

The office of the Inclusion Support and Special Needs Program is located on the first floor of the Elmwood Community Center. Please contact the ECC main office at 860-561-8160 or Dani Brown, Special Needs Coordinator, at 860-561-8194 or Dani.Brown@WestHartfordCT.Gov with any questions or comments. Conversations regarding inclusion assistance for programs in this guide must take place at least two weeks prior to program start date.

Adaptive Zumba

Age 14 - Adult

This inclusive class is perfect for everybody! Each adaptive Zumba® class is specifically designed with modified and lower intensity movements. Once the music takes over, participants will forget that it's exercising; it's that much fun! *Instructor: Jessica Poon.*

PROGRAM #	DAY	DATES	TIME	RES/NRES
384701A	Wednesday	05/8 - 06/12	6:00 - 7:00P	\$49

LOCATION: ELMWOOD COMMUNITY CENTER

Register in person or call Elmwood Community Center at 860-561-8160.

Fabulous Fridays at the ECC

Age 16 - Adult

Friday night events at ECC are offered for teens and adults with special needs. Staff from the Special Needs Program provide supervision of a GENERAL NATURE ONLY. Guests requiring additional assistance may bring a helper or friend at no additional charge. Group home staff are required to remain on site. The fee charged includes light refreshments and any advertised food or craft materials. Tickets may be purchased at the door (if available) for an additional fee of \$4.

DAY	DATE	TIME	DESCRIPTION	FEE
Friday	04/05	6:00 - 8:00P	Prime Time Social @ ECC	\$15
Friday	04/26	7:00 - 9:00P	Spring Has Sprung Dance	\$15
Friday	05/03	6:00 - 8:00P	Klub Karaoke	\$15
Friday	05/31	6:00 - 8:00P	Pajama Jam	\$15
Friday	06/21	6:00 - 8:00P	Pool Party at Cornerstone	\$15
Friday	07/12	7:00 - 9:00P	Summertime Bingo	\$15
Friday	08/16	7:00 - 9:00P	Klub Karaoke	\$15

LOCATION: ELMWOOD COMMUNITY CENTER

Register in person or call Elmwood Community Center at 860-561-8160.

Self-Advocacy Support Group for Adults with Disabilities

Age 18+

Come join us on the first Wednesday of every month to discuss ways in which you can learn self-advocacy skills and discuss topics of importance in a safe environment. The program is co-sponsored by the Department of Developmental Services (DDS) and the Special Needs and Inclusion Support Program. Registration is not required but is preferred. *Facilitator: Yana Razumnaya - Self-Advocate Coordinator (DDS).*

DAY	DATE	TIME	FEE
Wednesday	4/3, 5/1, 6/5, 7/3, 8/7	5:00 - 6:00P	No charge

LOCATION: ELMWOOD COMMUNITY CENTER

Registration is not required but is preferred.

Please email yana.razumnaya@ct.gov to register.

Silent Spring Fling **NEW!**

Age 5 - 21

In conjunction with West Hartford Special Education PTO, we are proud to offer this new event. The Silent Spring Fling is a silent dance party experience designed specifically for individuals with sensory sensitivity. The DJ will spin a live set of dance favorites through wireless Bluetooth headphones allowing attendees to control their own volume levels. This is an all-inclusive affair for students of West Hartford and neighboring towns. Parents are strongly encouraged to attend, and enjoy the parent lounge where you can relax and connect with other members of the community for free, or pay the ticket price for the wireless Bluetooth headphones and attend the event. Babysitting is NOT available. One-on-one assistance will NOT be provided.

DAY	DATE	TIME	FEE
Friday	05/11	7:30 - 9:30P	\$10

LOCATION: ELMWOOD COMMUNITY CENTER - AUDITORIUM

To purchase tickets, go to <http://bit.ly/silentstickets>

Soccer Shots Empower **NEW!**

Age 6 - 21

Soccer Shots EMPOWER provides children with disabilities a safe place to learn and grow! It encourages social development, participation and fun through the game of soccer. The program and curriculum are built around a continuum of multisensory strategies, and we provide a progression of activities to gain confidence, balance, movement and basic soccer skills. Empower encourages the use of visuals and participant helpers, and can be modified to accommodate children's needs. We celebrate participation, growth and having fun each week. This program's six-week sessions are split into two ages categories: Session A: ages 6 - 13; Session B: ages 14 - 21. **No Class: 5/25.**

PROGRAM #	DAY	DATES	TIME	RES/NRES
384201A (age 6 - 13)	Saturday	04/27 - 06/08	12:00 - 1:00P	\$10
384201B (age 14 - 21)	Saturday	04/27 - 06/08	1:00 - 2:00P	\$10

LOCATION: ELMWOOD COMMUNITY CENTER - AUDITORIUM

Register in person or call Elmwood Community Center at 860-561-8160.

Teen and Adult Social Club

Age 13 - Adult

Come join us for a drop-in social club every second and fourth Tuesday of each month at The Underground in Bishop's Corner. General supervision will be provided by the Special Needs Program staff and group home staff are expected to stay on site. We'll have crafts, video games, air hockey and music for everyone to enjoy. Harry's Pizza Bishops Corner is right upstairs so feel free to get a pizza and come down to enjoy it with your friends.

DAY	DATE	TIME	FEE
Tuesday	04/23	6:00 - 8:00P	\$5
Tuesday	05/14	6:00 - 8:00P	\$5
Tuesday	05/28	6:00 - 8:00P	\$5
Tuesday	06/11	6:00 - 8:00P	\$5
Tuesday	07/09	6:00 - 8:00P	\$5
Tuesday	07/23	6:00 - 8:00P	\$5
Tuesday	08/13	6:00 - 8:00P	\$5
Tuesday	08/27	6:00 - 8:00P	\$5

LOCATION: THE UNDERGROUND - BISHOPS CORNER

The Underground is located at 740 North Main Street in Bishop's Corner. It's in the Crossroads Plaza (where Big Y is located) across from the Post Office. Registration is not required to attend this program.