



www.mywoodlands.org

The Woodlands Programs

Enriching the lives of children and adults
with disability and chronic illness

CHILDREN · TEENS · YOUNG ADULTS · ADULTS



2019



ABOUT THE WOODLANDS

Let's Imagine The Possibilities

The Woodlands signature programs, expert staff and adapted facilities are all designed around our mission to enrich the quality of life for individuals and families navigating the journey of disability and chronic illness. We also collaborate with other nonprofits serving individuals with special needs to deepen our offerings and expand resources available to participants and caregivers.

Our barrier-free environment encourages everyone, of every ability and disability, to safely explore what's possible and discover new levels of independence. Hands-on experiences guided by our caring staff help to reinforce social, cultural, environmental, recreational and spiritual growth. Participation is encouraged at every level, and celebrated in a welcoming and approachable group setting such as our camps, retreats, clubs and events.

Come explore our 52-acre site in the North Hills of Pittsburgh. Nestled on serene, private wooded property, our grounds feature: an indoor heated pool, 48-bed lodge, dining hall, creative arts and computer lab, activity center, camping area, sports court, nature trail, adapted zip line, amphitheater, adapted kitchen, adapted archery range, and a par-3 adapted golf course. Every experience at The Woodlands is made to be as accessible as possible - so participation can be enjoyed by all individuals and families ready to see what's possible!

THE WOODLANDS 134 SHENOT ROAD
WEXFORD, PA 15090 724-935-6533
WWW.MYWOODLANDS.ORG





THE WOODLANDS

OUR WORK + OUR PROMISE

Always ensure an environment and staff rooted in safety and quality.

Welcome and act as enabling host through year-round programming for all children and adults with disability and chronic illness.

Ensure the ongoing enhancement and development of both staff and facilities to fulfill our promise to participants and families as a trusted and respected service provider.

Commit to expanding access - whereby all children and adults with disabilities and chronic illness in the region have access to the programs offered by The Woodlands.

Nurture and expand a healthcare provider, academic leader, and expert network for collaboration and diversification of offerings for our participants.

Achieve financial sustainability - whereby all children and adults with disabilities and chronic illness in the region have access to the programs offered by The Woodlands.



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THE WOODLANDS 2019 PROGRAM SCHEDULE

- | | | |
|--|--|--|
| <ul style="list-style-type: none"> • Adult Retreats & Camps
Ages 30 & over • Young Adult Retreats & Camps
Ages 22-29 • Fun & Friends
Ages 18 & over, Thursdays 6pm-8pm | <ul style="list-style-type: none"> • Teen Retreats & Camps
Ages 13-21 • BLOOM
Ages 13-21, Two Saturdays a month 10am-3pm
<i>Transition</i> • Music Ensemble
All ages welcome! Mondays 6:30pm-8pm | <ul style="list-style-type: none"> • Cub Club
Ages 6-12, Two Saturdays a month 10am-3pm • Camp Woodlands Jr., Day Camp
Ages 6-12 |
|--|--|--|

January

- 14 Music Ensemble
- 17 Fun & Friends
- 18-20 **Adult Weekend Retreat**
- 19 **BLOOM**
- 19 **Cub Club**
- 21 Music Ensemble
- 24 Fun & Friends
- 25-27 **Young Adult Weekend Retreat**
- 26 **BLOOM**
- 26 **Cub Club**
- 28 Music Ensemble
- 31 Fun & Friends

February

- 1-2 **DIVA Retreat (Girls Only)**
- 4 Music Ensemble
- 7 Fun & Friends
- 8-10 **Adult Weekend Retreat**
- 9 **BLOOM**
- 9 **Cub Club**
- 11 Music Ensemble
- 14 Fun & Friends
- 15-17 **Teen Weekend Retreat**
- 18 Music Ensemble
- 21 Fun & Friends
- 22-24 **Young Adult Weekend Retreat**
- 23 **BLOOM**
- 23 **Cub Club**
- 25 Music Ensemble
- 28 Fun & Friends

March

- 1-3 **Adult Weekend Retreat**
- 2 **BLOOM**
- 2 **Cub Club**
- 4 Music Ensemble
- 7 Fun & Friends
- 8-10 **Teen Weekend Retreat**
- 11 Music Ensemble
- 14 Fun & Friends
- 18 Music Ensemble
- 21 Fun & Friends
- 22-24 **Young Adult Weekend Retreat**
- 23 **BLOOM**
- 23 **Cub Club**
- 25 Music Ensemble
- 28 Fun & Friends

April

- 1 Music Ensemble
- 4 Fun & Friends
- 5-7 **Adult Weekend Retreat**

April (continued)

- 6 **BLOOM**
- 6 **Cub Club**
- 8 Music Ensemble
- 11 Fun & Friends
- 12-14 **Teen Weekend Retreat**
- 15 Music Ensemble
- 18 Fun & Friends
- 22 Music Ensemble
- 25 Fun & Friends
- 26-28 **Young Adult Weekend Retreat**
- 27 **BLOOM**
- 27 **Cub Club**

May

- 3-5 **Project Beacon**
For children of military families

June

- 1 -7 **Camp Academy** *Counselor Training*
- 9-14 **Adult Sports Camp**
- 16-21 **Young Adult Sports Camp**
- 23-28 **Teen Camp Woodlands**
- 24-27 **Camp Woodlands Jr., Day Camp**

July

- June 30 - July 5 **No Woodlands' Camps**
- 6-11 **Young Adult & Adult Notes from the Heart Music Camp**
- 14-19 **Children & Teen Notes from the Heart Music Camp**
- 21-26 **Camp Inspire**
For children & teens with ventilator dependency
- July 28-August 2 **Adult Camp Woodlands**

August

- 4-9 **Camp BLOOM**
- 11-16 **Young Adult Camp Woodlands**

September

- 6-8 **Project Beacon**
For children of military families
- 13-15 **Counselor Training**
No Participant Retreats this weekend
- 16 Music Ensemble
- 19 Fun & Friends
- 20-22 **Boys Only Weekend**
- 21 **BLOOM**
- 21 **Cub Club**
- 23 Music Ensemble
- 26 Fun & Friends
- 27-29 **Young Adult Weekend Retreat**

September (continued)

- 28 **BLOOM**
- 28 **Cub Club**
- 30 Music Ensemble

October

- 3 Fun & Friends
- 4-6 **Adult Weekend Retreat**
- 5 **BLOOM**
- 5 **Cub Club**
- 7 Music Ensemble
- 10 Fun & Friends
- 11-13 **Teen Weekend Retreat**
- 14 Music Ensemble
- 17 Fun & Friends
- 19 **Fall Festival (Open House)**
- 21 Music Ensemble
- 24 Fun & Friends
- 25-27 **Young Adult Weekend Retreat**
- 26 **BLOOM**
- 26 **Cub Club**
- 28 Music Ensemble
- 31 Fun & Friends

November

- 4 Music Ensemble
- 7 Fun & Friends
- 8-10 **Adult Weekend Retreat**
- 9 **BLOOM**
- 9 **Cub Club**
- 11 Music Ensemble
- 14 Fun & Friends
- 15-17 **Teen Weekend Retreat**
- 18 Music Ensemble
- 21 Fun & Friends
- 22-24 **Young Adult Weekend Retreat**
- 23 **BLOOM**
- 23 **Cub Club**
- 25 Music Ensemble

December

- 2 Music Ensemble
- 5 Fun & Friends
- 6-8 **Adult Weekend Retreat**
- 7 **BLOOM**
Field Trip
- 7 **Cub Club**
- 9 Music Ensemble
- 12 Fun & Friends
- 13-15 **Young Adult Weekend Retreat**
- 14 **BLOOM**
- 14 **Cub Club**
- 16 Music Ensemble
- 19 Fun & Friends



About The Woodlands' Programs

The Woodlands is a non-profit organization dedicated to enriching the lives of children and adults with disability and chronic illness. Our fully accessible 52-acre campus in Wexford, PA provides year-round programs including camps, retreats, and clubs for participants of all ages.

Goals of The Woodlands' Programs

SOCIALIZATION

Program Goal: To provide opportunities to increase peer socialization and utilization of social skills for healthy relationships through recreational experiences.

SELF-PERCEPTION

Program Goal: To provide opportunities to improve self-perception through positive recreational experiences.

INDEPENDENCE

Program Goal: To provide opportunities to increase independence with self-care through practicing activities of daily living in a supported environment.

HEALTH/WELLNESS

Program Goal: To provide opportunities to increase physical fitness through adapted physical activity and healthy cooking activities.

RECREATION

Program Goal: To provide opportunities to increase participation in adapted recreational activities in a group environment.

Cost and Payment Options

We provide various solutions for program payment including waivers. The Woodlands experience should be affordable for all – cost should not prohibit participation.

Program	Actual Cost	Suggested Cost
Summer Camp	\$1,100	\$700 or less
Camp Woodlands Jr. Day Camp	\$515	\$515 or less
Retreats	\$430	\$125 or less
Music Ensemble, BLOOM, Fun & Friends	\$300	\$300 or less
Cub Club	\$75 per day	\$75 per day or less



Apply today at WWW.MYWOODLANDS.ORG

SUMMER CAMP 2019



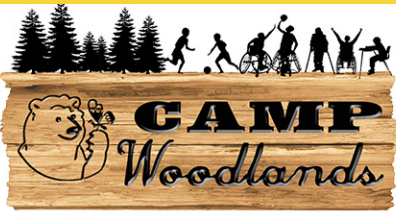
ADULT SPORTS CAMP (AGES 30 AND UP)

JUNE
9-14



YOUNG ADULT SPORTS CAMP (AGES 22-29)

JUNE
16-21



TEEN CAMP WOODLANDS (AGES 13-21)

JUNE
23-28



CAMP WOODLANDS JR (AGES 6-12)

JUNE
24-27



JULY
6-11



JULY
14-19



FOR CHILDREN WITH VENTILATOR DEPENDENCY

JULY
21-26



ADULT CAMP WOODLANDS (AGES 30 AND UP)

JULY 28 -
AUG. 2



FOR TRANSITIONING YOUNG ADULTS AGES 13-21

AUG.
4-9



YOUNG ADULT CAMP WOODLANDS (AGES 22-29)

AUG.
11-16



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ENRICHING THE LIVES OF CHILDREN AND
ADULTS WITH DISABILITY AND CHRONIC ILLNESS

Notes from
the Heart



MUSIC CAMPS

FOR ADULTS (AGES 22 & OVER)

Week long camps for either adults or teens with strong musical interests and abilities who will enjoy expanding their passion for music to the next level. Courses include music appreciation, choral, instrumental, and vocal instruction, and composition.



JULY 11
7:00 P.M.

Participants are provided with a comprehensive experience that enables them to explore the universal expression of music, find joy in making music, and the accomplishment of participating in a musical performance. The hallmark of the Notes from the Heart Music Program is the spectacular "Starlight Serenade"* concert, which culminates the weeklong summer camp, and celebrates accomplishments with family, friends, and members from the community.

Participants continue to nurture their musical interests as they engage in composition, small ensemble performances, solo performance, and concentrated instrumental study. Participants do not need to have attended the youth & teen camp in order to join the camp for Adults. This week at camp encourages participants to find strengths, passions and skills to achieve their personal and musical goals. Hard work of participants is showcased in the final performance, "The Starlight Serenade."

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MEET THE STAFF



LILLY ABREU

Vocal Recording
Artist, Carnegie
Mellon Faculty



**EDWARD
CUMMING**

Director of Orchestral
Activities and Associate
Professor of Music, Hartt
School



ALLISON FROMM

Choral Instructor,
Director, Joyful Noise
chorus



**KORY
ANTONACCI**

Music therapist at
Children's Hospital of
Pittsburgh, Woodlands
Music Ensemble
Coordinator



**ANDREW
CLARK**

Conductor of the
Harvard Glee Club, the
Radcliffe Choral Society,
and the Harvard
Collegium.

Notes from
the Heart



MUSIC CAMPS

FOR CHILDREN & TEENS

July 14 - 19, 2019

Campers ages 6-21 with strong musical interests and abilities who will enjoy expanding their passion for music to the next level. Courses include music appreciation, choral, instrumental, and vocal instruction, and composition.

Performance, education, appreciation, creativity, and enjoyment are our five hallmarks that bring fulfillment to those attending these camps. Participating in The Woodlands' Notes from the Heart programs allows participants to find their voice and channel choice to engage in self-expression.

Participants are provided with a comprehensive experience that enables them to explore the universal expression of music, find joy in making music, and the accomplishment of participating in a musical performance. The hallmark of the Notes from the Heart Music Program for children and teens is the spectacular "Bringing out the Stars" concert, which culminates the weeklong summer camp, and celebrates accomplishments with family, friends, and members from the community. The Notes from the Heart Music Camps are one-of-a-kind experience and a destination for children and teens with disability and a strong interest in music.

Notes from
the Heart
**BRINGING OUT
THE STARS**
concert

JULY 19
7:00 P.M.



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ENRICHING THE LIVES OF CHILDREN AND
ADULTS WITH DISABILITY AND CHRONIC ILLNESS



BLOOM



BLOOM is The Woodlands reverse inclusion wellness and transition program for adolescents with and without disabilities.

BLOOM focuses on the development of transition skills and healthy lifestyles designed to develop the self-determination, empowerment, overall health and leadership for adolescents in transition by:



-  CULTIVATING FRIENDSHIPS
-  ACQUIRING SOCIAL SKILLS
-  IMPROVING ATTITUDES
-  DEVELOPING LIFE-LONG SKILLS
-  ENHANCING IMAGE
-  INCREASING UNDERSTANDING



BLOOM will be held August 4 - 9
For Adolescents ages 13 through 21
Apply online today!

  
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ENRICHING THE LIVES OF CHILDREN AND
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ADULT RETREATS

Ages 30 & Over



Woodlands Weekend Retreats are occasions like no other for adults with disability or chronic illness. These weekend programs provide opportunities for individuals to participate in a variety of meaningful, adapted, and enriching activities that promote creative expression, exposure to a variety of sports and recreation, independence, and self-perception.

2019 Adult Weekend Retreats

January 18-20
February 8-10
March 1-3
April 5-7

September 20-22
October 4-6
November 8-10
December 6-8



APPLY OR
REQUEST TODAY!



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ENRICHING THE LIVES OF CHILDREN AND
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YOUNG ADULT RETREATS



Woodlands Weekend Retreats are occasions like no other for young adults with disability or chronic illness. These weekend programs provide opportunities for individuals to participate in a variety of meaningful, adapted, and enriching activities that promote creative expression, exposure to a variety of sports and recreation, independence, and self-perception.

2019 CALENDAR

- | | |
|----------------|-----------------|
| January 25-27 | September 27-29 |
| February 22-24 | October 25-27 |
| March 22-24 | November 22-24 |
| April 26-28 | December 13-15 |



APPLY OR REQUEST TODAY!



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ENRICHING THE LIVES OF CHILDREN AND ADULTS WITH DISABILITY AND CHRONIC ILLNESS



TEEN RETREATS

AGES 13-21



Our Teen programs offer opportunities to interact socially, experience a wide range of recreational activities, and expand horizons beyond expectations. We encourage participants to imagine the possibilities! A variety of overnight camps, retreats, and daytime clubs provide outlets for teens to express themselves through hands-on, personalized and creative experiences. Our teen programming also aims to develop the skills and healthy lifestyles needed to nurture self-determination, empowerment, overall health and leadership.

2019 CALENDAR

February 15-17

September 20-22

March 8-10

October 11-13

April 12-14

November 15-17



APPLY OR
REQUEST TODAY!



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ENRICHING THE LIVES OF CHILDREN AND
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SPRING & FALL

Now Accepting



2019 CLUBS

Registrations

FUN & FRIENDS



Fun & Friends is a weekly program focused on having fun & meeting new people. Spend your Thursday nights being creative, cooking, playing games, swimming, and making lasting friendships!

For adults ages 18 & over
Thursdays from 6pm - 8pm

Jazz up your Monday night by coming to Music Ensemble! Join the cast of musical Woodlands campers while learning song writing, music reading, performance skills, and more! Find your rhythm while making new friends!

For all ages & all musical abilities
Monday evenings 6:30pm – 8:00pm

MUSIC ENSEMBLE



BLOOM



Spend your Saturdays with BLOOM. (Building Lifestyles for Ongoing Opportunities & Movement) a transitional program for teens! BLOOM members spend their Saturdays learning basic transferable life skills all while bonding with their peers!

For teens ages 13-21
Two Saturdays each month 10am -3pm

CUB CLUB is a day camp that reflects the activities of Woodlands Weekend retreats without the overnight commitment. Each day campers explore, socialize, create, learn, and play!

For Children ages 6 to 12
Two Saturdays each month 10am - 3pm

CUB CLUB



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ENRICHING THE LIVES OF CHILDREN AND
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FUN & FRIENDS



Woodlands **FUN & FRIENDS** provides adults and young adults with disability and chronic illness the opportunity to interact in a safe setting while practicing life skills, socialization, and community building. Activities are centered around cooking, creative arts, recreational physical activity, and music while teaching independence and healthy lifestyles.



THURSDAYS 6-8 P.M. FOR AGES 18 AND UP

JANUARY 17, 24, & 31
FEBRUARY 7, 14, 21, & 28
MARCH 7, 14, 21, & 28
APRIL 4, 11, 18, & 25

SEPTEMBER 19 & 26
OCTOBER 3, 10, 17, 24 & 31
NOVEMBER 7, 14, & 21
DECEMBER 5, 12, & 19



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MUSIC ENSEMBLE

The Woodlands Music Ensemble is an adapted group experience for Children, Youth, Teens and Adults with disabilities. Individuals expand their talents by playing a variety of instruments while working with peers. The group learns many music skills including song writing, music reading, and music performance, while having fun working with friends and creating music.

Music Ensemble meets Mondays 6:30pm - 8:00pm
January 14th through December 16th

With Instructor Kory Antonacci, Board Certified Music Therapist

SPRING FALL

January 14, 21, & 28	September 16, 23, & 30
February 4, 11, 18, & 25	October 7, 14, 21, & 28
March 4, 11, 18, & 25	November 4, 11, 18, & 25
April 1, 8, 15, & 22	December 2, 9, & 16

Register ONLINE today!
Find Program application and request forms through www.mywoodlands.org

  
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BLOOM

BLOOM is The Woodlands' reverse inclusion wellness and transition program for adolescents with and without disabilities.



BLOOM focuses on the development of transition skills and healthy lifestyles designed to develop the self-determination, empowerment, overall health and leadership for adolescents in transition by:



-  CULTIVATING FRIENDSHIPS
-  ACQUIRING SOCIAL SKILLS
-  IMPROVING ATTITUDES
-  DEVELOPING LIFE-LONG SKILLS
-  ENHANCING IMAGE
-  INCREASING UNDERSTANDING



SPRING **FALL**

January 19 & 26	September 21 & 28
February 9 & 23	October 5 & 26
March 2 & 23	November 9 & 23
April 6 & 27	December 7 & 14

BLOOM is held two Saturdays a month from 10 am to 3 pm for adolescents ages 13 through 21




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ENRICHING THE LIVES OF CHILDREN AND ADULTS WITH DISABILITY AND CHRONIC ILLNESS



CUB CLUB



Imagine the possibilities

2019 DATES

Two Saturdays a month from 10 am to 3 pm

SPRING

- January 19 & 26
- February 9 & 23
- March 2 & 23
- April 6 & 27

FALL

- September 21 & 28
- October 5 & 26
- November 9 & 23
- December 7 & 14

Suggested ages 6-12 years old
Registration fee: \$75 per day

CUB CLUB is a day camp that reflects the activities of Woodlands' Weekend retreats without the overnight commitment. Each day campers explore, socialize, create, learn, and play! Cub Club is a transition program that allows campers to grow into more exciting overnight retreats and camps at The Woodlands for years to come. Your camper will walk away with lasting friendships, and skills that will help them grow and succeed.



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WELLNESS CENTER AT THE WOODLANDS



\$43
PER MONTH

FAMILIES: \$86
PER MONTH

Live well. Feel well. Be well.



FACILITIES

Indoor Pool
Fitness Gym
Sports Court
Golf Course

MEMBERSHIP
TO THE
WELLNESS
CENTER AT THE
WOODLANDS
INCLUDES:

Indoor
Pool

Full access
to classes,
facility, &
equipment

Private
swim
lessons

Open
swim
& open
gym



CLASSES FOR ALL AGES AND ABILITIES

Water Aerobics
Aqua Zumba
Deep Water Aquatics
Balance Essentials
And More!

MEMBERSHIP RATES

INDIVIDUAL \$130 billed Quarterly

FAMILY \$260 Billed Quarterly

Silver Sneakers and Silver & Fit Accepted



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Stay up to date and follow all the fun at The Woodlands through our social media channels.

