



Dear Friends,

Following please find the list of activities for individuals with disABILITIES and special needs we are offering for the month of August:

### **Bingo Night**

Bingo night will take place on Friday, **August 17th** from **6:30 PM to 7:30 PM** at the Camden County Environmental Center.

### **Dance Class**

Do you love to dance? If so, please come join us for dance class This activity is conducted by the professionals at “Look Who’s Dancing” and will take place on **August 6th, 13th, 20th and 27th** from **6:30 PM to 7:30 PM** at the Camden County Environmental Center in Cherry Hill.

### **People First New Jersey Meeting**

People First is a self-advocacy group created by the NJ Council on Developmental Disabilities for individuals with special needs. Meetings take place on the fourth

Tuesday of each month at **5:00 PM** at 1301 Park Blvd. in Cherry Hill in the Camden County Parks Building conference room. This month's meeting will be held on Tuesday, **August 21st**.

### **Therapeutic Horseback Riding**

The horse therapy program resumes on Wednesdays in August at Dream Park in Logan Township. This session is currently full. However, from time to time we may get cancellations. If you'd like to be put on the waiting list for this activity, please call Karen Weidner.

### **Personal Fitness**

Let's get in shape for the summer! Join us for a series of personal fitness classes with Coach Dan from Helping Hands Gym. Classes will take place on **August 2nd, 9th and 23rd** from **6:30 PM to 7:30 PM** at the Camden County Environmental Center.

### **SPORTSABILITY Day**

Join us for our 4th annual SPORTSABILITY day on Saturday, **August 11th!** Registration and check-in begins at **8:30 am** at the Camden County Boathouse in Pennsauken. From **8:30 AM to 12 PM** there will be rowing and kayaking on Cooper River and wheelchair basketball and adaptive cycling at Challenge Grove Park in Cherry Hill. Lunch will be served from **12 PM to 1PM** at the Cherry Hill Racquet Club. Afternoon activities will take place from **1 PM to 4 PM** and include wheelchair basketball and archery at the Cherry Hill Racquet Club and sit volleyball and boccia ball at Cherry Hill West High School. Finally, join us for stand-up and wheelchair tennis from **4 PM to 6 PM** at Cherry Hill West High School. Some sports require limited participation, so register early if you'd like to attend.

### **Yoga**

Need to de-stress? Join us for yoga class with certified yoga instructor Ms. Debra! Classes will take place from **6:30 PM to 7:30 PM** on **August 7th, 21st and 28th** at

the Camden County Environmental Center.

### **Basketball Clinic**

This clinic designed for children six years old and older will take place on Fridays from **4:30 PM to 5:30 PM** on **August 3rd, 10th, 17th, 24th and 31st** at Peak Skills Basketball in West Berlin. This clinic is limited to ten individuals so register early.

### **Nature Walk**

Let's take in the sights of Camden County's Maria Barnaby Greenwald Park! Please join us on Thursday, **August 16th** from **6 PM to 7 PM**. We will meet in the lobby of the Camden County Environmental Center at **5:45 PM**.

If you are interested in participating in any of these activities or know someone who might be, please contact Karen Weidner at [karen.weidner@camdencounty.com](mailto:karen.weidner@camdencounty.com) or by phone at 856-216-2127.

Sincerely,

Ed McDonnell  
Freeholder Deputy Director