



NOR-WEST REGIONAL SPECIAL SERVICES

(914) 737-4797

www.nor-west.org

2025 WINTER BROCHURE

Nor-West
P.O. Box 44
Mohegan Lake, NY 10547

ADULT/TEEN PROGRAM DESCRIPTIONS

RECREATIONAL SWIM

Love to swim? Then our Recreational Swim program is for you! Enjoy a 45 minute swim session at the beautiful Premier Athletic Club Pool. Our staff will assist with supervision, water games, and some general swimming techniques. Don't miss out on this wonderful opportunity for some great exercise and skill development.

ELIGIBILITY: Ages 18 and up

DAY: Monday

TIME: 5:45pm - 6:30pm

LOCATION: Premier Athletic Club 2127 Albany Post Rd. Montrose, NY

DATES: January 13 – March 31 (10 Weeks)

No program: 1/20, 2/17

VENUE FEE: \$ due with registration (everyone pays)

REGISTRATION FEE - (Living in a Supported Setting): \$ 100

TRANS: N/A



GAME NIGHT AT SAVANNAH'S

Enjoy an evening out with friends at Savannah & Company. Although Savannah's is not running their trivia, we will be creating our own fun while dining on delicious southern-style food. **Please note: There is no transportation for this program and a minimum of 8 people needed.**

DAY: Mondays – Feb 3, Mar 3

TIME: 6:00pm - 8:30pm

LOCATION: Savannah & Company, Cortlandt Manor

VENUE FEE: \$22 cash each date (everyone pays)

REGISTRATION FEE - (Living in a Supported Setting): \$ 35

TRANS: N/A

SPECIAL OLYMPIC TRAINING

The Nor-West Special Olympic Team will be made up of two groups: one team and one skills group. The team will practice and compete in an appropriate division at several Westchester/Putnam Special Olympic events. This season, athletes will prepare and develop skills in Floorball and Basketball. Those ready and capable of competitive play will be selected for team competition. Those who require additional training on team concepts will be placed into the skills group. Please see calendar for competition dates. If you are selected for the competition, please make every effort to attend ... the team depends on your participation. **NOTE: Participants for this program MUST have a current Special Olympics Medical/Consent Release on file at the Nor-West office.**

ELIGIBILITY: Ages 16 to Adult.

DAY: Tuesday

TIME: 4:00pm - 6:00pm

LOCATION: Albert A. Capellini Community and Cultural Center, 268 Veteran's Rd. Yorktown

DATES: January 14 – April 1 (12 Weeks) | Tourneys (Saturday): Floorball 1/25 | Basketball 3/1

VENUE FEE: None

REGISTRATION FEE - (Living in a Supported Setting): \$165

TRANS: OW \$60 / RT \$120



Special Olympics

CULINARY CREATIONS

We are continuing the "in-depth" cooking at the full sized kitchen located in the Cortlandt Youth Center. Learn to follow recipes, kitchen safety, measuring, and meal preparation. Of course, the best part is enjoying the delicious creations you make with your friends. Don't miss out on this fun, social, and valuable cooking class. We are offering one 11-week session. You will be notified if space is available. Don't miss out on this fun, social, and valuable cooking class. *Bon appétit!*

DAY: Wednesday

TIME: 3:30 – 6:30pm

DATES: January 15th – April 2nd (11 Weeks)

No Program: February 19th

LOCATION: Cortlandt Youth Center

VENUE FEE: \$130 (everyone pays)

REGISTRATION FEE - (Living in a Supported Setting): \$230

TRANS: N/A



Please note Nor-West catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown

ADULT LEAGUE BOWL & SNACK BAR SOCIAL

Join our ever-popular League Bowling program for a fantastic afternoon of fun, exercise, and socialization. Our Mixed Classic Bowling League is a great opportunity to learn or improve your bowling skills. Weekly statistics are collected for individual and team scores. After bowling 2 games, we will be dining at the at the JV Lane's snack bar. The dinner option included weekly is pizza. There is a weekly fee of \$14.00 for the games bowled and \$8.00 for the pizza dinner, so bring \$22 each week for both. Please note: Bowlers can opt to buy other food items. **Red pin sessions every 3rd week!**

ELIGIBILITY: Ages 18 and up

DAY: Thursday

LOCATION: Jefferson Valley Lanes

DATES: January 16 – April 3 (12 Weeks)

PROGRAM CAPACITY: We have a **limited vehicle capacity of 21 passengers**. Unless you have no other options, please DO NOT request transportation for the program, so that we can accommodate those that have no transportation options.

VENUE FEE: \$22 cash each week (everyone pays)

REGISTRATION FEE - (Living in a Supported Setting): \$250



TIME: 3:15pm - 6:00pm

TRANS: OW \$60/ RT \$120

ROTARY COMMUNITY CORP OF NOR-WEST

Many participants and families may know of the Rotary Club, committed to local, national, and international community service projects. We are thrilled to have partnered with the Rotary Club of Cortlandt Manor to institute a new Rotary Corp to facilitate community involvement for our participants. We welcome back returning members and look forward to greeting new ones. The Rotarians and Community Coalition of NW members will meet in the CUE room at the Cortlandt Town Center to meet goals and develop new plans for our coalition. It's an excellent opportunity to participate in community service and make a difference! Learn what the RCC of NW stands for. This group will continue to meet monthly (or more often if necessary). This program precedes our Social Scene program on the 1st Friday of the month, so consider participating in both!

This program is FREE OF CHARGE to all. Please note: There is no transportation for this program

ELIGIBILITY: Age 18 and up.

DAY: 1st Friday of the month (3 Sessions)

DATES: February 7, March 7, April 4

LOCATION: CUE Cortlandt Town Center

VENUE FEE: N/A

REGISTRATION FEE - (Living in a Supported Setting): N/A



TIME: 5:00pm – 6:15pm

TRANS: N/A

SOCIAL SCENE

Our Social Scene program is a wonderful opportunity to socialize with friends while engaging in fun activities. We'll play some favorite game show games, Bingo, and team building activities. You should have dinner before the program except for on the monthly scheduled pizza night (first Friday of each month). Don't miss out on the fun! **Please note: There is no transportation for this program**

ELIGIBILITY: Age 18 and up.

DAY: Friday

DATES: January 17 – April 4 (12 Weeks)

LOCATION: CUE Center at Cortlandt Town Center Rt. 6 Mohegan Lake (Rear of building near back cinema entrance)

VENUE FEE: \$45 due with registration (everyone pays)

REGISTRATION FEE - (Living in a Supported Setting): \$210

TIME: 6:15pm – 8:45pm

No program scheduled: N/A

TRANS: N/A

For weather related delays or cancellations, check the Nor-West website – www.nor-west.org, follow us on facebook, or call the office during normal business hours.

Please note Nor-West catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown

TASTES OF THE HUDSON VALLEY

Attention all foodies! Tired of visiting the same restaurants in the area? Here's your opportunity to venture out and enjoy a new dining experience in the Hudson Valley! We will make a fun day of learning about different cultures and their cuisines, then, off to a new and exciting restaurant for a delicious lunch. The day will end with discussion and planning for the next outing. The program will begin and end at the Nor-West office. Please bring \$30.00 on the program date to cover the meal, beverage, tax, and tip.

Happy Dining ☺

ELIGIBILITY: Age 18 and up.

DATE: Saturday March 29th

TIME: 10:00am - 3:00pm

LOCATION: Various restaurants, meets at Nor-West office

VENUE FEE: \$30 cash on the date of program (everyone pays)

REGISTRATION FEE - (Living in a Supported Setting): \$ 35

TRANS: N/A

AFTERNOON ADVENTURES

Afternoon Adventures Program offers a wide variety of fun activities in the community. The program will begin at the Nor-West office where we will have lunch together. Then we are out and about enjoying activities such as, movies (PG and PG13) or going to see a play, games at Dave and Busters, bowling, miniature golf, and many other cool attractions. **Please note the prepaid venue fee is due upon registration.** Don't miss out on this great opportunity for fun and socialization. The group will meet back at the Nor-West office at 4:00pm. **Please bring a bag lunch.**

ELIGIBILITY: Ages 16 to 25

DAY: Saturdays

TIME: 10:00am – 4:00pm

DATES: Jan. 18 – April 5 (9 weeks)

No program scheduled: 1/25, 3/1, 3/15

LOCATION: Nor-West Office

VENUE FEE: \$225 due with registration (everyone pays)

TRANS: N/A

VARIETY CLUB

Variety Club is a great way to spend a Sunday afternoon with friends. The Club will run select Sundays, from **11:15am to 4:00pm**. The program will be based at the Cortlandt "CUE" center at the Cortlandt Town Center (adjacent to rear entrance of UA cinemas). Variety Club will have a rotating schedule of activities including board games, movies, and community trips. Prepaid fees are used to purchase tickets in advance. **Cash venue fees will still be required for movies.** You will receive a schedule detailing the activities and fees after the registration period. **Please bring a bag lunch to program.**

ELIGIBILITY: Ages 26+

DAY: Sunday

TIME: 11:15am - 4:00pm

LOCATION: CUE Center at Cortlandt Town Center Rt. 6

DATES: Jan. 19 Feb. 2, 16 Mar. 2, 16, 30 (6 Sessions)

VENUE FEE: \$ 150 due with registration (everyone pays)

REGISTRATION FEE - (Living in a Supported Setting): \$200

TRANS: N/A

LUNCH & A MOVIE

Join us for one of three fantastic afternoons out with friends. First, we'll enjoy a delicious dinner while socializing at Nona's. Then we'll catch the latest flick at the Cortlandt Town Center Theater. **Please bring \$36 cash the day of each outing to cover the cost of the dinner and movie** (tens and singles please)

ELIGIBILITY: Ages 18 and up

DAY: Sunday

TIME: 12:00pm - 5:30pm

LOCATION: Nonna's (Beach Shopping Center) & Cortlandt Town Center Regal Theater

DATE: February 23rd

VENUE FEE: \$36 cash on date of program (everyone pays)

REGISTRATION FEE - (Living in a Supported Setting): \$38

TRANS: OW \$5/ RT \$10



Enrollment Required for all programs!

Contact Nor-West at
914-737-4797 or
www.nor-west.org

Please note Nor-West catchment area includes Cortlandt, Ossining, Peekskill, and Yorktown

ADULT/TEEN SPECIAL EVENTS

ST. PATRICK'S DAY DANCE

Everyone is Irish on St. Patrick's Day! Come celebrate with your friends at Nor-West's St. Patrick's Day celebration. Dance a jig and get those "*Irish eyes a' smiling*". Don't forget to wear your green.

This fun evening includes a delicious catered dinner.

ELIGIBILITY: Age 18 and up.

DATE: Saturday, March 15th 2025

LOCATION: Cortlandt Muriel H. Morabito Center

VENUE FEE: \$18 (everyone pays)

REGISTRATION FEE - (Living in Supported Setting): \$20

TIME: 5:00-8:00pm

TRANS: OW \$5/ RT \$10



YOUTH/TEEN PROGRAM DESCRIPTIONS

INSTRUCTIONAL SWIM

Attention swimmers! Enjoy 45-minute swim sessions at the beautiful Premier Athletic Club Pool. Our staff will assist with supervision, water games, and some general swimming techniques

ELIGIBILITY: Ages 7 to 16

DAY: Monday

LOCATION: Premier Athletic Club 2127 Albany Post Rd. Montrose, NY

DATES: January 13 – March 31 (10 Weeks)

VENUE FEE: \$100 due with registration (everyone pays)

TIME: 4:45pm-5:30pm

No program scheduled: 1/20, 2/17

TRANS: N/A

AFTERNOON ADVENTURES

Afternoon Adventures Program offers a wide variety of fun activities in the community. The program will begin at the Nor-West office where we will have lunch together. Then we are out and about enjoying activities such as, movies (PG and PG13) or going to see a play, pizza making, games at Dave and Busters, bowling, miniature golf, and many other cool attractions. **Please note the prepaid venue fee is due upon registration.** Don't miss out on this great opportunity for fun and socialization. The group will meet back at the Nor-West office at 4:00pm. **Please bring a bag lunch.**

ELIGIBILITY: Ages 16 to 25

DAY: Saturdays

DATES: Jan. 18 – April 5 (9 weeks)

LOCATION: Nor-West Office

VENUE FEE: \$225 due with registration (everyone pays)

TIME: 10:00am – 4:00pm

No program scheduled: 1/25, 3/1, 3/15

TRANS: N/A

FUN, FITNESS, FRIENDS

This unique weekly program for Middle/High School students will promote socialization, encourage fitness, appreciation of the arts, and help release restless energy. We'll engage in various indoor gym games and interactive therapeutic recreation activities including games, arts and crafts, and yoga. The program moves through various rooms at the Caputo Recreation Center with a check in, gym time, and mindfulness activities. Snack is provided during the mid-session break.

(Transportation from AMD/OHS to the rec. center available for Ossining UFSD students – Parents are required to pick up at 5:00pm)

ELIGIBILITY: Ages 11 to 16

DAY: Fridays

DATES: February 28th – April 4th (6 weeks)

LOCATION: Caputo Recreation Center, Ossining, NY

VENUE FEE: N/A

TIME: 3:00pm – 5:00pm

TRANS: N/A

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