

SOCIAL, RECREATION AND LIFELONG LEARNING OPPORTUNITIES ESPECIALLY IN ALLEGHENY COUNTY

**RESOURCES COMPILED BY ALLEGHENY COUNTY
DEPARTMENT OF HUMAN SERVICES (AC DHS)
OFFICE OF DEVELOPMENTAL SUPPORTS (ODS)**



**FIND DOCUMENT ON THE ODS WEBPAGE
WWW.ALLEGHENYCOUNTY.US/DHS/ODS
UNDER *ODS FACT SHEETS AND INFORMATIONAL DOCUMENTS***

Office of
Developmental Supports
Key Communicator
Announcement



ODS is committed to sharing resources and information with all. One way is through the ODS webpage where you'll find resource lists and helpful documents; community outreach; and through communications with our Key Communicator email list. Information, resources, and event notifications are received through these emails. To be added to the list, call 412-253-1251 or email mevrard@alleghenycounty.us



WELCOME

- ❖ This listing is a representation of opportunities.
- ❖ Inclusion does not imply endorsement.
- ❖ Some will have eligibility requirements.
- ❖ Some will have fees or costs.
- ❖ Cost was a consideration in developing this list.
- ❖ To suggest changes or additions contact ODS at 412-253-1251
- ❖ Most text is from organization websites.
- ❖ As you read through, think about opportunities for Community Participation Supports for those receiving that ODP waiver service.
- ❖ ODP Announcement 24-061 Purpose: ...includes, under purpose, to inform providers of federal requirements for individuals to be involved in decision-making about desired community activities. This list can help introduce individuals to community activities available to them.

CONSIDER

- ❖ While 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 exploring.
- ❖ What activities are fun and engaging? Is there an interest in lifelong learning?
- ❖ Having Charting the LifeCourse (CtLC) Framework inform your planning and using the CtLC Tools, including those for Exploring and Planning, can be very valuable. Learn more at www.lifecoursetools.com/ or reach out to ODS. ODS contact form at www.alleghenycounty.us/Services/Human-Services-DHS/Contact-Information-for-DHS/ODS-Outreach

ASK

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

- ❖ Where is the closest accessible parking?
- ❖ Are caregivers / supporters welcome? Are they charged for the activity?

SENSORY AND ACCESSIBILITY

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

- ❖ The Lindsay Theater offers sensory friendly screening, sensory friendly family concerts in partnership with Azure Pittsburgh, and regular autism friendly Open Mic sessions in partnership with Band Together Pittsburgh.
<https://thelindsaytheater.org/>
- ❖ Sensory Inclusion Initiative/Sensory Friendly events at the Pittsburgh Cultural Trust. https://trustarts.org/accessibility/sensory_friendly?org=1
- ❖ Carnegie Science Center accessibility
<https://carnegiesciencecenter.org/visit/accessibility/>
- ❖ Carnegie Museum of Natural History Sensory Friendly Hours
<https://carnegiemnh.org/explore/sensory-friendly-hours/>
- ❖ Kennywood Park is a Certified Autism Center by the International Board of Credentialing and Continuing Education Standards. www.kennywood.com/
412-461-0500
- ❖ Learn more about local events.
 - Autism Connection of PA (click on events) <https://autismofpa.org/>
 - ASERT <https://paautism.org/events/>

POSSIBLE FINANCIAL ASSISTANCE / DISCOUNTS

If the individual has Home and Community Based Services (HCBS) funding, such as an Office of Developmental Programs waiver, that funding may be of assistance. Work with the person in the case manager role. For instance, if you are registered with ODS, communicate with your Supports Coordinator (SC).

- ❖ Scholarships or sliding scales may apply for fees.
- ❖ Allegheny County Music Festival Fund (ACMFF) ...has provided children and youth receiving services through the Allegheny County Department of Human Services and the Juvenile Section of the Family Division of the Court of Common Pleas with life-enriching items and opportunities otherwise unavailable through traditional government funding.. Requests have included dance lessons, computers and age-appropriate software, developmental toys,

graduation expenses, summer camp tuition, registration fees for recreational activities. www.alleghenycounty.us/Human-Services/ACMFF/

- ❖ 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
- ❖ Cecil and David Rosenthal Memorial Fund was created to support community engagement activities pursued by people with intellectual or developmental disabilities (IDD). In keeping with the way the public embraced and included Cecil and David in various facets of daily life, the Fund will award grants to help other people with IDD live a life of personal significance. www.achieva.info/rosenthal
- ❖ Jaimes Dream Team www.jamiesdreamteam.org/
- ❖ Allegheny Regional Asset District 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
- ❖ High school plays, musicals, concerts, and sports events can be affordable for many. There may also be special offers. For instance,
 - A Gold Card for any resident of the Baldwin-Whitehall School District who is 62 years of age or older. It entitles the holder to attend school-sponsored activities free of charge. The activities include regular season athletic events and musical and drama productions. There are some exceptions. www.bwschools.net/our-communities/gold-card
 - The Mt. Lebanon School District offers Gold Card membership to residents 62 years of age or older. Some benefits are free general admission to home athletic event, free general admission to one performance of a dramatic or musical production and discounted tuition on Adult Education Courses offered by Mt. Lebanon School District. There are some exceptions. www.mtlds.org/community/gold-card
- ❖ Just outside of Allegheny County: Westmoreland County Art Museum, free admission for all, <https://thewestmoreland.org/>
- ❖ 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 investigate:
 - With An EBT / ACCESS Card: PA Museums For Free with EBT Card <https://foodstampsebt.com/pennsylvania-museums-for-free-with-ebt-card/>

- The Pennsylvania Historical & Museum Commission (PHMC), visit a Museum through Museums for All
www.phmc.pa.gov/Museums/Pages/Museums-For-All-.aspx
<https://carnegiemuseums.org/join-support/membership/access-for-all/>
- Get Perks with Your ACCESS Card <https://isacpittsburgh.org/access-card-perks/#:~:text=Children%20under%202%20attend%20for%20free.&text=Any%20PA%20ACCESS%20card%20holder,3%20are%20admitted%20for%20free>
- ❖ **Other discounts:** Are AAA member, senior, Pittsburgh Regional Transit of Allegheny County Monthly Bus Pass or Connect Card holders, military, teacher, or health plan member discounts available?

MUSEUMS, NATURE CENTERS AND GARDENS IN AND AROUND ALLEGHENY COUNTY

SOME FREE. COSTS VARY. SOME OFFER TOURS BY APPOINTMENT.

- ❖ **Allegheny County: Westmoreland County Art Museum**, free admission for all, <https://thewestmoreland.org/>
- ❖ **Butler County History and Heritage**, www.visitbutlercounty.com/what-to-do/attractions/history-and-heritage
- ❖ **Fern Hollow Nature Center** <https://fhnc.org/>
- ❖ **Harmony Museum** <https://haronymuseum.org/about-us/>
- ❖ **Mars Train Station** www.visitbutlercounty.com/attractions/mars-train-station
- ❖ **Sewickley Heights History Center** <https://sewickleyheightshistory.org/>
- ❖ **Tour Ed Mine and Museum, Tarentum** <https://tour-edmine.com/>
- ❖ **Western Pennsylvania Model Railroad Museum**, <https://wpmrm.org/>
- ❖ **Museum of Western Expansion**
<https://peterscreekhistoricalsociety.org/museum/>
- ❖ **Pennsylvania Trolley Museum** www.pa-trolley.org
- ❖ **Jimmy Stewart Museum** <https://jimmy.org/>
- ❖ **Hope Grows Gardens** <https://hopegrows.org/gardens/>
- ❖ **Rodef Shalom Biblical Botanical Garden** www.rodefshalom.org/garden

STAY CONNECTED

PARTICIPATING IN YOUR LOCAL COMMUNITY

LOCAL FREE AND LOW-COST EXAMPLES

Stay connected through mailings and email lists... know your community... take advantage of discounts and 'freebies'... connect through volunteering ...

Food festivals, bingos, fairs, craft shows, flea markets...

Some craft stores, florists and home improvement stores offer classes or projects...

Swimming is available at many parks. Contact local high schools to ask if they have public / community swim times.

"Allegheny County offers activities for all ages through its network of parks, libraries, programs and services. Whether your interests are physical, social, educational or cultural, you can find something interesting to do close to home. The following websites provide detailed information about these offerings as well as calendars of events. Check them out for individual and family fun."

<https://helloworldpgh.org/events-list/> (opportunities for adults and children)

LOCAL SCHOOL plays, concerts, continuing education classes and sports. Details included under POSSIBLE FINANCIAL ASSISTANCE / DISCOUNTS

FAITH-BASED ORGANIZATION events include concerts, fairs, flea markets and craft shows and holiday events. Also, tours, neighborhood get togethers and programs for youth.

- ❖ Check local papers and faith-based organization bulletins for occasional offerings like free concerts or dinners.
- ❖ Rodef Shalom Biblical Botanical Garden www.rodefshalom.org/garden
- ❖ ELPC (East Liberty Presbyterian Church) includes periodic concerts and youth activities <https://cathedralofhope.org/ministries-programs/hope-academy/overview/>
- ❖ The Bible Chapel www.biblechapel.org/special-needs
- ❖ Grace Community Church Cranberry Township, Special Needs Ministry <https://mygcc.org/kids/special-needs/>
- ❖ Beulah Presbyterian Church www.beulahpresby.org/ Exceptional Friends Ministry www.beulahpresby.org/special-needs

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/>

COMMUNITY CENTERS/YMCA/YWCA

Some examples:

Family Centers of Allegheny County <https://familycenters.alleghenycounty.us/>

The Kingsley Association has provided a variety of programs to neighborhood residents www.kingsleyassociation.org/ 412-661-8751

The Wilkins School Community Center ...educational, recreational, and cultural programs <https://wsccpgh.org/> 412-244-8458

YMCAs offer activities and programming both for the community at large and developed for individuals with disability www.countyoffice.org/pa-allegheny-county-ymca/ YWCA offers programs, services, and resources www.ywcapgh.org/

FARMER'S MARKET

Some offer entertainment

Some accept SNAP, WIC, or Senior Farmer's Market Vouchers

(<https://connect.alleghenycounty.us/food-transportation-and-other-essentials/drive-up-and-meal-delivery-food-resources/>)

❖ www.visitpa.com/experience/farmers-markets

❖ Do an internet search for those near you.

The WIC Farmers Market Nutrition Program (FMNP) and Senior Farmers Market Nutrition Program (SFMNP) provide WIC recipients and low income seniors with fresh, nutritious, unprepared, locally grown fruits, vegetables, and herbs from approved farmers' in Pennsylvania. www.pa.gov/en/agencies/pda/food/food-assistance/farmers-market-nutrition-programs.html

COMMUNITY SERVICE AND VOLUNTEERING

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/ www.aktionclub.org/

Team Friends Through a monthly activity with a learning and/or philanthropic community service component, these life skills and public service projects create a bond for those with intellectual disability www.teamfriends.org/

Community Clean Up Days <https://cleanup.keeppabeautiful.org//Calendar.html>

For volunteer opportunities consider libraries, faith-based organizations and neighborhood efforts/agencies (i.e. Meals on Wheels), animal shelters, pet rescues, food pantries and nursing homes. Call United Way 2-1-1 and/or visit these sites

www.volunteermatch.org/search/orgs.jsp?r=region&aff=&categories=23&l=Pennsylvania%2C+USA&k=Health

www.dli.pa.gov/Individuals/pennserve/Pages/Volunteering-and-Community-Service-in-the-Commonwealth.aspx

LIBRARIES are a wealth of information and opportunities for leisure, recreation, learning and fun for all.

- ❖ Find a local PA library.
https://powerlibrary.org/about/find-a-pa-library/#.YgaZud_MLFg
- ❖ Allegheny County Library Association
<https://aclalibraries.org/>
- ❖ Carnegie Libraries
www.carnegielibrary.org/
- ❖ Do an internet search for those near you
- ❖ Ask about free Experience Kits: Be a Tourist in Your Own City! Through a partnership with the Heinz Center Affiliates Program and other Allegheny County libraries, FREE ADMISSION is offered for up to four people to several museums and historical sites around Western Pennsylvania. Plus, each kit comes with access to educational information, itinerary ideas, and other fun content. Experience Kits are available on a first-come, first-served basis. Reach a library for details. VIRTUAL Experience Kits may also be available.

- ❖ Library offerings can include crafts, game times, movies, computer classes, fitness and nutrition, art, music, yoga, bingo, reading times and gardening.

GO OUTSIDE AND PLAY: PARKS, TRAILS, GARDENS.

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*. **Parks** may offer leisure, recreation and learning opportunities. Allegheny County Parks offer many events.

Find state parks www.dcnr.pa.gov/StateParks/FindAPark/Pages/default.aspx
Search Allegheny County parks near you www.alleghenycounty.us/Parks-and-Events

Explore local parks <https://maps.dcnr.pa.gov/localparks/>
Search your neighborhood parks.

- ❖ The Pittsburgh Botanic Garden, information (including about accessible paths), events and programs at <http://pittsburghbotanicgarden.org/>
- ❖ Venture Outdoors www.ventureoutdoors.org/
- ❖ The Three Rivers Heritage Trail <https://friendsoftheriverfront.org/three-rivers-heritage-trail/>
- ❖ Point State Park outdoor space and, at times, activities/events
www.dcnr.pa.gov/StateParks/FindAPark/PointStatePark/Pages/default.aspx
- ❖ Pittsburgh Area Trails www.traillink.com/city/pittsburgh-pa-trails/
- ❖ The Pittsburgh Parks Conservancy <https://pittsburghparks.org/explore-your-parks/regional-parks/emerald-view-park/>), Frick, Riverview, Highland and Schenley.
- ❖ For additional trail information search trails in your community, Western PA or PA
- ❖ Hope Grows Gardens <https://hopegrows.org/gardens/>
- ❖ Rodef Shalom Biblical Botanical Garden www.rodefshalom.org/garden

CALENDARS, WEBSITES, DISTRIBUTION LISTS

- ❖ 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 for specially designed activities and programs consider key words like adaptive, inclusive, disability friendly or the specific activity followed by the community.

Just a few examples:

Allegheny County parks www.alleghenycounty.us/Parks-and-Events

ASERT #ASDNext, www.paautism.org/transitionagecommunication

ASERT, www.paautism.org/events

Recreation Alliance of North Pittsburgh, www.Cranberry4FUN.com

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

Libraries www.carnegielibrary.org/events/

The webpage for your city, neighborhood, borough.

Visit Pittsburgh: www.visitpittsburgh.com/things-to-do/free-things-to-do/

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

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

Pittsburgh Parent www.pittsburghparent.com/Things-To-Do/

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

Listings of activities and a newsletter: www.kidsburgh.org/

Family + Fun Pittsburgh <https://familyfunpittsburgh.com/>

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

Bookstores, for instance Barnes and Noble

ACTIVITIES

**THESE ACTIVITIES ARE BOTH SPECIALLY DESIGNED AND INCLUSIVE PROGRAMS.
OFFERINGS, LOCATIONS, AND COSTS VARY.**

ART

Studio Forget-Me-Not! Provides art services to individuals with special abilities. www.studioforgetmenot.org/ Includes Art Class in partnership with the Baierl Family YMCA Friday afternoons. www.nfhcs.org

Creative Citizen Studios presents free, interactive arts workshops designed for adults with intellectual & developmental disabilities at a variety of locations through the Pittsburgh region. www.citizenstudios.org/monthly-workshops-1

Always B Smiling, children and young adults with disabilities and their families. Offers creative arts programs. www.alwaysbsmiling.org

BASEBALL

Casey's Clubhouse (South Hills) www.caseysclubhouse.org/
Find a Miracle League near you www.miracleleague.com/find-a-miracle-league/
The Miracle League of Southwestern PA <http://mlswpa.org/>

BIKE RIDING

Always B Smiling, Adaptive Bike Rides Free biking experiences for children, teens and young adults with special needs as well as their families and caregivers. www.alwaysbsmiling.org

Variety's My Bike Program provides a Rifton adaptive bike (with Rifton accessories) to eligible children with disabilities. Complete an application online at www.varietypittsburgh.org/applynow or contact Variety to have one mailed to you. email info@varietypittsburgh.org

Joy Riders Pgh, in partnership with the Veterans Leadership Program of Pittsburgh, allows individuals of all ages who have physical limitations to enjoy a scenic ride in Pittsburgh along the Three Rivers Heritage Trail. Rides begin on the Millvale Riverfront and continue along the North Shore, offering a spectacular view of the city's rivers, stadiums and

skyline. The bike is operated by specially trained volunteers and there is no charge to enjoy a ride. www.joyriderspgh.org/

CAR CRUISES some include live music and/or food trucks.

<https://carmacruisefinder.com/pennsylvania-car-shows/events/category/pennsylvania-car-shows/southwestern-pa-car-shows/>

CREATIVE AND THEATER ARTS INCLUDING THEATER / ACTING

Center for Theater 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/>

Open Up Pittsburgh teaches mindfulness through arts and movement, centering people living with disabilities. Programs are for everyone!

www.facebook.com/openuppgh/ www.openuppittsburgh.com/

Always B Smiling, www.alwaysbsmiling.org

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/new-horizons

DANCE

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>

Yes, You Can Dance! Non-profit dedicated to transforming lives through the power of dance. www.yesyoucandance.org/

COLOR GUARD

South Hills Stars is a unique and inclusive program that offers individuals the opportunity to participate in color guard activities. The program is designed to be accessible to anyone, regardless of abilities. www.facebook.com/southhillsstars/

GARDENING

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

Community gardens

Grow Pittsburgh. Includes a garden map www.growpittsburgh.org/garden-and-farm-resources/community-gardens/

Western Pennsylvania Conservancy <https://waterlandlife.org/community-flower-gardens/community-vegetable-gardens/>

HOCKEY

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/

Elliott Acres Therapeutic Riding Center, Inc, A certified therapeutic riding center for those with physical, intellectual, and emotional disabilities. (Butler) www.elliottacrestherapyriding.org/

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/>

Horse 'N Soul...offer Therapeutic Horseback Riding for children & adults with disabilities. (Washington PA) www.horsensoul.com/

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/

In-Stride with Therapeutic Riding (Eighty Four, PA) instride@hotmail.com.

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

MUSIC / PERFORMING

Band Together Pittsburgh, Creating music with people on the Autism Spectrum. Includes Autism Friendly Open Mic opportunities, music workshops and a Club House. Also open to others with special needs. www.bandtogetherpgh.org/

Three Rivers Community Care Carnegie Choristers This inclusive community choir is led by 3RCC's music therapist. All ages and abilities are welcome to participate. Participants under the age of 12 must be accompanied by an adult. No prior musical experience is necessary. The sensory room will be available and open to any individual who needs it before, during, or after rehearsals. Any questions can be sent to Molly at mcrawford@3riverscommunitycare.com

cantate choir Cantate focuses on singing and experiencing music in a welcoming choral community with musical instruction specifically geared to meet the abilities of students with physical, social, emotional, and/or intellectual challenges. Ages 6-18 This choir group will have side-by-side time with peers who are singers in the PYC core choirs, as well as Duquesne University Music Therapy and Music Education students.
www.pittsburghyouthchorus.org/cantatechoir?rq=cantate%20choir

ROWING / PADDLING

Dynamic Paddlers, Paddling with youth and adults of all abilities from around Southwestern Pennsylvania. www.dynamicpaddlers.com/

PLAYGROUNDS

The Accessible Playground directory and learning lab is a project of Let Kids Play. This directory lists playgrounds that have inclusive and accessible features.

www.accessibleplayground.net/playground-directory/?doing_wp_cron=1656049369.0536260604858398437500

SOCIAL

CAN ENCOMPASS PERSONAL GROWTH, LEARNING AND ADVOCACY.

At Sophie's Potluck, we are dedicated to enriching the lives of special needs children through thoughtful and inclusive activity planning. Costs and locations vary. www.sophiespotluck.org/

The Friendship Circle is a community-based program that brings together people of diverse abilities and interests. Members of The Friendship Circle participate in a diverse range of activities and experiences tailored to each age group. We offer over 204 events for children, teens, and families including cooking, sports, and social outings. www.fcpgh.org

Circle Of Friends events for teens - young adults with special needs

www.yourdecades.com/circleoffriendsdances/index.html

BESTBUDDIES® offering One-to-One Friendship and Leadership Development programs... www.bestbuddies.org/pennsylvania/ Includes BESTBUDDIES® Elementary Schools, Middle Schools, High Schools, Colleges and Citizens.

JCC Pittsburgh inclusive and special needs programs <https://jccpgh.org/children-teens-family/special-needs/> Squirrel Hill and South Hills

Achieva's Empowered Voices Leadership Group is comprised of self-advocates from around the Pittsburgh area. Driven by the voices and interests of the

members, participants meet for opportunities to learn new things, have fun, and meet new people. www.achieva.info/advocacy/empoweredvoices

C.A.R.E.S of Western PA offers Community Events that are free and open to the public. Locations are all across Allegheny County and includes dances, ice cream socials, crafts, bingo and Zumba. www.Cares4u.org

SPORTS, FITNESS AND EXERCISE

The Office of Developmental Programs is pleased to announce an initiative to promote physical activity to help everyone lead healthier lives. ...moving your way means staying active in a way that works for you and your schedule! Walking, gardening, dancing, or doing anything that elevates your heart beat; Every little bit counts! The Move Your Way tools, videos, and fact sheets have tips that make it easier to get a little more active. And small changes can add up to big health benefits! <https://home.myodp.org/2023/12/14/youre-invited-to-move-your-way/>

Check out your local YMCA.

ACTIVECITIES Pittsburgh. Find adaptive sports programs, inclusive recreation & disability resources in Pittsburgh.

<https://activecities.com/pittsburgh/adaptive-sports/>

Empower U Specialty fitness uniquely designed for you. In-person and virtual exercise sessions to help you achieve your health and wellness goals.

<https://empowerusf.com/> Empower U is a waiver provider.

Zumba brought to you by Not Forgotten Home and Community Services (Studio Forget-Me-Not!) in partnership with the Baierl Family YMCA. Free but you must sign up! www.nfhcs.org

Special Olympics Pennsylvania's Three Rivers Region serves athletes (ages 2+), Year-round. Includes Special Olympics Unified (inclusive) sports activities.

<https://specialolympicspa.org/region-9-home>

Woodlands ...where children and adults with disability and chronic illness find the freedom and empowerment to experience programs that enrich lives. Fully accessible and barrier-free facilities open new doors to safe, inclusive and engaging participant opportunities. <https://mywoodlands.org/>

Three Rivers Adaptive Sports, information, and events calendar at 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

Pittsburgh Adaptive Sports Network a sports and fitness consortium dedicated to adaptive sports—sports for individuals with disabilities
www.facebook.com/adaptPGH/

Girls on the Run Magee-Womens Hospital of UPMC Trained volunteer coaches facilitate lessons that blend physical activity with life skill development, including managing emotions, fostering friendships, and expressing empathy.
www.gotrmagee.org/

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

SKATING

The U.S. Figure Skating Adaptive Program offers recreational and competitive avenues for skaters with physical and intellectual disabilities to thrive. Through skating and artistic skill development, skaters will construct a foundation to build success on and off the ice. Rinks, programs and clubs offer adaptive skating programs for skaters of all ages and experiences.

www.learntoskateusa.com/findaskatingprogram/ to find a program near you by searching for clubs in your area and visiting their website.

SWIMMING

YMCA includes specially designed offerings), www.ymcaofpittsburgh.org/

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

YOGA/MINDFULNESS

Open Up Pittsburgh's mission is to teach mindfulness tools and movement practices, centering people living with disabilities. Many free and virtual

opportunities for all ages and abilities. www.facebook.com/openuppgh/
www.openuppittsburgh.com/

THE FOLLOWING ARE EXAMPLES OF SPECIALLY DESIGNED PROGRAMS OFFERED BY INTELLECTUAL DISABILITY / AUTISM WAIVER SERVICES PROVIDER. SOME ARE COMMUNITY AND INCLUSIVE.

Find a listing on the Special Needs Consortium website at
www.specialneedsconsortium.org/upcoming-events

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>

Pa Connecting Communities (PACC), <http://paconnectingcommunities.org/>

The Woodlands Foundation, mywoodlands.org/

Glade Run <https://gladerun.org/>

Exceptional Adventures <https://exceptionaladventures.org/>

Creative Citizen Studios presents free, interactive arts workshops. <https://www.citizenstudios.org/monthly-workshops-1>

ARC of PA Include Me Connection Club is an online creative outlet for all students ages 10+ and are designed for all learners. “Disability Acceptance through Literature” virtual book study for students helps foster disability acceptance. multiple book studies – each designed for different age groups. <https://thearcpa.org/includeme/>

Autism Caring Center events <https://autismcaringcenter.com/events>

ADDITIONALLY

Spreading Neurodiversity Acceptance Project

Bridging Friendships between the Communities

The SNAP Club works towards promoting understanding and communication between neurodiverse and neurotypical communities by creating a platform for inclusive dialogue. The club organizes community events, volunteer opportunities,

and guest speaker engagements to foster friendships, inclusivity, and education.
<https://experience.pitt.edu/snap/home/>

Thank you for utilizing this resource list.

If you have questions or suggestions reach Mary Evrard at
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