

JANUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 <u>We Rock The Spectrum Kid's Gym</u>
2 <u>Urban Air Adventure Park: Sensory Friendly Play</u>	3 <u>Adaptive Ski and Snowboard Lessons</u>	4 <u>Special Olympics New Jersey</u>	5 <u>Autism-Friendly Paper Mill Productions</u>	6 <u>Dance and Movement Therapy</u>	7 <u>AMC Sensory Friendly Films</u>	8 <u>iFLY Indoor Skydiving</u>
9 <u>HorseSense</u>	10 <u>Regal My Way Matinee</u>	11 <u>Somerset County Park Commission Therapeutic Recreation</u>	12 <u>Monmouth County Therapeutic Recreation</u>	13 <u>TryCAN</u>	14 <u>The Connection: Youth Special Needs Programs</u>	15 <u>Westfield Area YMCA</u>
16 <u>Somerset County Inclusive Library Programs</u>	17 <u>1 Gym 4 All</u>	18 <u>Special Needs Art Classes in Hoboken</u>	19 <u>Blue Light</u>	20 <u>Adaptive Karate Lessons for Children</u>	21 <u>disABILITIES and Special Needs</u>	22 <u>Top Ten Winter Weekend Activities for Adults and Children with Special Needs</u>
23 <u>Artisan Studio</u>	24 <u>Octopus Music School</u>	25 <u>Inclusive Activities for Children with Physical Disabilities</u>	26 <u>Spectrum360</u>	27 <u>Broadway Bound Dance Center</u>	28 <u>Health Barn USA Special Needs Programs</u>	29 <u>Therapeutic Yoga for Kids</u>
30 <u>NJ Self-Advocacy Project Events</u>	31 <u>Recreation Services Page</u>					



31 WINTER ACTIVITIES FOR INDIVIDUALS WITH IDD

