



NOR-WEST REGIONAL SPECIAL SERVICES

2026 WINTER BROCHURE

ADULT/TEEN PROGRAM DESCRIPTIONS

(914) 737-4797

www.nor-west.org

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

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

DATES: January 26 – March 30 (9 Weeks)

No program: 2/16

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

REGISTRATION FEE - (Living in a Supported Setting): \$ 90

TRANS: N/A



VIBE AND THRIVE

Welcome to our new Monday wellness program! This engaging program fosters creativity, relaxation, and personal growth through various mindfulness activities. We will create arts and crafts, practice chair yoga, and learn how to develop healthy living skills. Led by an experienced art therapist, come "Vibe and Thrive" with us!

ELIGIBILITY: Age 18 and up.

DAY: Select Mondays (7 weeks)

TIME: 4:30pm-6:00pm

DATES: Jan 26 | Feb 09, 23 | March 09, 16, 23, 30

LOCATION: CUE Cortlandt Town Center

VENUE FEE: \$21 due with registration for snacks/refreshments (everyone pays)

REGISTRATION FEE - (Living in a Supported Setting): \$84

TRAN: 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 2 & Mar 2

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): \$40

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. If you are selected for the competition, please make every effort to attend ... the team depends on your participation. **NOTE: Starting on January 1st, 2026, Special Olympics expects all athletes to have a registered Special Olympics account. This account will be used to submit and renew their yearly Athlete Participation form, which is required to be able to attend any Special Olympics tournaments.**

ELIGIBILITY: Ages 16 to Adult.

DAY: Tuesday

TIME: 4:00pm - 6:00pm

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

DATES: January 20 – March 31 (11 Weeks) | Tourneys (Saturday): Floorball 1/31 | Basketball 2/28

VENUE FEE: None

REGISTRATION FEE - (Living in a Supported Setting): None

TRANS: Included



Special Olympics

CULINARY CREATIONS

We are continuing the "in-depth" cooking at the full sized kitchen located in the Peekskill Field 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 21 – April 1 (10 Weeks)

No Program: February 19th

LOCATION: Peekskill Field Center

VENUE FEE: \$130 (everyone pays)

REGISTRATION FEE - (Living in a Supported Setting): \$240

TRANS: N/A

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

TIME: 3:15pm - 6:00pm

DAY: Thursday

LOCATION: Jefferson Valley Lanes

DATES: January 22 – April 2 (10 Weeks)

No Program: 2/19

BUS 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 other transport options.

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

REGISTRATION FEE - (Living in a Supported Setting): \$196

TRANS: OW \$50/ RT \$100

ROTARY COMMUNITY CORP OF NOR-WEST

Rotary Clubs are committed to local, national, and international community service projects. We have partnered with the Rotary Club of Cortlandt Manor to facilitate community involvement for our participants. We welcome back returning members and look forward to greeting new ones! Members of the Rotarians and Community Coalition of Nor-West will create goals and develop new volunteer projects for the coalition. It's an excellent opportunity to participate in community service and make a difference! Learn what the RCC of NW stands for. This program precedes our Social Scene program, 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.

TIME: 5:00pm – 6:15pm

DAY: 1st and 3rd Friday each month

DATES: Feb 6, 20 | Mar 6, 20

LOCATION: CUE Cortlandt Town Center

VENUE FEE: FREE!

REGISTRATION FEE - (Living in a Supported Setting): FREE!

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.

TIME: 6:15pm – 8:45pm

DAY: Friday

DATES: January 23 – March 27 (10 Weeks)

No program scheduled: N/A

LOCATION: CUE Cortlandt Town Center

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

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

TRANS: N/A

SELF-ADVOCACY MEETUP

Have your voices heard! As a person with a developmental disability, you have the right to choose your own path and to live your life freely. Learning to advocate for yourself is an important skill to develop in order to reach that goal. At our self-advocacy meetup, you can speak up and be empowered with other members of Nor-West regarding the common experiences you share. This program precedes our Social Scene program, so consider participating in both! Be supported, be heard!

ELIGIBILITY: Age 18 and up.

DAY: 2nd Friday of the month

TIME: 5:00pm – 6:15pm

DATES: Feb. 13 | Mar. 13

LOCATION: CUE Cortlandt Town Center

VENUE FEE: FREE!

REGISTRATION FEE - (Living in a Supported Setting): FREE!

TRAN: N/A

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 28

TIME: 10:00am - 3:00pm

LOCATION: CUE Cortlandt Town Center

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

REGISTRATION FEE - (Living in a Supported Setting): \$40

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. 24 – April 4 (8 weeks)

No program scheduled: 1/31, 2/28, 3/14

LOCATION: CUE Cortlandt Town Center

VENUE FEE: \$200 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 Cortlandt Town Center

DATES: Feb 1, 15 | Mar 1, 15, 29 (5 Sessions)

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

REGISTRATION FEE - (Living in a Supported Setting): \$170

TRANS: N/A

Follow us on Facebook

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.**

ELIGIBILITY: Ages 18 and up

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

DATE + TIME: Sunday, February 22 12:00pm – 5:30pm

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

REGISTRATION FEE - (Living in a Supported Setting): \$44

TRANS: OW \$5/ RT \$10



ADULT/TEEN SPECIAL EVENTS

WELCOME-IN NEW YEARS PARTY

Join us for Nor-West's annual New Year's celebration! Ring in 2026 with friends, staff, and a delicious catered meal at Cortlandt Colonial Restaurant and Ballroom. Our DJ will be keeping the party going all night long, so be sure to bring your dancing shoes. We'll be topping off the evening with Cortlandt Colonial's famous Ice Cream Sundae Bar. Don't miss Nor-West's biggest party of the year!

ELIGIBILITY: Age 18 and up

DATE: Friday, January 16

TIME: 5:30pm - 9:00pm

LOCATION: Cortlandt Colonial Restaurant and Ballroom

VENUE FEE: \$49 (everyone pays)

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

TRAN: OW \$5/ RT \$10

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. **Catered dinner included!**

ELIGIBILITY: Age 18 and up.

DATE: Saturday, March 14th 2025

TIME: 5:00-8:00pm

LOCATION: Cortlandt Muriel H. Morabito Center

VENUE FEE: \$18 (everyone pays)

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

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

TIME: 4:45pm-5:30pm

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

DATES: January 26 – March 30 (9 Weeks)

No program scheduled: 1/19, 2/16

VENUE FEE: \$90 due with registration (everyone pays)

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

DATE + TIME: Saturdays, Jan. 24 – April 4 (8 weeks) 10:00am – 4:00pm

No program: 1/31, 2/28, 3/14

LOCATION: CUE Cortlandt Town Center

VENUE FEE: \$200 due with registration (everyone pays)

TRANS: N/A