensive: Media**

**Course Description:** A critical overview of disability focusing on portrayal of people with disabilities in the Media. Studies will include local, national, and international perspective. Students will explore how disability has been historically presented in film, television, news and other media. This will allow for participants to make connections to how these events have worked to shape disability in the past, present & future.

Pre-Registration is required, and the class is limited to 10 Students. Successful completion of a disability studies course, or prior approval to attend required. Deadline for application for enrollment is July 1<sup>st</sup>.

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

**Instructor:** Kimberly Kerr, M.S. Ed,

**Location** 110 Elmwood Ave

**Day and time:** TBD

## **American Sign Language-Intermediate Level**

If there's ever a time to learn a new language, it's now. American Sign Language is the 4<sup>th</sup> most widely used language in the world of the Deaf and Hard of Hearing population. This class continues to engage participants by working on fully understanding Deaf Culture and its historical roots. In this level, participants are strongly encouraged to sign with their voices off, as this is a critical component to those who wish to fluidly sign. With discussions ranging from influential members that helped shape the Deaf community, to encouraging fluid conversation in 'Deaf Space', you will certainly develop the needed tools to be able to communicate with others not only in class, but within the NYC Deaf community. Participants are encouraged, and often attend Deaf meetups, ASL Slams, and various social outings to increase their skills. Classes are designed to help those communicate with little or no knowledge of ASL.

**Recommended Course Materials:** American Sign Language Dictionary. Author: Elaine Costello. Copies are available upon request

*Level:* Intermediate

**Instructor:** Elizabeth Botti

**Location:** Brooklyn Public Library- Kensington Branch, 4207 18<sup>th</sup> Ave.

**Day and Time:** Tuesdays, 11:00 am  
Fridays, 11:00 am

## **Sip and Sign**

Sip and Sign is a monthly meet-up with all the students from the ADAPT Community Sign Language Group. All 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, June 12<sup>th</sup> 10:00 a.m. - 2:00 p.m.

**Location:** Starbucks - Manhattan - 4 West 21<sup>st</sup> Street, New York, NY

**Date and Time:** - Monday, July 29<sup>th</sup> 10:00 a.m. - 2:00 p.m.

**Location:** Starbucks - Brooklyn - 154<sup>th</sup> N 7<sup>th</sup> Street - Brooklyn NY

**Date and Time:** - Monday, August 19<sup>th</sup> 10:00 a.m. - 2:00 p.m.

**Facilitator:** Yvette Churchill

## **Basic Sign Language**

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

**Instructor:** Yvette Churchill

**Location** 154<sup>th</sup> street

**Day and time:** Monday(s) 10:15 – 11:00am

**Instructor:** Yvette Churchill

**Location** 175<sup>th</sup> Lawrence Avenue

**Day and time:** Tuesday (s) 10:15– 11:00am

**Instructor:** Yvette Churchill

**Location** 2452 Grand Concourse – 2<sup>nd</sup> Floor

**Day and time:** Wednesday (s) 10:45– 11:30am

**Instructor:** Yvette Churchill

**Location** 5030 Broadway

**Day and time:** Fridays (s) 10:15 – 11:00am



## **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:** Monday, June 14<sup>th</sup> 1:00pm

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

**Facilitator and Presenter: Yvette Churchill**

**Topic: Deaf History** –Former fullback for the Seattle Seahawks, 1986 Academy Award winner for Best Actress, 1995 Miss America winner, 18<sup>th</sup> century German composer and pianist., what do all these people have in common? They are all famous Deaf individuals. This lecture will discuss their lives and how we can begin to have a different perspective of what Deaf individuals can accomplish despite their disability.

**Date:** Friday, August 2<sup>nd</sup> 10:00 am

**Location:** 5030 Broadway

**Facilitator and Presenter: Yvette Churchill**

## **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

Tuesdays at 10:00am, 2432 Grand Concourse

## **Travel Training with Technology**

In this course, students will learn to utilize different features of Google maps to plan and prepare for traveling.

**Instructor:** Kamran Nadir

**Day, Time, Location:** 154<sup>th</sup> Street-Thursdays, Flushing Ave-Tuesdays-10:00-11:30am



## **HIPPA 101**

During this course, students will learn about the Health Insurance Portability and Accountability Act of 1996 (HIPPA) and how this impacts their daily lives.

**Instructor:** TBD

**Location:** Lawrence and 5030 Broadway

**Day and time:** *Days will vary monthly—details will be shared one week prior to class*

## **Medication Administration 101**

This class mirrors the

## **Growing Plants Without Soil: An Introduction to Hydroponics**

Students will explore plant growth and the advantages of Hydroponics systems. Through experience they will gain the basic skills needed to work the day to day operations of a Hydroponics operation including seeding, transplanting, calibrating nutrient salts and pH, pest management and harvesting. Students will strive to improve the operation of the Hydroponic greenhouse and to develop ways to use this resource for community development.

**Instructor:** Jonathan Toth

**Location:** Lower level 281 Port Richmond Avenue, Staten Island, NY 10302

**Day and Time:** Ongoing the first and third Tuesday of every month 1:30-2:30 pm



## ***Book Clubs & Library Activities***

### **Elmwood Book Club**

Books are a way of entering new worlds, meeting new people, and going on adventures. Come listen to and discuss literature at book club. In past classes, we've read works from Judy Blume and Arthur Miller. We learn about symbolism, discuss character development, and expand our vocabulary all while reading classic books that have stood the test of time.

**Instructor:** Carly Okyle

**Location:** 110 Elmwood Ave, Room 102

**Day and Time:** Wednesday, 1:30 am-2:30 pm

### **Bronx Book Club**

Books are a way of entering new worlds, meeting new people, and going on adventures. Come listen to and discuss literature at book club. In past classes, we've read works from Jerry Spinelli, and there are many other renowned authors to explore. We learn about symbolism, discuss character development, and expand our vocabulary all while reading classic books that have stood the test of time.

**Instructor:** Carly Okyle

**Location:** 408 137<sup>th</sup> Street

**Day and Time:** Friday, 10:30 am-12:00 pm

### **Book Club**

Don't just read a story-get immersed in one! In this on-going course, students follow along with the fiction or nonfiction story being read. Students who want to practice/ improve their reading have the option of reading loud to the group. As we read, students discover new vocabulary and writing techniques such as symbolism and personification. Each class, students discuss and summarize what they have read, paying attention to plot and character development. It's so much fun that you won't realize how much you're learning. *Level:* Intermediate-Advanced \*open to all students interested in improving their literacy.

**Instructor:** Jonathan Toth

**Location:** Work Preparedness Room 630 Flushing Avenue Brooklyn, NY 11206

**Day and Time:** Wednesdays, 1:30-2:30pm

### **NYPL on Kingsbridge Road: Education games using digital tablets**

Students attend a course at the NYPL twice a month 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 assist 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:** 2<sup>nd</sup> floor conference room, 610 E. 186<sup>th</sup> St., Bronx, NY 10458

**Day and time:** Monthly on Wednesdays, 11:00-12:30pm



# ***Computer and Technology Classes***

## **Intro to Computers**

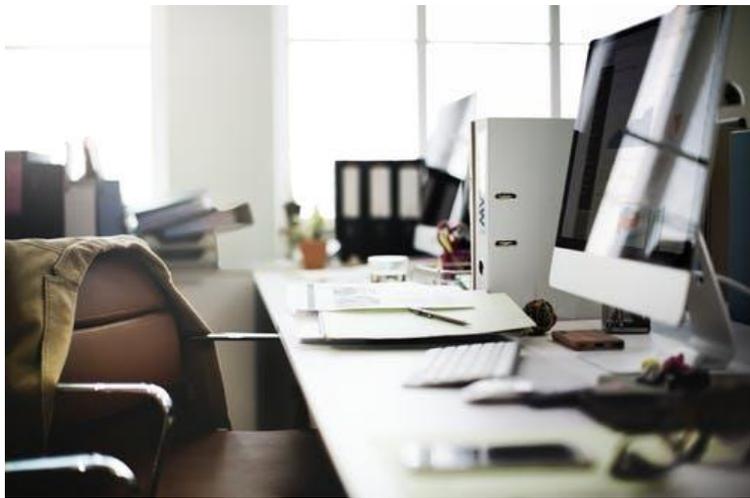
This course is for beginners who have little or no experience with computers. Students will be introduced to the basic hardware such as keyboards, mouse and adaptive technology. After learning the basics, students will learn how to access the internet, use e-mail, and access information through search engines.

*Level:* Beginner

**Instructor:** Alicia Locure

**Location:** 175 Lawrence Avenue

**Day and time:** TBD, begins July 2019



## **Microsoft Office for Job-Seekers**

This course is for people who already use computers and would like to improve their understanding of Microsoft Office to work in an office or other field that requires computer proficiency. Students will be introduced to the basic functions of Microsoft Word and Excel. After learning the basics, students will learn how to create documents and spreadsheets.

*Level:* Intermediate/Advanced

**Instructor:** Alicia Locure

**Location:** 5030 Broadway

**Day and time:** TBD, begins July 2019

## **ADAPT @ Apple**

During this day trip to the Apple Store, participants will learn to use the voice-to-text feature and voice recognition apps on iPhones and iPads.

**Facilitator:** Yvette Churchill

**Location:** Apple Store at Grand Central Station – 2<sup>nd</sup> Floor

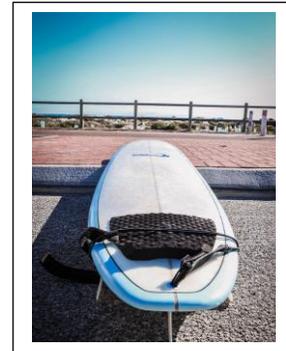
**Day and time:** Thursday, June 13<sup>th</sup> @ 10:30 am



# *Health, Wellness, and Adaptive Sports*

## **Adaptive Sailplane Flights**

Experience the thrill of flight in an adaptive sailplane. The sailplanes are towed to a height of 3,000 feet and guided back to earth by a licensed pilot with training and expertise in working with people with disabilities. Join Freedom Wings International in an unforgettable experience.



**Instructor:** Freedom Wings International

**Trip Facilitator:** Shirley Charles

**Date and Time:** Wednesday, July 31<sup>st</sup>, Trip Departs from Belsky Residence at 7 am, expected return time 7 pm.

**Advanced Registration Required**

**Cost:** \$20

## **Adaptive Surfing with Life Rolls On**

Having a disability doesn't mean that surfing is out of reach. This bi-coastal event that empower paraplegics and quadriplegics to experience the freedom of mobility by riding a wave with the assistance of adaptive equipment and the support of hard-working volunteers. This program has the unique ability to engage and bridge the able-bodied and disabled communities, as they collaborate to push the bounds of possibility for those with a disability.

*Free, but Pre-Registration Required*

**Instructors:** Life Rolls on with support from Shirley Charles and Shantale Bramble-Donaldson

**Location:** Rockaway Beach, Beach and 67<sup>th</sup> Street, Avenue, Queens, NY, 11692

**Date:** Saturday, July 27<sup>th</sup>, 8:30 am-4 pm



## **Sports Tutorials**

- Batting Cages/Mini-Golf – Turtle Cove
- Adaptive Tennis – Pelham Bay Park
- Adaptive Volleyball – St James Rec Center
- Basketball - 5030

Sport provides the opportunity for physical improvements such as stronger muscles, enhanced cardiovascular aerobic levels and improved motor skills.

Sport also creates an environment that allows our athletes to develop crucial life skills. Participation in sport teaches about teamwork, cooperation, working towards objectives and handling defeats and disappointments. Team sports also enable our athletes to acquire and develop leadership and organizational skills.

On the emotional and psychological levels, sport helps in developing stronger self-esteem and personal sense of worth and alleviates depression and anxiety.

Essentially, sport can enhance the lives of the disabled and help them lead a more fulfilling and productive life.

**Instructor:** Shantale Bramble-Donaldson

**Day and time:** Wednesdays, 11:00-2:00pm



## **ADAPT Workout Video**

We will be creating a workout video for and facilitated by our ADAPT community. Athletes will get the opportunity to show off their athletic skills and motivate others. The video will have the original exercise and modification version for different types of athletes.

*To be included in the videos, participants must have a current signed media release form*

**Instructor:** Shantale Bramble-Donaldson

**Location:** 137<sup>th</sup>, 5030, 154<sup>th</sup>, Stillwell, and Grand Concourse

**Day and time:** Starting June 20, 2019

## **Row New York**

Recreational rowers enjoy the fun, challenge, relaxation, teamwork, and health benefits offered by the sport of rowing. The sport is especially suited to adaptive athletes, as it can easily be customized to different levels of ability. This program is for anyone with a disability looking to learn a new activity or experienced rowers who enjoy rowing for fitness. Rowers meet weekly to learn the rowing stroke, improve technique, gain strength, develop confidence, make new friends, and be a part of a growing adaptive community in New York City. Rowing will take place either on the indoor rowing machine or on boats with our highly qualified and experienced coaches.

**Location:** World's Fair Boathouse

**Day and Time:** July 2019



## **Holiday Hills**

Holiday Hills gives our athletes a chance to have a full day of constant activities. This beautiful 200-acre resort has been providing first-class food, service, facilities and entertainment to groups of many sizes for over 60 years. They love to welcome our group for a day of fun and relaxation.

**Instructor:** Shantale Bramble-Donaldson

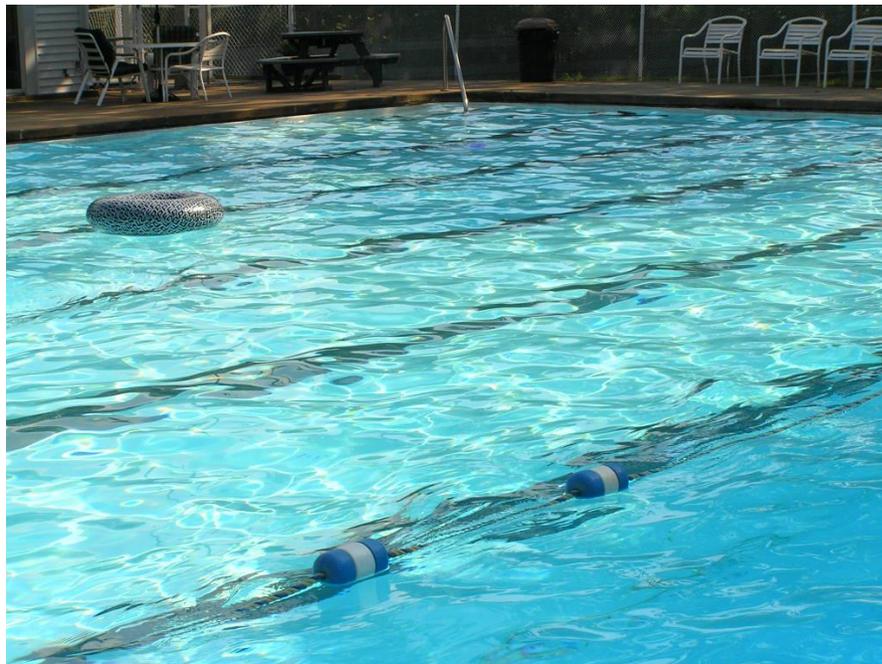
**Day and time:** August 2019

# SWIMMING LESSONS

- ❖ One on 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 request an appointment:

Contact Hans Anggraito at  
[HAnggraito@adaptcommunitynetwork.org](mailto:HAnggraito@adaptcommunitynetwork.org) or 718 436  
7600 Ext 332  
Or email  
[CourseCatalog@adaptcommunitynetwork.org](mailto:CourseCatalog@adaptcommunitynetwork.org)



## **Swim Lessons**

Whether you are a beginner who has never been out of the shallow end, or already know how to swim and want to improve your skills, swim lessons are a great form of exercise. We offer one-on-one lessons as well group lessons tailor-made to your needs and preference.

*Prerequisites: Pool Permission and Medical Clearance required.*

**Instructors:** Sheila Romero and Hans Anggraito

**Location:** 175 Lawrence Avenue Pool

**Day and time:** Monday-Friday, 11:00AM to 3:00pm (Call to schedule)



## **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 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:** Tuesday, 11:00am to 12noon

## **Saturday Swim**

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

*Prerequisites: Pool Permission and Medical Clearance required.*

**Lifeguards:** Sheila Romero and Hans Anggraito

**Location:** 175 Lawrence Avenue Pool

**Day and Time:** Every Other Saturday of every month, 10:00 am to 2:00 pm

## **Swimming at Brighton Beach**

What is the ultimate summer activity? Going to beach and swim in the ocean, of course! This summer join us in Brooklyn's Brighton Beach for some Sun and Swim. Discover that many NYC beaches are accessible for all swimmers regardless of disabilities. Let's go to the beach and swim!

*Pool Permission and Medical Clearance required. Also required are water-proof sunscreens, beach/swimming shoes and polarized goggles (along with bathing suit and towel, of course). Beach wheelchairs and coast guard-approved life jackets will be provided if needed.*

**Facilitators:** Sheila Romero and Hans Anggraito

**Location:** 175 Lawrence Avenue Pool

**Day and time:** Trip 1: Week of August 19-23

Trip 2: Week of August 26-30

11am-2pm

*\*Exact Dates TBD pending weather forecast. For more information, please email Hans Anggraito at [Hanngraito@ucpnyc.org](mailto:Hanngraito@ucpnyc.org) or [CourseCatalog@adaptcommunitynetwork.org](mailto:CourseCatalog@adaptcommunitynetwork.org)*



# Media Arts

## Video Editing 101

This beginner/intermediate course would focus extensively on Video Editing. We would be working primarily with the software Adobe Premiere and other free alternatives as the need may arise. Our aim here is to correct any imperfections and enhance certain aspects of a video. We would explore how to sync external audio with the main video, removing unwanted noise from a video, color correcting and grading, adding titles and transitions to a video and exploring different video formats for different mediums. The aim of this course is for the students to build on the skills they previously learnt in the hopes of helping with projects within the agency, promoting themselves or for commercial purposes.

**Instructor:** Adewale Raji

**Location:** 110 Elmwood Avenue

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

## 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. Central Park will serve as our creative muse as we explore the different areas throughout the summer—details are listed in the chart below.

**Instructor:** Alisha Wedemier

**Location:** 2432 Grand Concourse

**Day and time:** Tuesdays 11:00 am – 12pm



Central Park Location	Day and time
Conservatory Garden	July 9th
The Pool	July 16th
East Meadow	July 23 <sup>rd</sup>
Harlem Meer	July 30 <sup>th</sup>
Conservatory Water	August 6th

# *Self-Advocacy*

## **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 or Daniel Harrison

**Dates and time:** Thursday, June 20<sup>th</sup>, 11:00 am, 251 W. 154<sup>th</sup> St.

Thursday, July 18<sup>th</sup>, 11:00 am, 110 Elmwood Ave

Thursday, August 15<sup>th</sup>, 11:00 am, 5030 Broadway

## **Disability, Diversity, and Inclusion**

This course celebrates diversity, specifically the individuality within the community of people with disabilities. Diversity is an ongoing conversation that needs to be supported and reinforced. By recognizing people's similarities and differences, we can become better and learn to unite as a community. We will learn how to advocate as a team and learn the impact of team effort. We will learn about communication, person-first language, the use of labels and accessibility. Adaptations should suit ability, not disability.

**Instructor:** Liana Medina

**Location:** 175 Lawrence Avenue

**Day and time:** Friday, 10am-11am

## **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



## **LGBTQ+Allies Presents: At the Intersection of Queer Identities and Immigration**

LGBTQ+Allies group will welcome community organizer Ximena Ospina. She is a community organizer with New York State Youth Leadership Council, the first undocumented youth led organization in New York state working to empower undocumented immigrant youth. She will talk about her work in NYSYLC, as well as how we can learn to become great allies for immigrant communities.

**Facilitator:** Ximena Ospina, Hans Anggraito  
**Location:** 175 Lawrence Ave., Brooklyn  
**Day and Time:** Friday June 7<sup>th</sup>, 1:00-2:00pm



## **The 1<sup>st</sup> LGBTQ Intellectual/Developmental Disability Conference**

This conference will provide people who stand at the intersection of identifying as LGBTQ as well as being part of communities of people with disabilities, a unique opportunity to learn, grow and connect.

**Contact:** Hans Anggraito, Peter Cobb  
**Location:** AHRC Nassau, 189 Wheatley Road, Brookville, New York  
**Day and Time:** Wednesday June 5<sup>th</sup>, 9:00am-2:00pm

## **Brooklyn Museum: Nobody Promised You Tomorrow: Art 50 Years After Stonewall**

Nobody Promised You Tomorrow: Art 50 Years After Stonewall commemorates the fiftieth anniversary of the 1969 Stonewall Uprising—a six-day clash between police and civilians ignited by a routine raid on the Stonewall Inn, a gay bar in New York City—and explores its profound legacy within contemporary art and visual culture today.

**Trip Organizer:** Hans Anggraito  
**Location:** Brooklyn Museum, 200 Eastern Parkway, Brooklyn  
**Day and Time:** Friday July 26<sup>th</sup>, 12:00-3:00pm

## **Harlem Pride 10<sup>th</sup> Anniversary**

2019 marks the 10<sup>th</sup> anniversary of Harlem Pride. This year we also commemorate the 100<sup>th</sup> anniversary of the Harlem Renaissance, the 50<sup>th</sup> anniversary of the Stonewall Uprising, and the celebration of World Pride in NYC! We hope you'll join us in enjoying and honoring the resilience and impact of such important milestones. Harlem Pride will include community entertainment and local vendors.

This is an outdoor event that will go on rain or shine. Please dress appropriately, including sun protection.

**Trip organizer:** Hans Anggraito

**Location:** 12<sup>th</sup> Ave. West 135<sup>th</sup> Street, NY, NY

**Day and time:** Saturday, June 29, 12:00-2:00pm



# SAVE THE DATES

## Self-Advocacy Association of New York State Regional Conference

**LET'S MAKE IT HAPPEN!**

“See me first, not my disability”

**SAVE THE DATE**

**REGIONAL SELF-ADVOCACY CONFERENCE**

JUNE 27, 2019

**CUNY Hunter College**

2180 3rd Avenue

New York, NY 10035



*To Register, contact Liana Medina or Rob Seidman*

# Disability Pride Parade July 14, 2019



Let your star shine and participate in our CREATIVITY theme at this year's parade. Costumes, floats, hats, T Shirts, decorated wheelchairs, etc... are all encouraged. Let your imagination run wild. There will be awards handed out for the most creative ideas.

GATHER AT MADISON SQUARE 10 AM -  
PARADE PROCEEDS DOWN BROADWAY AT 11 AM  
TO UNION SQ PARK - FESTIVAL STARTS IN  
UNION SQUARE PARK 12PM - 3 PM.



Mayor's Office for  
People with Disabilities

Visit us at: [disabilitypridenyc.org](http://disabilitypridenyc.org)



## ***Trips, Tours and Excursions***

### **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:** Tuesday, June 13th

**Time:** 11 am

**Location:** Departs from Battery Park

**Facilitator:** Liana Medina

### **Root Farm Adaptive Sports Adventure**

This three day/ two night trip will enable athletes to participate in adaptive rock climbing, horseback riding, zip-lining and a fully adaptive treetop adventure course. Participants will also get an interactive greenhouse tour, and evening fun includes a pool party at the hotel.

*The Root Farm is focused on learning and healing for people of all ages and abilities through the power of equine, agricultural and recreational experiences. -Root Farm*

**Dates:** August 12-14

**Time:** Depart from Belsky at 6 am, return Wednesday evening

**Facilitator:** Shirley Charles

**Cost:** \$225 includes hotel, transportation and activity fees



### **Six Flags Great Adventure**

Enjoy a day of fun and adventure in one of the world's most famous theme parks! There is a ride or experience for all levels of thrill seekers. Seats are limited so reservations will be necessary.



**Facilitators:** Program sites

**Location:** Jackson, New Jersey

**Date:** August 30<sup>th</sup>

**Cost:** \$40 per person

## **Adaptive Fishing**

Enjoy a day of adaptive fishing with Captain Kip. Participants will learn at the guidance of the captain and experience fishing from a boat. All equipment is provided.

Facilitator: Alicia Angevine

**Dates:** Friday June 21<sup>st</sup>, 2019

Friday, July 19<sup>th</sup>, 2019

**Time:** 10:00am

**Location:** 754 Shorewalk, Lindenhurst, NY

For more information please email Alicia Angevine at [Aangevine@ucpnyc.org](mailto:Aangevine@ucpnyc.org)

## **Museum of disAbility History**

The Museum of disABILITY History is dedicated to advancing the understanding, acceptance and independence of people with disabilities. The Museum's exhibits, collections, archives and educational programs create awareness and a platform for dialogue and discovery.

Note: This excursion is part of the Spring Disability Studies Course. First priority will be given to students who have successfully passed the class.

**Dates:** July 17-19

**Time:** Depart from Elmwood 10 am, return Friday afternoon/evening

**Facilitator:** Kimberly Kerr

**Cost:** \$200 includes hotel, transportation and admission fees to the museum

*For meals and souvenirs, please bring additional money*



## 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 251 154<sup>th</sup> Street, Manhattan site. Must be enrolled in ADAPT'S Recreation Program

**Music By:** DJ Ernesto  
**Location:** 175 Lawrence Avenue, Brooklyn  
**Dates and time:** Brooklyn:  
June: Brooklyn 21st (Theme: 50s Sock Hop)  
July: Brooklyn: 19th (Theme: TBD)  
August: Brooklyn: 30th (Theme: TBD)

**Transportation requirements:** *Must provide your 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 251 154<sup>th</sup> Street, Manhattan site. Must be enrolled in ADAPT'S Recreation Program

**Music By:** DJ Ernesto  
**Location:** 251 West 154<sup>th</sup> street, Manhattan  
**Days and themes:** June: Manhattan: 14th (Theme: Summer, Summer, Summertime!),  
July: Manhattan: 12th (Theme: TBD)  
August: Manhattan: 9th (Theme: 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:** Various Staff DJs  
**Location:** 281 Port Richmond Avenue, Staten Island  
**Dates and time:** June: 21st (Theme: 50s Sock Hop)  
July: 19th (Theme: TBD)  
August: 30th (Theme: TBD)

**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)**

June: End of Year Celebrations for all programs: 12<sup>th</sup> for the Bronx/13<sup>th</sup> for the Chester/14<sup>th</sup> for Manhattan and Annex



### **Brooklyn Afterschool (Chester)**

**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 Pupil 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 Pupil 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 Pupil Transportation.*



## **Bronx Afterschool**

**Description:** Committed to serving teens and young adults, who are on the **Autism Spectrum**, 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 Pupil Transportation*

## ***Recreation***

### **Saturday Recreation:**

**All activities take place during program hours from 10:00am to 3:00pm**

**Locations:** 175 Lawrence Avenue, Brooklyn  
251 West 154<sup>th</sup> street, Manhattan  
281 Port Richmond Avenue, Staten Island

## ***Recreation/Summer Camp***

### **A.C.T.I.O.N Camp - Brooklyn**

**Description:** A.C.T.I.O.N (Adolescents Coming Together In Our Neighborhood) Day Camp is eligible for **Brooklyn** resident teens and young adults, ages **13-21** years old who reside at home. Our program includes recreational and socialization activities such as swimming, use of adaptive gym and many adventurous and exploratory outings.

**\*Participants MUST Be Waiver Enrolled\***

**Location:** 175 Lawrence Avenue, Brooklyn

**Dates and time:** Camp takes place during the late summer gap between the end of most summer school programs and the start of the school year  
**August 13<sup>th</sup> – August 30<sup>th</sup>, 2019**

**Transportation requirements:** *Transportation is provided*



## ***Upcoming Programs & Events***

### **Pals in Pairs**

If you're interested in meeting and mentoring younger kids, this group is for you. Twice a week, participants will work with the children's after school program to assist the children with art projects, read stories, hand out snacks, and bond. You'll be making a difference, and you might even make a new friend in the process!

**Instructors:** Alicia Angevine, Children's Program Staff, Carly Okyle

**Location:** 175 Lawrence Ave, Room 121

**Day and Time:** Mondays and Thursdays, 3:00 – 4:00 pm

## ***Learning Communities***

### **NYU Tandon Disabilities Studies Course Program**

In this program, selected students serve as consultants to help teach NYU Tandon Design and Engineering students about inclusivity and navigating the world as people with disabilities. There is an application process and pre-registration is required. Applicants must be committed to the program and agree to attend class every Monday session throughout the Winter Semester. Now accepting applications for the Fall 2019 Semester.

***The deadline for registration is August 21<sup>st</sup>, 2019 to apply, contact Peter Cobb or Jonathan Toth.***

**Instructor:** Professor Allan Goldstein/Education Specialist Jonathan Toth

**Location:** Room 803, 8<sup>th</sup> Floor 2 Metrotech Center Brooklyn, NY 11201

**Day and Time:** Mondays, 10:30am-2:10pm

### **Mouse Design League Program.**

In this program, selected students from Adapt Community Network act as Volunteers at the MOUSE Program. The Volunteers assist MOUSE Design League students in designing assistive technology prototype projects, that help to solve the physical issues that people with disabilities face. There is an application process and pre-registration is required. Applicants must be committed to the program and agree to attend every Mouse Design League meeting and event. Now accepting applications for the Winter/Spring 2020 Mouse Design League Program.

***The deadline for registration is December 12, 2019 to apply, contact Peter Cobb or Jonathan Toth.***

**Instructor:** Mouse Coordinator Maggie Muldoon/ Education Specialist Jonathan Toth

**Location:** Mouse Design League Headquarters 16<sup>th</sup> Floor, 55 Broad St New York, NY 10004. Other meeting locations in Manhattan include the Cooper Hewitt Design Museum and the New York Public Library Main Branch.

**Day and Time:** Once a month on Tuesday 4:00-6:00pm. The program runs from January to Early June 2020.



# **Adapt Family Fun Day 2019**

**Saturday,**

**September 14, 2018**

**11AM to 5PM**

**1780 Stillwell Ave**

**Hausman Campus**

**Bronx, NY 10469**

For information contact  
[ProjectConnect@adaptcommunitynetwork.org](mailto:ProjectConnect@adaptcommunitynetwork.org)  
Or call (877) 827 2666  
or  
[CArce@adaptcommunitynetwork.org](mailto:CArce@adaptcommunitynetwork.org)  
or call 212 683 6700 Ext. 1285



## ***Instructor Highlight***

### **Gabbi Grenell, Theatre Specialist**

Gabbi is our Theatre Specialist. She is currently conducting rehearsals for the upcoming August performances of William Shakespeare's *Romeo and Juliet* (Brooklyn) and *The Tempest* (Manhattan and the Bronx) She is also instrumental in the production of our annual "We Got Talent" Show! Gabbi is responsible for introducing play writing to our ADAPT Theatre Community. In the photo below, she facilitated the opportunity for some ADAPT theatre fans to meet cast members from the Broadway Musical "Once on This Island." Gabbi brings theatre to life with her bubbly personality and never ending enthusiasm.

Thank you Gabbi for bringing theatre to life at ADAPT.

