



ACT!VITY **Connection**

Sports • Recreation • Social Programs

Fall Mini 2020

The Activity Connection programs at Children's Specialized Hospital include therapeutic recreation, sports, and social activities for children and young adults with special health care needs. The Web Connection programs provide opportunities to develop new skills, participate in physical activities, and enjoy new experiences online.

All programs are led by Children's Specialized Hospital's therapists, certified program instructors, coaches, and trained volunteers who provide age-appropriate and safe activities in an inclusive and fun environment.

www.childrens-specialized.org/recreation

(908) 301-5548



Welcome Back!

We are so excited to be running more classes – we missed you all very much!

We are offering two types of programs, in-person and virtual.
Pre-registration is required for all program so staff can plan accordingly.

To register visit

www.childrens-specialized.org/recreation

Or call (908) 301-5548.

For Web Connection programs, registrants will receive a preparation email with the program web link and instructions on how to join virtually each week two days prior to the program. If you experience any challenges with logging in to the online program please contact us for support at (908)-301-5548.

Your child's class will have 1 instructor leading the class online via GoToMeeting. An Assistant will be signed on to the class providing visual modifications as needed in real time. If you feel you need additional support prior to the class time, please contact us at 908-301-5548 for some personalized recommendations.

For in-person programs, you will receive information on new guidelines staff will be strictly enforcing to ensure the safety of all attendees. Completed Medical Packets will be required for all in-person programs, no exceptions.

[Click here](#) for an online tutorial and help with registration.

Para información en español, por favor de comunicarse con Ashley Quinones por teléfono al 908-233-3720 ext. 5495 aquinones@childrens-specialized.org.

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Inclusion Statement

Our programs provide children of all abilities to participate alongside one another to promote acceptance, compassion, self-confidence, and friendship building. The majority of our programs are inclusive and do not require youth to have a specific skill set or ability level. In fact, siblings and friends without disabilities are encouraged to, and often do, participate! We believe that every child has unique needs, and do our very best to work with each child and family to address concerns, individual needs, and ensure that they have the best, most inclusive experience.

Health Forms

A physician-signed health form is required to participate in all in-person Activity Connection programs, no exceptions. If you are unsure whether your child might prefer to participate in person we recommend submitting a completed health form as soon as possible to ensure a smooth and quick transition.

If your child is participating in only virtual programs, a signed physician health form is not required. Due to participation happening in the comfort and safety of your own home, we do require the Web Connection Consent Form to be completed and signed prior to the first day of classes. If your child has seizures, allergies, or asthma, you are required to indicate these needs in their profile so our staff can be adequately informed when planning activities. These forms are available in the “Forms and Documents” section on this website. Please also contact us for assistance.

www.childrens-specialized.org/recreation

(908) 301-5548



Parent Support for In-Person Programs

When registering for in-person programs please acknowledge parents will be required to provide one-to-one support for participants to ensure social distancing for staff, volunteers and other participants. We will continue to work with families to identify an appropriate plan of care for each participant. Please contact our office at 908-301-5548 to arrange these services or schedule a screening.

Screenings and Evaluations

What are your child's current skills related to social engagement with peers, and participation in activities such as sports, clubs, hobbies, and recreation? A Recreational Therapist can help identify your child's strengths, as well as the types of supports available for successful inclusion in activities. The therapist will develop goals and create a plan for improving skills through participation in our group services and programs. A screening or full evaluation by a Recreational Therapist is required prior to registration in many of our programs including Friday Night Fever, Teen Night and summer camps. Recreational therapy evaluations are held Tuesdays and Thursdays between 3:00pm and 5:00pm. Call (908) 301-5548 to schedule one today.

www.childrens-specialized.org/recreation

(908) 301-5548



Soccer Clinic – Active Connection (In person)

Ages 5 to 21years old

Two one-night soccer clinics for youth with special needs ages 5-21 years old. This is an opportunity for youth to have a positive sport experience and gain exposure to basic soccer skills. Children will be grouped by age and participate in soccer drills and games in an instructional and non-competitive environment.

Life Town
10 Microlab Rd.
Livingston, NJ 07039

Mountainside Borough
Soccer Field
1395 Route 22
Mountainside, NJ 07092

Tuesday October 20th
6:00pm-6:45pm
Fees: \$10

Tuesday October 27th
6:00pm-6:45pm
Fees: \$10





Creative Writing – Web Connection (virtual)

Ages 13 to 21 years old

Come join us for a chance to be your own story teller and create imaginative stories!

Participants will receive a new image each week prompting them to create their own story based on that photo. We will have open conversation about each week's different themes, and discuss our stories as a group.

Mondays November 9th to November 30th

Ages 13-21 6:00pm- 6:40pm

Fees: \$20 for 4 weeks



www.childrens-specialized.org/recreation

Field Games – Active Connection (in-person)

Ages 2 to 13 years old

Field Games is an outdoor program that provides fun for all levels. Kids will play a variety of games such as soccer, SPUD, Frisbee and more! Sessions will include warm ups games, drills, and activities to get the body moving, work as a team, and learn techniques for each activity.

Tuesdays November 10th to December 1st

Ages 7-10: 6:00pm-6:40pm

Ages 11-13: 6:50pm-7:30pm

Classes will be held at the Mountainside Borough Hall Soccer
Field

1395 Route 22
Mountainside, NJ 07092



*Classes will be held outdoors –
please dress accordingly!*

Fees: \$28 for 4 weeks



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Indoor Games – Web Connection (virtual)

Ages 5 to 11 years old

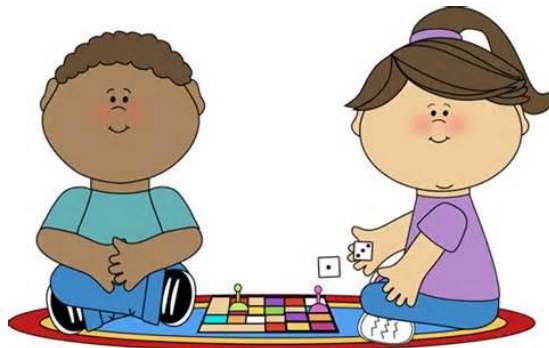
Even if we are apart, there are plenty of ways to play together! Staff will be facilitating a variety of games, adapted to be played virtually! Join us for Indoor Games to play some new, and other classic group games from the comfort of your own home.

Tuesdays November 10th to December 1st

Ages 5-8: 5:45pm-6:25pm

Ages 7-11: 6:30pm-7:10pm

Fees: \$20 for 4 weeks



www.childrens-specialized.org/recreation



Book Club – Web Connection (virtual)

Ages 14 to 17 years old

Join us each week on our quest to finish our book. We will be reading a book throughout the month and meeting each week to think, discuss, and discover more about our book.

When registering please indicate which book you are interested in. *Note that we will try our best to pick one book within everyone's top choices but it is not guaranteed...

1. Matilda by Roald Dahl
2. Because of Winn-Dixie by Kate DiCamillo
3. Series of Unfortunate Events by Lemony Snicket
4. Diary of a Wimpy Kid by Jeff Kinney
5. The Borrowers by Mary Norton
6. Tales of a Fourth Grade Nothing by Judy Blume

Wednesdays November 4th to November 18th

6:00pm-6:45pm

Fees: \$20 for 3 weeks



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Kids in the Kitchen – Web Connection (virtual)

Ages 2 to 5 years old

Let's get cooking! Join us with making the three main meals of the day. Each week we will do a different meal - Breakfast, Lunch and Dinner!

A list of perishable ingredients will be emailed to you upon registration. We will mail a box of kitchen goodies to you two weeks prior!

Program Goals:

- Introduce kitchen safety.
- Provide a fun and positive experience with food while bonding as a family.
- Increase fine motor skills and exposure to new/different textures.
- Increase attention and sequencing while following recipes.

Thursdays November 5th to November 19th

Ages 2-5: 5:45pm-6:25pm

Fees: \$25 for 3 weeks





Imagination Station – Web Connection (virtual)

Ages 3 to 6 years old

This 3 week program is designed for your child to explore, learn, and play. By using common household items, children will be challenged to use their imagination to transform these common items into an exciting adventure. Join us on our fun exploration!

Saturdays November 14th to November 28st

Ages 4-6: 9:30am-10:00am

Fees: \$20 for 3 weeks





Teen Night – Teens Teach Teens

Ages 13-21 Years Old

Have a hobby, an interest, or a passion that you know about? Like to share it with your friends? Come on over to Teens Teach Teens. Teens will come to this Teen Night with something that they are knowledgeable about. This can be an item, a theory, or any topic. They will have the floor for up to 5 minutes to share with their fellow teens. Participants will be encouraged to ask questions and learn more about their peers' topics.

- **Friday, October 16th** 6:30pm-7:15pm

Fee: \$7

Teen Night – Origami

Ages 13-21 Years Old

Ever done origami before? Calling all friends, new and old, to join us in creating basic origami. Bring some printer paper (white or colored), square paper if you have it, and also a pair of scissors. Let's get foldin'!

- **Friday, November 6th** 6:30pm-7:15pm

Fee: \$7



Teen Night – Scattergories

Ages 13-21 Years Old

“Name a movie that starts with the letter A!” “Aladdin!” Join Teen Night Scattergories! Teens can test their knowledge and creativity in this classic category game! With a variety of topics and categories, this game is fun for all.

- **Friday, November 20th** 6:30pm-7:15pm

Fee: \$7

Teen Night – Charades

Ages 13-21 Years Old

Test your acting skills through a fun virtual game of Charades! Teens will be given topics to act out without making any noises, trying to get their friends to guess as many as possible before the timer runs out!

- **Friday, December 4th** 6:30pm-7:15pm

Fee: \$7



Teen Night – Community Service Project

Ages 13-21 Years Old

Friday November 27th

This year we will be giving back to two different communities for our Community Service Project - our military and underprivileged communities.

The first part will be for your teen to create their own cards to send to our military. We will mail all participants a Thank You/ Holiday Letter kit to create cards that we will send to a unit in the military. The second part is a food drive.

Between the hours of 11am and 1pm on Friday 11/27 families can drop off non-perishable food items and the letters they created to the CSH Mountainside location. At the end of our collection staff will bring all donated food to a local food bank and mail the letters

Suggested items for the food bank:

- Macaroni & cheese (in boxes)
- Cereal or oatmeal
- Pasta (whole grain)
- Brown rice
- Soup
- Canned goods
- etc...





Teen Night – Craft Corner

Ages 13-21 Years Old

Join us to make some ooey gooey slime with your friends. Get your hands a little messy for a whole lot of fun!

- **Friday, December 18th** 6:30pm-7:15pm

Fee: \$7

Pinata – 12/9

Ages 8-21 Years Old

No party is complete without a piñata! In this arts and crafts evening, learn how to make your own Snowman Piñata using paper maché! Paper maché is a simple craft style, requiring only a few household items. Keep it as a winter decoration, or fill it with your favorite treats!

- **Wednesday, December 9th** 6:00pm-7:15pm

Fee: \$7



Snack & Chat – 12/14

Ages 6-10 Years Old

Everyone needs time to chill with their friends, talk, laugh and enjoy a yummy snack - let's hang out! Make a healthy and tasty snack and then connect with your peers while we talk about different topics of your choice!

- **Monday, December 14th** 6:00pm-7:00pm

Fee: \$7

Pictionary – 12/19

Ages 8-21 Years Old

Come join us for a traditional board game gone virtual! Teens will take turns being the “drawer” for our game of Pictionary. They will try to communicate the selected word for their teammates to guess. All you need to bring is a marker, some paper, and your thinking cap

- **Saturday, December 19th** – **Ages 8-12** 9:00am-9:45am
Ages 13-21 10:00am-10:45am

Fee: \$7

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STEM DIY Art – 12/22

Ages 6-10 Years Old

Did you know that you don't need to buy paint in order to create a painting? By using some common baking ingredients, kids can make their own! Kids will make their own paint mixtures to design their own piece of art.

- **Tuesday, December 22nd** 6:00pm-6:45pm

Fee: \$7

Silly Snacks – 12/30

Ages 6-10 Years Old

It's time to play with our food! Yeah, you read that right. Let's make more of out of snack time. By combining some classic snack ingredients, we will be making tasty snack-sterpieces. Children will use their imagination to create animals, scenery, or designs – making a healthy snack fun!

Wednesday, December 30th 6:00pm-6:45pm

Fee: \$7

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Choosing a Program

Not sure which group is right for your child? Need help with registration? Want to talk with one of our staff about accommodations and support?

Please contact us at

(908) 301-5548

or email activityconnection@childrens-specialized.org

Para información en español, por favor de comunicarse con Ashley Quinones por teléfono al 908-233-3720 ext. 5495 aquinones@childrens-specialized.org.

Activity Connection Staff

- Caitlyn Foelsch, MHA, CTRS, Manager of Community Programs
- Corinna McElwain, CTRS, Community Program Coordinator
- Jenn Tricarico, MA, CTRS, Community Recreational Therapist
- Liz Trembley, CTRS, Community Recreational Therapist
- Ashley Quinones, Community Program Assistant
- Trisha Yurochko, Lightning Wheels Head Coach

Program Staff

- Giulia Vitolo, CTRS
- Anthony Manduca
- Kayla Tlatelpa

Friday Night Fever Coordinators

- **Mountainside:** Jenn Cassio, CTRS, Jenn Tricarico, CTRS, and Ashley Quinones, Assistant
- **Toms River:** Jenn Tricarico, CTRS, Liz Trembley, CTRS and Angie Enrico, Assistant

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