

Presenting.....

COMMUNITY CONNECTIONS AT THE BELLEFONTE YMCA

Community Connections is a whole-life program creating an environment and organized activities to provide **Social, Emotional, Physical, and Educational journeys & experiences** for adults ages 18+ with a disability. The Centre Region Down Syndrome Society (CRDSS) is pleased to announce a dynamic partnership with the YMCA to encourage more individuals with disabilities to join the Community Connections program.

Social

Young adults graduate from High School and end up with fractured schedules where they are out of the house with hit and miss employment or sometimes at home with little to do and nobody to share their time with. Oftentimes they do not have individuals they see on a consistent basis, and they miss forming friendships. Community Connections meets once a week to provide a safe place where young adults can gather and develop long term friendships that will extend outside the program.

Emotional

After graduating from High School many individuals get lonely because they miss having a place to go on a daily basis that provided an atmosphere that was fun and supportive. This can lead to depression and loneliness. Community Connections provides a wholesome environment where friendships can form, and emotional needs are supported.

Physical

Inactivity and gaining weight is a natural occurrence after high school for young adults. Community Connections intentionally designs activities that challenge individuals with special needs with a variety of exercise programs such as swimming, walking, yoga, soccer, basketball, Zumba and weightlifting.

Educational

At Community Connections, young adults learn how to develop a relationship with food by talking about why we eat, what we eat and what the food does to our body. Programs help individuals with disabilities understand the role food plays in their life and how it contributes to health. Cooking lessons teach how to plan and prepare a variety of healthy meals that can be made at home. Community Connections also introduces and instructs on new hobbies, such as fly fishing, tie-dying shirts, crafts, planting and gardening, scrapbooking and more – giving young adults a chance to explore activities they can enjoy in their free time.



The Centre Region Down Syndrome Society is a vibrant, hands-on organization that provides individuals who have Down syndrome and their families the tools, resources, and support necessary to participate in, contribute to, and achieve personal health and fulfillment.



The Bellefonte YMCA strengthens the foundations and well-being of our community through fitness, camps, family time, swim, sports and play, and other activities for people of all ages, incomes, and abilities.

HOW TO APPLY AND GET CONNECTED

Community Connections will enrich the lives of individuals with disabilities by providing a safe place to spend time with friends while being challenged intellectually. Starting our young adults in the program the year they are planning to graduate from High School, ages 18 – 21, allows them to form friendships and transition much easier upon graduation.

Who's Eligible, How to Apply, and Financial Assistance

Community Connections is open for adults with a disability, ages 18+. A Center County YMCA Membership is required, and complete information is available at: www.ymcaofcentrecounty.org. The YMCA has an 'Open Doors Program' where no one is turned away if cost is an issue. Those interested in financial assistance will complete an application based on their personal income, not the family's income. Once the individual submits the application and financial documentation, the YMCA will be in contact to instruct on next steps in finalizing the membership.

Centre Region Down Syndrome Society (CRDSS) is able to provide young adults with disabilities in our network up to 50% of their copay, up to \$75 per year.

Program Schedule

Community Connections runs year-round, every Wednesday from 1:00 - 3:00PM.



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