

EXCEPTIONAL FAMILY MEMBER PROGRAM

OCTOBER 2004 NEWSLETTER

UPCOMING EFMP EVENTS!

EFMP Recreation Activity-Bowling at Airborne Lanes on 19 Oct 04, 1530-1630. Cost is \$2.25 per person per game, shoe rental is free. Come join us after school for some family recreational fun!

We continue to offer our EFMP Support Group. The next meeting will be October 26, from 1130-1230 in the Community Center, FAP Conference Room. Please call 910-396-2749 or email at thurstontm@bragg.army.mil for more information regarding these events.

COMMUNITY



ACTIVITIES

There are several activities and support groups held in Cumberland County for those interested. Just some of the activities/groups available are listed below:

Arthritis Support Group

Fourth Monday each month
Medical Arts Building, 101 Robeson Street, Rm 102
For more information call (910) 488-9352.

Bipolar Support Group

Second and Fourth Thursday of each month, 1900
Medical Arts Building, Suite 102
For more info call Donna Armstrong (910) 482-8450.

Cancer Advocacy, Resources and Education (CARE)

First Thursday each month, from 1900-2030
Conference Room, Cancer Center of Cape Fear Valley
Call Oncology Social Worker, (910) 609-6791 for more info.

Facing Forward (for women living with cancer)

Second Tuesday each month from 1900-2030
Conference Room, Cancer Center of Cape Fear Valley
For more info call (910) 609-6693.

Spinal Cord Injury Support Group

First Monday each month, 1830
Lobby of Southeastern Regional Rehabilitation Center
For more info call Lois Munyer at (910) 609-6194.

High Functioning Autism Support Group

September 13, 2004, 1745 hours
Spanhour School

Autism Lunch Club

September 14, 2004, 1100 hours
Bella Villa Italian Restaurant

Autism Breakfast Club

September 16, 2004, 0930 hours
Q's Kitchen on Bragg Blvd

Community Recreation Opportunities



Cumberland County Parks and Recreation offer the special population recreational events such as soccer and tennis during the fall, basketball during the winter, and volleyball, track and field, aquatics, and equestrian during the spring. Gymnastics is offered all three seasons. Contact the Special Populations Center for other programs available at 433-1000. All event dates are advertised in the Leisure Guide.

Special Olympics Fayetteville, Cumberland County is a year round sporting event for those with mental disabilities. All athletes wishing to participate must get a physical and a release form filled out and returned to the volunteer coordinator. Special Olympics is offered for ages 8 and older. Soccer teams, skills, tennis, and gymnastics (Fall); basketball team, skills and gymnastics (Winter); Volleyball, track and field, aquatics, gymnastics and equestrian (Spring). If you are interested in any of the Special Olympics sporting events, contact the center for training sites and locations.

POC:

Kenny Bullock	1600 Purdue Drive
Special Olympics	Fayetteville, NC 28304
Cumberland County	910-433-1000 (W)
Gilmore Recreation Center	910-433-1762 (Fax)

Special Olympics Advisory Committee is recruiting parents, teachers, businesses, group home staff and volunteers to be part of the advisory committee that plans, trains, and works with fundraising for our local Special Olympics Fayetteville/Cumberland County to make sure we are the best of the best. Ages 21 & older: 1st Tuesday each month, 1900-2000.

Special Olympics Cheerleading, learn chants, dance routines and cheers through the Special Olympics Fayetteville/Cumberland County. They provide cheerleading for all of their team sports throughout the year. 13-up years, Thursdays 1630-1730.

Special Olympics Training teaches individual skills and team sports to all athletes that are interested in participating in Special Olympics. If you are interested in soccer team/skills, basketball team/skills for the fall and winter then meet at the center for training. 8-up yrs, Tuesday and Thursday from 1800-2000.

Special Populations Drama Club teaches the basics of acting and stage props. Help do the acting, decorations and much more. 12-up yrs, Tuesdays from 1730-1830, \$5/month.

Special Populations Bowling League bowls every Wednesday from 1600-1800. Go and take the challenge of rolling strikes, spares or even a high game. You must join the league and make a commitment to complete the entire league season. Season starts up in August. 12-up yrs, Wednesday 1600-1800, \$3/week.

Special Populations Football Friday go and show your school spirit by supporting the best teams in Cumberland County. Yell for the Tigers, Bulldogs, Golden Bulls, Falcons and many more each Friday night at the best football games. 12-up yrs, Fridays 1800-2300, \$5/person.

The center offers many more sports and recreation activities, please use the information above to contact the center for details!

