



2018/2019

PROGRAM GUIDE



501 Vanderbilt Parkway • Dix Hills, NY 11746 • (631) 351-8672 ext.108
www.nyfriendshipcircle.com • info@nyfriendshipcircle.com



Welcome to Ariella's New York Friendship Circle!

Ariella's NY Friendship Circle is a 501(c)(3) charity started as a way to bring our teens and children with special needs together to form meaningful and lasting friendships. Through the dedication and commitment of our teen volunteers, it has become so much more. Our teens have helped make the NY Friendship Circle not only a safe place for children of all abilities to be themselves, be accepted and be valued for who they are on the inside, but also a place where everyone can learn new things as well.

Our teen volunteers offer not only friendship but true support and mentorship to those that need it when participating in our various classes and activities, thus promoting an atmosphere of true community acceptance and integration.



*None of us is complete
unless all of us are included.*

Ariella's New York Friendship Circle

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Teen Orientation and Trainings

Anyone aged 13-21 may volunteer.



Volunteer Orientation *Mandatory

Join us as we kick-start our programs for the year with our volunteer orientation! Learn about the volunteer opportunities we offer at the Friendship Circle and gain an understanding of those with disabilities in our community. Learn how YOU can get involved and make a real difference in someone's life, while having a great time.

The event is mandatory for both old and new volunteers. We encourage everyone to join, and bring a friend!

Please bring your cell phone.

Date: 9/20

Time: 7pm

Location:

Please See Website

Fee: None

Additional Volunteer Trainings *Mandatory

Working with individuals with special needs can be very rewarding, but it can also be a bit intimidating. This training session will allow you to ask questions and receive guidance on how to handle the different disabilities you might see at the Friendship Circle, so you will be more comfortable in any setting.

Please bring your cell phone.

Dates: 10/9 and 1/8

Time: 7pm

Location:

Please See Website

Fee: None

*Pre-Registration for all 3 of these events is required.
You may register at: www.NYFriendshipCircle.com



Theater Program

We are happy to announce a new program for the fall. The Friendship Circle and the Lerner Social Competence and Treatment Lab will be teaming up to bring an inclusive theatrical production to our community. Join us as we improve socialization, build friendships, and have FUN putting on the show.

Although this program is open to all, ages 12 and up of all abilities, you MUST be pre-registered for this program. Due to the unique nature of this program, and our collaboration with the Lerner Lab, all participants must be screened prior to the first rehearsal to determine how all can best be served.



Dates:

9/30, 10/14
10/21, 10/28
11/4, 11/18
12/2, 12/9
12/16
1/6, 1/13

Time: 12-3pm

Location:

501 Vanderbilt Pkwy.
Dix Hills, NY

Fee: None

Performance date
to be announced.

Pre-Registration required at:

www.NYFriendshipCircle.com



Hip Hop

Come learn the latest dance moves and make friends during our fun and FREE Hip Hop classes. Our teen volunteers, Rachel Bigman and Brooke Blumberg, will teach you how to Hip Hop with the best of them. Hip Hop will give you a full body work out, improve your core strength, and help to reduce stress - all while making friends. Combining music and dance makes for a therapeutic, yet fun way to decompress. Dancing also increases muscle memory, which helps with coordination. Do it all in a safe and friendly atmosphere.

Open to those 4 and up.

No experience necessary.

Dates:

Wednesdays

Session 1

10/3, 10/10, 10/17
10/24, 11/7, 11/14

Session 2

1/2, 1/9, 1/16, 1/30
2/6, 2/13

Session 3

2/27, 3/6, 3/13
3/27, 4/3, 4/10

Time:

5-5:45 pm

Location:

501 Vanderbilt Pkwy.
Dix Hills, NY

Fee: None

Pre-Registration required at:

www.NYFriendshipCircle.com



Computer Coding Class

Join us for our first computer class where we will learn how to code. Come and gain a new skill you will have for the rest of your life. Even if computers scare you, come and try this class. You may discover a hidden passion for computers or a talent you never knew you had. We will start with the basics, and everyone will work at their own pace, with as little or as much support as they need, to feel comfortable with the computer. Emily Sobel, our instructor, has one goal, to teach each individual this wonderful skill in the most fun and exciting way possible.

♥ *Skills
for Life*

Dates:

**10/9, 10/16
10/23, 10/30
11/6, 11/13**

Time:

5:30-6:30pm

Location:

501 Vanderbilt Pkwy.
Dix Hills, NY

Fee:

Check Website

Pre-Registration required at:

www.NYFriendshipCircle.com



Music Class

Our instructor uses the unique modality of music to elicit response and change while promoting growth and wellness. Music has been clinically proven to have long-lasting effects and the ability to impact social and cognitive development through early childhood intervention, special education and beyond. Lauren Klimek, owner of Long Island Music Therapy Service Inc., is a licensed music therapist who has dedicated her clinical practice to serving the special needs population.

Dates:

**10/15, 10/22
10/29**

**11/5, 11/19
11/26**

Time:

5:00-5:45pm

Location:

501 Vanderbilt Pkwy.
Dix Hills, NY

**Fee: 6 week
course - \$75**

Pre-Registration required at:

www.NYFriendshipCircle.com

Spreading Smiles!

Puppy FUN

Come join the dogs from the Bide-a-Wee therapy dog program, and their people, for an afternoon of love and licks. Therapy dogs have benefits not only for those with disabilities, but for all of us. Bonding through playing with animals is a great way to create friendships. Everyone is welcome at this event, including parents and siblings. Come and meet some of our dogs, hear their stories and share some

LOVE. 

All ages welcome but under 5 MUST have an adult with them at all times.



Dates:
10/28, 11/4
1/27, 2/10
3/24, 4/7

Time:
Varies, So Please
Check Website

Location:
501 Vanderbilt Pkwy.
Dix Hills, NY

Fee: None

Pre-Registration required at:

www.NYFriendshipCircle.com



Teen SCENE

Be the 
Reason
Someone
Smiles
Today

Teen Scene is a place where our teens of all abilities, age 13 and up, can gather and be themselves. Come and meet new friends or socialize with old ones, do some crafts or play some games.

Dates:
10/21, 11/18
12/9, 2/3
3/10, 5/5

Time:
Check Website

Location:
501 Vanderbilt Pkwy.
Dix Hills, NY

Fee: None

Pre-Registration required at:
www.NYFriendshipCircle.com



Yoga

Everyone may benefit from Yoga. It may benefit children by helping them increase their confidence, develop body awareness, and build concentration. Yoga can help everyone manage their stress through breathing awareness, meditation, and healthy movement. This can lead to better digestion, better sleeping habits, and overall better body function.

Yoga also lets you be part of a healthy, non-competitive group.

Dates:
1/27, 2/3
2/10, 3/3
3/10 and
3/17

Time:
2:30-3:30pm

Location:
Fitness
Incentive
Babylon

Fee: \$90.00
for 6 week
session

Pre-Registration required at:

www.NYFriendshipCircle.com



Sports Starz

In conjunction with the Fury League, a great sports program was created. Come join us in the gym as we learn new skills and build athletic ability. This is a nonjudgmental, fun environment and a great way for you to make friends while learning all about a variety of different sports.

No experience necessary.

Open to those 5 and up.



**Please check
the Website
for Time,
Location
and Fee**

Pre-Registration required at:

www.NYFriendshipCircle.com

Bowling

Come join us as we have some fun, make new friends, and get some exercise. Our Bowling Program is open to all who wish to bowl, ages 5 and up.



**Please check
the Website
for Time,
Location
and Fee**

Pre-Registration required at:

www.NYFriendshipCircle.com



Friends At Home

The Friends At Home Program provides children with special needs the unique opportunity to bond with teenage volunteers in an environment they are most comfortable: their own homes. In a home setting, a trained and dedicated volunteer visits a child with special needs on a weekly basis. A special bond is created as they engage in enjoyable activities and innovative crafts. For more information or to schedule an interview, please contact us at info@nyfriendshipcircle.com

Please note: The Friends At Home Program is only available in areas where we have volunteers willing to participate.

Time:
An hour a week at your convenience

Location:
Your house or agreed upon location

Fee: None



Help Us Help the Children



Even though our Teen Leadership Board is always busy working to raise funds to help keep our programs low or no cost, we can use all the help we can get. Our goal is to have ALL of our programs be free for all who wish to participate and we aren't there yet. There are several ways you can get involved:

Have your company sponsor an event.

Consider the Friendship Circle for your company's matching program.

Shop at Amazon Smile, and let the Friendship Circle benefit from your purchases. Use this link: <https://smile.amazon.com/ch/47-1828337>

Tell your friends and family to choose The NY Friendship Circle when they shop on Amazon too.

Speak to your child's school about how the different clubs in the district might be able to help with the Friendship Circle.

We accept donations of goods and services to be raffled off at our fundraisers. If you know a business that might like to donate please, let us know.

Join our Adult Volunteer Board and help with our events and fundraisers.

If you wish to make a monetary donation, you may do so through our website or you may go to the last page of this booklet, detach it, and send it in with your donation.

No donation is too small and every little bit helps.

We are always interested in new and innovative ways to find sponsors for our programs, so if you have an idea, please let us know!



Teen Leadership Board

Every year, we elect an elite group of volunteers to spearhead our Leadership Board. These teens attend board meetings, act as role models for our volunteers, help spread awareness of the Friendship Circle, are instrumental in recruiting new members, work on fund-raising, are responsible for social media and help in training new volunteers.

*Our “Best of the Best” Teen Volunteers
form Our Leadership Board*



Adult Volunteer Board

*Are you looking for a rewarding
volunteer opportunity ?*

There are a wide range of volunteer positions available and we are always looking for volunteers to assist.

Contact us at:

info@nyfriendshipcircle.com



SEPT

- 16th Board Meeting 11-12pm
- 20th Orientation 7pm-9pm
- 30th Theater Program 12-3pm

OCT

- 3rd Hip Hop 5-5:45pm
- 9th Coding Club 5:30-6:30pm
Mandatory Volunteer
Training 7pm-8pm
- 10th Hip Hop 5-5:45pm
- 14th Board Meeting 11-12pm
Theater Program 12-3pm
- 15th Music Class 5-5:45pm
- 16th Coding Class 5:30-6:30pm
- 17th Hip Hop 5-5:45pm
- 21st Theater Program 12-3pm
Teen Scene 3:30-4:15pm
- 22nd Music Class 5-5:45pm
- 23rd Coding Class 5:30-6:30pm
- 24th Hip Hop 5-5:45pm
- 28th Theater Program 12-3pm
Puppy Fun 3:30-4:15pm
- 29th Music Class 5-5:45pm
- 30th Coding Class 5:30-6:30pm

NOV

- 4th Board Meeting 11-12pm
Theater Program 12-3pm
Puppy Fun 3:30-4:15pm
- 5th Music Class 5-5:45pm
- 6th Coding Class 5:30-6:30pm
- 7th Hip Hop 5-5:45pm
- 13th Coding Class 5:30-6:30pm
- 14th Hip Hop 5-5:45pm
- 18th Theater Program 12-3pm
Teen Scene 3:30-4:15pm
- 19th Music Class 5-5:45pm
- 26th Music Class 5-5:45pm

DEC

- 2nd Theater Program 12-3pm
- 9th Board Meeting 11-12pm
Theater Program 12-3pm
Teen Scene 3:30-4:15pm
- 16th Theater Program 12-3pm

JAN

- 2nd Hip Hop 5-5:45pm
- 6th Board Meeting 11-12pm
Theater Program 12-3pm
- 8th Mandatory Volunteer
Training 7pm-8pm
- 9th Hip Hop 5-5:45pm
- 13th Theater Program 12-3pm
- 16th Hip Hop 5-5:45pm
- 27th Puppy Fun 1-1:45pm
Yoga 2:30-3:30pm (Babylon)
- 30th Hip Hop 5-5:45pm

FEB

- 3rd Teen Scene, Time: TBA
Yoga 2:30-3:30pm (Babylon)
- 6th Hip Hop 5-5:45pm
- 10th Board Meeting 11-12pm
Puppy Fun 1-1:45pm
Yoga 2:30-3:30pm (Babylon)
- 13th Hip Hop 5-5:45pm
- 27th Hip Hop 5-5:45pm

MARCH

- 3rd Board Meeting 11-12pm
Yoga 2:30-3:30pm (Babylon)
- 6th Hip Hop 5-5:45pm
- 10th Teen Scene, Time: TBA
Yoga 2:30-3:30pm (Babylon)
- 13th Hip Hop 5-5:45pm
- 17th Yoga 2:30-3:30pm (Babylon)
- 24th Puppy Fun 3:30-4:15pm
- 27th Hip Hop 5-5:45pm

APRIL

- 3rd Hip Hop 5-5:45pm
- 7th Board Meeting 11-12pm
Puppy Fun 1-1:45pm
- 10th Hip Hop 5-5:45pm

MAY

- 5th Cupcakes & Car Wash
Fundraiser

JUNE

- 2nd End-of-Year Celebration

Please note all days and times are subject to change so please check the website and pre-register so you will get updates regarding any changes.

New York Friendship Circle

Thanks You for Your Support



- Sponsor a Teen Volunteer \$36
- Sponsor a Participant \$54
- Sponsor a FC Event \$180
- Sponsor a FC Club \$360
- Sponsor a FC Volunteer Day \$500
- Sponsor our Kick-Off Event \$1,000
- Other Amount \$ _____

*There are
Angels
among
Us.*

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip Code _____

Email _____

Cell Phone Number _____

Cash Check Credit Card

Type of Credit Card AMEX Mastercard Visa Discover Other _____

Credit Card Number _____

Expiration Date ____/____ Security Code _____

The NY Friendship Circle is a non-profit 501(c)(3) organization.
All contributions will go directly to support The NY Friendship Circle.



- Interested in your child joining the Friendship Circle?
 - Interested in The Friends at Home Program?
 - Interested in Running a Sports or other Program?
 - Interested in Sponsoring/Holding an Event
- Interested in Donating to, or Holding a Fundraiser for, The NY Friendship Circle?
 - Interested in Speaking to our Volunteers or Parents at Future Workshops?
 - Interested in joining our Adult Volunteer Board?

If you said **YES** to any of the above, or have any questions please contact us:

info@nyfriendshipcircle.com

www.nyfriendshipcircle.com

(631) 351-8672 ext 108

Please Support Us!

Our ultimate goal is to provide all of our programs for free for anyone who wants to join. If you would like to help us make our dream a reality by becoming a Supporting Angel, or if your organization would like to hold a fundraiser on our behalf, please contact us at:

info@nyfriendshipcircle.com
or call (631) 351-8672 ext. 108

We can not do it without your help.

There are many donation opportunities available.



Ariella's NY Friendship Circle
501 Vanderbilt Parkway
Dix Hills, NY 11746

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NY FC

Become a Supporting Angel...
We Can't Do It Without YOU!