

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.
- ❖ Financial accessibility 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.

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. Visit www.alleghenycounty.us/Human-Services/Programs-Services/Disabilities/Intellectual-Disability-Autism.aspx and click on *Charting the LifeCourse (CtLC) Framework and Tools*. Also, www.lifecoursetools.com/

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=1 412-456-6666
- ❖ Carnegie Science Center accessibility
<https://carnegiesciencecenter.org/visit/accessibility/> 412-237-1641
- ❖ Carnegie Museum of Natural History Sensory Friendly Hours
<https://carnegiemnh.org/explore/sensory-friendly-hours/> 412-622-3131
- ❖ Children’s Museum of Pittsburgh Sensory Friendly Afternoons
<https://pittsburghkids.org/event/sensory-friendly-afternoon/2022-06-14/>
412.322.5058
- ❖ Kennywood Park is a Certified Autism Center by the International Board of Credentialing and Continuing Education Standards. www.kennywood.com/
412-461-0500
- ❖ Little Lake Theater in Washington County www.littlelake.org/sensory-friendly-performances 724-745-6300
- ❖ Learn more about local events.
 - Autism Connection of PA <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) Children and adolescents receiving services through DHS, a DHS-contracted provider, or Allegheny County Juvenile Probation are eligible to apply. 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.

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 The money will be awarded to people only and not organizations. The Funds may be used for items, programs and/or supports to assist people with IDD who live in any Pennsylvania county served by Achieva Support services. Funds may also be awarded for direct support professionals (DSP) if it directly helps people with IDD with person-centered residential support, competitive-integrated employment, and meaningful community participation (e.g., receiving training, rewarding exceptional DSPs, etc.).
- ❖ 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.mtlsd.org/community/gold-card
- ❖ Just outside of Allegheny County: Westmoreland County Art Museum, free admission for all, <https://thewestmoreland.org/> 724-837-1500
- ❖ 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
<https://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=An%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 AND NATURE CENTERS 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/> 724-837-1500
- ❖ **Butler County History and Heritage**, www.visitbutlercounty.com/what-to-do/attractions/history-and-heritage
- ❖ **The Depreciation Lands Museum**, Alison Park, The Museum is Open May thru October. Friendly, knowledgeable Interpreters are waiting to bring our Village to life just for you! Open Every Sunday, 1-4 PM (including Holidays) And, as always, our Shady peaceful grounds, cemetery & historically inspired gardens remain open everyday from Sunrise to Sunset. Visit the Herb & Dye Garden, wander the lovely old cemetery and enjoy a quiet picnic at a shady table. <http://dlmuseum.org/index.shtml>, 412-486-0563
- ❖ **Fern Hollow Nature Center** has been a destination for local schools, scouts, families, and individuals of all ages to experience the natural beauty of Sewickley Heights Borough, Pennsylvania, the region's vast creek system, and the gateway to the area's other parks. The grounds are open to the public from dawn to dusk. <https://fhnc.org/>, 412-741-6136
- ❖ **Harmony Museum** Historic Harmony, Inc. was founded in 1943 and operates the Harmony Museum, which interprets 250 years of rich history. We have presentations that include George Washington's 1753 mission, Harmonists, Mennonites, and the Ball Collection of outstanding sporting rifles by 19th century Harmony gunsmith Charles Flowers. Its nine properties include the

1809 main museum building as well as the Harmony Society cemetery and Mennonite meetinghouse and cemetery. The Historic Harmony Inc. office is located in the main Museum building at 218 Mercer St., Harmony, PA. 16037 and the office is open Tues through Friday from 1 pm to 4 pm.

<https://harmoniymuseum.org/about-us/>, 724-452-7341.

- ❖ **Mars Train Station** Stop by to tour the remodeled train station, constructed in 1897; the circa 1906 red caboose; the Adams Station of the Butler Shortline Trolley Route and the gift shop. Brought to you by the Mars Area History and Landmark Society. www.visitbutlercounty.com/attractions/mars-train-station, 724-272-9588
- ❖ **McCandless / Northern Allegheny Heritage Center**, Wexford, Replica of a one-room schoolhouse (RSSC Architecture) - 2,140 square foot upper level - 2,060 square foot basement level for storage. Houses artifacts pertaining to the Town of McCandless, North Allegheny School District, and surrounding communities. www.townofmccandless.org/mccandless-northern-allegheny-heritage-center, 412- 364-0616
- ❖ **Sewickley Heights History Center** strives to preserve the history and natural beauty of Sewickley Heights, while maintaining its historical integrity. Located on one of the original farms, the Museum is surrounded by rolling acreage, nature trails, and scenic views. A unique collection of film, photos, and vintage attire, combined with antique cars and carriages, honors the lifestyle of Pittsburgh's early Industrialists. Providing educational programs and family based activities that are accessible to the community throughout the year, the admission-free Museum also hosts special events and lectures. <https://sewickleyheightshistory.org/>, 412-741-4487
- ❖ **Tour Ed Mine and Museum**, Tarentum Travel 1/2 Mile Down into Western Pennsylvania's Premier Mine Attraction! Experience what it was like to be a coal miner in the 1850s and today. Your guides are experienced coal miners who will treat you to an amazing, educational history-rich and science-filled tour 160 feet below the earth's surface. <https://tour-edmine.com/>, 724-224-4720
- ❖ **Western Pennsylvania Model Railroad Museum**
The WPMRM is a nonprofit organization located in Gibsonia... purpose is to promote and preserve the history of railroads in Western Pennsylvania ...This in part, is accomplished by the Museum's main attraction, a 40' X 100' scale representation of the tracks between Pittsburgh, Pa. and Cumberland, Md. set in the summer of 1952. In addition to this display, the museum also maintains a collection of historical model train sets and authentic railroad related items dating as far back as the beginning of the 20th century. The Western

Pennsylvania Model Railroad Museum holds an Annual Holiday Train show each year starting mid-November and ending in mid-January.

<https://wpmrm.org/>, 724-444-6944

- ❖ **Museum of Western Expansion** The Museum is open during special events and tours are held at that time. Special or individual tours are available and should be scheduled with the Curator or Head Docent. The Goal of the Museum of Western Expansion is “education;” our displays and aim is to represent the time period from 1760-1860. To tell the story of the people who lived and worked in the area of the Peters Creek Watershed.

<https://peterscreekhistoricalsociety.org/museum/>

- ❖ **Pennsylvania Trolley Museum** came to Chartiers Township, Washington County in February 1954 with three trolleys and a dream that was born in 1941. Today, that dream is a reality. PTM now boasts a collection of nearly 50 cars...

www.pa-trolley.org, 724-228-9256

- ❖ **Jimmy Stewart Museum** is a definite must-see for film buffs and Jimmy fans alike! <https://jimmy.org/>, 724-349-6112

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

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/>

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 is free, accessible and, at designated times, open to the public. Can schedule a tour for 8 or more.
www.rodefshalom.org/garden 412-621-6566
- ❖ ELPC (East Liberty Presbyterian Church) includes periodic concerts
<https://cathedralofhope.org/ministries-programs/hope-academy/overview/>
412-441-3800
- ❖ Roots of Faith Sharpsburg Neighborhood Table events
<https://faithfoxchapel.org/rof/> 412-799-0111
- ❖ The Bible Chapel www.biblechapel.org/special-needs 724-941-8990
- ❖ Grace Community Church Cranberry Township, Special Needs Ministry, and respite times for all <https://mygcc.org/kids/special-needs/> 724-779-7997

- ❖ Beulah Presbyterian Church www.beulahpresby.org/ 412-242-4570 Exceptional Friends Ministry www.beulahpresby.org/special-needs : social group, activities, choir, bell choir, Bible Study

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/

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

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

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
- ❖ Also, do an internet search for those near you.

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 ID. www.teamfriends.org/

Community Clean Up Days <https://cleanup.keppabeautiful.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, 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. Many virtual activities are available.

- ❖ 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/
- ❖ Also, 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. The 2022 kits include: Heinz History Center (includes complimentary

admission to Fort Pitt Museum and Meadowcroft!), Old Economy Village, West Overton Village & Museum, Duncan Miller Glass Museum, Merrick Art Gallery and Somerset Historical Center. 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.
- ❖ The Andrew Carnegie Free Library & Music Hall is home to one of the last remaining Grand Army of the Republic Posts left in the country! The Capt. Thomas Espy Post No. 153 was chartered in 1879 and moved into the library in 1906. <https://carnegiecarnegie.org/civil-war-room/>

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.

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/> , 412-444-4464
- ❖ Venture Outdoors 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...
- ❖ The Three Rivers Heritage Trail is a multi-use riverfront trail system in the Pittsburgh region. This 33-mile nonlinear trail has segments on both banks of Pittsburgh's three rivers with access to city neighborhoods, business districts,

and local attractions. <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, 412-682-7275. Includes gardens, the Frick Environmental Center and parks. Parks including Emerald View Park (Mt Washington <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
- ❖ The Spillway Recreation Area Beach is ADA accessible. Friends for Youghiogheny River Lake purchased beach wheelchairs. Call 1-814-395-3242
- ❖ Pittsburgh Three Rivers Arts Festival in June <https://traf.trustarts.org/>

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, to explore library events: www.carnegielibrary.org/events/

www.meetup.com

The webpage for your city, neighborhood, borough.

Visit Pittsburgh: 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 www.pittsburghparent.com/Things-To-Do/

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

PlayPittsburgh: <http://playpittsburgh.com/>

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/ 724-674-8856

Creative Citizen Studios Among their offerings are free mixed ability outreach workshops all throughout Pittsburgh. Join us for an introductory art project at a library or a community space to get your creative juices flowing. Registration required in most spaces. Caregivers & Support staff are welcome to attend. 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

Art brought to you by Not Forgotten Home and Community Services (Studio Forget-Me-Not!) in partnership with the Baierl Family YMCA.

C-Art with Kristen –Join us each Friday for fresh, fun, art that will inspire you to keep creating! Free but you must sign up! www.nfhcs.org

BASEBALL

Miracle League baseball

South Hills www.miracleleaguesouthhills.org/

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. 724-933-0460 email info@varietypittsburgh.org

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://centerforthheaterarts.org/> 412-563-5080

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 teaches mindfulness through arts and movement, centering people living with disabilities. Our 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>, 412-782-3623

Yes, You Can Dance! Non-profit dedicated to transforming lives through the power of dance. www.yesyoucandance.org/, 412-999-3998

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/

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/ , 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/ 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/ , 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/ 724-443-4485 or 412-366-2220

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

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 , 724-738-4010

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 or call the office at 412-206-9118.

ROWING / PADDLING

Dynamic Paddlers, Paddling with youth and adults of all abilities from around Southwestern Pennsylvania. www.dynamicpaddlers.com/ , 412-916-9960

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 412-334-2652

SOCIAL

CAN ENCOMPASS PERSONAL GROWTH, LEARNING AND ADVOCACY.

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 , 412-224-4440

Circle Of Friends events for teens - young adults with special needs
www.yourdecades.com/circleoffriendsdances/index.html , 412-951-8787

BESTBUDDIES® offering One-to-One Friendship and Leadership Development programs... www.bestbuddies.org/pennsylvania/ , 1-888-604-7376. 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/> , 412-521-8010 (Squirrel Hill) and 412-278-1975 (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. 724-837-8159 Extension 114
www.achieva.info/advocacy/empoweredvoices

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, 1-215-620-5563

Pittsburgh Adaptive Sports Network a sports and fitness consortium dedicated to adaptive sports—sports for individuals with disabilities

www.facebook.com/adaptPGH/

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.learnatoskateusa.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: Baiert 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

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

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

The Woodlands Foundation, mywoodlands.org/, 724-935-6533

Glade Run <https://gladerun.org/> , 412-661-1827.

Thank you for utilizing this resource list.

If you have questions or suggestions reach Mary Evrard at
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