



Fall 2009 All-Inclusive Community Recreation Program Guide

October 26th -December 18th

CDS is a leading human service organization that supports people in the pursuit of their personal dreams. We offer community based services to more than 1,300 people, guided by the belief that they deserve both quality and choice of services.

CDS services:

- Residential Services
- Employment/Unistel Services
- Family Support Services
- Day Services/Creative Opportunities
- Recreation Programs
- Service Coordination
- Transition Services



**CLASSES ARE OPEN TO COMMUNITY MEMBERS
OF ALL ABILITY LEVELS!**

JOIN A CLASS ANYTIME FOR A PRO-RATED FEE

GENERAL INFORMATION & POLICIES

Payments: Make checks/money orders payable to:
Continuing Developmental Services, Inc.
Attn: Activities Coordinator
860 Hard Rd.
Webster, NY 14580

Refund Policy: Contact Activities Coordinator for information.

Volunteer Opportunities: CDS is seeking volunteers for all programs. Call 347-1205 for a list of opportunities available.

Mailing List: Email your contact information to ntarson@cdsunistel.org if you would like to be on our mailing list.

Lost & Found: Items are available in office #142 from noon-5pm, Monday-Friday.

Tobacco Free Environment: All CDS sites are 100% tobacco free.

Room Reservations: The Wolf Life Transitions Center is perfect for meetings, luncheons, plays, performances and other special functions. Please call 347-1661 for details regarding renting space.

Holiday Closings: Thursday, November 26th & Friday, November 27th

Getting here: The Wolf Life Transitions Center is located in Webster just north of Route 104. From the West take 104 East to the Hard Rd. exit. Turn left at the light and the WLTC is just down the road on the right hand side.

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860 Hard Rd.
Webster, NY 14580

Phone: (585) 341-4600
E-mail: ntarson@cdsunistel.org

Fitness & Aquatics

Fitness Club

Age: 16 years+

Take advantage of the treadmills, ellipticals, and weight training equipment. This is your chance to get in shape while maintaining a healthy lifestyle. Locker rooms are available for changing and storing belongings.

Location: Fitness Center

Dates: **Wednesday**

(10/28-12/16)

6:30-7:30pm (8 sessions)

Fee: \$24 Code: FIT-01



Wii Bowling

Virtual bowling is where it's at. Come meet new friends while having fun bowling and learning to use the Nintendo® Wii.

Location: Media Center

Dates: **Monday** (10/26-12/14)

6:30-7:30pm (8 classes) Code: FIT-02

Fee: \$24

Dates: **Thursday** (10/29-12/17)

6:30-7:30pm (7 classes) Code: FIT-03

NO CLASS 11/26

Fee: \$21



Limit of 8 participants per class

Zumba Dance Fitness

Zumba is a primarily Latin based dance fitness workout that is high energy and fun. You almost forget about the incredible exercise benefits while burning up to 800 calories an hour!

Location: Town Square

Dates: **Thursday** (10/29-12/17) **NO CLASS 11/26**

6:30-7:30pm (7 classes) Code: FIT-04

Fee: \$35

Need 7 registrants for class to take place!

Water Walking Class

A beginner level aquatic fitness class focusing on strength, mobility, flexibility, range of motion, and light cardio workouts using the water and all of its healing properties. A total body workout for anyone wanting a water program that is conducted in only four feet of water.

Location: Therapy Pool

Dates: **Monday** (10/26-12/14)

6:30-7:30pm (8 classes) Code: FIT-05

Fee: \$40

Need 7 registrants for class to take place!

Self-Directed Therapy Pool Hours

Whether you have arthritis or a child or loved one with special needs, these sessions are for you. Children must be accompanied 1:1 by an adult in the water, as well as adults who require in-pool supervision. The pool is accessible with a ramp and Hoyer lift system.

Location: Therapy Pool

Dates: **Saturday** (11/7, 11/21, 12/5, 12/12)

(4 sessions) **10-11:30am** Fee: \$5 per person, per session

Code: FIT-06

Aquatics for Children (with parent)

Age: 5-7 years

Children will be accompanied in the water by a parent or guardian and will learn to enter & exit the water safely, submerge face, blow bubbles, and float on their front and back.

Location: Therapy Pool

Dates: **Wednesday** (10/28-12/16)

5:30-6:30pm (8 classes)

Code: FIT-07

Fee: \$56

Need 5 registrants for class to take place!



CDS' 89° therapy pool is perfect for anyone who enjoys aquatic programs, but unable to tolerate the cold water of other pools. The pool has a four foot depth and is equipped with a ramp and Hoyer lift system for those individuals requiring more assistance. For more information, or to inquire about using the pool for therapeutic purposes, call 347-1661.

More Fitness & Aquatics

Water Arthritis

The aim of this class is to increase your feeling of well-being, reduce pain and stiffness, and decrease fatigue while improving balance, range of motion, and endurance. Everyone will exercise at their own pace. Participants do not need to know how to swim or float.

Location: Therapy Pool

Dates: **Tuesday** (10/27-12/15)

6:15-7:15pm (8 classes) Code: FIT-08

Fee: \$40

Thursday (10/29-12/17)

NO CLASS 11/26

6:15-7:15pm (7 classes) Code: FIT-09

Fee: \$35

Need 7 registrants for class to take place!

**Take any two
Aqua Classes
for \$75**

Tai Chi

This is a gentle exercise program that involves standing and sitting positions. Exercises are done slowly, with a focus on building range of motion, endurance, strength, & good breathing techniques to help individuals relax.

Location: Music Center

Dates: **Wednesday**

(10/28-12/16)

5:30-6:30pm (8 classes)

Fee: \$40 Code: FIT-10



Need 7 registrants for class to take place!

Aqua Variety Pack

Participants will be involved in water walking, cardio and isometric training, and deep breathing exercises while using the water's resistance as well as hand bells and barbells. This class will offer strength training, improved balance, and a feeling of accomplishment as everyone works at their own pace. Water shoes are required.

Location: Therapy Pool

Dates: **Tuesday** (10/27-12/15)

8:45-9:45am (8 classes) Fee: \$40 Code: FIT-11

Dates: **Thursday** (10/29-12/17)

8:45-9:45am (7 classes) Fee: \$35 Code: FIT-12

NO CLASS 11/26

Need 7 registrants for class to take place!

Self-Directed Water Walking

Are you recovering from surgery or do you have arthritis? If so, take part in our self-directed water walking sessions. We have various equipment to use during your pool time to make you feel refreshed and rejuvenated. Water walking is great exercise for everyone!

Dates: **Monday, Wednesday, Friday 5-6pm**

NO SESSION 11/27

Fee: \$5 per person, per session

Code: FIT-13



Social Programs

Halloween Dance

Friday, October 30th,
6:30-8:30pm with DJ
music & refreshments!

Thanksgiving Dance

Friday, November 20th,
6:30-8:30pm with music
from DJ Delight &
refreshments.

Holiday Dance

Friday, December 18th,
6:30-8:30pm with
refreshments and DJ
music!

**Dances are \$5 per
person at the door!**

CDS Talents!

Age: 18 years+
A fun, relaxing atmosphere
to show off your talent!
Participants will learn fun,
improv activities to get rid
of stage jitters and improve
their performance.
Participants will show off
their talents on the last day
of the session.

Location: Town Square
Stage

Dates: **Wednesday**

(10/28-12/16)

6:30-7:30pm (8 classes)

Fee: \$48

Code: SOC-01

Sara's Nail Salon

Come to the salon and relax
while having your nails done.
Pick your favorite nail polish &
learn how to polish your nails at
home, on your own while
enjoying conversation with
others.

Location: Office Training Room

Dates: **Tuesday** (10/27-12/15)

6:30-7:30pm (8 sessions)

Fee: \$48

Code: SOC-02



Friday Movies

All movies begin at 6pm
sharp in the Transitions
Room. Refreshments
provided for \$2.00 per
person.

11/6 Code: SOC-03

12/4 Code: SOC-04



Music Programs

Exploring Music I

Age: 12 years+

Explore the fundamentals of music through activities
and lesson plans focusing on rhythm,
melody, harmony, instrument families,
and popular musical idioms.

Location: Music Center

Dates: **Wednesday** (10/28-12/16)

6:30-7:30pm (8 classes)

Fee: \$80

Code: MUS-01

Need 7 registrants for class to take place!



Exploring Music II

Age: 18 years+

Students will explore the fundamentals of music through
activities and lesson plans focusing on rhythm, melody,
harmony, instrument families, & popular musical idioms.

Location: Music Center

Dates: **Wednesday** (10/28-12/16)

7:30-8:30pm (8 classes)

Fee: \$80

Code: MUS-02

Need 7 registrants for class to take place!

Piano Basics

Age: 15 years+

Students will learn the basics of playing the piano, using
the visual methods that are used in the Music
Education Centers. Students will learn
how to implement basic techniques to
learn simple songs on the piano.

Location: Music Center

Dates: **Tuesday** (10/27-12/15)

6:00-6:45pm (8 classes)

Fee: \$88 Code: MUS-03

Need 6 registrants for class to take place!



Guitar Basics

Age: 18 years+

Come learn the basics of playing guitar. At the end of the
session, students will have a basic understanding of the
mechanics of the guitar, knowledge of basic techniques, and
begin to learn simple songs & chords.

**Students must bring their own guitar to
class.**

Location: Music Center

Dates: **Tuesday** (10/27-12/15)

6:45-7:30pm (8 classes)

Fee: \$104 Code: MUS-04

Need 5 registrants for class to take place!



Pottery & Crafts

Ceramics: Intro to Hand building

Students will make at least 4 projects while learning how to safely work with clay. Learn to make pinch pot vessels, coil constructions, and techniques utilized in slab construction.

Location: Art Studio
Dates: **Tuesday** (10/27-12/15)
6:30-7:30pm (8 classes)
Fee: \$64
Code: ART-01

Ceramics: Intro to Wheel Throwing

Students will work one on one with the instructor on the Potter's wheel learning the basics of centering, forming a cylinder, & creating cups, bowls, and plates for functional use.

Location: Art Studio
Dates: **Wednesday** (10/28-12/16)
6:30-7:30pm (8 classes) Fee: \$64
Code: ART-02



MAXIMUM OF 5 STUDENTS

Clay Bead Jewelry

Create bracelets, necklaces, pendants, and pins made of clay beads. Students will learn other techniques and materials for creating jewelry.

Location: Art Studio
Dates: **Thursday** (10/29-12/17)
NO CLASS 11/26
6:30-7:30pm (7 classes)
Fee: \$63 Code: ART-03

Halloween Decorations

Get ready for Halloween by decorating your house with all the spooky creatures you will create in class. Choose from an assortment of creepy designs and get creative painting & decorating.

Location: Art Studio
Date: **Monday, Oct. 26**
6:30-7:30pm (1 class)
Fee: \$10
Code: ART-04

Open Beading

Create your very own jewelry! Choose from all of your favorite colors and shapes to make beautiful necklaces, bracelets, and earrings for yourself or a loved one.

Location: Art Studio
Date: **Monday, Nov. 2**
6:30-7:30pm (1 class)
Fee: \$10
Code: ART-05

Fall Gourd Animals

Decorate dried gourds to look like your favorite animal. You will paint, and use all kinds of decorations like wood shapes, feathers, and jewels to bring your animal to life.

Location: Art Studio
Date: **Monday, Nov. 9**
6:30-7:30pm (1 class)
Fee: \$10 Code: ART-06

Turkey Centerpiece

Celebrate Thanksgiving with a one-of-a-kind turkey and candle centerpiece. Paint and decorate your centerpiece with jewels, feathers, and foam fall leaves.

Location: Art Studio
Date: **Monday, Nov. 16**
6:30-7:30pm (1 class)
Fee: \$10
Code: ART-07

Holiday Cards

Age: All
Make your very own holiday cards to give to family & friends. Pre-cut holiday greetings and shapes make it simple and quick to design your unique cards.

Location: Art Studio
Date: **Monday, Nov. 23**
6:30-7:30pm (1 class)
Fee: \$10
Code: ART-08

Holiday Ornaments

Age: All
Join your friends and make a number of holiday ornaments. Paint and decorate all kinds of shapes ranging from stars to gingerbread men to candy canes.

Location: Art Studio
Date: **Monday, Nov. 30**
6:30-7:30pm (1 class)
Fee: \$10
Code: ART-09



Reindeer Box

Age: All
Bring your favorite reindeer to life when you paint and decorate this adorable reindeer box. Once dry, you can use your box to store holiday goodies or other trinkets.

Location: Art Studio
Date: **Monday, Dec. 7**
6:30-7:30pm (1 class)
Fee: \$10 Code: ART-10

Santa Gumball Bank

Age: All
Join us in making Santa or Mrs. Claus gumball banks. Paint and add your favorite decorations. When finished, fill your bank with yummy gumballs.

Location: Art Studio
Date: **Monday, Dec. 14**
6:30-7:30pm (1 class)
Fee: \$10
Code: ART-11

Craft Stick Fun

Age: All
In this class, participants will use colored craft sticks to construct a treasure box, picture frame, vase, basket, and Halloween & Christmas decorations.

Location: Office Training Room
Date: **Monday** (10/26-12/14)
6:30-7:30pm (8 classes)
Fee: \$56
Code: ART-12

Simple Jewelry Crafts

Age: All
Make fun and simple jewelry creations from Hemp bracelets to fun earrings. Hemp bracelets are for both girls and boys! Join one class or join them all. These are great for gift giving or keeping for yourself.

Location: Office Training Room
Date: **Thursday** (4 sessions)
(10/29, 11/12, 12/3, 12/17)
Fee: \$28
Code: ART-13



Educational Programs

Pet Therapy Visits

Lollypop Farm's mission is simply to bring joy and pleasure to everyone who loves pets!

Location: Town Square

Dates: **Wednesday**

6:30-7:30pm

11/4 Code: EDU-01

11/25 Code: EDU-02

12/16 Code: EDU-03

Fee: \$15 for all 3 sessions

(\$5 per session)



Cooking with Sarah

Learn to make simple and delicious holiday appetizers and desserts.

Enjoy your creations at the end of each class.

Location: Apartment

Instructor: S. Beren

Dates: **Tuesday** (10/27-12/15)

6:30-7:45pm (8 classes)

Fee: \$56

Code: EDU-04

Limit: 6 participants



Baking Simply Sweets

Age: 14 years+

Learn how to make simple sweets in a fun & social environment, while learning your way around the kitchen. Enjoy the finished product at the end of each class.

Location: Apartment

Instructor: S. Cavanaugh

Dates: **Monday** (10/26-12/14)

6:30-8:00pm (8 classes)

Fee: \$56 Code: EDU-05

Limit: 6 participants

Basic Computer & Internet Use

Age: 12 years+

In this class, students will learn the parts of the computer, including both hardware & software. Students will also learn to start & use the computer for basic tasks such as running programs and using the internet.

Location: Media Center

Dates: **Wednesday** (10/28-12/16)

6:30-7:30pm (8 classes)

Fee: \$48

Code: EDU-06



Free Family Support Programs

Autism Skill Building

Age: 6-16 years

This free group is designed to help children with autism work on increasing their socialization skills, handling their emotions, recognizing stress signals, and developing self monitoring techniques. Registration is required. Call 347-1075 or jletendre@cdsunistel.org

Dates: Monday & Wednesday 4-6pm (Age 11-16)

Tuesday, Thursday, Friday 4-6pm (Age 6-10)

Location: 860 Hard Rd. Webster, NY 14580

Parent Support Group

This free support group provides open discussion and presenters related to various topics including; understanding your loved one's disability, handling everyday situations, future planning options, and general support. Call 347-1059 or swolf@cdsunistel.org

Location: 860 Hard Rd. Webster, NY 14580

Dates: Saturday (11/14, 11/21, 12/5, 12/19)

9:00am-11:00am

SibShop

Age: 6-13 years

Sibshops are fun opportunities for siblings of children with special health, mental health, and developmental needs to obtain peer support and education in a recreational setting. Sibshops are for siblings of children who have developmental disabilities. Participants should dress comfortably and be ready for action! Registration is required and space is limited! Call 347-1031 or jblake@cdsunistel.org

Location: 860 Hard Rd.

Dates: Saturday (11/21 & 12/5)

9:00am-11:00am

Recreation Programs

CDS offers four, free recreation programs to individuals with developmental disabilities who live at home with their families. If your child or loved one is interested in attending, please contact one of the following Recreation Coordinators:

Jerrud Hirschey 347-1052 WLTC Recreation (Age 13-adult)

Nicole Roman 341-4667 Family Recreation (Age 11-adult)

Kate Walsh 341-4626 Children's Recreation (Age 5-10) & Autism Recreation



Wolf Life Transitions Center Evening Activities Registration Form

Please fully complete this form providing the information requested. For legibility purposes, please print all information. Return form with a check or money order payable to **CDS**. Registration forms and payment may be mailed or delivered to: CDS' Wolf Life Transitions Center 860 Hard Road, Webster NY 14580. For additional information, please call the Activities Coordinator (585) 347-1661.

Participant Information

First Name _____ Last Name _____
 Date of Birth _____ Age _____ Gender _____
 Street Address _____
 City _____ State _____ Zip Code _____
 Home Phone _____ Alternate Phone _____
 E-Mail Address _____
 Parent/Guardian Name _____
 Relationship _____ Phone Number _____
 Phone Number _____ Group Home or Agency _____
 Contact Name _____ Phone Number _____
Are you a new participant? Yes No If yes, how did you hear about CDS? _____

Participant / Parent / Guardian Release

As a participant or as a parent/guardian of the participant in this program, I recognize that there are certain risks of physical injury and I agree to assume the full risk of any injuries, damages or loss resulting from participation in any and all activities connected with or associated with such a program. I agree to waive and relinquish all claims I may have, as a result of my child's participation in the program, against Continuing Developmental Services Inc. and their agents, employees, staff and volunteers. I do hereby fully release and discharge Continuing Developmental Services Inc. and their agents, employees, staff and volunteers for any and all claims from injuries, damage or loss which I have or which may accrue to me on account of my child's participation in the program. I further agree to protect, defend and hold harmless Continuing Developmental Services Inc. and their agents, employees, staff and volunteers from any and all claims resulting from injuries, damage or losses sustained by myself or my child or arising out of, connected with, or in any way associated with the activities of the program. I have read and fully understand this release form.

Before registration in any program(s) is valid, this release form must be signed by the participant or the participant's parent or legal guardian.

Signature of Participant / Parent / Guardian _____ Date _____

Multi-Media Release

I, the undersigned, hereby authorize Continuing Developmental Services Inc. to utilize photographs, videotapes, voice recordings, etc. of the participant to be used exclusively for promotion, advertising and marketing of The Wolf Life Transitions Center- Continuing Developmental Services Inc. and its programs.

Signature of Participant / Parent / Guardian _____ Date _____

Program Code	Program Name	Fee
Total Amount Enclosed		

Method of payment cash check/money order VISA master card Date _____
 Card # _____ Exp. # _____ 3-digit code _____
 Billing Address of Credit Card _____
 Purpose _____ Amount _____
 Signature of card holder _____
 Receipt # _____ (for internal use only)



**Wolf Life Transitions
Center**

860 Hard Rd.
Webster, NY 14580

Phone: (585) 341-4600
E-mail: ntarson@cdsunistel.org



WWW.CDSUNISTEL.ORG



About CDS

Founded in 1977, CDS is a not-for-profit agency dedicated to supporting individuals with developmental disabilities in Rochester, New York and its surrounding counties.

Today, we provide support to more than 1,300 adults and children. We offer Transition Services, Residential Services, Day Services/Creative Opportunities, Recreation Programs, Employment/Unistel, Family Support Services and Service Coordination.

Mission: CDS is an organization of highly skilled, dedicated people that provide quality services to individuals with developmental disabilities for their well being and growth.

Vision: CDS is a world-class human services organization that supports people in pursuit of their personal dreams.

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Continuing Developmental Services
860 Hard Rd.
Webster, NY 14580

