



## Changes in the Community Recreation Program...

If you have been a participant in our recreation programs for some time, then you are aware that as of April 1, 2009, CP Rochester's Community Recreation became an hourly respite waiver service through Individual & Family Support Services. To complete this transition, the Recreation Program has now moved under the management of Kelley Murphy, who reports to Lisa McMullin, Director of Individual & Family Support Services at CP Rochester.

Tina Bennett continues to manage volunteers and related projects but will also be assuming new responsibilities within the agency this year. Working with President Brian Klafehn, Tina will take on primary responsibility for Fund Raising and Development within CP Rochester. She will oversee general fund raising and fundraising events within the agency with the support of Marketing and Communications staff as well as other agency staff. Although I will miss working with Tina directly and the energy & resources she has brought to the Recreation Program through the years, we all wish her the best on her new path...and I know she will continue to assist our programs as best she can!

If you have any questions about the recent changes, please feel free to contact us! 585-334-6000 x210

## About the Community Recreation Program...

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 develop lifetime recreation skills and interests and to offer support to people with disabilities and their families **on a respite basis**.

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 pass along the contact information!

## Find Us On The Web!

CP Rochester has renovated the website—visit the Recreation page for testimonials and this calendar online! [www.cprochester.org/recreation.asp](http://www.cprochester.org/recreation.asp)

You can also visit a related site for CP Rochester's Adaptive Ski Program, Shared Ski Adventures, at: [www.sharedskiadventures.org](http://www.sharedskiadventures.org)

## Hourly Waiver Respite Service Eligibility

If you live with a family member and have a documented developmental disability, you may qualify for hourly waiver service funding. This Medicaid Waiver Service allows us to offer discounts on some of our programs. For more information or to request an application, please call our recreation team at 334-6000 x210. Our recreation program is now a waiver service that can be used to maintain Medicaid Waiver enrollment if needed.

This change in the structure of the Community Recreation Program to an Hourly Waiver Respite Service took effect as of April 1st, 2009. Prior to that, we had been part of the Family Support Services Grant.

## Payments

Payments or cancellations must be made by the program's registration deadline. If we have not received payment one week prior to the event's date or start of the session and you have not contacted us, we will assume that you are not going to participate in this program anymore. Past due payments will affect registration for future recreation programs.

In the event that a program is cancelled, we will issue a voucher that can be used toward future recreation programs; **we do not issue refunds**.

## Group & Family Outings

### Wild Ocean & Song of Africa

At the Strassenburgh Planetarium

The giant-screen film Wild Ocean captures spectacular breaching whales, feeding sharks, diving gannets, and massive bait balls during a yearly feeding frenzy in the oceans of South Africa as billions of sardines migrate up the KwaZulu-Natal Coast. The Cinemuse hi-def program THE SONG OF AFRICA is a visual and musical celebration of Africa captured by photographer Tadayuki Naito, with music by percussionist Hiromiki Okano. With music and no spoken words, The Song of Africa expresses the timeless rhythms of life on the savannah. Show runs approx 70 mins.

**Program # 18**

**Date:** Sunday, January 24

**Time:** 2:30pm

**Registration Deadline:** January 12 **Cost:** Free

**Location:** Strassenburgh Planetarium, 657 East Ave 14607

**Group Size:** Limit 40 people

### Maple Syrup Weekend at Genesee Country Village & Museum

Enjoy this wonderful springtime tradition and discover how trees produce nature's candy, maple syrup!! You will learn how maple syrup is made and how production has changed over the years; take a walk through the woods and taste the sap from the maple trees, and enjoy the sights & sounds of spring!

**Program # 19**

**Dates:** Saturday, March 13th

**All Ages**

**Time:** 10:30am

**Respite Waiver fee:** \$3 adults >18 / \$2 for youth <17

**Non-respite fee:** \$5 adults >18 / \$4 youth <17

**Location:** Genesee Country Village & Museum, Nature Center: 1410 Flint Hill Rd, 14511

**Registration Deadline:** March 5th

*Optional: a pancake breakfast will be served at the Nature Center between 9am-1pm for an additional fee. Please make these arrangements individually with the Nature Center if interested.*

### Behind the Scenes Tour of Geva Theatre!

This tour will step you through how plays come to life! Take a peek at the set on the stage, follow our guide through the costume shop, rehearsal hall, and then head downstairs to take a look at the actors' green room. You will also get a chance to look into the prop shop and costume storage areas and see all the wonderful creations that are used on stage for plays!

### Theatre Young Kids Enjoy Presents

#### James & the Giant Peach

Wizzpopping wonder and fruit-filled fun abound in this kid-friendly stage adaption of Roald Dahl's greatest adventure story. James is a lonely young boy who is forced to do chores all day long for his self-absorbed aunts in England. One day, a mystical old man gives him a bag of magic. When he accidentally spills it near an old peach tree, the most incredible events begin to happen! Join James on his spellbinding journey of a lifetime, accompanied by a menagerie of hilarious friends including a sparky centipede, heroic earthworm, musical grasshopper, resourceful spider and many more colorful characters!

*This show is interpreted.*

**Program # 20**

**Ages:** 4 and up

**Date:** Saturday, March 20

**Time:** 3:30pm

**Cost:** \$13 per ticket

**Registration Deadline:** March 5

**Location:** Hart Theatre at the JCC  
1600 Edgewood Ave, 14618

**Group Size:** Min 10 people needed for group rate

### Breakfast with the Easter Bunny

The Easter Bunny will be visiting the Elks Lodge again this year to greet all the girls & boys, bringing a basket of goodies for each. Join us for breakfast with the Bunny!

**Program # 21**

**Date:** Saturday, March 27

**Cost:** Free

**Time:** There will be 2 seating times

~ 8:30am & 11am

**Location:** Henrietta Elks Lodge

3525 East Henrietta Road, 14467

**Registration Deadline:** March 12

**Group Size:** Limit 30 people per seating

**Program # 22**

**Date:** Monday, February 15

**Time:** 11:00am

**Registration Deadline:** February 5

**Cost:** Free for Respite Waiver

\$2 for all others

**Location:** Geva Theatre, 75 Woodbury Ave, 14607

**Group Size:** Limit 10 people

**Get Up, Get Out, Get Moving!**

**Gym Games!**

Discover (or rediscover!) the fun games you have played with friends: kickball, scooter soccer, pin dodge ball, soccer, and much more! Come on out to the gym at CP Rochester with your friends or make some new friends while getting fit and having fun! Register for one or multiple dates.

**Program # 13**

**Ages:** 5-12 years old      **For all abilities**  
**Time:** 5:00-6:00pm

**Games, Fun & Fitness**

Mike Tuller, Adapted Physical Education Specialist, will get you moving and having a blast with various activities and games in this small-group fitness class. The focus is on teaching alternative fitness activities that will increase the endurance and strength of participants yet be enjoyable and can be duplicated at home with friends & family. Register for one or multiple dates.

**Program # 14**

**Ages:** 10 and up      **For all abilities**  
**Time:** 6:00-7:00pm

**For above programs:**

**Dates:** Tuesdays, January 12,19,26, Feb 2,9,16

**Cost:** \$6 per date for Respite Waiver / \$10 per date for non-respite

**Location:** CP Rochester Gym, 3399 Winton Rd South, 14623

**Deadline:** one week prior to date

**Lead Staff:** Mike Tuller

**Group Size:** Min 6 people

**Bowling League**

Whether you enjoy bowling for fun or for competition, join us out at Fairview Lanes for our bowling league! We meet 10 times and finish off the league with a pizza party & award ceremony to celebrate. You will be grouped into teams and scores will be kept each week. Bumpers & bowling ramps available!

**Program # 15**

**Ages:** 8 and up

**Date:** Wednesdays, Jan 13, 20, 27, Feb 3, 10, 24  
 Mar 3, 10, 17, 24

**Time:** 6:30pm-8:30pm

**Cost:** \$70 Respite Waiver fee  
 \$80 fee for all others

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

**...In Collaboration with SUNY Brockport Adapted Phys Ed...**

**Gymnastics**

Jump, run, flip, and be creative in this gymnastics class at SUNY Brockport that is supported by members of the Gymnastics Team & students in the Adapted Physical Education program. Each student will work one-on-one with college volunteers as the students rotate through various activities setup in the gym. Kids are kept moving the whole time and are rewarded with free time in the "big foam pit" at the end!

**Program # 16**      **Ages:** 6-10

**Dates & time:** To be finalized: begins in February

**Cost:** Free for Respite Waiver  
 \$25 for all others

**Location:** SUNY Brockport, Tuttle building

**Group Size:** Limit 8 kids per class

**In-Line Skating**

Get moving this winter and learn how to in-line skate at SUNY Brockport! This program is supported by students in the Adapted Physical Education program and participants will work one-on-one with a volunteer. The classes will take place in a multi-purpose room and adaptations will be made as needed to assist with balance as you learn! All skates and safety gear will be provided.

**Program # 17**      **Ages:** 6-10

**Dates & time:** To be finalized: begins in February

**Cost:** TBA

**Location:** SUNY Brockport, Tuttle building

**Group Size:** Limit 8 kids per class

**The Recreation Team**

**Director of Individual & Family Support Services**

Lisa McMullin      lmcnullin@cprochester.org

**Manager of Community Recreation:**

Kelley Murphy      kmurphy@cprochester.org

**Community Recreation Supervisor:**

Nicole Fulle      nfulle@cprochester.org

**Adapted Physical Education Specialists:**

Ben Hawkins & Mike Tuller

**Relief Recreation Specialists:**

Margaret Altieri, Jen Dizon, Nancy Lopez

**Recreation Line:** 585-334-6000 x210

**Recreation Cell Phone:** 585-330-8921

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**Explanation of Program Fees**

Although we try our best to offer low or no-cost recreation programs, in order to cover our expenses, it is often necessary to have a fee for each activity. You will note that for most activities, there is a **Respite Waiver Fee** vs a "fee for all others".

The **Respite Waiver Fee** is applicable only to individuals who are enrolled in the Medicaid Waiver Program, live at home, **and** use a recreation program as respite.

If a parent or caregiver chooses to participate in the activity as well, or if a respite worker is on-the-clock and bringing an individual to a recreation program, that's fine—however you would not be eligible for the Respite Waiver Fee in these instances—you would pay the "fee for all others".

**Please call with any questions or for clarification!** 585-334-6000 x210

**Project Access Transportation**

Project Access is a person-centered service that provides, assists, and promotes independence to individuals with disabilities living in the community. If you are an individual who has a developmental disability and living in Monroe County with a family member, you may be eligible for the Project Access Transportation Service offered by CP Rochester. If you are eligible for Project Access, this service may be used for transportation to and from recreation events during their hours of operation.

**PLEASE NOTE:**

**The Recreation Program will no longer be doing any scheduling or payment for rides for any recreation programs effective 1/1/2010. It will be the individual's responsibility to contact the Project Access Coordinator to pay for & schedule any rides.**

**Project Access Coordinator:** Please call Laurie at 585-295-1587 x2281 for more information and an application.

**Hours of Operation:**

Monday—Friday, 5:00pm-9:00pm

Saturday & Sunday, 10:00am—9:00pm

### Aquatic Programs

**Please Note!** This year we have a make up date scheduled for each swim session in the event that there is a class cancellation. This will be the only class that will be made up! This will allow you to pencil in the make-up date in advance and alleviate scheduling craziness since our swim sessions generally run back to back. In the event that more than one pool class is cancelled (hopefully that's not the case!) then you will receive a voucher for use toward future recreation programs. Thank you!

#### Family Swim

This is a recreational swim program for children with developmental disabilities and their family members. During family swim you can practice some of the skills you've learned, have fun & relax in the warm water, or burn off some energy! Come in and enjoy the warmth of the pool.

**Ages:** All ages  
**Program # 1A:** January 9, 16, 23, 30  
**\*No make up date this session**

**Program # 1B:** Feb 27, Mar 6,13,20,27, Apr 3  
**Make up Date:** Apr 10

**Time:** 10:00-11:00am  
**Cost:** \$40 per family/max 4 people  
**Location:** Al Sigl Pool, 1000 Elmwood Ave, Door 1  
**Registration Deadline:** 1 week prior to start

#### Saturday Swim

This program is led by CP Rochester's Adapted Phys. Ed. teacher and promotes exercise and socialization for children and young adults with developmental disabilities. The class will consist of swim instruction, games, and free time. Volunteers will be available for assistance in the pool.

**Ages:** 11-21 years old  
**Program # 2A:** January 9, 16, 23, 30  
**\*No make up date this session**

**Program # 2B:** Feb 27, Mar 6,13,20,27, Apr 3  
**Make up Date:** Apr 10  
**Time:** 11:00am-Noon  
**Cost:** \$35 Respite Waiver fee  
 \$50 fee for all others

**Location:** Al Sigl Pool, 1000 Elmwood Ave, Door 1  
**Registration Deadline:** 1 week prior to start  
**Group Size:** Limit 6 people per class

#### Individual Swim Lessons

Instruction is provided by our Adapted Physical Education teachers and swimming instructors and is designed for children who have special needs. Students will receive 30 minutes of instruction and will work toward developing independent swimming skills.

**Space is limited!! Please indicate your preferred time on your registration form**

**Program # 3**  
**Dates:** Tuesdays, Jan 12,19,26, Feb 2,9,23  
**Make up date:** Mar 2

**Program # 4**  
**Dates:** Tuesdays, March 9,16,23,30, Apr 6,13  
**Make up date:** Apr 27

**Lesson Times:** 4:30, 5:00, 5:30 or 6:00pm  
**Location:** Al Sigl Pool, 1000 Elmwood Avenue, Door 1

**Program # 5**  
**Dates:** Fridays, Jan 15,22,29, Feb 5,12,26  
**Make up date:** Mar 5

**Program # 6**  
**Dates:** Fridays, March 12,19,26, Apr 2,9,16  
**Make up date:** Apr 30

**Lesson Times:** 4:00, 4:30, 5:00, or 5:30pm  
**Location:** CP Rochester Pool, 3399 Winton Road  
**Cost for each swim session:** \$60 Respite Waiver fee  
 \$75 fee for all others

#### Open Swim for Adults

Come enjoy the warm water in the therapy pool to help relax, stretch, exercise, and swim! Adapted equipment will be available and the pool is accessible via a ramp or lift. CP Rochester Recreation provides a lifeguard that can assist you in & out of the pool; participants must come prepared with locker room assistance for personal care and either be independent in the pool or have a helper come along. **Ages:** 18 and up

**Program # 7** **Group Size:** Limit 8 people per date  
**Dates:** Mondays, February 8th & March 15th  
**Time:** 6:00-7:00pm **Cost:** \$6 per person (*helpers free*)  
**Registration Deadline:** 1 week prior to start  
**Location:** CP Rochester Pool, 3399 Winton Road S

### Get Up, Get Out, Get Moving!

**Winter Fun!!**

Join us for some sledding, make snow angels, go for a guided walk in the park; bring your snow shoes if you have them! We have rented a (heated) lodge across from the sledding hill and will have hot cocoa & coffee and healthy snacks for when you need a break. Join us at Mendon Ponds Park for some good old winter fun!

**Program # 8**  
**Date:** Sunday, Feb 28th **Time:** 10:00am-2:00pm  
**Deadline:** February 24th  
**Cost:** \$3 Respite Waiver fee / \$6 for all others  
**Location:** Mendon Ponds Park, Cavalry House Lodge

Supported by CP Rochester Recreation Staff & volunteers

#### Creative Movement & Dance At Studio 19

Studio 19 offers a creative movement class for youth that has kids hopping, sashaying, galloping, and dancing to music around the room! Participants will learn basic dance moves and the instructor will choreograph a routine for the group to practice throughout the year. This program follows the school calendar from Sept through June and will be supported by Peer Partners from the dance studio, in addition to CP Rochester staff. Individual participation in the end-of-year recital is optional.

**Program # 9** **Ages:** Approx 8-13  
**Select the month(s):** January, February, March  
**Time:** 6:00-7:00pm

**Monthly Cost** (based on an annual rate):  
 \$25 Respite Waiver fee / \$32 for all others  
**Location:** Studio 19 Dance Co., 3035 Buffalo Rd  
**Group Size:** Min 5 / Max 10 participants

#### Jump Club!

Come jump, slide, climb and laugh with your friends at the Jump Club! This indoor playground has HUGE inflatable play structures for you to bounce around in! CP Rochester staff & volunteers will be present to supervise the kids while you are out shopping or enjoying some time for yourself. Please take into consideration that adults are not allowed on the inflatables therefore 1:1 assistance cannot be provided to participants.

**Program # 10**  
**Date:** Tuesday, Feb 16th **Time:** 5:00-6:30pm  
**Deadline:** February 5th  
**Weight Limit in the Jump Club:** 100 lbs  
**Cost:** \$5 Respite Waiver fee / \$9 for all others  
**Location:** 3450 Winton Place, Rochester 14623  
**Group Size:** Limit 8 participants

#### Ice Skating

In the spirit of winter, come on out to ice skate at the indoor arena at SUNY Brockport! We will have volunteers to assist skaters as needed with their balance as they glide & skate around the rink! Although the activity is indoors, dress for the cold and bring tall socks for the skates (preferably not cotton)!

**Program # 11** **All ages**  
**Dates:** Sunday, February 21st  
**Time:** TBA (mid-afternoon)  
**Respite Waiver fee:** \$3 adults >18 / Free for youth <17  
**Non-respite fee:** \$5 adults >18 / \$3 youth <17  
**Skate rental:** \$3 additional per person  
**Location:** SUNY Brockport Ice Arena, Tuttle Bldg  
**Registration Deadline:** February 12th  
**Group Size:** Min 5 people

#### Snowshoeing at the GCVM Nature Center

Enjoy a traditional winter activity & the snowy weather and come snowshoe the trails at the Genesee Country Village & Museum's Nature Center! GCVM staff will provide a quick orientation to the trails and sights & sounds that we may see along the way, then off we go into the woods to discover & explore the winter wonderland. Make sure you dress appropriately!

**Program # 12** **All ages**  
**Dates:** Sunday, February 7th **Time:** 10:00am  
**Respite Waiver fee:** \$3 adults >18 / \$2 for youth <17  
**Non-respite fee:** \$5 adults >18 / \$4 youth <17  
**Snowshoe rental:** \$5 additional per person  
**Lead Staff:** Nicole Fulle  
**Location:** Genesee Country Village & Museum, Nature Center: 1410 Flint Hill Road, 14511  
**Registration Deadline:** January 29th  
**Group Size:** Min 5 people