

## **Saturday Recreation Program**

Our Saturday Recreation Program serves children, teens, and young adults with developmental and physical disabilities. We focus and encourage self expression through social recreation activities including physical fitness, interactive games, and multi-sensory programs.

We plan field trips that provide meaningful and fun experiences. At the park, program participants demonstrate their creativity through painting classes while others build physical stamina through exercise routines, basketball and soccer. Healthy lifestyle promotion also includes regular visits to the local farmer's market to learn about fruits and vegetables.

## **After School Program Update**

Our After School Program at the Maxwell Recreation Center provides many activities for children and young adults, ages 5-22, with developmental and physical disabilities. The program runs year round with the full-day programs during winter, spring and summer.

During the regular school year, the After School Program includes visits to Haskett Library, playing freeze tag at Maxwell Park and dining at Pizza Hut. Participants enjoy playing games, watching movies, and singing karaoke at the center. The program is continually being developed.

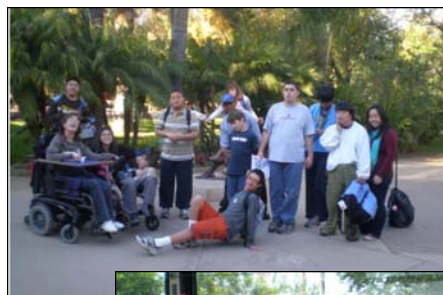
Full-day groups take field trips to places such as Downtown Disney, Buena Park Mall, Ocean Institute, Santa Ana Zoo, Discovery Museum and various community events.



## **SUPPORT OUR MARATHON CAMPAIGN!**

Our Marathon Campaign is in full swing! On Saturday morning, April 4, our 5K Team will be at Santa Anita Race Track walking in the Derby Day 5K. We will also be participating in the Los Angeles Marathon and Bike Tour, on Monday, May 25. Sponsor our participants by making a donation in person or via our Marathon Campaign web page at [abilityfirst.org/anaheimprogram](http://abilityfirst.org/anaheimprogram). Every dollar counts!

*Thank you!*



## **Anaheim Program Fun!**



## **Anaheim Program Wish List**

Nintendo Wii  
Sweatpants (sizes M, L, and XL)  
Butcher Paper  
Large Desk  
Camera  
Fax Machine  
Basketball Pump  
CD Players  
Towels  
Bath Mats  
Magic Bullet Food Processor

For more information about any of our programs please contact us at:

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AbilityFirst provides programs and services to help children and adults with physical and developmental disabilities reach their full potential throughout their lives.



WINTER 2009

ANAHEIM PROGRAM EDITION

## Celebrating A Year of Growth at the AbilityFirst-Anaheim Program



At the beginning of the year, the AbilityFirst-Anaheim Program consisted of 12 participants and five staff. Through the new partnership with the City of Anaheim, the program has developed to more than 80 participants and 16 staff. Our original After School Program at Maxwell Park continues to operate during the school year. The Thursday Musical Theatre, Friday night Adults in Action, Saturday Bowling and Saturday Recreation programs also continue. During the off-season, our new programs include Therapeutic Swimming, Spring/Summer/Winter Full Day, Adults in Action and Summer Musical Theatre, all designed to keep participants busy and active. Along with the new programs, we also acquired a new wheelchair van, which we named *Max*, to help transport participants on our various field trips.

*We, the staff of the AbilityFirst –Anaheim Program, are devoted to providing a mentally, physically, and emotionally safe environment. We encourage independence, equal opportunities, and social/community integration.*

### Meet Our New Programs!

#### Bowling

Participants 15 and older with developmental and physical disabilities are able to come and enjoy a morning of bowling and socialization with their peers. Participants bowl two games weekly and focus on improving their fine/gross motor skills through practicing proper bowling techniques. Bowlers have the opportunity to participate in local tournaments and are challenged to raise their average bowling scores.



#### Adults in Action



This program serves adults ages 18 and older with developmental and physical disabilities. We focus on strengthening and building recreational skills. During our programs, the participants request and choose where they want to go and what they want to do. From the movies, to trendy bowling alleys, to shopping and attending concerts in the park, we are in action! Participants also participate in arts and crafts, self-expression brush painting and mixed media art. During our multicultural cooking class participants have the opportunity to prepare *pizzazy* pizzas, fruit kabobs, and three layer dips, resulting in delicious items for all. We promote meaningful, fun, safe and age appropriate activities.

#### Musical Theatre

Musical Theatre is a very unique program for developmentally disabled adults, 15 years and older, who enjoy the theatre and performance atmospheres. Program participants explore theatre arts through the use of music, choreographed dance, and drama. Using their favorite music, they are able to express their creativity, build confidence, self-esteem, and socialization skills, working towards a final performance before family and friends. A few of our Musical Theatre traditions are dancing the Electric Slide and the Cha Cha Slide before we say good-bye. If you love music, dancing, and laughing, the Musical Theatre program is the place to be!

