

## Northeast Indiana Guide of Community and Recreation Activities for People Who Have Special Needs

- **Easter Seals Arc Community Recreation:** Activities are scheduled evenings and weekends for adults (18 years and over) with an intellectual disability. You decide what activities you would like to participate in such as; bowling leagues, ballroom dancing, sporting events, dances, summer camps, concerts; Special Olympic basketball, swimming, track and field, bocce ball; game nights, festivals and fairs. Sign up memos for each activity are mailed to individuals on the Recreation Mailing List. Individuals that want to be on the Recreation mailing list can call (260) 456-4534 ext. 430 to sign up.
- **Easter Seals Arc Ballroom Dance Program:** Collaboration between Easter Seals Arc, Special Olympics and Fort Wayne Dancesport. Weekly one hour dance lessons at a local studio. Volunteer ballroom dancers without disabilities are paired with adults with disabilities throughout the duration of the program and participate in a competition. This program provides socialization, community integration, values, lifelong friendships and exercise. Ballroom dancing experience is not required. Call (260) 456-4534 ext. 240.
- **Crazy Pinz Special Needs Bowling League:** Tuesday 6-8 p.m. and Saturday 10 a.m.-12 p.m. Cost is \$5.00. Contact Traci at (260) 490-2695.
- **Georgetown Bowl:** \$2.00 per game for people with disabilities, fee includes shoes. Accompanying staff are free. Hours are: Monday and Tuesday 9 a.m.-5 p.m., Wednesday and Friday 9 a.m.-6 p.m., Thursday 9 a.m.-3 p.m., not available Sunday. Call (260) 749-9610.
- **ADD Drumming 4 Joy:** This class is a six-week drumming class for young people with ADHD and their parents/caregivers. Kids will experience the cognitive benefit and joy of drumming while their parents gain valuable ADHD information on parenting. Contact Cheryl at (260) 225-3435 or [www.addjoyoflife.com](http://www.addjoyoflife.com)
- **Meaningful Day Drum Circle:** Music therapy drum circle. Contact Alison Asbury at [musicali81@hotmail.com](mailto:musicali81@hotmail.com) or [www.meaningfulday.com](http://www.meaningfulday.com)
- **Our Little Nita Class at The Summit Academy of Gymnastics:** Enables the children to experience their own capabilities; many activities/stations with a wide range of abilities, so all can enjoy a feeling of success. Call (260) 482-2511 to register and visit website at [www.summitacademyofgymnastics.com/](http://www.summitacademyofgymnastics.com/) to download release form before class.

- **C3 Sports:** offers an Integrated Soccer League to kids age 4 through 4th grade. Players will play 8 soccer games with typically developing players on Saturdays August 13-October 1. Please check out [c3sports.net](http://www.c3sports.net) for more information. [http://www.c3sports.net/?page\\_id=455](http://www.c3sports.net/?page_id=455). Feel free to call with any questions.
- **Adaptive Zumba Class:** For individuals with physical and/or developmental disabilities at Parkview Family YMCA. Call (260) 497-9996.
- **Kiwanis International Aktion Club:** A community service club for adults with disabilities ages 18 and older. Contact Delia Falk at (260) 485-3200 or [dfalk@esarc.org](mailto:dfalk@esarc.org)
- **Jesters:** Performing group composed of individuals with mild to severe developmental or physical disabilities ages 6 and older. [art.sf.edu/community-programs/jesters](http://art.sf.edu/community-programs/jesters)
- **Sky Zone:** Special Friends Night welcomes children and adults with special needs and their sibling, family and friends to jump for 60 minutes for \$8. Contact (260) 483-5867 or [www.skyzone.com/fortwayne](http://www.skyzone.com/fortwayne)
- **Turnstone:** Swim Lap Club is designed for children with disabilities ages 4 to 12. Participants are divided into teams based on their level of skill. Contact Kristin at (260) 483-2100.
- **Volunteer Center:** Volunteering builds work skills, self-confidence and is fun. Contact the Volunteer Center at (260)424-3505 or [www.volunteerfortwayne.org](http://www.volunteerfortwayne.org)
- **Fort Wayne Civic Theatre Project Lights Up:** No cost, special sensory performances. Contact [www.fwcivic.org](http://www.fwcivic.org)
- **Fort Wayne Curling Club:** The Curling Club is offering Special Needs Curling as an integrated activity for individuals ages 10 and up with physical or intellectual disabilities and their families, friends or peers. Curling is a sport ANYONE can play regardless of their disability and is a great family activity. Contact [info@fortwaynecurling.com](mailto:info@fortwaynecurling.com)
- **Challenger Programs, a division of Little League Baseball:** The programs include baseball and basketball for kids with special needs starting at age 6, depending on their skill levels and availability for that level. Contact Pat Reibs for baseball at (260) 484-1338 or Addie Colley for basketball at (260) 403-0513.

## • Ministry

- **One Heart Disability Ministry:** focusing on reaching people with disabilities and their families with the Gospel of Jesus Christ. Weekly bible studies, game nights, bell and voice choir. 1400 W. Washington Center Rd, Fort Wayne. Contact (260) 338-6608 or [www.oneheartdisabilityministries.org](http://www.oneheartdisabilityministries.org)
- **OurLife Special Needs Ministry:** OurLife Ministry is committed to opening doors and building bridges in Life, Community, and beyond so that all may worship, serve, be served, learn, and grow together in the presence of God as a valued disciple of our Community. 7222 W. Jefferson Blvd. , Fort Wayne. [www.lifefw.com/ourlife](http://www.lifefw.com/ourlife)

## • Sensory Supplies

- **Sensory Critters:** Sells products for Oral Motor, Language, Apraxia, Early Intervention, Literacy, Motor Planning, Fine Motor, Gross Motor, Tactile, Proprioception, Visual, Exclusive Weighted Hoodie, Vests, Lap Pads, and Blankets. Also creates Multi-Sensory Environments. 4715 Lima Rd., Fort Wayne. [www.sensorycraver.com](http://www.sensorycraver.com)
- **CapeAble:** is an extensive and innovative offering of weighted garments, accessories, blankets, and toys. 1109 Sherman Blvd., Fort Wayne. [www.capeable.com](http://www.capeable.com)

## • Groups

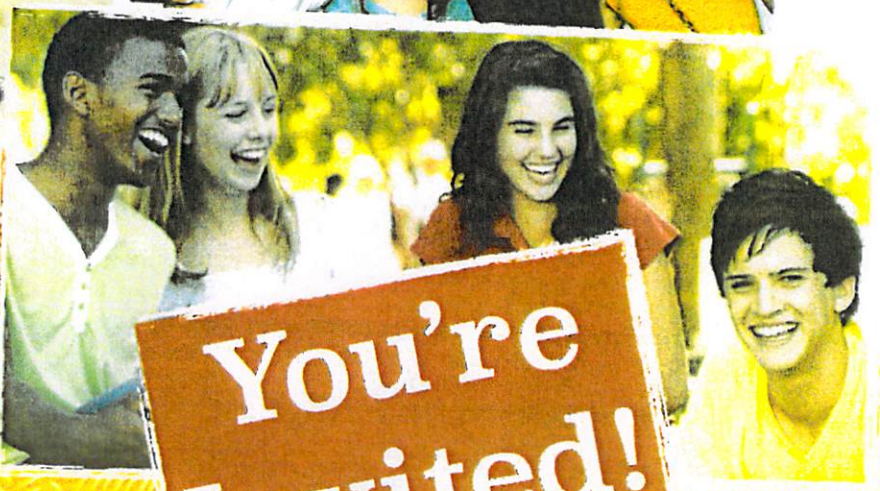
- **Adult ADHD Support Group:** Living Your Life, BEYOND the Diagnosis! Meets the first Thursday of every month from 6:30-8:30 p.m. at Greenview Building, Parkview Campus: 1900 Carew Street Suite 2, Fort Wayne. Contact Cheryl Gigler (260) 436-2556 or [www.addjoyoflife.com](http://www.addjoyoflife.com)
- **Asperger Social Group:** For adults with Asperger's syndrome. Meets 6-7:30 p.m., the second Monday of each month at Lutheran Hospital, Special Function Room #4 in the cafeteria. Contact Sue Christman at (260) 456-4534, ext. 271 or [schristm@esarc.org](mailto:schristm@esarc.org) or John Graham at (260) 402-7591 or [cole\\_man2001@yahoo.com](mailto:cole_man2001@yahoo.com). On Facebook: [Asperger's Group at Lutheran Hospital](#). Parents, family members, and professionals are also welcome to attend.

- **Sibshops:** A support group for brothers and sisters of children with disabilities or special health concerns. Three age groups; grade school, middle/jr. high, and high school. Meets six times a year. To register, contact Sue Christman at (260) 456-4534, ext. 271 or [schristm@esarc.org](mailto:schristm@esarc.org)
- **Turnstone's Parent Support Group:** is offered for primary caregivers of children with disabilities. The group provides the opportunity for parents to meet one another and share experiences. Typically two group meetings are offered. One meets the first Thursday of every month 6:30-7:30 p.m. and the other parent support group meets the third Wednesday of every month 6-8:00 p.m. Childcare may be available at no charge with advance notice. Contact Angela Williams at (260) 483-2100, ext. 253 or [angela@turnstone.org](mailto:angela@turnstone.org)
- **Parkview Brain Injury Support Group:** The group is designed for survivors of brain injury and their family, friends, caregivers and service providers. Located at Parkview Reginal Medical Center conference rooms A, B and C, on the first floor just past the cafeteria. Meetings are the first Monday of each month from 6:30-8:30 p.m. Contact Kristin Smith OTR at (260) 452-4943 or [Kristin.Smith@parkview.com](mailto:Kristin.Smith@parkview.com)
- **Brain Injury Support Group:** Teens 'n Twenties meet the 3<sup>rd</sup> Monday of each month from 6:30-8:30 p.m. at Lutheran Hospital Neuro-Spine and Pain Center, 7956 Jefferson Blvd., Fort Wayne.
- **Ligonier Parent Support Group Meeting:** Meets at The Cross Walk, 466 Townline Road Ligonier, Indiana. This is a multi-categorical group. They meet the last Tuesday of each month from 6-7:30 p.m. Childcare is available. Contact Rebecca Frey at (260) 894-4777 or (260) 215-1422.

**This list is for informational purposes only and not an endorsement of any organization or service provider. Updated 5/16**



JOIN US  
THE 1ST TUESDAY  
OF EVERY MONTH



You're  
Invited!

FUN,  
CASUAL,  
MEANINGFUL.

## Boundaries Crossed: Asperger's Youth Group

Who: Middle school and high school youths with Aspergers, or similar functioning (ADHD, etc) who want to have fun while forming new friendships! (And their parents/caregivers)

When: The 1st Tuesday of every month starting Feb 2nd, 2016 from 6:15 - 7:15 PM

Where: Ivy Tech Community College-Northeast. 3800 N Anthony, Fort Wayne, IN 46805

Teens meet in one room while Parents/Caretakers may meet in a nearby room

- Teens will participate in group discussions and activities facilitated by adults on the spectrum and staff from sponsoring agencies.
- Parents/Caretakers are welcome to attend the Parent/Caretaker group while you are waiting. We will discuss resources, services, as well as how to support one another.

For more information or to submit a registration form, contact Tommy Guest at [Tommy@PartnersinAutism.com](mailto:Tommy@PartnersinAutism.com) or call (260) 446-6532.



Easter Seals Arc of Northeast Indiana



**Social Group for High School/ Adult  
Women and Men who have Aspergers  
Parents, family members, professionals are  
welcome to attend**

Meet every 2<sup>nd</sup> Monday of the month

When: 6-7:30 pm

Where: Lutheran Hospital West Jefferson Blvd.

Special Function Room #4 in cafeteria

Contact:

John Graham 260-402 - 7591 [cole\\_man2001@yahoo.com](mailto:cole_man2001@yahoo.com) or

Facebook: Aspergers Group at Lutheran Hospital or

Sue Christman 260-456-4534 ext 271 [schristm@esarc.org](mailto:schristm@esarc.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# A POSITIVE APPROACH TO FUN IN THE WATER

## Adaptive Swimming Lessons

YMCA OF GREATER FORT WAYNE

This class, designed for participants (ages 4-21) who have special needs, focuses on basic water skills and water adjustment to help gain confidence in the water and improve kicking and stroking ability. Participants learn to feel more positive about themselves in a safe and relaxed environment that promotes success mixed with fun and play. Visit [fwymca.org](http://fwymca.org) to register.

**Dates:** October 31-December 18, 2016

**Locations and Times:**

**Caylor-Nickel** Friday 6-6:45pm

**Jorgensen** Sunday 5:15-6pm and 6-6:45pm

**Parkview** Sunday 6-6:45pm

**Renaissance-Pointe** Monday 5-5:45pm,  
6-6:45pm, 7-7:45pm

For more information email  
[hereforyou@fwymca.org](mailto:hereforyou@fwymca.org)





The programs listed are for individuals with intellectual and developmental disabilities, ages 8 and up.

These sports, recreation and leisure programs are designed to improve overall health and wellness, increase physical activity level, socialization opportunities and independence. The programs are planned, coordinated and provided by Turnstone staff member, Rio James, a certified recreation therapist.

To register for a program, contact Rio James at [rio@turnstone.org](mailto:rio@turnstone.org) or call (260) 969-7678.

## Hoopers

Come join the basketball fun! This is a beginner program that focuses on skills, exercise and teamwork. Players learn to dribble, pass and shoot as well as team spirit and sportsmanship. Gym shoes are required.

Date	Day	Time	Age	Fee
11/8-12/20	Tues	5:30-6:15p.m.	8-13	\$35
11/8-12/20	Tues	6:30-7:15p.m.	14-22	\$35

Location: Plassman Athletic Center at Turnstone

## Walk and Talk

With Turnstone's indoor track, cold weather is no longer an excuse to be inactive! Stay active - walk laps-learn about healthy nutrition and lifestyle choices-meet new friends and achieve goals while exercising! Gym shoes are required.

Date	Day	Time	Age	Fee
11/9-12/21	Wed	1:00-2:00p.m.	18+	\$35

Location: Plassman Athletic Center at Turnstone

Register by: 11/4/16

## Floor Hockey

Want to stay active by trying a new sport? Join us for a Floor Hockey program! We will teach the fundamentals and basic skills for beginners while working together as a team. Gym shoes are required.

Date	Day	Time	Age	Fee
11/9-12/21	Wed	5:30-6:15p.m.	13-17	\$35
11/9-12/21	Wed	6:30-7:15p.m.	18+	\$35

Location: Plassman Athletic Center at Turnstone

Register by: 11/5/16

## Halloween Dance

Dance the night away with your friends! Feel free to dress in a costume, but it is not required.

Snacks will be provided and prizes will be awarded for the best costumes!

Date	Day	Time	Age	Fee
11/4	Fri	6:30-9:00p.m.	18+	Free

Location: Plassman Athletic Center at Turnstone

Register by: 11/2/16

## Girl's Night Out

Calling all girls! It's time for a night full of fun. There will be games, crafts, snacks and plenty of opportunities to socialize. Bring your friends to kick off the weekend right by joining us for this event!

Date	Day	Time	Age	Fee
11/11	Fri	6:00-7:30p.m.	14-22	\$5
12/9	Fri	6:00-7:30p.m.	14-22	\$5

Location: Plassman Athletic Center at Turnstone

Register by: 11/9/16; 12/7/16

Underwritten by:



Think differently about disabilities.





# Turnstone

## Pool Day

Bring your suit and towel! This is an event designed for individuals to become more comfortable in the water. Spend time with friends and meet new ones while gaining confidence and participating in activities. Parents are welcome to join in on the fun.

Date	Day	Time	Age	Fee
11/19	Sat	10:30-11:15a.m.	14-22	\$5

Location: Plassman Athletic Center at Turnstone

Register by: 11/14/16

## Game Night

Bring your luck! We will have a variety of board, card and dice games with a few prizes. This is a great opportunity to enjoy a night away from home playing games, socializing and having fun!

Date	Day	Time	Age	Fee
11/21	Mon	6:00-7:30p.m.	18+	Free
12/19	Mon	6:00-7:30p.m.	18+	Free

Location: Plassman Athletic Center at Turnstone

Register by: 11/16/16; 12/14/16

## Indoor Cycling

Join us for a ride around our indoor track! Biking is a great and fun way to exercise. Increase your heart rate by pedaling with your feet or using a hand cycle; there's no stopping you! We have a variety of bikes available for all individuals.

Date	Day	Time	Age	Fee
12/17	Sat	9:00-10:00a.m.	13-18	\$5
12/17	Sat	10:00-11:00a.m.	18+	\$5

Location: Plassman Athletic Center at Turnstone

Register by: 12/12/16

## Creative Movement

Looking for a way to increase your balance, strength and range of motion? Join us for a relaxing session of Creative Movement to wind down from a long week! Gym shoes are required.

Date	Day	Time	Age	Fee
12/1-12/29	Thur	4:00-4:45p.m.	18+	\$20

Location: Plassman Athletic Center at Turnstone

Register by: 11/23/16

## Christmas Dance

Dance to your favorite Christmas tune with your friends! Santa will be joining the party too! There will be holiday snacks, goody bags, prizes and lots of fun for everyone!

Date	Day	Time	Age	Fee
12/17	Sat	2:00-4:00p.m.	18+	Free

Location: Plassman Athletic Center at Turnstone

Register by: 12/12/16

If you have any questions about these programs, please contact Rio at [rio@turnstone.org](mailto:rio@turnstone.org) or (260) 969-7678.



**Turnstone**  
Creating possibilities.

Underwritten by:



Think differently about disabilities.

Turnstone

3320 N. Clinton St., Fort Wayne, IN 46805

260-483-2100 [turnstone.org](http://turnstone.org)