



 **THE KELBERMAN CENTER**
AUTISM SERVICES ACROSS THE LIFESPAN
AN AFFILIATE OF UPSTATE CARING PARTNERS

Recreation Newsletter

September-October-November 2016 • Volume 2, Issue 4

If bread is the first necessity of life, recreation is a close second.

- Edward Bellamy

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Celebrating an Amazing Summer...

Summer at the Kelberman Center flew by this year, thanks to the fun-filled days at our three summer camps: Awesome Summer Days, Teen Camp, and Overnight Camp. Campers in each program learned from their peers and their counselors while exploring the world around them and preparing for the coming school year. At Awesome Summer Days, campers had the opportunity to show off their skills at a camp-wide talent show with friends and family in attendance. At Overnight Camp, both Kelberman Center cabins were voted Honor Cabin by the entire Camp Nazareth community, and at Teen Camp, digital animation and 3D animation sessions were a huge hit with campers!

Summer has been a blast. Please take a look inside to catch a glimpse of all of the fun from camp this year.

...And Looking Ahead to the Fall!

The time has come to look forward to autumn- soon the apples will be ripe and trees will start to change colors. This also means that we are gearing up for fall recreation programs at the Kelberman Center! One of our most popular events will return this fall - Glowstick Hunt at the Root Farm! The Glowstick Hunt is a like an Easter egg hunt, except that it's

at night and you're hunting for glow wands! Last fall, families had a blast hunting across the Root Farm, enjoying s'mores and cider, and spending time with other families. We'll keep our fingers crossed for beautiful weather on September 30 and we hope to see you that night!

This fall will also see the return of our popular swim programs - Learn to Swim, Advanced Swim and Pool Pals. Take a look at the program descriptions inside the newsletter to decide which program is most appropriate for your child.

We will also introduce some new programs this fall. We are hosting two teen game nights at the Vernon Public Library. This is a great opportunity for teens to gather together to socialize and relax with friends. We have also partnered with the Oneida Parks and Recreation office to host a one-hour sensory-friendly "sneak peek" of their annual Halloween party. Families are invited to join us at the Oneida Recreation Center on Saturday, October 29 from 3-4 PM to take part in Halloween fun in a quiet and less chaotic environment. Costumes are definitely encouraged!

We are excited about all that this Fall has to offer and we can't wait to see all of our friends, and hopefully some new faces!

Have an idea for a
new program?

Email us at
recreation@kelbermancenter.org



Richelle Maki

Recreation Coordinator

(315) 797-6241 Ext. 253

recreation@kelbermancenter.org

www.kelbermancenter.org

Fall Core Programs

Advanced Swim

Advanced swim is a program for those that have learned basic swimming skills and are ready for more advanced techniques. The program is run by an American Red Cross Water Safety & Lifeguard instructor with a lifeguard on duty. There are Kelberman staff and/or volunteers in the water to provide support to the swimmers.

Dates: Thursdays, Sept 29-Dec 8

(no class November 24)

Time: 5-5:45 PM

Location: Jorgensen Center, MVCC
1101 Sherman Dr, Utica

Cost: \$150 for the 10-week session

Ages: 13 and older

Basketball

Learn basic and fundamental basketball skills, good sportsmanship, and have the opportunity to interact with peers! Participants will receive individualized support based on their skill level. A typical session will include skills and drills, as well as a small practice game.

Dates: Fridays, Sept 16-Nov 4

Time: 6-7 PM

Location: 1601 Armory Drive
Building A, Gym

Cost: \$80 for the 8 week session

Ages: 8 and older

Create

Participants will be given the opportunity to explore different mediums of art and will receive individualized support based on their skill level. Each week there will be a different project to work on and take home.

Dates: Mondays, Oct 3-24 or Nov 7-28

Time: 5-7 PM

Location: TBD

Cost: \$50 per 4 week session

Ages: 8 and older

Guys' and Girls' Groups

Social groups for pre-teens, teens, and young adults. Each month we will participate in a different activity, which will be chosen at each prior group. Parents do not need to stay on site during the program.

Dates: Thursdays, Oct 27 & Nov 17

Time: 6-8 PM

Location: 1601 Armory Dr, Utica
Building C, Conference Room

Cost: \$10 per event

Ages: 11 and older

Learn to Swim

Learning to swim is an important safety and recreational skill that should be available to all children. This program is run by an American Red Cross Water Safety & Lifeguard instructor with a lifeguard on duty. Each student will be paired with a trained staff member to provide one-to-one support. Students will be grouped by swim level.

Dates: Thursdays, Sep 29-Dec 8

Time: 6-6:30 PM or 6:30-7 PM

Location: Jorgensen Center, MVCC
1101 Sherman Dr, Utica

Cost: \$120 for the 10-week session

Ages: 5-12

Library Reading

Join us each month at the Vernon Public Library for a children's book reading followed by a fun activity. The reading and activity will be lead by Kelberman Center staff. Registration is not required.

Dates: Wed, Sep 28, Oct 26, & Nov 17

Time: 6-7 PM

Location: Vernon Public Library
4441 Peterboro Street, Vernon

Cost: Free

Ages: 10 and under

Pool Pals

The Pool Pals program is a joint effort with Utica College to combine aquatics, exercise, social skill development and therapy with a one-to-one recreational approach.

The program is run by a certified therapist and each student will be paired with a Utica College intern. Although the children will practice many swimming skills, this is not a learn to swim program. Students will be grouped by age.

Dates: Wednesdays, Sep 28-Nov 16

Time: 5-5:45 or 6-6:45 PM

Location: Utica College, 1600 Burrstone Rd

Cost: \$90 for 8 weeks

Ages: 5-10

Sensory-Friendly Movie

Families and friends are all welcome to join us for a sensory-friendly movie at the Marquee Theater. The preview lights will be turned on low and the sound will be turned down. Kids are encouraged to sing, dance, shout, and move around! The concession stand will be open for drinks and snacks!

Date: Saturday, November 15

Time: 10 AM

Location: Marquee Cinema
20 Ellinwood Dr, New Hartford

Cost: \$7.50 per person

Tennis

Participants will learn basic and fundamental tennis techniques, good sportsmanship, and have the opportunity to interact with peers. Students will be grouped by age and ability, and will receive individualized support based on their skill level.

Dates: Tuesdays, Oct 4 - Nov 22

Time: 5-5:45 or 5:45-6:30 PM

Location: 145 New Hartford St
New Hartford

Cost: \$65 for 8 weeks

Ages: 5 and older

Fall Special Events

Family Bowling

Families, friends and staff are all welcome to join us for this fun and relaxed afternoon of bowling. This is a family event; limited support staff will be available. Parents are required to remain with their children.

Date: Saturday, November 6

Time: 1-2:30PM

Location: Caz Sports Bowl
3 Carriage Ln, Cazenovia

Cost: \$5/person 1

Family Hike at the Root Glen

Join us for a hike in the beautiful Root Glen on the Hamilton College campus! This is a family event; limited support staff will be available.

Date: Saturday, October, 8

Time: 10-11:30 AM

Location: Hamilton College, Clinton

Cost: Free

Glowstick Hunt

Back by popular demand, join us once again for a fun and exciting evening with your family. Participants will be divided into teams to find glow sticks that will be hidden throughout the Root Farm property. The team that finds the most glow sticks will win a prize! When all of the glow sticks have been found, enjoy s'mores

Registration for all
fall programs will
be open until

September 15, 2016

Be sure to register by
this time so you don't
miss out on
the fun!

and apple cider! This is a family participation event; limited staff support will be available.

Date: Friday, September 30

Time: 7:30-9 PM

Location: The Root Farm
2860 King Road, Sauquoit

Cost: \$5/person or \$15/family

Gorge Trail Hike

The scenic Gorge Trail runs between the old railroad buildings of Cazenovia and along part of the Chittenango Creek. This is a family event; limited support staff will be available.

Date: Sunday, October, 16

Time: 1-2:30 PM

Location: Cazenovial Lumber & Oil
27 William St, Cazenovia

Cost: Free

Kitchen Science

Participants will be given the opportunity to explore three to four different hands-on science experiments with everyday materials. Everyone will also receive instructions to recreate each project at home. Staff support is limited; parents are required to stay with their children during the program.

Date: Saturday, November 19

Time: 10 AM - 12 PM

Location: 1601 Armory Drive, Utica
Armory C, Conference Room

Cost: \$10 per child

Ages: 5 and older

Oneida Halloween Party

Join us as we partner with the town of Oneida for a kid friendly Halloween party at the Oneida Recreation Center! Children with sensory sensitivities are invited to participate in activities one hour before the official party begins. The whole family is welcome to come and costumes are encouraged!

Date: Saturday, October 29

Time: 3-4 PM

Location: Oneida Parks & Recreation
217 Cedar St, Oneida

Ages: 8-12

Teen Game Night

Get together with other kids your age to play games and share pizza at the Vernon Library teen room. Come have fun, bring your favorite board game or just hang out!

Date: Fridays, October 14 or November 18

Time: 6-7:30 PM

Location: Vernon Public Library
4441 Peterboro St, Vernon

Cost: \$5 for food

Ages: 13-18



September 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Registration for all fall programs will only be open until September 15, 2016!</p>						
4	5 Labor Day	6	7	8	9	10
11	12	13	14	15 Registration for Fall Programs Closes	16 Basketball <i>Armory A</i> 6 - 7 PM	17
18	19	20	21	22	23 Basketball <i>Armory A</i> 6 - 7 PM	24
25	26	27	28 Pool Pals <i>Utica College</i> 5 - 5:45 PM or 6 - 6:45 PM Library Reading <i>Vernon Library</i> 6 - 7 PM	29 Advanced Swim <i>MVCC</i> 5 - 6 PM Learn to Swim <i>MVCC</i> 6 - 6:30 PM or 6:30 - 7 PM	30 Basketball <i>Armory A</i> 6 - 7 PM Glowstick Hunt <i>The Root Farm</i> 7:30 - 9 PM	

Core Programs | Special Events

Please visit www.kelbermancenter.org/recreation for more information regarding camp and recreation programs, or to apply. A master application must be submitted yearly. All camps require a separate application. Registration is required for all programs.

October 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Registration for all fall programs will only be open until September 15, 2016!</p>						1
2	3 Create <i>Location TBD</i> 5 - 7 PM	4 Tennis <i>145 New Hartford St</i> 5 - 5:45 PM or 5:45 - 6:30 PM	5 Pool Pals <i>Utica College</i> 5 - 5:45 PM or 6 - 6:45 PM	6 Advanced Swim <i>MVCC</i> 5 - 6 PM Learn to Swim <i>MVCC</i> 6 - 6:30 pm or 6:30 - 7 PM	7 Basketball <i>Armory A</i> 6 - 7 PM	8 <i>Root Glen Hike Hamilton College 10 - 11:30 AM</i>
9	10 Create <i>Location TBD</i> 5 - 7 PM	11 Tennis <i>145 New Hartford St</i> 5 - 5:45 PM or 5:45 - 6:30 PM	12 Pool Pals <i>Utica College</i> 5 - 5:45 PM or 6 - 6:45 PM	13 Advanced Swim <i>MVCC</i> 5 - 6 PM Learn to Swim <i>MVCC</i> 6 - 6:30 pm or 6:30 - 7 PM	14 Basketball <i>Armory A</i> 6 - 7 PM <i>Teen Game Night Vernon Library 6 - 7:30 PM</i>	15 <i>Sensory Movie Marquee Cinema 10 AM</i>
16 <i>Gorge Trail Hike Cazenovia Lumber 1 - 2:30 PM</i>	17 Create <i>Location TBD</i> 5 - 7 PM	18 Tennis <i>145 New Hartford St</i> 5 - 5:45 PM or 5:45 - 6:30 PM	19 Pool Pals <i>Utica College</i> 5 - 5:45 PM or 6 - 6:45 PM	20 Advanced Swim <i>MVCC</i> 5 - 6 PM Learn to Swim <i>MVCC</i> 6 - 6:30 pm or 6:30 - 7 PM	21 Basketball <i>Armory A</i> 6 - 7 PM	22
23	24 Create <i>Location TBD</i> 5 - 7 PM	25 Tennis <i>145 New Hartford St</i> 5 - 5:45 PM or 5:45 - 6:30 PM	26 Pool Pals <i>Utica College</i> 5 - 5:45 PM or 6 - 6:45 PM	27 Advanced Swim <i>MVCC</i> 5 - 6 PM Learn to Swim <i>MVCC</i> 6 - 6:30 pm or 6:30 - 7 PM <i>Girls' Group and Guys' Group Armory A Gym 6 - 8 PM</i>	28 <i>Basketball Armory A 6 - 7 PM</i>	29 <i>Oneida Halloween Party Oneida Parks & Rec 3 - 4 PM</i>
30	31 Happy Halloween!		Library Reading <i>Vernon Library</i> 6 - 7 PM			

Core Programs | Special Events

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November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Tennis <i>145 New Hartford St</i> 5 - 5:45 PM or 5:45 - 6:30 PM	2 Pool Pals <i>Utica College</i> 5 - 5:45 PM or 6 - 6:45 PM	3 Advanced Swim <i>MVCC</i> 5 - 6 PM Learn to Swim <i>MVCC</i> 6 - 6:30 PM or 6:30 - 7 PM	4 Basketball <i>Armory A</i> 6 - 7 PM	5
6 Daylight Saving Time Ends Family Bowling <i>Caz Sports Bowl</i> 1 - 2:30 PM	7 Create <i>Location TBD</i> 5 - 7 PM	8 Election Day Tennis <i>145 New Hartford St</i> 5 - 5:45 PM or 5:45 - 6:30 PM	9 Pool Pals <i>Utica College</i> 5 - 5:45 PM or 6 - 6:45 PM	10 Advanced Swim <i>MVCC</i> 5 - 6 PM Learn to Swim <i>MVCC</i> 6 - 6:30 PM or 6:30 - 7 PM	11 Veterans Day	12
13	14 Create <i>Location TBD</i> 5 - 7 PM	15 Tennis <i>145 New Hartford St</i> 5 - 5:45 PM or 5:45 - 6:30 PM	16 Pool Pals <i>Utica College</i> 5 - 5:45 PM or 6 - 6:45 PM Kitchen Science <i>Oneida Rec Center</i> 5:30 - 7 PM	17 Advanced Swim <i>MVCC</i> 5 - 6 PM Learn to Swim <i>MVCC</i> 6 - 6:30 PM or 6:30 - 7 PM Girls' Group and Guys' Group <i>Armory A Gym</i> 6 - 8 PM	18 Teen Game Night <i>Vernon Library</i> 6 - 7:30 PM	19 Kitchen Science <i>Armory C</i> 10 AM - 12 PM
20	21 Create <i>Location TBD</i> 5 - 7 PM	22 Tennis <i>145 New Hartford St</i> 5 - 5:45 PM or 5:45 - 6:30 PM	23	24 Thanksgiving Day	25	26
27	28 Create <i>Location TBD</i> 5 - 7 PM	29	30 Library Reading <i>Vernon Library</i> 6 - 7 PM	Registration for all fall programs will only be open until September 15, 2016!		

Core Programs | Special Events

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