



NOR-WEST REGIONAL SPECIAL SERVICES 2021 WINTER BROCHURE

(914) 737-4797

www.nor-west.org

Nor-West
P.O. Box 420
Crugers, NY 10521

ADULT/TEEN PROGRAM DESCRIPTIONS

BASKETBALL

Join the fun and get some much-needed exercise this winter at our Basketball program. The community center offers a large gym to work on skills while maintaining social distancing. Our games will be modified to incorporate proper health protocols. Masks required.

ELIGIBILITY: Ages 16 to Adult.

DAY: Tuesday

TIME: 4:00pm - 6:00pm

LOCATION: Cortlandt Muriel H. Morabito Center

DATES: Jan. 12 - March 16 (10 weeks)

PROGRAM CAPACITY: 18 adults

FEES: Do not send payment with registration. You will be billed in March for programs based on services rendered



Basketball	NW Catchment Area	Outside Catchment Area
Waiver Enrolled & Non-waiver living w/ Parent	No registration fee	No registration fee
Living in IRA, Supported Apartment, Group Home	\$120 to be paid billed	Call Nor-West Office
Venue Fee	N/A	N/A

ADULT & TEEN LEAGUE BOWL & PIZZA

Enjoy a fun time bowling with your Nor-West friends. There will be many safety measures in place; reduced capacity, using every other lane, social distancing, and extra disinfection. Of course, you must wear a mask (the new normal). Dinner will be pizza each week with two staggered seating times. This will allow for proper social distancing while eating. We encourage you to use your own bowling ball, if possible. House balls will be thoroughly disinfected before and after each use. There is a weekly fee of \$8.00 for the games bowled and \$8.00 for dinner, so bring \$16 each week for both. **Please note, there is no transportation available this season due to Covid.**

ELIGIBILITY: Ages 16 and up

DAY: Thursday

TIME: 3:30pm - 5:45pm

LOCATION: Jefferson Valley Lanes

DATES: Jan. 14 ó March 18 (10 weeks)

PROGRAM CAPACITY: 35

FEES: Do not send payment with registration. You will be billed in March for programs based on services rendered



Adult & Teen Bowl	NW Catchment Area	Outside Catchment Area
Waiver Enrolled & Non-waiver living w/ Parent	No registration fee	No registration fee
Living in IRA, Supported Apartment, Group Home	\$120 to be paid billed	Call Nor-West Office
Venue Fee	\$16 pay at site	\$16 pay at site

VARIETY CLUB

Variety Club is a great way to spend a Sunday afternoon. The Club will run select Sundays, from **12:30pm to 5:00pm**. We will meet at the Cortlandt CUE room and board the bus on our journey for the day. You will receive a schedule detailing the activities and any additional fees after the registration period. **Please eat lunch prior to the program.**

ELIGIBILITY: Ages 21+

DAY: Sunday

TIME: 12:30pm - 5:00pm

LOCATION: Cortlandt CUE room

DATES: Jan. 31 Feb. 14 , 28 March 7, 14 (5 weeks)

PROGRAM CAPACITY: 7 participants

FEES: Do not send payment with registration. You will be billed in March for programs based on services rendered

Variety Club	NW Catchment Area	Outside Catchment Area
Waiver Enrolled & Non-waiver living w/ Parent	No registration fee	No registration fee
Living in IRA, Supported Apartment, Group Home	\$130 to be paid billed	Call Nor-West Office
Venue Fee (Pre-paid trips only)	\$90 to be paid billed	\$90 to be paid billed

See back for more great programs

TEEN PROGRAM

AFTERNOON ADVENTURES

Afternoon Adventures Program offers a wide variety of fun activities in the community. The program will meet at the Nor-West office. We will utilize the gym at the Cortlandt Community Center for energizing games. Trips will be scheduled in accordance with safety guidelines. **To maintain social distancing, we are limiting the program to 7 participants.**

Please bring a bag lunch.

ELIGIBILITY: Ages 13 to 20

TIME: 10:00am - 4:00pm

DATES: Jan. 16 ó March 20 (10 weeks)

LOCATION: Nor-West Office

PROGRAM CAPACITY: 7 participants each session

FEES: Do not send payment with registration. You will be billed in March for programs based on services rendered

Afternoon Adventures	NW Catchment Area	Outside Catchment Area
Waiver Enrolled & Non-waiver living w/ Parent	No registration fee	No registration fee
Venue Fee	\$140 to be paid billed	\$140 to be paid billed

VIRTUAL PROGRAMS

Join us virtually on Zoom for fun activities while interacting with your Nor-West friends. These free programs are a great way to stay connected with friends. Include your email address on the registration form to get the Zoom invitation.

GAMES with Wendy: Mondays 4:00pm

Jan. 4 - March 15 (no program 1/18 & 2/15)

Test your knowledge as we play fun games of Trivia, Wheel of Fortune, Friendly Feud, and Jeopardy

NAME THAT TUNE: Wednesdays 3:00pm

Jan. 6 - March 17

DJ Corona Chris will test your knowledge of music, old and new.

SITTERCISE with Sheree: Wednesdays 4:30pm **Jan. 6 - March 17**

Exercise in the comfort of your home as Sheree guides you through a workout routine in your chair!

SOCIAL SCENE: Fridays 4:00pm

Jan. 8 - March 19

Hang out with friends, enjoy games, music, and dancing.

Follow us on Facebook

