

# Get out there!

(And have fun!)

**A guide to social and recreational opportunities for teens and adults with Down syndrome in the Northern Virginia area**

September 16, 2017

This guide was created by the Northern Virginia Friends of the Down Syndrome Clinic and Research Center. For more information or to add entries to this guide, contact its creators, Karen Hoppe or Heather Trammell, at [heathert@dsanv.org](mailto:heathert@dsanv.org). Inclusion in this guide does not imply endorsement of any of these groups.

## **A Place to Be**

www.aplacetobeva.org  
540-687-6740

A Place to Be helps people face, navigate, and overcome medical, disability and life challenges using the clinical tools of music therapy and expressive arts therapy, in individual and group settings. Please call us for additional information, including a detailed listing of programs and services.

## **The Arc of Loudoun at Paxton Campus**

www.paxtoncampus.org  
703-777-1939

The Arc of Loudoun at Paxton Campus is a full-service organization with multiple programs and services that together provide an integrated and innovative environment for people with disabilities from childhood through adulthood. We are located in Leesburg, Virginia, and have many programs for adults with disabilities to have social opportunities, such as adaptive art classes, adaptive book club, music therapy, quarterly dances and other events. Please check out our website for more details.

## **Arlington County Department of Parks and Recreation - Therapeutic Recreation Office**

<https://parks.arlingtonva.us/therapeutic-recreation/>  
703-228-4740

### Therapeutic Recreation Social Clubs

Tired of the same old routine? Get out and have some fun! Teens and adults with intellectual and developmental disabilities are invited to join one of our social clubs! Each social club offers 2-3 activities per month, ranging from social gatherings to community trips, volunteer experiences, performances and more! Individual Membership fees for 2017-2018 are \$45.00 (trip fees are additional).

Contact Katie Salyers at [ksalyers@arlingtonva.us](mailto:ksalyers@arlingtonva.us) or 703-228-4738 for more information.

- Teen Social Club: Ages 12-17
- Young Adults Going Places: Ages 18-29
- Adults Going Places: Ages 30+

<https://parks.arlingtonva.us/therapeutic-recreation/therapeutic-recreation-social-clubs/>

## **ArtStream**

www.art-stream.org  
301-565-4567

ArtStream uses performing arts to teach communication, self-advocacy, pre-employment and social skills to people with intellectual and developmental disabilities - including autism – through classes, workshops and acting companies. Classes, including the Super Social Saturday party workshops, are held year-round at locations in the Washington DC Metro area: Fairfax, Oakton, and Arlington, Virginia; and Silver Spring, Gaithersburg, Rockville, and Germantown, Maryland. Check out our website and browse through the many class offerings to see what we're all about!

**Camp Easterseals UCP**

www.CampEastersealsUCP.com  
540-777-7325

Camp Easterseals UCP is an overnight camp serving children and adults with disabilities. One and two week camp options are available throughout the summer for ages 8 and up. Weekends are available in the fall and spring for adults. Campers include people with Down syndrome, autism, epilepsy, cerebral palsy, and more. Activities include swimming, horseback riding, canoeing, crafts, climbing, archery, dances, campfires, and more! The camp is located 40 minutes north of Roanoke, Virginia in the beautiful Blue Ridge Mountains. Many campers have described their time at camp as "life-changing!"

**DanceAbilities, Ltd**

danceabilitiesva.com

DanceAbilities supports individuals with special needs through the joy of movement and dance! We integrate tools for self-care such as energy medicine and yoga to balance the body/mind connection. Each individual has the opportunity to express their unique creative abilities in a welcoming space.

We are located in a home studio space at 12487 Rose Path Circle, Fairfax, VA 22033. We meet once per week on WEDNESDAYS from 6:30p to 7:45p. Class dates can be found on our website.

The cost for 15 sessions is \$375.00 (\$25 per session)

We have a small class which allows for individualized attention. You may try out the first class for free to see if it is a good fit for your child. Private sessions may also be scheduled for a fee of \$80 for a one hour session.

If you have more questions, please contact Lynne Bauer's cell phone at 703 887-9101 and leave a message.

## **Dancing Stars of Northern Virginia: Ballroom Dancing for Adults with Down Syndrome**

Adults with Down syndrome are invited to experience the joy of ballroom dancing. Participants will learn fundamentals of several ballroom dances (waltz, foxtrot, swing, tango, rumba, salsa, merengue). The program provides an opportunity to engage in moderate physical activity.

The Dancing Stars especially enjoy using their dancing skills outside of class at parties and family celebrations. The Dancing Stars have demonstrated their capabilities at public dance performances including local dance studios and dances, City of Fairfax Rock the Block Concert, DSANV Buddy Walk, Joey Pizzano Gala and City of Fairfax 4<sup>th</sup> of July Parade.

*A friend, parent or caregiver must accompany and help dance with the participants for the entire class at no charge—no dance experience required.*

Ages: 18 years and up

Thursdays: 7:00-8:00 pm; class is on-going

Fee: \$5 per class (pay before each class)

Location: Sherwood Center (no residency requirement)

3740 Old Lee Highway, Fairfax VA 22030

703-385-1695

Class offered through Parks & Recreation, City of Fairfax

Instructors: Lynn and Len Mark

Please contact: [markls@MiamiOH.edu](mailto:markls@MiamiOH.edu); 513-490-4526

**Devenio, Inc.**

www.devenio.org  
www.funbunchsoccer.com/mcadult/  
301-704-1572

Devenio, inc., located in Bethesda, MD, inspires community building through partnerships that provide lifelong opportunities for people with Down syndrome and other developmental disabilities. We create and facilitate collaborative projects, programs and events directed at education, awareness and increasing availability of experiences. By leveraging resources and working together, we aim to benefit the disability community as well as the greater communities in which we live.

Devenio currently has three programs/events:

- Race4Respect™ 5K & 1K Kids dash- the only event dedicated to Down Syndrome Awareness that stops traffic in the nation's capital.
- Fun Bunch Soccer- a soccer league for individuals with cognitive and developmental disabilities. We now have youth and adult teams.
- Devenio in Motion – a partnership of Devenio, Inc. and Joy of Motion Dance Center that provides rigorous training to dancers age 14 to adult with cognitive and developmental disabilities, empowering them with real opportunities to perform independently.

**Down Syndrome Association of Northern Virginia**

www.dsanv.org  
703-621-7129

The Down Syndrome Association of Northern Virginia (DSANV) exists to ensure that all individuals with Down syndrome and their families receive the support necessary to participate in, contribute to and achieve fulfillment of life in their community. Families of teens and adults with Down syndrome are invited to register at our website in order to keep in touch with all the events and happenings at DSANV. Past events have included bingo, dance, yoga and classes in the arts. These classes have been led by trained instructors and supplemented with peer volunteers. We look forward to hosting more of these events in the future.

**Fairfax County Park Authority - ADA & Adapted Programs**

[www.fairfaxcounty.gov/parks/ada-inclusion/](http://www.fairfaxcounty.gov/parks/ada-inclusion/)

The FCPA provides inclusive and adapted programs (camps and classes) to all ages and disabilities. For more information regarding recreation & leisure opportunities for customers with disabilities visit our website.

Contacts:

Gary Logue 703-324-8727  
Gary.logue@fairfaxcounty.gov  
Accessibility & Inclusive Services

Nicole Woodward 703-324-8565  
Nicole.woodward@fairfaxcounty.gov

**Greater Loudoun Civitan Club**

www.glcivitan.org  
703-599-6286

The mission of the Greater Loudoun Civitan Club is to make a positive difference for the people in our area, especially those individuals with intellectual and developmental disabilities. We meet the second Thursday of the month at 6:30pm at the Eggspectation in the Village at Leesburg behind the Wegmans off of Route 7. For those with ID/DD, we provide a quarterly Karaoke Dance Party and a quarterly Loudoun County Bingo event and are open to other ideas for special activities. Civitan is an International organization that provides support to the Civitan International Research Center (CIRC) in its mission of understanding and treating syndromes of the brain.

**interPLAY Orchestra**

www.interplayorchestra.org/  
301-570-6664

Performance music for you is right around the corner! (of the beltway that is) The interPLAY Orchestra at the Bethesda, Maryland, Music Center at Strathmore is a 60 piece ensemble of adults with moderate cognitive disabilities combined with amateur and professional musicians who play 3 sold out concerts of serious music during each year. Each week the interPLAY musicians (from DC, Maryland and Virginia) meet on Monday evenings right at Strathmore from 6:30 to 8 or 9 right before concerts and have great fun playing, talking, and experiencing one orchestra member a week doing a solo performance designed by the individual member with a friendly artistic critique by everyone.

Where else can you see something like this in the entire country!

For more information on this musical experience, call Ken Silverstein at 301-570-6664, the orchestra's Managing Director. And come hear us!

Tickets are only \$10.00.

**Jewish Community Center of Northern Virginia (JCCNV)**

www.jccnv.org  
703-323-0880 (JCC front desk)  
703-537-3031 (Special Needs Office)

The J is a nonprofit organization dedicated to build a strong and vibrant Jewish community through meaningful opportunities to engage in Jewish life. The J welcomes individuals of all ages, abilities, ethnicities, faiths and backgrounds. The J's Special Needs Department is committed to helping the community through activities designed to develop physical and social skills for individuals of all ages. The program features small participant-staff ratios and offerings such as social and recreation programs, fitness classes, cooking, and much more!

**The Joey Pizzano Memorial Fund**

www.jpmpf.org  
703-549-4444

The Joey Pizzano Memorial Fund is a local nonprofit with a mission to improve the lives of individuals with disabilities and their families. JPMF offers water safety education classes for both school age children and adults with disabilities at recreation centers throughout Fairfax County. JPMF also hosts social events such as dances and swim parties for adults with disabilities over the age of 18. Please contact Amanda Smedley at [amandasmedley@jpmpf.org](mailto:amandasmedley@jpmpf.org) for more information.

**Jhoon Rhee Adaptive Tae Kwon Do**

www.adaptivetkd.com  
703-532-7433

Our program uses the movements and structure of martial arts to improve students' focus, coordination, strength, balance and confidence. We serve students through age 19 with a variety of physical, intellectual, and developmental challenges. Classes run in a small group setting while students are given the opportunity to progress at their own individual pace and are rewarded separately for their physical and behavioral achievements.

Teen classes run Saturdays from 3:45-4:15pm by session (4 sessions per year).  
First time students - \$275 (includes uniform)/ Returning students - \$220  
Please call for an appointment

**Lead By Example Tae Kwon Do** (Fair Oaks)

www.LBETKD.com  
703-273-1100

We offer class for Adapted Teens and Adults ages 13 and up on Wednesday's from 7:45-8:30pm. This class is geared towards teens and adult with physical and mental challenges. Most of our students are on the high end spectrum of autism, have Down syndrome or other MILD disabilities. We strive to help students develop social skills, foster decision making, increase their confidence and listening and following direction skills while offering sensory appropriate activities.

We offer a one week free trial (2 classes max) to get started. If they enjoy it then they would enroll in our 6 month (1x/week) program which can be paid in full for \$700 or Monthly \$250 down and \$100 x 5 months = \$750  
Initial cost will include their uniform and beginner equipment package.  
For more information, please email us at [LBETKD@yahoo.com](mailto:LBETKD@yahoo.com)

## **McLean Bible Church**

mcleanbible.org/friendshipclub  
703-770-3827

Friendship Club is a vibrant, growing community for individuals 16+ with developmental disabilities. This weekend class includes lessons supported by the Special Education Curriculum, snack or lunch, games and fellowship. In addition to weekend services, members of the Club plan and engage in monthly socials and service projects. During the summer we also offer a day camp, Twilight VBS program and beach retreat. Participants meet at all our campuses (Tysons, Loudoun, Prince William, Montgomery) during service times and on various days for the socials and service projects.

## **#Out'N>About**

www.outnabout-dmv.org  
703-261-9489

#Out'N>About is a non-profit, 501(c)(3) charitable organization based out of Northern Virginia, whose mission is to provide opportunities for young adults with Intellectual and Developmental Disabilities (IDD) to have fun and meaningful social experiences with their peers. Our participants enjoy activities and events that are interesting and fun for young adults - which we believe encourages a more inclusive and fulfilling quality of life.

Our VISION is a world of inclusion, where young adults with Intellectual and Developmental Disabilities (IDD) are able to regularly socialize and have experiences that ultimately lead to more independent, fulfilling, and happy lives. We strive to be instrumental in bringing this vision to fruition by continuing to seek, provide and/or create ways for our participants to grow socially - both as individuals and as part of society in general.

#Out'N>About is not only Where Independence Meets Fun...#Out'N>About is a movement to get #Out'N>About and have fun!

## **PALS Programs**

www.palsprograms.org  
202-630-5858

PALS Programs provides a place for young adults with Down syndrome (ages 12-30) and their peers to have fun, grow as individuals, and build transformative friendships. We offer week-long summer Camps across the country and weekend Adventures opportunities to reunite in the off-season. Email [staff@palsprograms.org](mailto:staff@palsprograms.org) for more information.

### **Porto Charities Inc. & Porto # 104**

Porto Charities Inc. (PCI) and Porto # 104 of the International Order of Alhambra (Porto) are nonprofit organizations that have the joint mission of providing resources, assistance, education, residences and overall improved quality of life for people with developmental disabilities. The two organizations have joint board meetings, common membership and they are open to all age groups. PCI and Porto raise funds to support several programs in the Northern Virginia area including: five special education programs in the Diocese of Arlington, GMU LIFE Program, Special Olympics Area 26, Art Stream, Keyboards for Kids, Gabriel Homes, Marion Homes, and Out'N'About. They hold quarterly social functions for their members and they publish a quarterly newsletter.

For additional information, please contact:

Leo Alonso  
President  
Porto Charities Inc.  
BettyLeo@aol.com  
www.portocharities.org  
703-626-2051

Bill Mundy  
Grand Commander  
Porto # 104  
Order of Alhambra  
BillM10049@aol.com  
www.orderalhambra.org  
703-978-7544

### **SPARC**

www.sparcsolutions.org  
703-338-6185

SPARC is a club providing daytime support in a different way for adults with developmental disabilities after high school graduation. We operate in the community every day. SPARC is a non-Medicaid service provider. We have clubhouses in Reston, McLean, Fairfax and Arlington open from 10AM-2PM. Call for club fees; prices vary. We love visitors. SPARC is also willing to help other groups put on dances and related social events for persons with special needs. Please call Donna or Jodie (703) 338-6185 to arrange a tour or visit our website.

**Special Olympics Virginia**

[www.specialolympicsva.org/](http://www.specialolympicsva.org/)  
703-359-4301

Special Olympics provides year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

Special Olympics is FREE to our athletes and families!

We offer over 21 Olympic type sports in the Potomac Region that serves athletes that live in Arlington, Fairfax, Loudoun counties and in the cities of Alexandria and Falls Church.

Anyone age 8 or older who has an intellectual disability can become a Special Olympics athlete.

**VSAarts of Loudoun County** (incorporated as Arts for All)

[www.vsaloudoun.org](http://www.vsaloudoun.org)  
540-338-7973

VSA provides opportunities in the creative and performing arts to people of all abilities in an inclusive environment. Our theater program, run out of the Franklin Park Arts Center, produces a mainstage musical show each spring as well as a second theater experience each fall for individuals ages 8 and up. Registration cost is \$100. Our DaVinci Arts Studio holds weekly classes (ages 16 and up) and workshops (for both adults and juniors) in Purcellville and Leesburg. Cost is \$10/session. Scholarships are available.

**Young Life Capernaum Fairfax**

[www.fxcapernaum.younglife.org/](http://www.fxcapernaum.younglife.org/)

Young Life Capernaum gives young people with intellectual and developmental disabilities the chance to experience fun and adventure, to develop fulfilling friendships and to challenge their limits while building self-esteem through club, camp and other exciting activities. We move through barriers, including the isolation and marginalization that can accompany having special needs, believing that the lives of teens with disabilities, as well as their able-bodied friends, are transformed by the shared experience of Young Life. We offer a variety of camping options and fun social events, as well as alternating weekly between Club and Bible study. We meet every Wednesday from 6:30-8pm starting Sept. 13 in the "Hangar" at Fairfax Community Church, 11451 Braddock Road, Fairfax, Virginia 22030. For more information, contact Maison Lowery 601-813-6655 or at [maison.younglife@gmail.com](mailto:maison.younglife@gmail.com), or Chris Girardi at 202-329-3218.

**ZamDance**[www.zamdance.com](http://www.zamdance.com)

ZamDance is a dance fitness program for children and adults with intellectual differences. The class is designed for students who are 8 and up. We teach class every Saturday from 11:30-12:30pm at Z Sweat Dance and Fitness Studio, 4834 Boiling Brook Parkway, Rockville, MD 20852. The drop in fee is \$20 per student.