

# Opportunities for social, recreation and lifelong learning

RESOURCES FROM ALLEGHENY COUNTY  
DEPARTMENT OF HUMAN SERVICES (AC DHS)  
OFFICE OF INTELELCTUAL DISABILITY (OID)



FIND DOCUMENT ON THE OID WEBPAGE  
[WWW.ALLEGHENYCOUNTRY.US/DHS/OID](http://WWW.ALLEGHENYCOUNTRY.US/DHS/OID)

March 2020

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Office of  
Intellectual Disability  
Key Communicator  
Announcement



## Allegheny County Office of Intellectual Disability

is committed to sharing resources and information with

- individuals with intellectual disability,
  - individuals with autism,
    - their families,
- people that support them,
  - helping professionals,
  - and the community.

This is done through community outreach and through Key Communicator Announcements.

Information, resources and Event notifications are received through emails, the [AC Department of Human Services \(DHS\) Facebook page](#) and on the [OID Key Communicators Announcement page](#). Learn more about Key Communicator Announcements and OID supports at [www.alleghenycounty.us/dhs/ID](http://www.alleghenycounty.us/dhs/ID) To be added to the list, call 412-253-1251 or email [mevrard@alleghenycounty.us](mailto:mevrard@alleghenycounty.us)

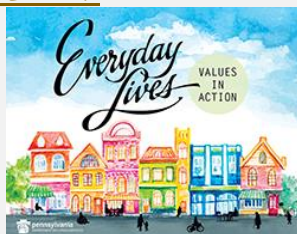


## Everyday Lives: Values in Action

"The foundation of "Everyday Lives: Values In Action" is two statements:

1. We value what is important to people with disabilities and their families, who are striving for an everyday life. An everyday life is about opportunities, relationships, rights, and responsibilities. It is about being a member of the community, having a valued role, making a contribution to society, and having one's rights as a citizen fully respected. It is a vision that we should all be working toward together.
2. People with disabilities have a right to an everyday life; a life that is no different than that of all other citizens. This continues to be the truest statement on which we can build our work."

[www.dhs.pa.gov/publications/EverydayLives/](http://www.dhs.pa.gov/publications/EverydayLives/)



**The Community of Practice:  
Supporting Families across the Lifespan through the **LifeCourse Framework**  
All people have the right to  
live, love, work, play and pursue their life aspirations in their community.**

Here in Pennsylvania, LifeCourse is how we can make our values and vision of Everyday Lives a reality for the people we support and their families. One of the building blocks is Life Domains: How we all experience our day-to-day lives. People lead whole lives made up of connected life domains that are important to a quality life, including:

- Daily life and employment
- Community living
- Healthy lifestyles
- Safety and security
- Social, spirituality and leisure interests
- Advocacy and being a citizen



These are all interconnected. What happens in one area of life affects another.

From the *Community of Practice: Supporting Families across the Lifespan through the LifeCourse Framework* document.

For more information visit [www.lifecoursetools.com](http://www.lifecoursetools.com) or [www.myODP.org](http://www.myODP.org)



**The Autism Services, Education, Resources and Training Collaborative (ASERT)** is funded by the Bureau of Supports for Autism and Special Populations, Pennsylvania Department of Human Services. The goal of the ASERT Collaborative is to provide streamlined access to information for the estimated 30,000 Pennsylvanians living with autism. Learn more at [www.PAutism.org](http://www.PAutism.org)

A focus on secondary transition and community participation, #ASDNext, <https://asdnnext.org/>

## A VARIETY OF PLAY AND LIFELONG LEARNING OPPORTUNITIES CAN BE FOUND IN ALL COMMUNITIES.

- ❖ This listing is a representation of resources
- ❖ Inclusion does not imply special endorsement
- ❖ Some will have eligibility requirements and fees or costs
- ❖ Some agencies are Intellectual Disability / Autism waiver service providers
- ❖ To suggest changes or additions contact OID at 412-253-1251
- ❖ Community opportunities that are not especially for those with disability are identified by an asterisk \*

### CONSIDER

At times, activities designed for persons with disabilities may be preferred ...don't limit your search to specially designed or service provider agency offerings.

Locating the activities that best fits will require some investigating and trying things out.

What activities are fun and engaging? Is there an interest in lifelong learning?

### ASK

- ❖ Call ahead or do an internet search to be sure that the activity and physical site will meet needs.
- ❖ Consider needed accommodations—can they be met even if not typically available?
- ❖ Are noise cancelling headphones or sunglasses available?
- ❖ Restrooms...Available? Family room – gender neutral – adult changing table?
- ❖ Is there somewhere to take a break if needed?
- ❖ Where is the closest accessible parking?

### POSSIBLE FINANCIAL ASSISTANCE / DISCOUNTS

- **Scholarships or sliding scales** may apply for fees.
- Will caregivers / supporters be charged?
- **Allegheny County Music Festival Fund (ACMFF)**, [www.alleghenycounty.us/Human-Services/ACMFF/](http://www.alleghenycounty.us/Human-Services/ACMFF/) Children and adolescents receiving services through DHS, a DHS-contracted provider, or Allegheny County Juvenile Probation are eligible. Requests must be made by a social service professional. Requests have included dance lessons, computers and age-

appropriate software, developmental toys, graduation expenses, summer camp tuition, registration fees for recreational activities.

- **ACHIEVA Charitable Residual Account**, provides supplemental supports and services for children and adults with disabilities and a demonstrated need.  
<http://achievafamilytrust.org/charitable-residual-account/> 412-995-5000 x565
- Discounts may be available for **Pa ACCESS, EBT or WIC participants**. This includes Carnegie Museums. Call or visit their websites for confirmation and information. Also includes Amazon Prime Discount.
- **Other discounts:** If applicable, are AAA member, senior, Port Authority of Allegheny County Monthly Bus Pass or Connect Card holders, military, teacher or health plan member discounts available?

## SENSORY AND ACCESSIBILITY SENSITIVE

Some organizations offer days / performances that are especially planned for people needing sensory accommodations. Some examples:

- Sensory Inclusion Initiative / Sensory Friendly events at the Pittsburgh Cultural Trust. [www.TrustArts.org/Accessibility](http://www.TrustArts.org/Accessibility), 412-456-6666
- Carnegie Science Center [www.carnegiesciencecenter.org/visit/](http://www.carnegiesciencecenter.org/visit/)
- The Andy Warhol Museum Sensory Friendly Silent Disco [www.warhol.org/](http://www.warhol.org/)
- AMC LOEWS Waterfront Movie Showings
- The Tull Family Theater in Sewickley...accessibility for patrons with limited hearing or vision, who have mobility challenges, and who have low vision. Offers sensory friendly screenings. [www.thetullfamilytheater.org/](http://www.thetullfamilytheater.org/), 412-0259-8542
- Flight Fit n Fun in Bridgeville offers occasional sensory friendly atmospheres. [www.flightfitnfun.com/locations/pittsburgh/activities/](http://www.flightfitnfun.com/locations/pittsburgh/activities/), 412-564-0560
- Kennywood Park is a Certified Autism Center by the International Board of Credentialing and Continuing Education Standards.
- Little Lake Theater in Washington County [www.littlelake.org/sensory-friendly-performances](http://www.littlelake.org/sensory-friendly-performances)
- Learn more about local events at Pittsburgh Center for Autistic Advocacy <https://autisticpgh.org/> and at Autism Connection of PA <https://autismofpa.org/>

## PARTICIPATING IN YOUR LOCAL COMMUNITY

Community centers, YMCAs, libraries, recreation centers, senior activity centers, faith-based organization events (food festivals, bingos, fairs, craft shows). Many offer supports, education, fitness, health, recreation, socialization and learning. Most activities are free or low cost.

- Farmers Markets (some accept SNAP or Senior Farmer's Market Vouchers) \*
- Car Cruises (some include entertainment) \*
- Community gardens \*
- Some craft stores or florists offer classes or projects \*
- Community organizations like the Orchid Society of Western PA. They have a free Annual Orchid Show. \*

Look for a community center near you. Some local centers include:

- The **Kingsley Association** has provided a variety of programs to neighborhood residents in East Liberty, Larimer, and other East End communities over many years. [www.kingsleyassociation.org/](http://www.kingsleyassociation.org/) , 412-661-8751\*
- The **Wilkins School Community Center** has been organized to grow and sustainably maintain a center for community activity and civic pride by promoting educational, recreational, and cultural programs. Meet. Play. Learn. <https://wsccpgh.org/> , 412-244-8458\*

Faith based organizations (some include programs for all community members)

- Check local papers and faith based organization bulletins for occasional offerings like free concerts or dinners. \*
- **ELPC\*** (East Liberty Presbyterian Church), <http://cathedralofhope.org/>, 412-441-3800
- Club One Sixteen (grades 1-12), Food 4 Thought (grades 6-8), Young Adult Ministry (ALL adults post-high school through about 40), community service activities and a Cathedral Concert Series.
- **Pittsburgh Area Lutheran Ministries\*** [www.palmpa.org/calendar/](http://www.palmpa.org/calendar/), 412-407-3306
- **P.E.P.** (People Enjoying People) activities.

- **Roots of Faith**, Sharpsburg Neighborhood Table picnic and meet your neighbors, May - September, [Kathleen.lipinski@faithfoxchapel.org](mailto:Kathleen.lipinski@faithfoxchapel.org)\*
- **The Bible Chapel** [www.biblechapel.org/connect/special-needs/](http://www.biblechapel.org/connect/special-needs/), 724-941-8990
- **Grace Community Church**, Cranberry Township, Special Needs Ministry and respite times for all <https://mygcc.org/about/>, 724-779-7997
- **Beulah Presbyterian Church**, [www.beulahpresby.org/](http://www.beulahpresby.org/) 412-242-4570. Exceptional Friends Ministry [www.beulahpresby.org/special-needs](http://www.beulahpresby.org/special-needs) : social group, activities, choir, bell choir, Bible Study
- **Church of the Ascension**, 4729 Ellsworth Avenue. Pgh 15213, [www.ascensionpittsburgh.org/special-needs-ministry-fall-launch/](http://www.ascensionpittsburgh.org/special-needs-ministry-fall-launch/) 412-621-4361 Weekly special needs crew for Sunday School and monthly Capernaum Friends Club. [carlucci.christina@gmail.com](mailto:carlucci.christina@gmail.com) or [dana.kaasik@gmail.com](mailto:dana.kaasik@gmail.com)
- **God's Big House** is a church plant of the PC(USA) and located at Universal Unitarian Church, 1240 Washington Road in Mt. Lebanon. It's a worship community for "neighbors with intellectual/developmental disabilities and/or autism and their families and friends." Community meals and worship. Becky Boyer, Pastor, 724-344-7642 or [godsbighouse2020@gmail.com](mailto:godsbighouse2020@gmail.com)
- The mission of the **Collaborative on Faith and Disability** is to support people with disabilities, their families, and those who support them by providing national and international leadership in the areas of research, education, service, and dissemination related to disability, religion, and inclusive supports. <https://faithanddisability.org/>

### Local library examples\*

- To explore library events: [www.carnegielibrary.org/events/](http://www.carnegielibrary.org/events/)
- Ask your local library if they have Admission Passes for borrowing. For instance, Whitehall Library has Admission Passes to nine Western PA museums or historical destinations.
- Bridgeville offers / has offered Crafters Club, Teen Game Day, Weekly Movie Nights, It's Hockey Night in Pittsburgh and Adult Computer Classes (topics include smartphones and social media)
- Mt. Lebanon has offered a Basic Fitness and nutrition series, basics of fitness and nutrition, and gentler movement activities. Listed as "Great for seniors or intellectually disabled adults."
- Penn Hills offers game days, building with Legos, art groups, movies and music.



- Whitehall Borough offers movies, crafts, games, conversation time, book readings, online classes from home
- Baldwin Borough...yoga, bingo, annual touch-a-truck
- Bethel Park...Homebound Delivery of Library materials to eligible Bethel Park residents, Memory Café (monthly informal setting provides the caregiver a forum for discussion, reducing the isolation often felt by people with dementia, their caregivers and families.), crafts, gardening
- Carnegie PA...Movies and arts/crafts. Also, home to one of the last remaining Grand Army of the Republic Posts left in the country – free tours.

### Occasionally Offered Community Events

**Touch-a-Truck\*** examples at [www.jlpgh.org/touch-a-truck/](http://www.jlpgh.org/touch-a-truck/) and [www.greentree library.org/event/touch-a-truck/](http://www.greentree library.org/event/touch-a-truck/)

**Grace Special Warriors event**, Grace Community Church, Cranberry Township, <https://mygcc.org/about/>

**A Night to Remember** A formal evening of dinner, dancing, and friends for those (ages 16+) in our community who have developmental, physical or mental disabilities. Includes buddies to accompany guests, hair, makeup, nails, limo ride, dresses and tuxedos. Discovery Christian Church <https://discovertogether.com/anighttoremember/>

**A Day to Remember** ...for our friends (ages 6-15) in the community with developmental, physical, or mental delays. These friends are not yet old enough for our annual A NIGHT to Remember...It is a memorable day where individuals with special needs will be able to play at Fun Fore All! It is an exciting place where you can enjoy a four-story soft-style play area, drive bumper boats, ride go-kart racers, hit baseballs, play putt-putt, play arcade games ...and MORE!. Discovery Christian Church <https://discovertogether.com/a-day-to-remember>

**Miss 22 Quties** a pageant for young women ages 14 to 25 that provides a platform where all youth and young adults with special needs can display their abilities and shine... [www.miss22quties.org/index.htm](http://www.miss22quties.org/index.htm)

**Annual Touch-A-Truck and BEE Well Family Expo**, Spectrum Charter School offers this free May family day. Includes BEE Well Expo, Market Place and activities. Monroeville, Gateway #4 Fire Department.

Down Syndrome Association of Pittsburgh June Football Camp for the STARS,  
[www.dsapgh.org](http://www.dsapgh.org)

## Community Service

### Faith based organizations

**Kiwanis and Kiwanis Aktion Club**, supporting individuals with disabilities to participate in community volunteer service and provide leadership opportunities.  
[www.kiwanis.org/](http://www.kiwanis.org/) [www.pakiwanis.org/](http://www.pakiwanis.org/)

**Team Friends**...ambulatory adults with intellectual disabilities who have graduated high school, their parents, family and their mentoring typical friends benefit. Through a monthly activity with a learning and / or philanthropic community service component... ..parents, family and friends, in addition to enjoying a memorable event, time is spent discussing with one other issues facing the family unit. [www.teamfriends.org/](http://www.teamfriends.org/)

## SOCIAL

### Can encompass personal growth, learning and advocacy

The **Friendship Circle** allows children and young adults with special needs to enjoy the company of teenage and young adult volunteers in social activities.  
[www.fcpgh.org](http://www.fcpgh.org) , 412-224-4440

Community Social Club: **Jewish Singles Social Network (JSSN)** is a social group for persons with disabilities older than teens but not seniors. Marty Brown, staff advisor, [mbrown@jrspgh.org](mailto:mbrown@jrspgh.org) , 412-422- 6720 ext. 228

**Team Friends**, Pittsburgh, Target needs for social inclusion of adults with Intellectual Disability (ID) after graduating high school. Meets once a month. Plans events / connects members to community (cook /sharing meals, planting gardens...), [www.teamfriends.org](http://www.teamfriends.org) , 1-877-588- 8326

**Circle Of Friends** events for teens - young adults with special needs  
[www.yourdecades.com/circleoffriendsdances/index.html](http://www.yourdecades.com/circleoffriendsdances/index.html) , 412-951-8787

**The Recreation Alliance of North Pittsburgh (RANP)** is a conglomeration of more than a dozen local Parks & Recreation Departments partnering to provide

OPPORTUNITIES FOR SOCIAL, RECREATION AND LIFELONG LEARNING  
 RESOURCES FROM AC DHS OID  
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community programs. RANP has a focus on special needs programs.

[www.Cranberry4FUN.com](http://www.Cranberry4FUN.com)

**Best Buddies** offers One-to-One Friendship {school age to citizen (adult) programs} and Leadership Development programs. Also includes the Best Buddies Ball, Friendship Walk and YMCA Night. [www.bestbuddies.org/pennsylvania/](http://www.bestbuddies.org/pennsylvania/) , 1-888-604-7376

**Pittsburgh Center for Autistic Advocacy** Check Facebook page for events like an Autistic Community Hangout, Autism Acceptance Silent Disco and Self-Advocacy Training. <mailto:info@autisticpgh.org>

**The Red Hat Society\*** “is a playgroup for women created to connect like-minded women, make new friends and enrich lives through the power of fun and friendship.” [www.redhatsociety.com](http://www.redhatsociety.com)

The **Exceptional Adventures Red Hat Ladies** is a chapter of the Red Hat Society, [www.exceptionaladventures.com/events/red-hat-ladies/red-hat-ladies-club-official-chapter-red-hat-society](http://www.exceptionaladventures.com/events/red-hat-ladies/red-hat-ladies-club-official-chapter-red-hat-society)

**Boys and Girls Club of Western PA\*** “We are dedicated to enhancing the quality of life all youth who need us most. All programs and activities are designed to maximize opportunities for young people to build self-esteem and grow into responsible and caring citizens. Our youth development strategy encompasses four “senses” that we instill a sense of competence, usefulness, belonging and power or influence. [www.bgcwpa.org/](http://www.bgcwpa.org/)

**JCC Pittsburgh** <https://jccpgh.org/children-teens-family/special-needs/> , 412-521-8010 (Squirrel Hill) and 412-278-1975 (South Hills)

**Open Up Pittsburgh** Through inclusive, engaging, enjoyable activities including yoga and improvisational theater games, learn and explore new tools to help navigate social settings. [www.openuppittsburgh.com/](http://www.openuppittsburgh.com/)

## Volunteering

For volunteer opportunities consider libraries, faith-based organizations and neighborhood efforts / agencies (i.e. Meals on Wheels), animal shelters, pet rescues, food pantries, nursing homes. Pittsburgh Cares, Volunteer Match and United Way of Southwestern PA may help with matches. \*

## LOCAL FREE AND LOW COST EXAMPLES

- **Hope Grows Time Out for Caregivers** while Care Recipients Take a Break in the Dirt, <https://hopegrows.net/> , 412-369-4673

All the following \*:

- Some **Pittsburgh museums** special offers and discounts, including \$1-\$3 admission with PA Access and EBT Cards. Call to confirm discount. [www.carnegiemuseums.org/interior.php?pageID=138](http://www.carnegiemuseums.org/interior.php?pageID=138) and <https://pittsburghkids.org/visit/admission-discounts>
- **Rodef Shalom Biblical Botanical Garden** is free, accessible and, at designated times, open to the public. Throughout the summer events and programs such as garden party concerts and tours are offered. Can schedule a tour for 8 or more. [www.rodefshalombiblicalgarden.org/](http://www.rodefshalombiblicalgarden.org/) , 412-621-6566
- **School drama and music departments** (some offer Gold Cards – for instance any resident of the Baldwin-Whitehall District 62 years or older may receive one to attend school-sponsored activities for free.
- **School district** continuing education classes
- **Local theater**, for instance South Park Theater.
- Allegheny Regional Asset District (RAD) **RADical Days** is an annual event celebrating the assets with free admission, musical and dance performances and family activities offered by arts and culture organizations, parks and recreation, and sports and regional attractions that are funded by RAD. [www.radworkshere.org](http://www.radworkshere.org)
- **Dress rehearsals**
- **Free Museums & Attractions.** “Get a taste of Pittsburgh's culture by taking a day to visit one of the city's free historical museums, sky observatories or well-known, local attractions.” [www.visitpittsburgh.com/things-to-do/free-things-to-do/free-museums-attractions/](http://www.visitpittsburgh.com/things-to-do/free-things-to-do/free-museums-attractions/) Examples:
  - Allegheny Observatory, Riverview Park, North Side Pittsburgh
  - Fort Pitt Block House, Point State Park, Pittsburgh
  - Frick Art Museum, Car and Carriage Museum
  - Soldiers & Sailors Memorial Hall and Museum, Oakland Pittsburgh
  - Nationality Rooms, University of Pittsburgh
  - North Park in Allegheny County is known for many things including the only Gravity Hill in the Pittsburgh area.
  - Public Art Self-guided Walking Tours

- “If you like outsider art, bursts of color and hanging with folks who march to the beat of a different drummer, head to **Randyland.**”  
<https://randy.land/>
- Pittsburg Banjo Club Performances
- Pittsburgh Spray Parks
- Just outside of Allegheny County:  
Arts on the **Allegheny Free Concerts**, Kittanning, PA 16201,  
<http://artsontheallegheny.org/>  
**Westmoreland County Art Museum** – free admission

## ACTIVITY CATEGORIES: OFFERINGS, LOCATIONS AND COSTS VARY.

### ART

**Creative Citizen Studios** offers weekly classes. Adult artists with intellectual and developmental disabilities explore a thematic unit through a variety of visual art medium. Work on developing an arts practice, communication skills, independent living, fine motor skills, community connections...

[www.citizenstudios.org/classes.html](http://www.citizenstudios.org/classes.html)

**Studio Forget-Me-Not!** Provides art services to individuals with special abilities.

[www.studioforgetmenot.org/](http://www.studioforgetmenot.org/) 724-674-8856

Art programs\*. Also search art for people with disabilities allegheny county

### BASEBALL

**Miracle League** baseball <http://mlswpa.org/>

### CHEERLEADING

The **Shining Stars Cheerleading** program is a special-needs division of the Rockstar Cheer Pittsburgh. Provides athletes from the ages 5-20 at all ability levels the opportunity to become a competitive cheerleader.

<http://pittsburghsuperstars.com/index.php?componentName=ClassScheduleDeluxe&scid=38030>, 412-443-0179

## CREATIVE ARTS

**Center for the Arts** Learn how to sing, dance and perform. ... student-centered education in the performing arts...young performers...all ages and all abilities.

<https://centerfortheaterarts.org/>

**Wesley Family Services Creative Arts Program** Through the combination of art, dance/movement, drama, music, and digital storytelling, the expressive arts support the potential for positive developmental outcomes. Our Creative Arts Program includes children, youth, and adults, and invites the participation of families. <https://wfspa.org/service/creative-arts-program/> , 412-342-2270

**Open Up Pittsburgh** Through inclusive, engaging, enjoyable activities including yoga and improvisational theater games, learn and explore new tools to help navigate social settings. [www.openuppittsburgh.com/](http://www.openuppittsburgh.com/)

## DANCE

**Handicapable Square Dancing** Handicapable Square Dancing. [beatty3@consolidated.net](mailto:beatty3@consolidated.net), 412-915-8486 (Marti and Gary Beatty)

**Ideal Dance** Special Needs Program The class offered is for students with Down Syndrome, Autism and other developmental disabilities.

<http://idealdancepittsburgh.com/special-needs-curriculum.html>, 412-782-3623

**Pittsburgh Ballet Theatre** Adaptive Dance themed around classic story ballets, our adaptive dance classes are designed for students with Autism Spectrum Disorders or other sensory sensitivities. [www.pbt.org/pbt-school/school-year-programs/adaptive-dance/](http://www.pbt.org/pbt-school/school-year-programs/adaptive-dance/), 412-454-9128

**Yes, You Can Dance!** Non-profit dedicated to transforming lives through the power of dance. [www.yesyoucandance.org/](http://www.yesyoucandance.org/), 412-341-1286

**Adaptive Dance** 412-454-9109

**Academy of Dance** by Lori includes a Special Needs Program [www.academyofdancebylori.com/](http://www.academyofdancebylori.com/), 412-851-1422

**Rhythm Works** Interactive Dance Specialized Dance Classes for Varying Needs  
[www.thomasdance.com](http://www.thomasdance.com) , 412-257-2000

## FISHING

**Free fishing days** listed on the PA Fish and Boat Commission\* website  
<http://pittsburghbotanicgarden.org/visitor-information/faq/>

**Reel Dream Catchers** From their Facebook page: goal is to provide fishing trips to families with children and adults with physical disabilities to foster a life-long hobby! We will provide evaluations for possible equipment needed and provide it at no cost! We want to help make fishing as accessible as possible to make it a relaxing and fun experience! ... Please feel free to contact me with any questions at [ReelDreamCatchers@gmail.com](mailto:ReelDreamCatchers@gmail.com)

Also refer to **Venture Outdoors\*** [www.ventureoutdoors.org/](http://www.ventureoutdoors.org/) , 412-255-0564

## GARDENING

**Hope Grows** Time Out for Caregivers while Care Recipients Take a Break in the Dirt, <https://hopegrows.net/>, 412-369-4673

**Community Gardens**, There are more than 80 community and school gardens throughout Allegheny County. The Community Garden Network connects community gardens to each other and to resources through regular in-person meet-ups, workshops, field trips and newsletters.  
[www.growpittsburgh.org/garden-and-farm-resources/community-gardens/](http://www.growpittsburgh.org/garden-and-farm-resources/community-gardens/) , 412-362-4769 \*

**Your own** home, backyard or porch. Container gardening – house plants – herbs...\*

## HOCKEY

Hockey teams include the Pittsburgh Emperors, Pittsburgh Penguins Blind Ice Hockey and Steel City Icebergs. Information for each online. Also learn more at the Hockey Sticks Together Foundation website, [www.hockeystickstogether.org/](http://www.hockeystickstogether.org/)

Mighty Penguins, Mighty Penguins Sled Hockey operates therapeutic and competitive ice hockey programs for the benefit of physically disabled individuals in Pennsylvania and adjacent areas. (Cranberry) <http://penguinssledhockey.org/>

## HORSEBACK RIDING

**Horses with Hope** Mission: To apply the power of equine therapy to improve the physical, mental, emotional and social quality of life... Therapeutic Riding (TR), Equine Assisted Learning (EAL) and Equine Assisted Psychotherapy (EAP). (Bethel Park) [www.horseswithhope.org/](http://www.horseswithhope.org/) , 412-932-6036

**Elliott Acres** Therapeutic Riding Center, Inc, A certified therapeutic riding center for those with physical, intellectual and emotional disabilities. (Butler) [www.elliottacrestherapyriding.org/](http://www.elliottacrestherapyriding.org/) 724-283-0947 or 724-991-2477

**Orchardview Stables** Horses Helping People...programs are developed specifically to each individual and their needs through Equine Assisted Activities and Therapies. (Wexford) <http://orchardviewstables.org/> , 757-376-9115 (mobile)

**Horse 'N Soul**...offer Therapeutic Horseback Riding for children & adults with disabilities. (Washington PA) [www.horsensoul.com/](http://www.horsensoul.com/) , 724-914-7300

**Riding for the Handicapped** of Western PA Inc. Confidence, pride and a great self-image: Goals for all of our RHWPA riders. (Wexford) [www.rhwpa.org/](http://www.rhwpa.org/) 724-443-4485 or 412-366-2220

**In-Stride** with Therapeutic Riding (Eighty Four, PA) 412-302-5393  
[instride@hotmail.com](mailto:instride@hotmail.com)

**Glade Run** (Zelienople) Therapeutic Riding Lessons and Equine Assisted Learning (EAL). [www.gladerunadventures.org](http://www.gladerunadventures.org) , 724-452-4453 ext. 1249

**Storm Harbor** Equestrian Center serves the entire community, encompassing more than six counties in the Pittsburgh area. Provides weekly Equine Assisted Activities (EAA) for people of all ages with cognitive, physical, emotional and social disabilities. [www.sru.edu/offices/storm-harbor-equestrian-center](http://www.sru.edu/offices/storm-harbor-equestrian-center) , 724-738-4010



## KARATE

**Limit Free Special Needs Karate Class** 412-741-7448

## MUSIC

**Band Together Pittsburgh**, Creating music with people on the Autism Spectrum. Includes Autism Friendly Open Mic opportunities and music workshops. Also open to others with special needs. [www.bandtogetherpgh.org/](http://www.bandtogetherpgh.org/)

**Three Rivers Music Therapy LLC**, Provides individual, group and contract based music therapy services as well as lessons to those who struggle in the typical learning environment. <https://3riversmusictherapy.com/>

**Kindermusik**, Provider of music-based education for children from birth through age seven, [www.kindermusik.com/in/usa/pennsylvania/pittsburgh](http://www.kindermusik.com/in/usa/pennsylvania/pittsburgh) , 1-800-628-5687

**Three Rivers Thunder** (Pittsburgh Drum Circle), refer to Facebook Group. “The Burgh's premier drum circle, drum jam group and friends. This is a true Jam Session based on 'Festival Drumming', and though we have players of all levels, some basic level knowledge is quite helpful.”

## ROWING / PADDLING

**Three Rivers Rowing** Adaptive Programs offer athletes age 12+ with disabilities across the chance to enjoy sport of rowing. <http://threeriversrowing.org/adaptive/>

**Dynamic Paddlers**, Paddling with youth and adults of all abilities from around Southwestern Pennsylvania. [www.dynamicpaddlers.com/](http://www.dynamicpaddlers.com/) , 412-916-9960

Also refer to **Venture Outdoors\*** [www.ventureoutdoors.org/](http://www.ventureoutdoors.org/) , 412-255-0564\*

## SPORTS

**Special Olympics Allegheny County**. Year-round sports training and athletic competition in a variety of Olympic-type sports for children (aged 8 and older) and adults with intellectual disabilities. [www.so-ac.org](http://www.so-ac.org), 412-279-5450 (also can include Special Olympics Unified\* (inclusive) sports activities

**Special Olympics Young Athletes™** is a free program for children aged 2-7 with and without intellectual disabilities. “Our mission is to increase our kiddos' motor and social skills while providing a welcoming atmosphere to all families. Our organization is run by undergraduate Pitt students and has no cost. We meet during the academic school year on Saturdays from 10-11 am.”

[pittsopaya@gmail.com](mailto:pittsopaya@gmail.com)” Facebook group:

<https://www.facebook.com/groups/1270894383120111/>

**Three Rivers Adaptive Sports**, information and events calendar at

[www.traspa.org/](http://www.traspa.org/)

**Eruption Athletics** mission: to give more people the education, knowledge, methods, equipment, and programming... special Adaptive Exercise Program, Equipment, and Curriculum...[www.eruptionathletics.com](http://www.eruptionathletics.com), 1-215-620-5563

**ENVISION Blind Sports**, Providing Physical Activity & Promoting a Life of Wellness for Individuals who are Blind or Visually Impaired,

[www.envisionblindsports.org/](http://www.envisionblindsports.org/), 724-967-4712

**Pittsburgh Adaptive Sports Network** [www.facebook.com/adaptPGH/](http://www.facebook.com/adaptPGH/) a sports and fitness consortium dedicated to adaptive sports—sports for individuals with disabilities

**ACTIVECITIES** Pittsburgh, Find adaptive sports programs, inclusive recreation & disability resources in Pittsburgh, <http://activecities.com/pittsburgh/adaptive-sports/>

The **HOPE Network** is a non-profit organization focused on providing adaptive sports and recreational...412-826-2771

**Kids of STEEL\*** free youth physical activity and nutrition program designed to instill lifelong, healthy habits in children. <http://kidsofsteel.org/>Local sports leagues\*

## SWIMMING

Search *Allegheny County Public Pools*\*

For Pittsburgh pool information: <http://iheartpgh.com/2013/06/27/guide-to-pittsburgh-public-pools-hours-cost-locations-rules/>

Also search spray park or waterpark

Contact local high schools to ask if they have public/community swim times

For instance, McKeesport High School Community Swim and Thomas Jefferson High School

YMCA (\* and specially designed offerings), [www.ymcaofpittsburgh.org/](http://www.ymcaofpittsburgh.org/)

For example: Baierl Family YMCA, Sewickley, High Hopes Programs and Sewickley Valley YMCA Spectrum Swim Lessons

Thelma Lovette YMCA, We are One Y For All, focused on Youth Development, Healthy Living and Social Responsibility. Accessible gym equipment.

[www.pittsburghymca.org/locations?type=ymca&amenities](http://www.pittsburghymca.org/locations?type=ymca&amenities)

## TENNIS

**Buddy Up Tennis** is a free 90-minute clinic consisting of 60 minutes of professional tennis instruction and 30 minutes of fitness conditioning, for Athletes ages 5 and over. Athletes are partnered with a volunteer Buddy to maximize their experience. All Athletes receive a team shirt and racquet.

<https://buddyuptennis.com/location/pittsburgh-pa/>

## THEATER / ACTING

**Pittsburgh CLO New Horizons** is a musical theater training program for children and adults with developmental and/or physical disabilities. It offers students the opportunity to take center stage in fun-filled acting, dance and vocal classes.

[www.pittsburghclo.org/education/clo-academy/new-horizons](http://www.pittsburghclo.org/education/clo-academy/new-horizons) , 412-281-2234

## CAMP LISTINGS

APOST-Allegheny Partners for Out-of-School Time...A comprehensive list of local summer programs is included. [www.afterschoolpgh.org/](http://www.afterschoolpgh.org/)

Summer Camp Guide - Pittsburgh Parent Magazine...Copies of this free monthly magazine are available in the community and includes an annual listing of more than 70 camps categorized by topic, gender, age, cost, location, etc. The guide is also available online here. [www.pittsburghparent.com/Virtual-Summer-Activities-Camp-Expo-2017/index.php?previewmode=onon](http://www.pittsburghparent.com/Virtual-Summer-Activities-Camp-Expo-2017/index.php?previewmode=onon)

Pittsburgh City Paper provides information about family-friendly (and occasionally free) events through-out the summer, as well as places for children to go to during the day. [www.pghcitypaper.com/pittsburgh/summer-kids/Content?oid=2884293](http://www.pghcitypaper.com/pittsburgh/summer-kids/Content?oid=2884293)

Western PA Guide to Good Health website includes camps.

[www.guidetogoodhealth.com/Default.asp](http://www.guidetogoodhealth.com/Default.asp)

[www.guidetogoodhealth.com/SpecialNeedsChildren.asp](http://www.guidetogoodhealth.com/SpecialNeedsChildren.asp)

2019 Summer Guide for Immigrants and Internationals is a comprehensive listing of camps and opportunities for kids of all ages. Not all are especially for immigrants and internationals. Find it on this page of the AC DHS website:

<https://www.alleghenycounty.us/Human-Services/Resources/Immigrants-Refugees/Services-for-Immigrants-and-Internationals/Children-and-Youth.aspx>

Southwestern PA United Way 2-1-1

## GO OUTSIDE AND PLAY

There are many outdoor spaces near you! Search these key words: trail, park, state park, heritage trail, arboretum, conservation area, nature area, municipal park, botanic garden, passage, county park, community park, nature center\*

The **Pittsburgh Botanic Garden**\*, information (including about accessible paths), events and programs at <http://pittsburghbotanicgarden.org/> , 412-444-4464

**Venture Outdoors**\* [www.ventureoutdoors.org/](http://www.ventureoutdoors.org/) , 412-255-0564 Offers public, custom, and youth trips year-round that introduce people to the benefits of outdoor recreation

Venture Outdoors Again is a series of beginner-friendly, outdoor programs available to participants ages 50 and up for free. ... includes introductory programs on ...biking and kayaking, nature walks with local medical professionals...\*

**Kristan Mosley's Therapy Farm** offers therapy programs and classes like Nature Craft class, Hiking class, Chicken Hatching, and Old McDonald class and Inside The Chicken Coop. (McDonald PA).

[www.kristanmosleystherapyfarm.com/index.html](http://www.kristanmosleystherapyfarm.com/index.html) , 412-523-1316

Search inclusive or accessible **playgrounds** in your community\*

**Allegheny County Park Trails** \*

<https://alleghenycounty.us/parks/activities/trails.aspx>

**Pittsburgh Area Trails**\* [www.traillink.com/city/pittsburgh-pa-trails/](http://www.traillink.com/city/pittsburgh-pa-trails/)

For additional trail information search trails in your community, Western PA or PA\*

The **Spillway Recreation Area Beach** is ADA accessible. Friends for Youghiogheny River Lake purchased beach wheelchairs. Call 1-814-395-3242 or visit the Park Office.

## LEARN MORE

### CALENDARS AND WEBSITES

- ❖ Be familiar with the community, the organizations within it, and how they communicate their activities.
- ❖ Website? Public calendar? Email or US mail list?
- ❖ When searching online consider key words like adaptive, inclusive, disability friendly or the specific activity followed by the community.

Just a few examples:

ASERT #ASDNext, [www.paautism.org/transitionagecommunication](http://www.paautism.org/transitionagecommunication)

ASERT, [www.paautism.org/events](http://www.paautism.org/events)

Recreation Alliance of North Pittsburgh, [www.Cranberry4FUN.com](http://www.Cranberry4FUN.com)

Down Syndrome Association and community events, <https://dsapgh.org/events/>

All the following \*:

Libraries, to explore library events: [www.carnegielibrary.org/events/](http://www.carnegielibrary.org/events/)

Faith based organizations

[www.meetup.com](http://www.meetup.com)

Allegheny County events

The webpage for your city, neighborhood, borough. For instance, [www.twpusc.org/crc/special\\_events](http://www.twpusc.org/crc/special_events)

Allegheny and local parks

Visit Pittsburgh: [www.visitpittsburgh.com/things-to-do/free-things-to-do/](http://www.visitpittsburgh.com/things-to-do/free-things-to-do/)

Explore: <http://pittsburghpa.gov/dcp/programs/monuments/index.html>

Parks: <http://alleghenycounty.us/parks/index.aspx>

Patch calendars for your area: <https://patch.com/>

Pittsburgh Parent, in print and online. Includes *Things to Do*  
[www.pittsburghparent.com/Things-To-Do/](http://www.pittsburghparent.com/Things-To-Do/)

Search Events in your community, for instance *Events Pittsburgh* or *Events Allegheny County*

Search Things to do followed by the area in which you're searching

Bookstores, for instance Barnes and Noble

Pittsburgh Citiparks: <http://pittsburghpa.gov/citiparks/>

PlayPittsburgh: <http://playpittsburgh.com/> “... Our blog is the source of information for what’s happening in Pittsburgh this weekend and this season. Whether you’re looking for a local playground, something to do indoors, or a date night idea, you can be sure to find what you need...”

Listings of activities and a newsletter: [www.kidsburgh.org/](http://www.kidsburgh.org/)

## RECREATION, SOCIALIZATION, TRAVEL AND LIFELONG LEARNING OPPORUNITIES.

Many of the following are specially designed programs offered by intellectual disability / autism waiver services provider and requiring waiver funding. Some do have self-pay offerings.

*ID/A Waiver participants should work with their Supports Coordinator to learn more – this is a start to find possible services and providers.*

- *The HCSIS Services and Supports Directory (SSD) is a tool for individuals with ID/A, their families, and circle of support to locate services and service providers. Search for service providers or search for services and supports provided in an individual's community. [www.hcsis.state.pa.us/hcsis-ssd/ServicesSupportDirectory/ServicesSupportHome](http://www.hcsis.state.pa.us/hcsis-ssd/ServicesSupportDirectory/ServicesSupportHome)*
- *The Provider Alliance website has a search feature to locate ID/A service providers that may offer certain services or programs. Search using keywords such as social or art. [www.provideralliance.org/members/cat/members/](http://www.provideralliance.org/members/cat/members/)*

CCAC (Community College of Allegheny County) Continuing Education for Special Needs Children, Youth & Adults

<https://www.ccac.edu/workforce/workforce-community-training/special-needs.php>, 412-237-6594

Exceptional Adventures, [www.exceptionaladventures.com/trips](http://www.exceptionaladventures.com/trips) , 412- 446-0713

Pa Connecting Communities (PACC), <http://paconnectingcommunities.org/> , 412-621-6151

The Woodlands Foundation, Programs include Cub Club day camp, Bloom reverse inclusion wellness and transition program for adolescents with and without disabilities, Music Ensemble adapted group experience for children youth, teens and adults with disabilities, Summer Camps and Retreats and Camp Inspire for children/teens with ventilator dependency. [www.woodlandsfoundation.org/](http://www.woodlandsfoundation.org/) , 724-935-6533

Glade Run gardening, horseback riding, camps, sensory playground. Fun and therapeutic experiences for all ages. Specialized Adventures Summer Camp. <https://gladerun.org/> , 412-661-1827

TrailBlazer, Boy Scouts of America. Special needs programs, partners with chartering organizations. [www.lhcscouting.org/about-us/districts/trailblazer](http://www.lhcscouting.org/about-us/districts/trailblazer) , 412-325-7973