



ADULT SOCIAL CLUB Program Outline



Adult Social Club Telephone: 905-430-4300 Ext.7190
ktaylor@abilitiescentre.org
General Office: 905-665-8500 (P) 905-665-8501 (F)
500 Victoria St. W., Whitby, ON L1N 2M8
info@abilitiescentre.org www.abilitiescentre.org

The Adult Social Club (ASC) is a social recreational program provided by the Abilities Centre and sponsored by Scotiabank. The program is offered to adults with special needs who live in the Durham Region, aged 18 -30 years old.

The aim of the ASC is to enrich the quality of life of the members through participation in social opportunities in a club-like setting, and participation in community based recreational activities. All activities provide the opportunity for participants to learn new skills, meet new friends, enhance self-esteem and optimize personal growth.

Club activities include monthly meetings which consist of social networking and a variety of recreational activities such as arts and crafts, games and music, video games, sports and fitness programming. Monthly club meetings will be scheduled on a Thursday evening, from 6:30pm – 8:30pm, at the Sports Garden Café at Iroquois Park Sports Centre, 500 Victoria Street, Whitby, Ontario.

Community activities will be offered on a sign-up basis, and may consist of trips to entertainment, sporting and cultural events as well as group physical activities and games. Community recreational activities will be scheduled primarily on weekends (Friday, Saturday or Sunday) in the afternoon and/or evening.

REGISTRATION PROCESS

- Participants must register for the program by completing a **Participant Profile** form AND purchasing a **12 month (\$24.00) membership**. All memberships will now be in effect for a full Calendar year. As of January 2010, you will be required to pay any balance owing for the remaining months of the calendar year, at the same cost of \$2.00 per month. For example, if your current membership expires in June, you will pay the balance of the year (July – Dec = \$12) in January. All memberships will be renewed in January of the next calendar year.
- A participant profile must be updated annually. The profile provides essential information to the Program Administrator to ensure that the needs and interests of members can be met successfully. Participant Profile forms are available at our monthly club meetings, on our website at www.abilitiescentre.org, or by calling the Abilities Centre, (905) 430-4300 ext. 7190 to have a form mailed to you.
- Forward the Participant Profile to: Kelly Taylor, Abilities Centre, 500 Victoria Street W, Whitby, Ontario, L1N 2M8, email ktaylor@abilitiescentre.org or by fax (905) 665-8501.
- Membership fees will be put towards the costs of rental space, refreshments, snacks, activity supplies, and administrative fees.
- Members may sign up for any monthly community activity, and will be required to pay a **Community Activity fee of \$5.00/activity**. The Community Activity fee must be paid prior to each activity, and will not be refunded in the event of a last minute cancellation. This fee will be put towards the cost of admission, transportation, refreshments and snacks. Some activities may involve additional costs.

We are grateful to Scotiabank for their generous sponsorship of this program.