

It's a New Year & It's Full of New Opportunities!

Family Paintbrush Sessions! Friendships with Best Buddies & TWOgather!
 Fun With Fair Play! Swimming! Soccer! Ice Hockey! Yoga! Best Buddies & 7th Man Games with the Binghamton Devils
 Learn More by Calling (607) 729-5059

Spring Into The Fun With Us!

Join in the fun with CreateABLE! It's a new year and full of opportunities for Individuals with special needs and their families to enjoy! We are excited to announce our Spring Session Schedule! If you have any questions, we are here to help! Give us a call & sign up for a spring full of fun!

(607) 729-5059

Jen, Brandi, Shelly & Connor

[Check out our Events on Facebook!](#)



Adaptive Family Swim!

Tuesdays & Thursdays
 6:00pm - 7:30pm

We are diving into fun with Adaptive Swimming open to individuals & families.

To ensure that we have the proper Lifeguard support, kindly confirm attendance for each session. Lessons will be offered once we have 5 or more scheduled participants.

A family member must accompany the individual in the pool. (Individuals may come with Direct Care Professionals but are required to be in the pool or pool side at all times)

[To Register Email Shelly](#)



Soccer!

Thursdays 4:30pm - 5:30pm
 Feb. 15th & Feb. 22nd
 March 1st & March 8th

We are kicking back with the Binghamton University Men's & Women's Soccer Teams for our third year of Soccer Skills Practices! Individuals and Siblings are welcome

to be a part of the team and score goals with new skills and friends!
 Space is LIMITED (First come first serve)
 Kindly RSVP by calling (607) 729-5059

[To Register Email Shelly](#)



We're on a Roll with Family Bowling!

FEB 18th & MAR 4th & MARCH 18th
 LAUREL BOWL 1:30pm - 3:00pm
 137 LAUREL AVENUE BINGHAMTON, NY 13905
 SPACE IS LIMITED
 PLEASE RESERVE YOUR LANE BY CALLING (607) 729-5059

Bowling!

Sundays 5:30pm - 7:30pm
 Feb 18th, March 4th & March 18th
 We are on the ball with Family Bowling Night at Laurel Bowl on Laurel Avenue, Binghamton (Space is LIMITED on a first come first serve basis to assigned lanes)
 Kindly RSVP by calling (607) 729-5059

[To Register Email Shelly](#)



Best Buddies at BU

Sundays 2:30pm - 4:00pm

Feb 11th, Feb 25th, March 11th
 March 25th & April 15th

Best Buddies connects people (18 and up) with intellectual and developmental disabilities with undergraduate students enrolled in Binghamton University for chapter meetings, events and one-to-one friendships.

Space is LIMITED Kindly RSVP by calling (607) 729-5059



TWOgather

A Friendship Circle
 with Senator Fred Akshar
 Saturdays 11:00am - 12:30pm
 Feb. 11th, Feb. 25th, March 11th
 March 25th & April 15th

TWOgather with Senator Fred Akshar connects friends (ages 7-17) with and without special needs while they explore their interests with fun activities. This program supports typical and special needs kids by pairing them up and supporting them as they build friendships.



Ice House Hawks

Special Ice Hockey Team

Fridays 3:30pm
 YOU CAN PLAY!

Hockey Is For Everyone!

There are no skill requirements to participate. Players are encouraged to learn at their own speed to score their goals. Players gain self-confidence & self esteem with the help of experienced coaches.

Ice House Sports Complex
 To Register please contact us at
 (607) 729-5059

Space is LIMITED Kindly RSVP by calling (607) 729-5059

To Register Email Connor

To Register Email Shelly

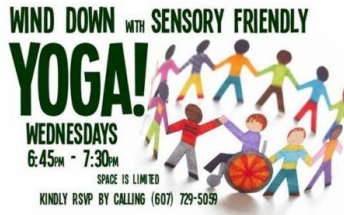
To Register Email Shelly



The 7th Man

Binghamton Devils Home Games
We have teamed up with the Binghamton Devils to invite your family to experience Hockey in our Hometown! Each 7th Man Receives: 4 Tickets to A Home Game or a Team Practice, Accessibility Support, Popcorn & Drink provided by American Food & Vending (Space is LIMITED on a first come first serve basis. Reservations are made by calling (607) 729-5059

To Register Email Connor



Yoga!

Wednesdays 6:45pm – 7:30pm
starting February 21st

We are winding down on Wednesdays with Sensory Friendly Yoga with Maggie Hoppersberger. This session is open to special needs families & siblings are welcome! Take a deep mid-week breath and wind down with us!
Kindly RSVP by calling (607) 729-5059

To Register Email Shelly or Brandi



Family Engagement

with Magic Paintbrush
Scheduled by Appointment Only
Our Magic Paintbrush Sessions use creative materials to help families "see" that they are achieving their goals together. Sessions will be limited by appointment to Family Sessions and Early Childhood sessions with Reva Reid Therapy Services. (Respite or Direct Care Staff may attend with family members) Agency & Classroom sessions are scheduled according to identified needs. Please contact our office at (607) 729-5059 for further details.

To Register Email Brandi

Fair Play Costs: Suggested donation \$5 per Individual/\$10 per family.

Participation is NOT dependent on a family's ability to support their session costs.

Swimming Lessons will be offered once we have 5 or more scheduled participants. A family member must accompany the individual in the pool.

No donation will be asked for an individual attending with a family member who is eligible for Family Support Services.

Individuals who attend with a Direct Support Professionals are asked to consider the donation request

Visit our Website

createABLE | Life Is Washable, Inc. | (607) 729-5059 | workshop@createableny.org | www.createableny.org

STAY CONNECTED

