

# Fall

## Community Recreation Program

SEPTEMBER, OCTOBER, NOVEMBER, DECEMBER 2014

### PROGRAM HIGHLIGHTS

- **Swim Lessons**
- **Cooking Classes**
- **Kayaking**
- **Fall Hayride**
- **Holiday Party!**

### INSIDE THIS ISSUE:

Recreation Programs	2-7
Enrollment	8
How to Register	8
Payments	9
Transportation	9
Registration Form	10

People of all ages and abilities participate in CP Rochester's Community Recreation Program, from preschoolers to adults. The primary goal of our program is to provide opportunities for individuals who have a disability to develop recreation skills and interests while providing a break for the caregiver.

Although we are continuing to offer group and family-oriented outings, we encourage parents to take advantage of the respite service so that caregivers can have a break through our recreation programs. Programs that are in the section "Programs for Individuals" are intended to be respite in nature.

This program is community-based and participant-driven. We encourage families and participants to make suggestions and provide feedback on the programs that are offered.

Most of our activities take place in the community; some are local and others explore venues outside of Monroe County. We are always open to working with new partners and venues, so if you know of a great resource, please feel free to share them with us!

#### Primary Contact:

Nicole Fulle, Community Services Supervisor

**Email:** [nfulle@cprochester.org](mailto:nfulle@cprochester.org)     **Ofc:** 585-334-6000 ext 2282

#### Secondary Contact:

Kelley Murphy, Community Services Manager

**Email:** [kmurphy@cprochester.org](mailto:kmurphy@cprochester.org)     **Ofc:** 585-334-6000 ext 2271

**On-Call Supervisor:** 585-330-0625



**Opening Doors. Enriching Lives**

# Individual Swim Lessons



Instruction is provided by our Adapted Physical Education teacher and swimming instructors and is designed for individuals who have special needs. Students will receive 30 minutes of instruction and will work toward developing independent swimming skills and increased safety awareness in the water.

***Space is limited! Please indicate your preferred time on your registration form and include a second choice.***

## **REGISTRATION OPENS AUGUST 29 for Program 1**

CP Rochester Pool, 3399 Winton Road S, 14623

**Program # 1:** Fri, Sept 12, 19, 26, Oct 3, 10, 17

**Make-up date:** October 24

**Lesson Times:** 4:00pm, 4:30pm, 5:00pm, 5:30pm, 6:00pm

## **REGISTRATION OPENS OCTOBER 3 for Program 2**

***We will not process registrations received prior to 10/3***

CP Rochester Pool, 3399 Winton Road S, 14623

**Program # 2:** Fri, Nov 7, 14, 21, Dec 5, 12, 19

***NO Make-up date***

**Lesson Times:** 4:00pm, 4:30pm, 5:00pm, 5:30pm, 6:00pm

**For each swim program the cost is: \$75 per person**  
**Ages: 3 and up**

**Make-up date:** If CP Rochester has to cancel a swim class, we will use the make-up date that is scheduled. If we are not able to offer a make-up date and CP Rochester cancels a class, we will offer a credit to be used toward a future recreation program. We do not offer refunds for missed classes due to illness or schedule conflicts.

*Due to the closure of the Al Sigl Pool this summer, we are pursuing avenues in the community to offer swim lessons at another venue. This is an opportunity to use a larger-sized pool for swimmers who are working on swim development and stamina!*

# Bowling League

Whether you enjoy bowling for fun or for competition, we will bowl weekly and celebrate at the end of the league with a pizza party & award ceremony. You will be grouped into teams and scores will be kept each week. Bumpers & bowling ramps are available!

## Mondays

**Program # 3:** Sept 15, 22, 29, Oct 6, 20, 27, Nov 3, 10, 17, 24 (10 dates; no bowling on Oct 13)

**Cost:** \$85

**Deadline:** April 11

**Ages:** 8 and up

**Time:** 6:00-7:30pm

**Group Size:** Limit 25 people

**Location:** AMF Fairview Lanes, 1407 Fairport Rd, 14450



# Kayaking

Enjoy a leisurely paddle this summer and discover Rochester from the water. Each participant will be paired with a CP Rochester volunteer to assist with paddling & balancing the kayak (or canoe). You will likely see plenty of songbirds, swans, geese, turtles, and other animals in their natural habitat. Basic paddling instruction will be provided. All participants must wear a lifejacket (provided) and be comfortable in the water.

**Ages:** 10 and up

**Program # 4:** Tuesday, Sept 16      **Deadline:** Sept 12

**Time:** 5:00-6:00

**Cost:** \$20

**Location:** Bay Creek Paddling Center, 1099 Empire Blvd, 14609

**Rain Date:** Tuesday, Sept 23

**Program # 5:** Monday, Sept 22      **Deadline:** Sept 19

**Time:** 5:00-6:00

**Cost:** \$20

**Location:** Erie Canal Boat Co, 7 Lift Bridge Lane, Fairport

**Rain Date:** Monday, Sept 29



*Paddling is weather-dependent; if the weather is very rainy or cold we may have to use the scheduled 'rain date'.*

## Dinner Out at Olive Garden

Get together with friends or come out and meet someone new! This program is for young adults who are looking to get out into their community and enjoy a fun evening out to dinner.

**Program # 6:** Friday, November 7

**Deadline:** October 31

**Time:** meet at 5:30pm

**Ages:** 18 and up

**Location:** 532 Jefferson Rd, Rochester 14623

**Cost:** Bring approx \$15-20



## Holiday Party

The holidays are not far off...come celebrate with us at the Burgundy Basin Inn! Adults who receive services at CP Rochester will come together for an evening of food, fun, music and dancing. The DJ spins some holiday tunes during the dinner hour (dinner is a hot buffet), then turns it up for some dancing. Join us!

**Program # 7:** Thursday, December 11

**Deadline:** December 2

**Time:** 7:00-9:30pm

**Cost:** \$25 per person

**Ages:** 18 and up

**Location:** Burgundy Basin Inn, 1361 Marsh Rd, Pittsford

## Shared Ski Adventures

Shared Ski Adventures is an adaptive Learn to Ski Program that helps people with disabilities to develop independence in alpine skiing (or snowboarding). The program takes place at Swain Resort from early January to mid-March. Registration for this program takes place in the fall. Volunteer instructors are trained to assist students and offer an individualized learning environment. This is a wonderful way to stay active during the winter months, have fun, and get outside! For more information or to receive the registration information, **contact Nicole at 334-6000 ext 2282.**

# Gymnastics @ SUNY Brockport



Jump, run, flip, and be creative in this gymnastics class at SUNY Brockport that is supported by students in the Physical Education program. Participants are kept moving from station to station and are matched up with a volunteer throughout the class. Try out the balance beam, roll and flip on the mats, hop over the horse, bounce on the (small) trampoline, and everyone's favorite, hop

into the big foam pit to relax at the end of class! If you are interested, please sign up for the program so that I can follow up when specific dates are confirmed for the Fall.

**Program # 8:** Saturdays, late September through early December (approx 6 classes)

**Time:** 9am-9:45am

**Ages:** 6-13

**Class length:** 45 minutes

**Cost:** FREE

**Group Size:** Limit 8 kids

**Location:** SUNY Brockport, Tuttle Building Gymnastics room

## Rochester Museum & Science Center

Imagine and discover a world you can't see! Learn about nanoscale science, engineering and technology in an exciting interactive exhibit. You can also enjoy the permanent exhibits of the RMSC during your visit.

**Program # 9:** Saturday, September 27

**All Ages**

**Program # 10:** Saturday, October 18

**Program # 11:** Saturday, November 22

**For all dates:**

**Time:** Museum opens at 10:00am

**Deadline:** 1 week prior to date

**Location:** RMSC, 657 East Ave, Rochester

**FREE Admission** for participants & immediate family/caregivers

## Cooking Class @ Tops!



Learn how to cook delicious food with the guidance of Tops Cooking Instructors and the support of CP Rochester staff.

### **Muppet Mania**

Muppet madness is alive & well after the amazing recent movie! Recreate some of our own designs of these adored characters: Kermit's green apples and Dip, Miss Piggy in a blanket, Animal's hairballs, Scooter's savory stagehand snacks, The Swedish Chef's meatballs, Fozzie Bear-y peanut butter cookies, Dr. Bunsen Honeydew's punch potion.

**Program # 12:** Friday, September 26

**Deadline:** September 19

**Cost:** \$15 person

**Ages:** 8 and up

**Time:** 6-8pm

**Location:** 3507 Mt. Read Blvd, Rochester 14616

## Fall Fun at Cobble Creek Farm

Join friends for some fall fun! We'll meet up and explore all the activities at the farm, which includes a fall foliage hayride, corn maze, pumpkin hollow, duck races, and we'll enjoy cider & a donut! This is a respite event for individuals who are independent in the community. Families are welcome to join the group as well.

**Program # 13:** Sunday, October 5

**Time:** Meet at 11am

**Deadline:** September 26

**Cost:** \$8/person

**Location:** Cobble Creek Farm, 5161 West Ridge Rd,  
Spencerport



## Out at the Movies

Bring a friend or come meet someone new! We will meet up at the Regal Theatre at Greece Ridge Mall to watch a movie. Discount tickets are available from CP Rochester if purchased in advance.

**Program # 14:** Saturday, November 15

**Deadline:** October 31

**Time:** meet at 5pm at Regal Cinema in the mall

**Ages:** 16-25

**Cost:** \$7 per ticket (if purchased in advance from CP Rochester)

**Location:** Regal Cinema at the Greece Ridge Mall, 176 Greece Ridge Center Dr, 14626

## In the Works...

We have a few leads for programs that we would like to offer you, but they are not yet finalized. However, if you are interested in any of these opportunities, please let us know by sending us an email or giving us a call! When the details are set, we will be able to reach you to share the information.

- **Horseback Riding** **Email:** [nfulle@cprochester.org](mailto:nfulle@cprochester.org)
- **Learn To Bike Clinic** **Ofc:** 585-334-6000 ext 2282

## CP Rochester Gala: An Evening of Stars

**Save the date!** CP Rochester is hosting a brand new, exciting, elegant event on **Saturday, September 27**: an Evening of Stars. We will recognize the founders of our agency and those who continue to help it thrive. This gala event, being

held within the transformed walls of our Winton Campus, promises to be a night to remember. All guests will enjoy an evening of camaraderie, cocktails, exquisite food, silent and live auctions, and wonderful entertainment. Tickets are

\$100 each. All proceeds benefit CP Rochester's mission to support individuals with disabilities.



# The Enrollment Process

1. Contact your Medicaid Service Coordinator
2. Complete an Intake Packet for Respite Recreation  
—> Available at [www.cprochester.org/recreation.asp](http://www.cprochester.org/recreation.asp)
3. Submit your completed Intake Packet to the Intake Coordinator  
[mail to CP Rochester at the address listed in the box below]
4. Obtain approval for Recreation Respite services

In order to participate in Respite Recreation Programs, individuals:

- Must have Medicaid
- Must be enrolled in the HCBS waiver
- Must have received approval for the service from CP Rochester
- Must participate in a Respite Recreation Program annually

# How to Register for Programs

**All required intake documentation must be received and processed prior to registering for an event or program.**

A) Complete the registration form on the last page of this brochure and mail it to:

CP Rochester,  
3399 Winton Road S  
Rochester, NY 14623  
Attn: Recreation

B) EMAIL your registration information to [nfulle@cprochester.org](mailto:nfulle@cprochester.org); please include all the information that is required on the registration form so it can be processed correctly.

A confirmation letter will then be sent to you confirming the date(s) and time of the activity. Please keep this as a reminder of your upcoming programs. **Prior to program registration, staff must ensure that all the required documentation is in place for each person, and at times we must follow up with your Medicaid Service Coordinator. Thank you for your patience while we process your registration.**





# Payment

## **Please do not send payment with your registration form.**

The confirmation letter will include payment details. Sending payment in with your registration will not guarantee a spot in the program. You may call or email to check on the status of your registration:

Phone: 334-6000 ext 2282 / Email: nfulle@cprochester.org

## **Program Fees**

We try our best to offer low or no-cost recreation programs. However, we do incur expenses beyond basic staffing and this is why there are fees listed for many activities. If there is a cost listed for the program, that is the fee that must be paid in order to participate. This cost applies to all participants.

**If you are enrolled in the HCBS Waiver, you still have to pay the fee that is listed for that activity. The same applies to individuals who are enrolled in the Care At Home Waiver.**

We will provide a receipt for payments made to CP Rochester for Recreation Programs. You may choose to submit your receipt for Family Reimbursement—please contact your Medicaid Service Coordinator.

## **Payments or Cancellations**

Payments or cancellations must be made by the program's registration deadline. After the deadline has passed, you may be responsible for any payments made by CP Rochester to hold your spot in a community program; please notify us as soon as possible in the event of a cancellation. Past due payments will affect registration for future recreation programs. In the event that a program is cancelled by CP Rochester, we will issue a voucher that can be used toward future recreation programs; **we do not issue refunds.**

## **Please make checks payable to: CP Rochester**

# Project Access Transportation

Project Access is a person-centered service that provides, assists, and promotes independence to individuals with disabilities living in the community.

### ***Who is eligible? People who:***

- Live in Monroe County
- Live with a family member
- Have a documented disability

### **Hours of Operation:**

Monday through Friday, 5pm-9pm  
Saturday & Sunday, 10am-9pm

**For more information or to schedule rides, call the Project Access Coordinator:**

585-334-6000 ext 2281



3399 Winton Road South  
Rochester, NY 14623

Tel: 585-334-6000 x267  
Fax: 585-334-1646  
Email: nfulle@cprochester.org

Community Recreation Program September, October, November, December 2014 Registration Form								
Participant's Name:								
<p><i>Please <u>do not</u> send in payment with your registration form. You will receive a confirmation letter with payment details once your registration has been processed.</i></p>								
PROGRAM INFORMATION					OFFICE USE			
Program #	Time / Session	# Youth	# Adults	Accessible seating?	Dbase Conf	Cost	Date Paid	Check #
					DB / C			
					DB / C			
					DB / C			
					DB / C			
					DB / C			
					DB / C			
					DB / C			
					DB / C			
<b>OFFICE USE:</b> Check #: _____ Total: _____ Receipt sent								

<b>CONTACT INFORMATION: <i>Has anything <u>changed</u>? Please let us know!</i></b>	
<b>Phone Number(s):</b>	<input style="width: 50%; border: none;" type="text"/> <input style="width: 50%; border: none;" type="text"/>
If you wish to be added to our email distribution list that provides information about upcoming events, freebies, or community resources, you can provide it below. We do not share your email address with others.	
<b>Email:</b>	<input style="width: 70%; border: none;" type="text"/>