



OUCARES strives to offer scholarships and keep our program prices as low as possible. We are able to do so with the help of generous donations and sponsors.

Please contact us if you are interested in helping to fund OUCARES programs. Any help is greatly appreciated by OUCARES and all of the families we are able to serve.

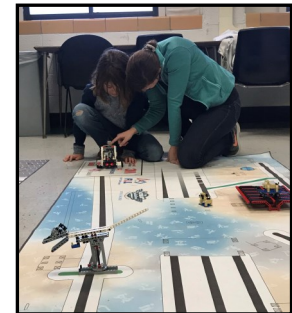
**OUCARES-Meadows is located at
1435 W. Auburn Rd. in Rochester, MI
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**OUCARES-OU Campus is located at
2200 N. Squirrel Rd. in Rochester, MI**



**JOANNE AND TED LINDSAY FOUNDATION
AUTISM OUTREACH SERVICES
OAKLAND UNIVERSITY**

OUCARES Winter 2020 RECREATIONAL PROGRAMS



Registration forms are available on our website:

www.oakland.edu/oucares

Email: oucares@oakland.edu

Phone: 248-370-2424 / Fax: 248-370-4242

SPORTS PROGRAMS

INDOOR SOCCER

Participants will learn to play the game of soccer through simple drills and small games. Goals include strengthening motor skills, direction following and cooperative interaction with peers.

Dates: Saturdays, Jan 18-March 14 (No Session Feb 22)

Ages: 4-9 yrs.

Time: 9:30-10:30am

Location: OU Recreation Center (OU CAMPUS)

Cost: \$60

JUDO

Instructed by Judo Steve, a 5th Level Black Belt with experience teaching individuals with ASD. Learn the basics of Judo while building confidence, self-discipline, listening skills, increase coordination and controlled movements. Judo is a fun way to exercise while also learning to follow directions and practice self-defense skills. **Siblings or peer buddies are invited to register for this program!**

Dates: Tuesdays, Jan 21-March 17 (No Session Feb 18)

Ages: 7-14 yrs.

Time: 6:00-7:00pm

Location: Pawley Hall Atrium (OU CAMPUS)

Cost: \$80

VOLLEYBALL

Participants learn to play a sport while socializing and having fun! Players learn basics of volleyball while also learning team work, increasing their confidence, improving their motor skills and coordination. Program designed for individuals with conversational language skills who follow simple directions with a diagnosis of PDD/NOS, Asperger's, or High Functioning Autism.

Dates: Tuesdays, January 21-March 17 (No Session Feb 25)

Ages: 16+ yrs.

Time: 6:30-8:00pm

Location: Woodland Elementary Gym (6465 Livernois, Troy)

Cost: \$40 *Limited Scholarships Available*

SOCIAL SKILLS PROGRAMS

BASIC SOCIAL SKILLS

This program is designed to teach Social Skills in a play-centered small group setting. Activities will include skill-based lessons, interactive play & games, role playing, behavior modeling & positive social interactions with peers. Individuals must have conversational language skills and be able to verbally communicate effectively.

Dates: Thursdays, January 23-March 19 (No Session Feb 20)

Grades: K-2nd **Time:** 5:30 - 6:30pm *Limited Scholarships Available*

3rd-5th **Time:** 6:30 - 7:30pm

Location: Meadows Learning Center, Room 204 (1435 W Auburn Rd)

Cost: \$130 *Limited Scholarships Available (K-2 group only)*

TEEN SOCIAL CLUB

This program offers an opportunity for pre-teens & teens to meet new people and socialize while learning about different teen topics each week. The instructor will use a variety of techniques to encourage & demonstrate positive social interaction through games, conversation, shared interests and activities. This program is for participants with High-Functioning Autism or Asperger's with conversational language skills who do not need a 1:1 support.

Dates: Tuesdays, January 21-March 17 (No Session Feb 18)

Ages: 11-14 yrs.

Time: 6:30 - 8:00pm

Location: Meadows Learning Center, Room 203 (1435 W. Auburn Rd)

Cost: \$130 *Limited Scholarships Available*

Dates: Thursdays, January 23-March 19 (No Session Feb 20)

Ages: 15-18 yrs.

Time: 6:00- 7:30pm

Location: Meadows Learning Center, Room 203 (1435 W. Auburn Rd)

Cost: \$130



SOCIAL SKILLS PROGRAMS

SOCIAL CONNECTIONS for ADULTS

This program offers Adults with High-Functioning ASD or Asperger's an opportunity to meet new people and socialize while learning about relevant topics each week. The instructor will address important issues such as: making and maintaining relationships, workplace etiquette, social media and internet safety, community interactions and so much more.

Dates: Wednesdays, January 22-March 18 (No Session Feb 19)

Ages: 18+ **Time:** 6:00pm-7:30pm

Location: Meadows Learning Center, Room 203 (1435 W. Auburn Rd.)

Cost: \$130.00

AFTER HOURS ADULT SOCIAL

This is a social group for adults with the diagnosis of Asperger's, High Functioning Autism or PDD/NOS. Come join us for pizza, conversation, cards, games, and fun! No registration required, come when you are able.

Dates: Tuesdays, January 21, February 11, March 10

Ages: 18+ yrs. **Time:** 6:00-9:00 pm

Location: Oakland Center (OU CAMPUS)

No cost for this program

UNIQUELY ME: Women on the Spectrum Connect

The instructor will lead discussions on relevant women's topics including finding & keeping relationships, employment challenges, daily sensory issues, independence, and embracing life on the spectrum in today's society. This program is for adult women with Asperger's or High-Functioning Autism with conversational language skills.

Dates: Tuesdays, January 21-March 17 (No Session Feb 18)

Time: 6:30pm-8:00pm **Ages:** 18+

NEW Location: Meadows Learning Center, Room 204 (1435 W. Auburn Rd.)

Cost: \$80

SPORTS PROGRAMS

SWIMMING

Instructed by a certified lifeguard with experience working with children with ASD, the goals are for participants to become comfortable in the pool, understand water safety, and learn new swim techniques and strokes. Participants will be assessed during the first session and provided direction based on their skills. *Parents or guardians may be asked to participate if a 1:1 is needed.*

Dates: Sundays, January 19-March 22 (No Session Feb 9th & Feb 23)

Ages: 5-10 yrs. **Time:** 10:00-10:45am

11-16 yrs. **Time:** 11:00-11:45am

Location: Aquatic Center Pool (OU CAMPUS)

Cost: \$130

YOGA

This fun movement program utilizes breathing exercises, yoga poses & movement activities to benefit the individual with ASD. The gross motor movements practiced are designed to positively impact fitness, self-regulation & motor performance in a relaxing environment. Bring a yoga mat. Classes are taught by a certified yoga instructor.

Dates: Wednesdays, January 22-March 18 (No Session Feb 19)

Ages: 8+ yrs. **Time:** 6:30-7:30pm

NEW Location: OU Recreation Center (OU CAMPUS)

Cost: \$100



SPORTS PROGRAMS

BASKETBALL

Participants will learn basic basketball skills such as dribbling, shooting, and team skills in a supportive environment. Mastering these skills will involve listening, direction following and interacting with teammates.

Dates: Fridays, January 17—March 13 (No Session Feb 21)

Ages: 10-15 yrs. **Time:** 6:00-7:00pm

16+ yrs. **Time:** 7:00-8:00pm

Location: Recreation Center Gym (OU CAMPUS)

Cost: \$60

Dates: Saturdays, January 18 - March 14 (No Session Feb 22)

Ages: 6-12 yrs.

Time: 10:30-11:30am

Location: OU Recreation Center (OU CAMPUS)

Cost: \$60 *Limited Scholarships Available (Saturday group only)*

BOWLING LEAGUES

OUCARES' Oakland "Strikers" & Macomb "Pin Crushers" Bowling Leagues provide fantastic opportunities for individuals with ASD to bowl in supportive and controlled environments. Social participation is encouraged to help participants develop friendships in a community setting. Price includes 2 games/week, bowling ball & shoes, and a pizza party.

Oakland Strikers

Dates: Saturdays, January 18—March 21 (No Session Feb. 29)

Ages: 16+ yrs.

Time: 10:00am-12:00pm

Location: Classic Lanes (2145 Avon Industrial Dr., Rochester Hills)

Cost: \$60

Macomb Pin Crushers

Dates: Saturdays, February 1- April 4 (No Session Feb. 29)

Ages: 16+ yrs.

Time: 10:00am-12:00pm

Location: 5 Star Lanes (2666 Metro Pkwy, Sterling Heights)

Cost: \$60

EMPLOYABLE SKILLS PROGRAMS

PHOTOGRAPHY AND PHOTO EDITING

Participants will learn the main functions of a digital camera and how to best utilize them in different settings. Participants will use photographs taken in class as tools to learn basic photo editing techniques in Adobe Photoshop. Instructed by professional photographers. This program is designed for individuals with a diagnosis of Asperger's, High-Functioning Autism or PDD/NOS who do not need a 1:1 support.

Dates: Mondays, January 20—March 16 (No Session Feb 17)

Ages: 13+ yrs.

Time: 5:30-7:00 pm

Location: Meadows Learning Center, Room 204 (1435 W. Auburn Rd.)

Cost: \$200

ROBOTICS CLUB

Learn the fundamentals of Robotics and basic computer programming in this interactive social club. Participants will work with Lego Mindstorm robots and computers to introduce the concepts of building a robot, introduction to programming, demonstrations and competitions, all while working on teamwork and social skills. This program is designed for individuals with High-Functioning Autism, PDD/NOS or Asperger's with conversational language skills who can follow multi-step directions with minimal prompts and do not need a 1:1 support.

Dates: Mondays, January 20—March 2 (No Session February 17)

Ages: 10-14 yrs.

Time: 6:00- 7:30pm

Location: Meadows Learning Center, Room 203 (1435 W. Auburn Rd.)

Cost: \$130