Just Imagine…

What You Can Do For Fun …

What would you like to do for fun? Maybe you'd like to try something new, but don't know where to start. Maybe you wonder if a program can accommodate people with disabilities.

North Bay Regional Center has some ideas about where you can begin. Hopefully, this Booklet on What You Can Do for Fun will provide a platform from which you can step out into the world. We were amazed at the wide variety of programs that are tailored, all or in part, to people with developmental disabilities. There's music, dancing, horseback riding, social events, art classes, aerobics, gymnastics, baseball, cooking, whitewater rafting, hiking, boating, vocal choir, bell choir, travel vacations, holiday programs, martial arts, biking, swimming, and on and on.

So, check out the expansive list of programs and activities inside this booklet. It's time to think outside the box and

just imagine what you can do for fun….

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Ala Costa Center

Location: 1300 Rose Street, Berkeley, CA 94702 and
3390 Malcolm Street, Oakland, CA 94602

Contact: Berkley, Michelle Green at (510) 527-2550
Oakland, (510) 383-3200
Website: www.alacostacenter.org

Program: Ala Costa is an after school learning center for students residing of Alameda or Contra Costa Counties with developmental disabilites ages 6 to 22. The program was founded in 1972 by a small group of parents who wanted a safe place for their children to go after school. Now the program is open 250 days per year with a professional staff of 50 at two sites, one in Berkeley and the other in Oakland. Classrooms are team lead with a 1:5 staff to student ratio and 1:3 for students with personal care and/or behavior challenges. The focus is on providing age appropriate lessons and activities designed to help students develop skills in independent living, mobility, fine arts, expressive and receptive language, functional academics, social interaction, and vocational readiness.

Cost: Funding is provided through Regional Center of the East Bay (a share of cost may apply), the City of Berkeley, the California Department of Education, and the Oakland Fund for Children and Youth. Other fees may apply for the cost of activities, community outings, and community lunches.

Boys and Girls Club

St. Helena

Location: 1420 Tainter St
St. Helena, CA 94574

Contact: (707) 963-8944

Program: Boys and Girls Clubs can be found in communities throughout the United States. You can find a Boys and Girls Club near you in Napa, St. Helena, Vallejo, Cloverdale, Healdsburg, Rohnert Park, Santa Rosa, Sonoma Valley, Winsor, and Valley of the Moon. They all offer a safe place for children to be during the day, a place to go after school and, at times local excursions.

The Boys and Girls Club of St. Helena is open year-round from 10:00 a.m. to 6:00 p.m. They also have a "Rising Club" program from 7:45 to 10:00. Parents must register, but once a member, children can be dropped off any time the club is open. St. Helena has a games room with pool, board and card games. They have a homework room and an art room with a variety of staff-led art projects. During the school year the time at the Boys and Girls Club is largely unstructured in order to give the children a much needed break. In the summer, the children are organized by age for participation in a series of fun activities throughout the day. The Summer Program may also include fun outings such as Marine World, Water World, Willies Water Skiing School and similar destinations.

Cost: St. Helena has a $40 membership each school year and $40 membership each summer. The Rising Sun Program is an additional $6.00 per day. Children must be able to participate appropriately in a group of about 30 other children and be self-sufficient in self-care activities.

CyberMill Clubhouse

Location: 3299 Claremont Way, Suite 4
Napa, CA 94558

Contact: Cynthia Dempsey, Executive Director
(707) 258-8884 Ext 11
Website: www.cybermill.org

Program: Napa's only Multi-Media Computer Clubhouse, exclusively for KIDS 9 years of age and over. They offer after school, spring, and summer programs. There are 31 multi-media computers with ultra fast internet connections. Kids learn to create cool graphics for the web, print or create movies using Adobe, Macromedia, and other software. Children can explore their artistic abilities while building multi-media skills through hands-on project-based lessons and workshops. Volunteer mentors are recruited for some children who require additional assistance completing the self-paced lessons and workshops.

CyberMill produced the "Napa Valley Mayor's Committee on Disabilities" video and "First Hand," a video created using digital story telling to introduce viewers to four people with disabilities. Both projects were efforts to use the power of digital technology to build a more inclusive and compassionate community.

- ✓ Computer Access
- ✓ Self taught computer skill training
- ✓ Production using web, print, movie & sound

Cost: Memberships from $5 per month. Sliding scale scholarships available for individuals in need.

Girl Scout Council of
Napa-Solano

Location: 4550 Cordelia Rd.
Fairfield, CA 94534

Contact: (707) 864-8787
Toll Free: (888) 674-7288

Program: Girls Scouts is dedicated solely to girls – all girls – where, in an accepting and nurturing environment, girls build character and skills for success in the real world. In partnership with committed adults, girls develop qualities such as social conscience, self-worth and conviction about their own potential that will serve them all their lives. In Girl Scouting, girls discover the fun, friendship and power of girls together. Everyone can participate in Girl Scout activities. There are no limits to what girls can do together.

- ✓ Rock climbing
- ✓ Gymnastics
- ✓ Link the Zebra Program
- ✓ Cooking Turkey in a Tin Can
- ✓ Horseback Riding
- ✓ Overnight Safari at the Sacramento Zoo
- ✓ Camping on the USS Hornet
- ✓ Community Service

What Does Your Child's School Have to Offer?

Many schools throughout Napa, Solano and Sonoma Counties have programs that provide fun things to do after school, before school, and on week-ends. Descriptions of available programs can often be found just outside or just inside the school Office. They also provide an avenue for parents to learn about other non-school programs offered in the area. Here is a description of some of the materials available just outside the office of a local school we visited. Check your child's local school to see what you can find.

After-School Art Programs generally take place a few hours per week for approximately 6 weeks. For the one we found students bring their own sketching pencil, eraser and paper AND watercolors, brush and paper. The fee for this program was $90 for 6 classes.

A Children's Center offering after-school child care on campus with an emphasis on play. Children are given a healthy snack and have craft time, homework time, and a supervised outdoor activity.

A City Swim Team with pre-competitive swim sessions where children develop their swimming skills. Most city swim teams require that an applicant be deep water safe and able to swim 15 yards using a front or back dog paddle or underwater swimming (this is for young children 4-8 years old) or be deep water safe and able to swim 25 yards freestyle and kick 25 yards on their back (this is for older or more experienced children). Cost for the program we found was $60 a month.

Kids Fishing Derby by one of Napa's business sponsors and a service club at Lake Hennessey. Started at 6:00 in the morning and ended at noon. Refreshments available. Each child needs an adult and fishing gear.

School Sports Programs – Cross County Running and Wrestling are two sports

that many children and youth enjoy through their neighborhood school.

City of American Canyon

Community Resources

Location: 100 Benton Way
American Canyon, CA 94503

Contact: Recreation Supervisor, Roddrick Sweeney at 648-7275
Aquatics Supervisor, Erin Booth Sake at 647-4570
Website: www.ci.american-canyon.ca.us

Program: Program for young children through adults that offers various activities throughout the year including sports, holiday events, field trips, teen activities, and leisure classes. The Department also oversees the operation of the Philip West Aquatics Center and aquatic programs including swim lessons, and fitness swimming, and open swimming. Accommodations for people with special needs are made on a case by case basis.

Cost: Varies from $1.00 - $90.00 depending on the class.

City of Benicia

Parks & Community Services Department

Location: 250 E. L St
Benicia, CA 94510

Contact: Cindy Ferraro at (707) 746-4283
Website: http://www.ci.benicia.ca.us

Program: Currently offering an "Adapted Adult Recreation Program" on Mondays and Wednesdays from 10:45-12:00 noon. Mondays focus on sports, beginning with basic warm-up exercises and then a sport adapted to the needs of the class. Wednesdays focus is on dance emphasizing the joy of movement and rhythm and the creation and performance of basic dances. There is also exploration of fundamental percussion instruments.

There are also swim lessons available for special needs children who would like to have individualized instruction.

All people with disabilities are also encouraged to participate in all other programs and activities available for preschoolers, teens and adults. Although they cannot design a program of activities specifically tailored to an individual's needs, they will make every attempt to make program accommodations.

Cost: Varies depending on activity. Residents of Benicia receive a discount.

City of Fairfield

Community Services Department

Location: 1000 Webster Street
Fairfield, CA 94533

Contact: Alicia Henry at (707)428-7465
Neighborhood Centers, Lorraine Kennedy at 428-7536
Website: http://www.fairfieldcommunityservices.com

Program: Fairfield offers a variety of recreational activities and programs throughout the year including a children's dance program, tot sports, youth sports, outdoor family activities, teen dances, and children's theatre to mention just a few. The "Life Before and After School Program" serves as a day care option for many families, while providing enriching social and recreational activities for school age children.

Recently, Community Services has decided to expand the use of their neighborhood centers, which are adjacent to the city's elementary schools. Currently, they are exclusively used to house the Life Before and After School Programs. The department is soliciting feedback from the community via an online questionnaire on what else might be provided at these neighborhood centers.

All people with disabilities are encouraged to participate in all programs and activities available for preschoolers, teens and adults. Although they cannot design a program of activities specifically tailored to an individual's needs, they will make every attempt to make program accommodations.

Cost: Varies depending on activity. Some income-based Youth Scholarships are available for up to $300 per year.

City of Napa
Department of Parks & Recreation

Location: Las Flores Community Center & Community Locations

Mailing Address: 1100 West Street
Napa, CA

Contact: Sirena Domecus
(707) 257-9529
Website: www.NapaRec.com

Program: For Summer 2006 they are offering Friday "Social Nights" scheduled for June 9th, July 14th and September 8th. Social Nights are from 6:30-8:30 PM for adults 18 years and older with special needs. Activities include arts and crafts, bowling, dances, movies, Karoake, field trips, basketball, dancing and more. On August 9th from 7:00-9:00 PM, there will be a "Dance Party" with disc jockey and refreshments. In addition, there will be a few barbeques scheduled this summer.

All people with disabilities are welcome to participate in all other programs and activities, including the after school program and several summer day camps. Although they cannot design a program tailored to an individual's specific needs, they will make every attempt to make program accommodations. Their "Activity Guide" is published quarterly.

Cost: $3.00 - $35.00 depending on the activity.

City of Santa Rosa

Differently Abled Adults & Teen Program

Location: Finley Community Center
2060 West College Ave.
Santa Rosa, CA 95401

Contact: Peggy Songster,
(707) 543-3731
Website: www.ci.santa-rosa.ca.us

Program: Recreation for adults and teens with disabilities 16 years and older offering several dance parties, barbeques, pot lucks, and pool parties this summer. For kids, a week long day camp is offered August 1-4 at Kamp Kennedy (developmentally disabled 6-18 yr olds).

A visually impaired persons' activity group is also available every Friday from 9:30am-12 noon at the Steele Lane Community Center. Contact Cynthia Halliday at 543-3282 regarding accommodations and transportation options.

People with disabilities are encouraged to participate in all other programs and activities available for preschoolers, teens and adults. Although they cannot design a program tailored to an individual's specific needs, they will make every attempt to make program accommodations.

Cost: $4-$6 for each single adult/teen event. Kamp Kennedy is $100 for Santa Rosa residents and $110 for non-residents. Scholarships are also available.

City of Vacaville
Community Services Department

Location: 40 Eldridge Avenue, Suite 14
Vacaville, CA 95688

Contact: Kristina McClellin, Recreation Supervisor, (707)449-5654
Suzanne Greene, TGIF/Camp Coordinator, (707)449-6214
Website: www.cityofvacaville.com

Program: Thank Goodness It's Fun (TGIF) Club is a recreation enrichment program for all children 5-12 years of age, conveniently located at different elementary schools throughout Vacaville. The program provides activities before and after school including arts and crafts, a variety of indoor and outdoor games, some homework time, and much more.

Vacaville also offers an array of other activities, classes, holiday events, family entertainment, concerts, etc. For example, they will be sponsoring the 7th Annual CreekWalk Concert Series held every Friday evening through the summer. Check www.creekwalk.com for the latest updates.

All people with disabilities are welcome to participate in all programs and activities including the TGIF Club. Staff make every effort to communicate closely with parents and other care givers to address individual needs and make program accommodations. Vacaville's "Events Guide" is published quarterly.

Cost: Varies with the excursion or activity. TGIF fees are $122.00/month for before school and $234.00/month for

after school. They also offer prepaid "Drop-in Cards" at $50.00/10 hours. The annual registration fee is $50.00.

City of Vallejo
REACH Program

Location: 225 Amador St.
Vallejo, CA 94590

Contact: Recreations Coordinator, Larry W. Jackson
(707) 648-5317 or ljackson@gvrd.org.
Website: www.gvrd.org

Program: Therapeutic Recreation Programs (REACH) helping children, teens, and adults with disabilities enjoy a full range of leisure activities. All clubs, classes, and social events are supervised by professional Recreational Therapists. This year, there will be five 7-week sessions offering a Sports & Games Program, Expressive Arts Program, and the REACHERCIZE Program (low impact aerobics).

Cost: $8 - $14 per weekly session.

City of Walnut Creek

Specialized Recreation

Location: 1375 Civic Dr.
Walnut Creek, CA 94596

Contact: Preston Jones at (925) 256-3531
Website: www.walnut-creek.org/recreation

Program: Walnut Creek Specialized Recreation offers services for people with special needs of all ages. Programs include summer day camp, weekend activities, weekend outings, and social gatherings. There's story telling, cooking, swimming, sports and games, science, drama, creative play, and video creativity.

Day campers range in age from 5 to 21. Types of disabilities include, but are not limited to: Down Syndrome, Autism, ADHD, ADD, Asperger's Syndrome, Cerebral Palsy, Smith-Magenis Syndrome and Tourette Syndrome.

Walnut Creek Specialized Recreation is subsidized through the City of Walnut Creek. Preston Jones is willing to speak with anyone interested in starting a similar program.

Cost: Varies with the excursion or activity. The program can defer costs and provide transportation if needed.

City of Yountville

Location: 6550 Yount St.
Yountville, CA 94599

Contact: Recreation Programs, Jennifer Kaneshiro
(707) 944-8712

Program: After school program, summer camp, and adult classes for the approximately 2,500 people who live in Yountville.

They are willing to accommodate people with disabilities on a case by case basis.

Cost: After school program is $108 per month.

Becoming Independent

Sonoma Valley

Location: 355 W. Napa St.
Sonoma, CA 95476

Contact: Lea Ronald
(707) 996-5988
Fax: 935-7861

Program: Day program for adults that offers many activities. Evening and week-end activities that are starred (**) are available to anyone with a developmental disability – subject to space.

- ✓ Arts Program & Shows **
- ✓ Singing Program
- ✓ Special Olympics **
- ✓ Parties, Dances & Photo Booth **
- ✓ Transportation to Regional Parks & Recreation Activities
- ✓ Movies & Community Activities **
- ✓ Occasional Trips to County Fair, Amusement Parks (Evening/Week-end Events **)

Cost: Cost is specific to the activity.

Becoming Independent of Sonoma Valley strives to help people with developmental disabilities participate in the many and varied social and recreational activities within their own community including painting, murals, photography, singing, exercise, dancing, and community activities and events.

Crossroads Co-Op
(Community Options)

Location: 320 Cernon Street
Vacaville, CA 95688

Contact: Administrator, Sarah Phelps at (707) 449-9377
Julie Schuder, Director at (530) 742-4247

Program: Day program for adults 18 years and older that offers recreational and educational opportunities in the community. Co-Op also offers vocational opportunities with in-house piece work and employment in "The Corner Store." Physical education is provided with individualized daily exercise routines including warm-up stretching, walks, trips to the YMCA to swim, play basketball, or utilize their exercise equipment.

For individuals who do not attend the day program, Co-Op also hosts a free social featuring a pot-luck dinner and D.J. dancing the last Friday of every month. People of any age are welcome to attend. Contact Sarah for more information or to be included on their mailing list.

Cost: Friday social event is free.

Specialized Day Programs

Like Alchemia & Vine Village

Day programs like Alchemia and Vine Village are located in cities throughout Napa, Solano, and Sonoma Counties. These programs offer a combination of work and activity-based experiences to people with developmental disabilities who attend part time or full time. The social and recreational activities available through most day programs are available only to people who have applied and been accepted into the program. If vendored with North Bay Regional Center, NBRC funds the regular cost of the program; qualifying applicants must usually be at least 22 years old. Alechemia and Vine Village are two of the day programs that emphasize the arts as something people do for fun and for profit. For information about these programs, contact your Client Program Coordinator.

Alchemia is located in Petaluma, California. It is a non-profit organization committed to sharing the voice of those experiencing different abilities within their community through the arts and vocational experiences. Their theatrical and other performances are well known in the Bay area. Their creative & expressive arts include theater, dance, music, radio, television and creative writing. The Visual Arts involve painting, ceramics, drawing, and mixed media.

Vine Village is located just outside Napa, California. Art and the different expressions of art are its focus. This includes weaving, ceramics, painting, music, and specialty foods. Applicants must be able to function safely in a group setting and be able to eat and use the bathroom independently.

Impact

Location: 2573 Clay Bank Rd Ste 13
Fairfield, CA 94533

Contact: Teresa Novicki at (707) 435-1792

Program: In addition to Impact's on and off-site work training program they have:

- ✓ Computer Classes
- ✓ Art Classes
- ✓ Dances every three months with raffles, free soda, photographer

Cost: $3.00 Donation. Open to all people with developmental disabilities.

Six Flags Marine World

The Bay Area hosts many amusement parks. Six Flags Marine World presents fun rides, exciting shows, and special events all year round. They even have summer "Seafari" Day Camps for children 5-12 years old. These week-long camps take place 9-3:00 M-F. An Aide or personal assistant to a person with a disability can attend free of charge. There is also a specialized camp for children who are deaf or hard of hearing.

Location: 2001 Marine World Parkway
Vallejo, CA

Contact: (707) 643-6722
Website: www.sixflags.com

Program: The programs and events at Marine World are diverse. Not only is the park physically accessible, but people with disabilities are accommodated in other ways – like being able to move to the front of a line.

- ✓ Roller Coaster Rides
- ✓ Shouka the Killer Whale & Dolphin Harbor Shows
- ✓ Elephant Encounter Show
- ✓ Watch Hands On Training Sessions of Tigers
- ✓ Parades & Fireworks
- ✓ Sea Lion Show
- ✓ Theater Showings & Performances
- ✓ Sharks in the Dark Sleepovers
- ✓ Family Fright Fest

Cost: North Bay Regional Center has a limited number of passes that allow a person to pay a much reduced admission fee

Soroptimist International-
Benicia Chapter

Mailing Address: SI Benicia
P.O. Box 282
Benicia, CA 94510

Contact: Debbie Gee, 707-648-5317 (W), 707-745-8195 (H)
Email: dgee@ci.benicia.ca.us.

Program: Spring Fling is a "prom" like dance for teen and young adult residents of Benicia and Vallejo with developmental disabilities. The event is held annually in April at the National Guard Armory hall, in Benicia. The hall is decorated in a theme. This year it was Hollywood inspired and called "Evening with the Stars". There's music by a DJ. Pizza is supplied by the local Round Table Pizza (owner Todd Bigelow). Drinks and other refreshments are supplied by club members. Participants come and dance from 7:30-10 pm. Parents and care givers enjoy a relaxed evening of fun, music and dance.

The Soroptimist organization is an international service group dedicated to the betterment of women and girls in our community and in the world. You can find more about Soroptimists in our region at www.sifounderregion.org.

Cost: SI Benicia club members donate their time, cost of decorating, and refreshments. The Club also budgets money to pay the hall rental and a small amount to offset the DJ's costs.

Best Buddies Bay Area

Location: 36 Monterey Blvd
San Francisco, CA 94131

Contact: Pia Shah
(415)334-9100
Fax: (415) 334-7700
Website: www.bestbuddiescalifornia.org

Program: Best Buddies provides opportunities to develop social skills and foster friendships. Best Buddies matches students with developmental disabilities, such as autism, Down Syndrome and mental retardation, with a peer in their local area. Best Buddies operates through charter programs in middle schools, high schools and colleges throughout the United States and other countries such as Germany. New is e-Buddies which works to cultivate e-mail friendships between people with an intellectual disability and "buddies." In Best Buddies Citizens, adult buddies spend time together in community activities.

Best Buddies International serves high school students throughout the Bay area. They have Chapters at many North Bay schools and through them set up friendships between students with and without disabilities. They also work in high schools to set up Chapters to integrate children with disabilities with children without a disability. Call the San Francisco telephone number for information about adult buddies.

Caring Hands

Location: Liberty Christian Center
2641 N Texas
Fairfield, CA 94533

Contact: Noeta Hester or Elonda Butler-Davis
(707) 425-9673

Program: Special Services in the Blue Room for children 4 through 18 years of age. Sunday Church Services at 9:30 and 11:15 a.m and Wednesday Services at 7 p.m. Regular attendees of the Monday Night Fellowship Group may qualify for church funding of the cost of a Christian camp.

Cost: Free.

Developmentally Disabled

Christian Ministry of Napa

Location: St. John's Hall
924 Napa St
Napa, CA

Contact: Jean Conohoe at (707) 253-2932 or
Betty Sweet at (707) 255-5290

Program: Evening program for adults eighteen years and older takes place the 4th Monday of every month. Participants are welcome to arrive anytime after 5:00; dinner is served at 6:00. There is singing and a Bible-centered message.

Cost: Free.

Alternative Recreation Coalition

North Bay, Inc.

Contact: Elvis Bozarth
(707) 578-5454

Toll Free: 1-877-859-9247

Program: For anyone individual with a developmental disability. Friends and family members are also welcome. Anyone can be accommodated for bowling – Elvis says all they need to be able to do is use a finger, elbow, foot, or anything else to push the bowling ball off a ramp. Volunteers will help load the ball. Their bowling program is part of a statewide bowling program with an annual statewide tournament.

Recreation trips take advantage of local activities. For example, they may go to the County Fair (transportation there and home again has been without charge) or they may schedule a Christmas Trip on the Stump Train.

- ✓ Bowling 1st and 3rd Saturdays at 12:30 p.m.
- ✓ Bowling 2nd and 4th Saturdays at 9:30 a.m.
- ✓ Local programs each season

Cost: No fee for service, cost of admission only. Transportation to and from an event is free for some activities.

Challenger Baseball

Challenger Baseball, a division of Little League Baseball, was established in 1989 to help girls and boys with physical and mental disabilities, ages 6 through 18, to play baseball. Challenger Baseball is available in divisions throughout the United States. They all operate according to the same basic principles. In addition, the program in Napa sponsors an Adult League.

Napa Contact: Patti Saunders at (707) 255-5871 or
Randy OBranovich at (707) 257-3308

Sonoma Contact: Sandee Huskey at (707) 525-0613

Program: Children and youth between the ages of 6 and 18 who have a disability, play baseball weekly - paired with a peer from a local Little League team. There are teams for elementary, middle, and high school-age students. Teams are set up according to abilities, rather than age, and can include as many as 15-20 players. There are three levels: Tee-Ball, Coach-Pitch and Player Pitch. Everyone gets a chance to bat. Everybody, Patty Saunders says, can be accommodated in some way so they can "hit" the ball. Sign up by telephoning the contact person. The season is roughly April through June with teams playing once a week.

Cost: $45 for the season.

For information about starting a Challenger Division in your area, contact:

Director of Challenger Division
Little League Baseball Headquarters
PO Box 3485
Williamsport PA 17701

Marshall Arts for Kids

& In Defense of Kids

Location: Fairfield Community Center
1000 Kentucky
Fairfield, CA

Contact: Jack Marshall
(925) 685-9383
Website: www.marshallartsforkids.com

Program: Teaches self-defense awareness and techniques. Self-defense classes emphasize how to be safe. They help kids develop an awareness of what is going on around them, teaching them to recognize and remove themselves from unsafe situations. They provide a program that helps kids develop and move with confidence and self-awareness. Their goal is that kids learn to avoid situations where they are at risk and cultivate physical and mental strength.

- ✓ Emphasizes awareness of safe and unsafe situations
- ✓ Teaches what to do in an unsafe situation
- ✓ Develops knowledge of people to contact for help
- ✓ Develops strength, balance, agility
- ✓ Promotes self-discipline

Cost: $6.00 per class

Status: Ages 4-15; adult classes in some areas.
Group and individual classes.
For ambulatory youth with disabilities.
Classes offered Thursday 5:00 – 8:00 p.m. &
Saturdays 10:00 a.m. – 1:00 p.m.

Napa Valley Special Olympics

Location: 456 Franklin St
Napa, CA 94559

Contact: Frank DeRaffle or Suzy Jordan
(707) 226-5531
Fax: (707) 253-2775

Program: Year round sports and social program with traveling competitions for children eight years and older. Younger children may enroll to start training.

Cost: Free to all athletes.

Athletic training and competition gives people with developmental disabilities the chance to demonstrate to the world all they are capable of achieving. It provides a forum to compete not only in athletics but in life.

A simple application for participation that includes a medical and release form is required of each athlete. A physician signs the form and the guardian of a minor or adult athlete signs the release form.

New School Aikido

Location: 880 Pinar Rd #55
Santa Rosa, CA

Contact: Isaiah Wisdom
(707) 571-2013

Program: Aikido classes for special needs children up to age 16. Program may expand to include adults with special needs. They will also create classes depending on need for people over age 16.

Cost: Children - $40 month, every Saturday 10-11
Adults $40 month – classes pending

Aikido teaches awareness of body and surroundings - basic self defense and keeping the self centered.

Rohnert Park Gymnastics

Location: 320 Professional Center Dr. #150
Rohnert Park, CA 94928

Contact: (707) 585-9377

Program: Infants and children learn to balance on a beam, do flips, swing on a bar, tumble or use a trampoline. Every year, in addition to their regular gymnastics schedule, Rohnert Park Gymnastics offers Summer Day Camps for children ages 3 and older. There are two camps available: Mini-Day Camp for kids who want to attend half the day and a Full-Day Camp for children 6 and older. In addition to gymnastics, games and crafts, the Full Day campers have an afternoon adventure – swimming, bowling, or a trip to a local park, the movies or a museum. Occasional single-day camps are offered during school holidays.

- ✓ Tumble Tots
- ✓ Girls Recreation
- ✓ Boys Recreation
- ✓ Trampoline & Tumbling
- ✓ Birthday Parties
- ✓ Kid's Camps
- ✓ Kid Night Out

Cost: Annual registration fee plus weekly class fee.

Our #1 goal is developing happy, healthy, and confident children in a safe and fun environment. We are people builders.

Sidekicks

Sonoma State University

Location: Sonoma State University
1801 E Cotati Ave
Rohnert Park, CA 94928

Contact: Elaine McHugh
(707) 664-2660

Program: Day camps for youth with special needs, ages 7-22. Sidekicks Cycle lasts one week. Hours are 9 a.m. – 2 p.m., with 3 rotating activity sessions – biking, swimming, and outdoor play – plus a lunch break. Children are organized into groups of 6-8 children. On Friday, friends and family members are invited to visit camp at noontime for awards and a bike rodeo. Next camp is June 12-16, 2006.

- ✓ Saturday Sidekicks – spring, fall, school year
- ✓ Sidekicks Swim
- ✓ Sidekicks Cycle

Cost: Saturday Sidekicks if $70 for 8 weeks. Sidekicks Swim and Sidekicks Cycle are co-sponsored with Easter Seals. The cost of Sidekicks Swim is $60 for five 1 hour sessions; Sidekicks Cycle is a bike-swim camp that last 5 hours a day for five days – cost is $330. Easter Seals is vendored with North Bay Regional Center; camps hours could be build into an annual respite plan – check with your Client Program Coordinator.

Children with a variety of disabling conditions have had success at the camps – some of these conditions include Down Syndrome, mild to moderate autism, mild cerebral palsy, visual impairments, and other developmental delays of various kinds.

Surfers Healing

Location: Camps are scheduled in California, Mexico, Texas, North Caroline, New York, New Jersey and Virginia.

Mailing address: P.O. Box 1267
San Juan Capistrano, CA 92693

Contact: Camp Operator, Jennifer Tracy
(949) 370-1083
Website: www.surfershealing.org

Program: A free surf camp for children with Autism

- ✓ Instruction
- ✓ Practice
- ✓ Lunch, snacks and refreshments

Surfers Healing was founded by Israel and Danielle Paskowitz whose son, Isaish, was diagnosed with autism at age three. The ocean was the one place where he seemed to find respite. Surfing had a profound impact on Isaiah – they spent time together surfing with Isaiah on the front of his surfboard and his father steering from the back. They decided they wanted to share this unique therapy with other autistic children and began to host day camps at the beach. Surfers Healing has been running FREE of charge surf camps for the past seven years. It is completely run by volunteers and donations. First come, first serve basis.

Schedule of camps and whether camp is full or not can be found on their website.

YMCA
EnablingAquatics

Location: Santa Rosa

Contact: Dr. Katie Ha or Tanja Bee
(707) 887-7176

Program: Children with special needs learn to overcome their fears, have fun, and even swim in this aquatic program offered through the YMCA. The water is a warm 94 degrees and the pool has a chair lift for those in wheelchairs. Volunteers and other teachers work with students to make sure their water experience is positive.

- ✓ Saturday a.m. 10:30 – 12:00
- ✓ Saturday p.m. 12:00 – 1:30
- ✓ Potluck lunches with parents

Cost: A 10-punch ticket can be purchased for $65. Otherwise, the cost is $6.50 per session. First visit is free.

Status: This program is partnered with Sonoma State University Adaptive Department and with the Renaissance Healing and Learning Center.

Cornerstone Equestrian Center

Location: Between American Canyon and Interstate 80, at the Southern edge of Napa Valley.

Contact: Kay Youngs
(707) 643-2223
Email: kayyougs@prodigy.net

Program: Therapeutic Horseback Riding

- ✓ Riding Lessons
- ✓ Care of Horses
- ✓ Learning how horses communicate
- ✓ Explore feelings

Cost: The cost is $35 a session; some scholarships and grants are available. Some riders may be sponsored by a church or other organization.

Cornerstone Equestrian Center has been in operation for more than twenty years. Instructors are certified by the North American Riding for the Handicapped Association. They teach children who are very young to older adults including all kinds of disabilities.

Merry Go Round Ranch

Mailing Address: PO Box 3627
Napa, CA 94558

Contact: Gregory Neil at (707) 224-5878
Email: Gregory@merrygoroundranch.com

Program: Merry Go Round Ranch has 11 ponies and 7 horses available for all kinds of community and private events. You may see them at community picnics and fundraisers. For children 5 or 6 years old through senior citizens.

- ✓ Pony Rides
- ✓ Pony Shows
- ✓ Birthday Parties
- ✓ Picnics
- ✓ Horsemanship Classes
- ✓ Horseback riding
- ✓ Summer Day Camps

Cost: Cost starts at $35 per session and varies with the length and type of session and the amount of assistance required. Summer day camps run from 8:30 – 1:00 for five days. Camps are limited to between 4 and 6 children per camp. The cost is $350

Renaissance Healing
& Learning Center

Location: Silver Spur Ranch
Irwin Lane & Occidental Road
Santa Rosa, CA

Mailing Address: 1040 Moss Road
Cotati, CA 94931

Contact: Fran Sandler-Judd at (707) 664-8919
Website: www.rhlc.net

Program: In business since 1998, RHLC has been providing Hippotherapy (Treatment with the help of a horse) for children and adults with physical and emotional challenges. The therapists and staff of Renaissance Healing and Learning Center invite patients with a variety of neurological and orthopedic conditions that include Parkinson's Disease, cerebral palsy, autism, developmental delays, back pain, multiple sclerosis and other impairments.

- ✓ Hippo Therapy
- ✓ Occupational Therapy
- ✓ Physical Therapy on Horseback
- ✓ Therapeutic Riding

Cost: Fee for service.

They write that "the gentle rhythmic motion of a horse stimulates the body and works the muscles of the rider in a manner similar to the human stride … and strengthens and supports the natural motion of the spine and pelvis. Riding and the living interaction between horse, student, and staff, foster self-confidence, trust, and the pride that comes from mastering a new skill."

Family Music Connection

North Bay Music Therapy Services

Location: 1615 Cleveland Ave
Santa Rosa, CA 95401

Contact: Jamie Blumenthal
(707) 566-0986
Website: www.northbaymusictherapy.com

Program: Family Music Connection: North Bay Music Therapy Services works with individuals, groups and contracts to hospitals, nursing homes and schools. Individual supervision and consultation can be provided for other music therapists and health care professionals.

- ✓ Seminars
- ✓ Individual Sessions
- ✓ Group Sessions
- ✓ Classes

Cost: $70 an hour for individual.
$20 an hour for each person in a group therapy program.

Status: Discounts available based on need.
They welcome all people with disabilities.

Music can be played, sung, and written. Music provides a positive musical experience thus increasing the clients' self esteem. It increases eye-hand coordination, as well as fine and gross motor skills. Music provides sensory stimulation as the senses of sight, sound and touch can be utilized.

Joy Bell Choir
Through The Friendship Class

Location: At the First Presbyterian Church
1333 3rd St
Napa, CA

Contact: Connie Shelhorn – 226-8191
Penny Laughridge - 252-4455
Jay Gardner – 226-6839

Program: Open to all people with developmental disabilities from all faiths. This interdenominational program for adults meets at the First Presbyterian Church in Napa on Sunday mornings from 10:30 to 11:30. The average age of the adults who attend is 40-45 years old. Many of the participants have been attending this program for many years. The Joy Bell Choir is known throughout the Napa Valley for their beautiful bell ringing programs. They perform at a large variety of events.

Staff have developed a methodology for teaching people with developmental disabilities to play the bells and do so with great skill. They try to select songs, prayers, and Bible stories that embrace different religious faiths and beliefs. The Joy Bell Choir plays bells most Sunday mornings for the First Presbyterian Church service.

Cost: Free.

Friendship Class fundraising sponsors some summer camp and other fun activities for persons with Developmental Disabilities.

Milestones Gospel Choir

Adult Developmental Center

Location: 1 Florida St
Vallejo, CA

Contact: Terri Rowland or Cynthia Mack
(707) 644-0496

Program: Milestones Adult Developmental Center is well-known for the wonderful performances of its Gospel Choir. Anyone with a developmental disability may participate. Choir members may sing, play an instrument, or clap their hands and tap their feet. All of this is done with energy, joy and an expertise that comes from a lot of practice and much experience

The choir performs throughout Solano and Napa counties for a variety of audiences.

Cost: Free.

Music for Life

Mailing Address: PO Box 5934
Napa, CA 94581

Contact: Kathy Quain
(707) 246-4116

Program: Ages 6 – 60

- ✓ Music Therapy Groups
- ✓ 1:1 Lessons
- ✓ Small Business Delivery

Cost: $60 per hour sliding scale as needed

Kathy travels several days a week to programs where she does on-site music therapy. Two days a week she uses a client-centered approach as she brings people to her Music Therapy studio in Vallejo.

Assistive Technology
Lending Library

Location: Napa Preschool Program
74 Wintun Court
Napa, CA 94559

Contact: Pat Howard at (707) 253-6216

Program: Provides technology which helps people with physical or learning challenges function more effectively in their environments. Open 1-5 on Wednesdays; available to anyone enrolled in school in Napa County.

- ✓ Adapted toys and Environmental controls
- ✓ Low and high tech communication devices
- ✓ Devices that provide alternative access to computers
- ✓ Software that enhances learning styles
- ✓ Videos, Catalogs, website connection information, demonstration software
- ✓ Digital Camera, FM sound field systems

Status: For Napa County infants and school-age students through 22 years of age. Programs runs on donations, grant, and community support organizations.

The Lending Library is a place where school-aged students of Napa County can try out the various technology solutions that are available. The item(s) can be borrowed and used long enough to determine whether it is a viable solution. The library is a place where consumers, families, teachers, and therapists can come together to brainstorm and develop short and long-term solutions. The library is the arena for the bi-annual Toy Modification Workshops and other scheduled training seminars.

Community Colleges

Community Colleges offer a wonderful array of classes for people with disabilities – young and older adults alike. Most community colleges have a Disability Services Program that can answer questions regarding admission requirements, accommodations, and support. Here are two examples:

Contact: **Napa Valley Community College**
2277 Napa-Vallejo High
Napa, CA
Office of Special Services – 253-3080 (voice) 253-3085 (TDD)
www.napavalley.edu

Program: The Office of Special Services provides assistance to students who have verifiable disabilities, including physical limitations or learning disabilities. Off-campus classes for personal enrichment are available, as are on campus credit classes in basic English, arithmetic, and adaptive physical education. The college campus is physically accessible. Accommodations for documented students include, but are not limited to, note takers, books on tape, and exam modifications.

Contact: **Solano Community College**
4000 Suisun Valley Roadd
Fairfield, CA 94534
Counseling/DSP – Kathleen Callison 864-7101
www.solano.edu/counseling/disabled.html

Program: The Guidance and Disability Services Program (DSP) offers supportive services for students with physical, communication, learning disabilities, psychological disabilities or other medical problems. The purpose of the program is to enable people with a disability to integrate successfully into the college program. Some of the supportive services are: specialized counseling, priority registration, tutoring, readers, notetakers, specialized equipment, faculty and community liaison. An adapted physical education program, individualized to the student's needs, is also offered.

Down Syndrome Connection

Location: 117-A Town and Country Drive
Danville, CA 94526

Contact: Jamie Lantz at (925) 362-8660

Program: Ages birth to adult, offers

- ✓ Parent Support, Counseling, and Education
- ✓ Pre-Natal Consultation
- ✓ Information and Referral
- ✓ Creative Expression through Art
- ✓ Pre-Teen, Teen, and Young Adult Programs
- ✓ Developmental Therapy for Children
- ✓ Community Education
- ✓ Advocacy

Cost: Depends on the class.
Scholarships are available.

The Down Syndrome Connection, consisting of parents, educators, therapists and concerned persons, seeks to optimize the quality of life for individuals with Down Syndrome by offering direct services to them and their caregivers, and by educating the general public about the special concerns and unique contributions of the Down Syndrome community.

Family Advocacy
Resource Center

Location: Family Advocacy Resource Center
1425 Corporate Center Parkway
Santa Rosa, CA 95407

Contact: Traci Turner, M-TH 8:30 – 12:30
(707) 524-6677
Fax: 527-1206

Program: Children through Senior Citizens with a developmental disability may attend the many activities that the Family Advocacy Resource Center tracks. Call them for a list of programs they are following.

- ✓ Bowling
- ✓ Swimming
- ✓ Baseball
- ✓ Biking
- ✓ Camps

Contact the Family Advocacy Resource Center for Information and referral, Education and training, Resource Library, Advocacy and a Quarterly Newsletter.

Family Resource Network

NBRC has a booklet of camps that are currently vendored or in the process of becoming vendored with NBRC. (Ask your Client Program Coordinator for a Camp Booklet or for information on how camp is funded). There are, however, many camps and other programs that are not vendored with Regional Centers. Ask your local schools about day camps they offer in the summer, at Christmas or for Spring break. Talk to parents in your child's classroom or day program. You can also contact the **Family Resource Network** for an extensive listing of camps and other activities in the Bay area and beyond (510/547-7322). Here are a few camp listings you might find in their brochure.

Camp New Hope – for children and adolescents with bipolar/mood disorder – ages 9-17. Wide variety of recreational activities include swimming, nature hikes, arts and crafts, dancing, music, high and low ropes course, climbing wall, interactive games. www.campnewhope.net

Disabled Sports USA – year-round programs for people four and over. Some activities may require specific abilities. Summer programs include lake kayaking, cycling, white water rafting, water skiing, golf, 4 wheel drive outings. Snow ski instruction available December through April (weather permitting). 530/ 581-4161 or www.dsusafw.org.

Rabin Summer Camp Program – offered through the Jewish Community Center of San Francisco. General camps, sports camps and speciality camps June 19 – August 25. Includes dance, gymnastics and swimming. For children of all faiths, grades K-9. Mainstreaming depends on individual needs of child. 415/ 292-1250.

Zoo Camp at the Oakland Zoo – Nature discovery and animal adventures. Pre-K through 12th grade. June 26 through August 18, 2006. Special needs students included on case by case basis. 510/632-9525 ext 280 or www.oaklandzoo.org.

Matrix Parent Network
& Resource Center

Location: Napa & Solano Counties
707/ 423-2545
www.matrixparents.org

Contact: Novato: (415) 884-3535
Toll Free Help Line: (800) 578-2592
Web: www.matrixparents.org

Program: The Matrix Parent Network and Resource Center serves Napa, Solano, Sonoma and Marin Counties, with offices in Vallejo and Novato. They have compiled and follow-up on a wide variety of residential and day camps as well as fun activities throughout the Bay Area for special needs children and their families. As the staff is primarily parents of children with special needs, they can provide emotional support as well as opportunities to network with other families. Matrix has a new HELP LINE that parents can call Monday through Thursday, 9 a.m. to 3 p.m., to speak with a parent advisor regarding their concerns. Year round workshops for parents are provided on topics such as IEPs, transition planning, advocacy and healthcare issues. There is also an extensive lending library in the Novato office, a quarterly newsletter and an on-line email newsletter.

- ✓ Help Line
- ✓ Support Groups
- ✓ Training and Workshops
- ✓ Events and activities
- ✓ Publications
- ✓ Espanol Servicios

Empowering families of children with special needs to successfully understand and access the systems that serve them.

ParentsCAN

Napa Location: 3299 Claremont Way, Suite 3
Napa, CA 94558

Contact: Joan Lockhart at (707) 253-7444
Website: www.parentscan.org

Program: ParentsCan is a resource and advocacy agency for families of children with a developmental disability ages birth through 22 years –

- ✓ Support Groups for parents of children with Autism, Down Syndrome, and Bi-Polar; Spanish Support Groups in St. Helena and Napa
- ✓ Advocacy
- ✓ Lending Library
- ✓ Picnics
- ✓ Xmas Party
- ✓ Sibling Group

Cost: Free.

Mission: ParentsCan empower families of children with disabilities to become successful advocates for their children.

The First Annual Picnic for ParentsCAN will be held on Saturday, August 27th from 11am – 2pm at Yountville Park in Yountville. ParentsCan will provide drinks, hot dogs and dessert. Participants to please bring a main dish or salad to share plus balls, jump ropes, or whatever to have fun.

Environmental Traveling Companions (ETC)

Location: Fort Mason Center Building C
San Francisco, CA 94123

Contact: Outreach Coordinator, Dana Talise
(415) 474-7662 Ext. 10
Website: info@etctrip.org

Program: Outdoor adventures

- ✓ Whitewater rafting
- ✓ Sea kayaking
- ✓ Cross-country skiing

Cost: Costs vary with activity and length of trip.
Sliding scale scholarships are available to help groups and individuals in need.

Status: Vendored with North Bay
Includes people with developmental disabilities.
Minimum age for all programs is 11 years old.

Since 1972, ETC has been providing accessible outdoor adventures for adults and youth with special needs. Each year, more than 2,000 people join ETC for whitewater rafting, sea kayaking and cross-country skiing. Trips occur primarily in Northern California, but three to four times a year there are extended trips to other regions. ETC has arranged rafting through the Grand Canyon, sea kayaking in Baja California, and rafting on the Klamath Trinity in Utah. The goal of ETC is to ensure that anyone who wishes to enjoy the beauty and the challenge of outdoor recreation can do so. ETC staff report that they accomplish this goal by making their trips accessible both physically and financially.

The Guided Tour

Location: 7900 Old York Road, Suite 114-B
Elkins Park, PA 19027-2339

Contact: Toll Free: (800) 783-5841
Fax: (215) 635-2637
Website: www.guidedtour.com

Program: Excursions throughout the world –

- ✓ Staff traveler ratio of 1:3
- ✓ "On Wheels" trips for people in wheelchairs or those who are visually impaired with 1:1 staff ratio
- ✓ Nurse accompanies most trips

Cost: Cost varies with location, length, and type of trip. For people with developmental (and sometimes also physical) challenges, age 17 and older. This includes people with mental retardation, a developmental disability, Down syndrome, autism, learning disabilities, Williams Asperger Syndrome, ADD, Prader Willi and ADHD. Among the almost 100 2006-2007 excursions are: Aruba, Cancun, Mexico; Hawaii; New Orleans; Florida; Bermuda cruise; Atlantic City; Caribbean, Alaska, England, Scotland, Ireland and Las Vegas plus theme trips built around dolphin watching, Elvis Presley, Kennedy Space Center, spa week-ends, NASCAR Racing, and rodeos. And much more . . .

Since 1972, The Guided Tour has served thousands of people with mental retardation and related developmental disabilities, offering greater independence through travel experiences. The Guided Tour, staffed by professionals in the human services field, has taken travels to tropical islands, world famous resorts, and on tours of major cities around the world.

New Directions Travel

Location: 5276 Hollister #207
Santa Barbara, CA 93111

Contact: Dee Duncan
(805) 967-2841
Toll Free: (888) 967-2841
Fax: (805) 964-7344
Email: info@newdirectionstravel.com

Program: Travel vacations to places like:

- ✓ Washington DC
- ✓ San Francisco
- ✓ Hawaii
- ✓ Disneyland
- ✓ New Zealand
- ✓ Mexico
- ✓ Baja
- ✓ Australia
- ✓ Bahamas
- ✓ New York City
- ✓ Ireland
- ✓ Israel
- ✓ Japan
- ✓ Grand Canyon

Cost: Costs vary with activity and length of trip. Sliding scale scholarships are available to help individuals in need.

Although based in Santa Barbara, New Directions provides local, national, and international travel vacations and holiday programs for people with developmental disabilities regardless of where the person lives. For over 18 years they have been coordinating and leading educational travel opportunities to places as close to the Bay Area as San Francisco and Monterey to as far as Alaska, Hawaii, Mexico, and New Zealand. Tours include airfare from LAX, hotel arrangements with 2 to a room, 3 meals per day, structured itinerary with some opportunities for choice of activities, 24-hour staff assistance at 1:4 staff to traveler ratio, and lots of fun. Check out the website at www.newdirectionstravel.com.

TRIPS INC.
Special Adventures

Location: PO Box 10885
Eugene, Oregon 97440

Contact: Jim Peterson
Toll Free: (800) 686-1013
Email: trips@tripsinc.com

Program: National and International trips

- ✓ City Tours, Cruises, Holidays, International Tours, Music Tours, Outdoor Adventures, Sports, Theme Parks, Warm Weather Fun
- ✓ 1 chaperone for every 3 or 4 travelers
- ✓ Average group size of 20 people
- ✓ Triple occupancy lodging (single and double occupancy can be arranged), all meals, gratuities, entertainment and recreational equipment rentals.
- ✓ Those needing one-on-one supervision may also bring their own support person

Cost: Cost varies with location, length, and type of trip.

During the last twenty years, the director, Jim Peterson, has organized more than 500 trips for more than 5,500 travelers. Trips, Inc. is rooted in special education, not the travel industry. Tailored trips accommodate a broad range of disabilities and personal needs.

Some destinations have included: Christmas Season in New York City, Halloween at Disneyland, International Tours of London, Paris, Rome, Puerta Vallarta, Hawaii, DisneyWorld, Pendleton Roundup.

And Don't Forget There's Z to A …

Sonoma, Solano, Napa and the many varied counties in the Bay Area are filled with possibilities for having fun. Look around you, talk to people. Check it out!

Zoos visits or Zoo Programs.
Yoga Classes
Xylophone Fun
Walk around town
Volunteer or **V**isit a Friend
Underwater Exploration
Theater Performance & **T**rampoline **T**ime
School Sports Team & **S**cooter Riding
Rodeos & **R**ock Climbing
Quail Watching
Photography, **P**opcorn for a friend, a **P**arade
On-Line Time
Night Sky Watching Group
Movie Night & **M**useum Trip
Learn Something New & Go to the **L**ibrary
Kite Flying
Jelly Belly
Ice Skating
Hiking & **H**obby Cars
Gardening
Fishing & start your own **F**ilm Club
Exercise with Friends
Dog Shows, **D**rumming Circle, **D**ancing
Cooking Group
Birdwatching & **B**oating
Art Class & **A**erobics

What's on your list for having fun? Please let us know.

To order "Just Imagine For Fun" Booklets,

contact

The Atrium Committee
10 Executive Way
Napa, CA 94558