

# RECREATION<sup>AND</sup> LEISURE SERVICES DIRECTORY



PARENT  
NETWORK  
OF WESTERN NEW YORK

 (716) 332-4170

 [info@parentnetworkwny.org](mailto:info@parentnetworkwny.org)

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## THE RECREATION & LEISURE SERVICES DIRECTORY

2023

The Recreation & Leisure Services Directory is a resource for individuals with disabilities and their families. This directory is intended to assist users in finding physical, social and creative opportunities to enrich one's life.

Programs included in this directory are well known in the Western New York community but have not been personally verified as to their cost and quality. It is best to call the program with any specific questions.

Enjoy your adventures. Play, laugh and dance once a day.

Recreationally,

Kimberly Kadziolka

Parent Network of Western New York

**To order more copies of the directory please call (716) 332-4170**

For a downloadable version of the directory visit  
[www.parentnetworkwny.org](http://www.parentnetworkwny.org)

Supporting families and professionals to empower individuals with disabilities to reach their full potential.

# Thank you

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### **TSG MANAGEMENT GROUP INC.**

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262 GRIDER ST	BUFFALO
1830 GENESSEE ST	BUFFALO
4987 TRANSIT ROAD	WILLIAMSVILLE
4993 TRANSIT ROAD & RTE 78	DEPEW
5150 SHERIDAN DR	WILLIAMSVILLE
5316 MAIN ST	WILLIAMSVILLE
6035 S PARK AVE	HAMBURG
6890 ERIE RD	DERBY
5087 CAMP RD	HAMBURG
12976 MAIN ST	AKRON
12755 BROADWAY	ALDEN
2156 NIAGARA ST	BUFFALO
453 WILLIAMS ST	BUFFALO
241 W FERRY ST	BUFFALO
390 NIAGARA ST	BUFFALO

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## ALL SPORTS

### **Challenger Sports of WNY**

**Criteria:** Open to players of all ages - each player has a physical or mental condition that limits their participation in other competitive sports programs. Games are structured to allow players to be involved as they are able.

**Activities:** There are a variety of sports offered including baseball, bowling, golf, volleyball, soccer, football and hockey.

**Age Group:** All Ages

**Cost:** All sport games and events are sponsored through donations and fundraisers.

**Contact:** wnychallengersports@gmail.com, (716) 439-9600

## ART

### **Buffalo AKG Art Museum (opening June 2023)**

**Criteria:** Groups

**Activities:** The Buffalo AKG Art Museum welcomes all visitors and is committed to making its programs and services accessible to everyone. Please reach out for more information on our access programs and services. Multi-sensory tours will be available in the fall of 2023.

**Age Group:** Adults

**Cost:** No fee

**Contact:** info@buffaloakg.org, (716) 270-8249

**County:** Erie (Buffalo)

**Wheelchair Accessible:** Yes

### **Arts Services Initiative of WNY- Arts Access Pass**

**Criteria:** We aim to increase the accessibility of WNY arts and culture by connecting residents to free and low cost cultural opportunities and by promoting already existing discounts offered by area organizations to low-income individuals and their families.

**Activities:** Our program aims to break the barriers of inaccessibility to the region's arts and culture sector, which are often money, transportation, and knowledge of events. We partner with local theaters, galleries, and other arts and culture organizations.

**Age Group:** All ages

**When:** All year round

**Cost:** Varies

**Contact:** artsaccess@aslwny.org, (716) 833-3004 ext. 514

**County:** Erie (Buffalo)



**Burchfield Penney Art Center**

**Activities:** Museum art based program- free workshop, food and music

**Age Group:** All ages

**When:** Museum art based program, every 2nd Friday of the month

**Cost:** Adults: \$10; Seniors (62+): \$8; Students (with ID): \$5; age 10 and under FREE with paid adult/senior

**Contact:** burchfld@buffalostate.edu, (716) 878-6011

**County:** Erie (Buffalo)

**Wheelchair Accessible:** Yes

**Locust Street Neighborhood Art Classes**

**Activities:** Painting, drawing, ceramics, B&W film photography, animation

**Age Group:** 3+

**When:** Various

**Contact:** info@locuststreetart.org, (716) 852-4562

**County:** Erie (Buffalo)

*Not Wheelchair Accessible*

**Starlight Studio and Art Gallery Day Habilitation Program**

**Activities:** Tours by reservation

**When:** Tours by appointment

**Cost:** No fee. See waiver enrollment.

**Contact:** (716) 842-1525

**County:** Erie (Buffalo)

**Wheelchair Accessible:** Yes

**BASEBALL****Central Amherst Little League Challenger Baseball**

**Criteria:** All disabilities welcome.

**Age Group:** 4 years to Adult

**When:** May through July

**Cost:** \$55 per season

**Contact:** davidvwhalen@yahoo.com, (716) 565-9338

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

**The Miracle League of Grand Island & WNY**

**Activities:** The Miracle League serves individuals who cannot be accommodated by established baseball leagues due to the special needs of their disabilities. The vision of the program is to provide any disabled individual, regardless of their level of play.

**Age Group:** All ages

**When:** June-August

**Contact:** smcmanigle@miracleleaguewny.org, (716) 773-2943

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

**Touching Bases Softball League of Erie County, Inc.**

**Activities:** Softball league of Erie County for adults with disabilities.

**Age Group:** 18+

**When:** Monday & Tuesday evenings in August

**Cost:** Registration \$40 per player

**Contact:** bc.touchingbases@gmail.com

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

**BASKETBALL****Youth Basketball Diversified**

**Criteria:** No previous experience playing basketball is needed.

**Activities:** This basketball league is for high school students who have a disability.

**Age Group:** High School Students

**When:** Once per week March through April

**Cost:** Free

**Contact:** rita\_lonski@amherst-basketball.com (716) 430-0870

**County:** Erie (non Buffalo)

## BIKING

### iCan Bike

**Criteria:** Have a diagnosed disability, have a minimum inseam of 20 inches, weigh less than 220 pounds, be able to walk without assistive devices, be able to side-step quickly, and be able to willingly wear a properly fitted helmet.

**Activities:** Using adaptive bicycles, a specialized instructional program and trained staff to enable individuals with disabilities to learn to ride a two-wheel bicycle.

**Age Group:** 8+

**When:** June

**Cost:** \$175

**Contact:** wnylearntoride@gmail.com, (716) 677-9100

**County:** Erie (non Buffalo)

## BOATING

### Buffalo River Canoe & Kayak Outfitters

**Criteria:** Special needs group discounts

**Activities:** Canoeing & Kayaking-groups & parties.

**Age Group:** 6+

**When:** By appointment

**Cost:** Varies (\$20 and up)

**Contact:** paddlebuffalo@gmail.com, (716) 771-2995

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

### Excalibur Leisure Skills Center, Inc.

**Activities:** Excalibur is dedicated to providing adaptive boating and fishing opportunities for developmentally challenged and disadvantaged persons. Fishing and boating excursions available. Please tell our office which you are interested in.

**When:** Monday-Friday

**Contact:** jim@excaliburl.com, (716) 831-3188

**County:** Erie (Buffalo)

**Wheelchair Accessible:** Yes

## WNY Adaptive Water Sports

**Activities:** Provides disabled individuals with physical disabilities the means, facilities and access to participate in water sports and other recreational activities to improve their quality of life. Water skiing, adaptive kayaking, boating, fishing, and more.

**Age Group:** 10+

**When:** Seasonal, by appointment

**Cost:** Varies with programs. Donations gratefully accepted.

**Contact:** nowakrad@aol.com, (716) 364-8219

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

## BOWLING

### Allie Brandt Lanes

**Activities:** There are 36 lanes with bumper bowling. Challenger Sports runs for 24 weeks, starting in October.

**Age Group:** 4+

**When:** All year round

**Cost:** Check website for updated pricing

**Contact:** alliebrandtlanes@gmail.com, (716) 433-5976

**County:** Niagara

**Wheelchair Accessible:** Yes

### AMF Airport Lanes

**Contact:** GuestService@BowleroCorp.com, (716) 632-0655

**County:** Erie (non Buffalo)

### AMF Lancaster Lanes

**Activities:** Bowling with adaptive equipment (bumpers and ramps available). Lanes have complete wheelchair accessibility.

**Age Group:** All ages

**When:** Various

**Contact:** GuestService@BowleroCorp.com, (716) 668-1000

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

**Bennington Lanes**

**Activities:** Bowling ramp available

**Age Group:** All ages

**When:** All year round      **Cost:** Varies by activity

**Contact:** (585) 591-2314

**County:** Wyoming

**Wheelchair Accessible:** Yes

**Bowling League for Special Needs**

**Criteria:** Any age individual with special needs

**Activities:** Bowling

**Age Group:** All ages

**When:** September - April

**Cost:** \$10 registration; \$7 for two games and shoe rental.

**Contact:** (716) 430-5118

**County:** Erie (non Buffalo)

**Classic Lanes**

**Activities:** Bowling with adaptive equipment (bumpers and ramps available).

Lanes have complete wheelchair accessibility.

**Age Group:** All ages      **When:** Various

**Contact:** (716) 873-3383

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

**Good Times of Olean**

**Activities:** Bumper bowling, arcade, mini-golf available

**Age Group:** All ages

**When:** All year round

**Cost:** Varies by activity

**Contact:** (716) 379-8210

**County:** Cattaraugus

**Wheelchair Accessible:** Yes

**Jamestown Bowling Co.**

**Activities:** Bumper bowling is available

**When:** All year round

**Cost:** Check website for updated pricing

**Contact:** (716) 483-1818

**County:** Chautauqua

**Wheelchair Accessible:** Yes

**Kenmore Lanes**

**Activities:** Bowling with adaptive equipment (bumpers and ramps available).

Lanes have complete wheelchair accessibility.

**Age Group:** All ages

**When:** Various

**Contact:** kenmorelanes@yahoo.com, (716) 875-5340

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

**Letchworth Pines**

**Activities:** Bumper bowling and ramps available for bowlers

**When:** All year round

**Cost:** Check website for updated pricing

**Contact:** kevin@letchworthpines.com, (585) 468-2166

**County:** Wyoming

**Wheelchair Accessible:** Yes

**Transit Lanes**

**Activities:** Bowling with adaptive equipment (bumpers and ramps available).

Lanes have complete wheelchair accessibility.

**Age Group:** All ages

**When:** Various

**Contact:** management@transitlanes.net, (716) 632-3838

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

**Wimbledon Lanes**

**Activities:** Bowling with adaptive equipment (bumpers available). No ramp available - welcome to bring your own.

**Age Group:** All ages

**When:** Please call the Lanes for availability.

**Contact:** wimbledonlanes@gmail.com (716) 674-3333

**County:** Erie (non Buffalo)

*Not Wheelchair Accessible*

## CAMPS

### ***The Rec Fest - Activity Zone Owned by Robert Warner Center for Developmental Pediatrics and Rehabilitation at Oishei Children's Hospital!***

#### **Adapted Recreation Program & Summer Day Camps**

**Criteria:** No transportation

**Activities:** Sports, Saturday Recreation, Day Camp, & Community Outing

**Age Group:** All ages

**When:** October through May (Adapted Rec Program), July through August (Day Camps)

**Cost:** Varies by program

**Contact:** cheektowagacamps@gmail.com, (716) 897-7205

**County:** Erie (Buffalo)

**Wheelchair Accessible:** Yes

#### **Fit and Fun for Adults with Disabilities**

**Activities:** The adaptive program is for adults facing physical, mental, and emotional challenges. Adult Day Habilitation programs or group homes with 20-30 individuals per session. Each group is assigned a specific day and time of the week to participate.

**Age Group:** Adults

**When:** May through June

**Cost:** Call for pricing information

**Contact:** info@sabahinc.org, (716) 445-2550 (mobile)

**County:** Erie (Buffalo)

**Wheelchair Accessible:** Yes

#### **Camp Abilities**

**Activities:** One-week educational sports camp for children and teens who are blind, visually impaired, and deafblind. The camp is set up to provide a 1:1 instructional situation for each person, which is often on the contrary to other camps designed for people with visual impairments.

**Age Group:** 9 to 19

**Contact:** campabilitiesbrockport01@gmail.com, (585) 395-2629



**Robert Warner Center for Developmental Pediatrics and Rehabilitation**

**FOR**

**KIDS LIKE DREAM AND DENIM**

(716) 323-6410

We work together with families to ensure a positive quality of life for children with developmental disabilities and complex healthcare needs. **Some of our programs include:**

The Children's Guild Foundation Autism Spectrum Disorder Center  
Aquatic Therapy • Comprehensive Developmental Program  
Down Syndrome Program • Early Developmental Program  
Feeding Program • Occupational Therapy  
...and more!

**JOHN R. OISHEI**  
Children's Hospital

### **Camp Eager**

**Criteria:** Application should be in by April or May and can be picked up at the agency.

**Activities:** Children from all over the Northeast, regardless of their seizure control, can experience a camp complete with swimming, hiking, canoing, arts and crafts, nature, wall climbing and horseback riding with other kids with epilepsy.

**Age Group:** 8-17 and siblings

**Cost:** \$750 with scholarships available

**Contact:** mradell@epiny.org, (585) 442-4430 Ext. 2741

### **Camp Ji-ik-Do-Wah-Gah**

**Criteria:** Limited availability for one-on-one assistance.

**Activities:** Six week program for children who may have a learning disability, speech impairment, ADHD and/or are emotionally disturbed.

**Age Group:** 4-13

**When:** July - August (Monday - Friday)

**Cost:** Cheektowaga resident: \$828/ 6 wks or \$148/ wk, Non-resident: \$967/ 6 wks or \$171/ wk; OPWDD Eligible

**Contact:** cheektowagacamps@gmail.com, (716) 897-7205

**County:** Erie (Buffalo)

**Wheelchair Accessible:** Yes

### **Camp Turner**

**Criteria:** Ask about round trip bus transportation from Williamsville and Hamburg.

**Activities:** Camp Turner offers a traditional overnight camping program for boys and girls from ages 7 – 16. The camp is located in the gorgeous, pastoral hills of Allegany State Park in the woods amidst pristine streams and lakes. Partial financial assistance is available.

**Age Group:** 7-16

**When:** July - August

**Cost:** Off season group rentals and food service available. 120 beds in winterized cabins.

**Contact:** campturner@olvcharities.org, (716) 354-4555

**County:** Cattaraugus

**Wheelchair Accessible:** Yes

### **Cheektowaga Summer Day Camps**

**Criteria:** Limited availability for one-on-one assistance.

**Activities:** Six week Integrated Day Camp at Alexander Community Center, Neighborhood Day Camp at Dartwood Community Center. Also available are February and April school break clubs at Alexander Community Center.

**Age Group:** 4-14

**When:** July - August (Monday - Friday)

**Cost:** Cheektowaga res. \$828/ 6 wks or \$148/ wk, Non-res. \$967/ 6 wks or \$171/ wk; OPWDD Eligible

**Contact:** cheektowagacamps@gmail.com, (716) 897-7205

**County:** Erie (Buffalo)

**Wheelchair Accessible:** Yes

### **Cradle Beach Camp**

**Criteria:** Children must be able to take care of personal needs

**Activities:** Residential camp designed for children with disabilities and those who come from economically disadvantaged backgrounds. Provides a healthy environment and organized activities to promote socialization, self-worth, and decision making.

**Age Group:** 8-16

**When:** June - August (Mondays - Fridays)

**Cost:** Based on family income/sliding fee scale

**Contact:** gclark@cradlebeach.org, (716) 549-6307 ext. 205

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

### **Town of Amherst Youth & Recreation Department (Summer Day Camp)**

**Activities:** Summer day camp for youth ages 5 - 11 (five sites) and ages 12-14 (one site). Staff works with families to develop individualized implementation plans for each child with special needs.

**Age Group:** 5-14

**When:** June through August

**Cost:** \$175 per week with a \$15 registration fee for Amherst residents; \$225 per week for non-residents

**Contact:** jzapfel@amherst.ny.us, (716) 631-7132 ext 7511

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes



## CHEERLEADING

### Buffalo Envy All Stars Adaptive Cheerleading

**Activities:** Athletes learn tumbling, dancing, stunting, and other cheerleading skills. The team practices once a week and has the opportunity to perform at several local and regional cheerleading competitions.

**Age Group:** All ages

**When:** All year round

**Cost:** Varies - Independent Health FlexFit card accepted

**Contact:** buffalo.envy@aol.com, (716) 822-2572

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

### Elite Heat All Stars

**Activities:** Athletes learn cheer essentials, stunting and tumbling. Athletes work with helpers to ensure safety. The team practices once a week and performs five local competitions.

**Age Group:** 3+

**When:** September through April team practices. Other activities available year round.

**Cost:** \$280 for 8 Months

**Contact:** eliteheatcheer@gmail.com, (716) 389-0731

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

## FAMILY ACTIVITIES

### Aquarium of Niagara Falls

**Age Group:** All ages

**Contact:** info@aquariumofniagara.org, (716) 285-3575

**County:** Niagara

### Art Park of Lewiston

**Age Group:** All ages

**When:** Varies

**Contact:** (716) 754-4375 box office; (716) 754-9000 Administration

**County:** Niagara



**Cradle Beach** 135 Years SINCE 1888

*Offering Year-Round Inclusive  
Programming for Children & Adults on  
the beautiful shores of Lake Erie*

Summer Camp      Respite Programs  
Retreats & Conferences

**716-549-6307**  
**CradleBeach.org**

**8038 Old Lakeshore Road | Angola, NY 14006**

The background of the flyer shows two young women swinging happily on yellow ropes in a grassy field with trees in the background.

### **Au-some Aquarium**

**Activities:** Sensory friendly environment where families with children on the autism spectrum can meet. Touch tank, art activities, info and gluten free snacks are provided.

**Age Group:** All ages

**When:** First Friday of the month

**Cost:** \$25/Family up to 5 people, \$7 individual group home resident, staff chaperone free

**Contact:** education@aquariumofniagara.org, (716) 285-3575 Ext 20

### **Au-Some Evenings at Explore & More Museum**

**Criteria:** Reservations required

**Activities:** Au-Some Evenings give children with autism and sensory processing needs, their friends and family an opportunity to play and learn together in an understanding and supportive environment. In addition to a fun night of play with access to the museum space and exhibits, we have special programming for families!

**Age Group:** All ages

**When:** Second Friday of the month 5:30 - 7:30 pm

**Cost:** Free

**Contact:** accessibility@exploreandmore.org, (716) 655-5131

**County:** Erie (Buffalo)

**Wheelchair Accessible:** Yes

### **Buffalo Convention Center**

**Activities:** Various programs throughout the year.

**Contact:** info@buffaloconvention.com, (716) 855-5555

**County:** Erie (Buffalo)

**Wheelchair Accessible:** Yes

### **Buffalo Zoo**

**Age Group:** All ages

**Cost:** \$17.95 13-64; \$13.95 2-12; under 2 years free.

**Contact:** (716) 837-3900

**County:** Erie (Buffalo)

**Wheelchair Accessible:** Yes

### **Chautauqua Belle**

**Activities:** A round-trip experiential boat ride touring the Chadakoin River and South end of Chautauqua Lake, regaling you with tales from the late 1800's.

**Age Group:** All ages

**When:** Seasonal

**Cost:** \$32.50 adults; \$10 age 3-12; under 2 free

**Contact:** thechautauquabelle@gmail.com, (716) 269-2355

**County:** Chautauqua

### **Chautauqua Institute**

**Contact:** ticketoffice@chq.org, (716) 357-6250

**County:** Chautauqua

### **Chuck-E-Cheese Sensory Sensitive Sundays**

**Criteria:** Contact your local Chuck-E-Cheese for additional information

**Activities:** Sensory sensitive play time for children who have autism and other special needs

**Age Group:** All ages

### **Family Gym Night**

**Activities:** A space that offers children and their parents time and room to interact with one another. It is appropriate for children with varying levels of disabilities. Parents are expected to stay with their child.

**Age Group:** 5+

**When:** September - June

**Cost:** Free

**Contact:** recreation@villageoflewiston.net, (716) 754-1990

**County:** Niagara

### **Maid of the Mist**

**Activities:** A sightseeing boat tour of Niagara Falls, starting and ending on the American side, crossing briefly into Canada during a portion of the trip. The fleet currently consists of two vessels

**Age Group:** All ages

**When:** All year round

**Cost:** \$28.25 adults; \$16.50 age 6-12; age 5 and under free

**Contact:** (716) 284-8897

**County:** Niagara

**Wheelchair Accessible:** Yes



## **Reserve America**

**Activities:** The New York State park system is one of the state's greatest treasures. Today it totals 180 state parks and 35 state historic sites, encompassing 335,000 acres.

**Age Group:** All ages

**When:** All year round

**Cost:** Varies

**Contact:** (518) 474-0456

## **FISHING**

### **Fisherman's Landing**

**Contact:** recreation@grand-island.ny.us, (716) 773-9680

**County:** Erie (Non Buffalo)

**Wheelchair Accessible:** Yes

### **Southtowns Walleye Association of WNY, Inc.**

**Criteria:** Reservations required

**Activities:** 6-day fishing event for individuals with developmental disabilities

**Age Group:** All ages

**When:** End of April

**Cost:** No fee

**Contact:** webmaster@southtownswalleye.com, (716) 649-8202

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

## **FITNESS**

### **CAUSE (Center for Allied and Unified Sport and Exercise) - Daemen College**

**Criteria:** Must pre-register

**Activities:** Athletic coaches, faculty, students and student athletes are paired with participants in activities to promote sport, exercise, and socialization.

**Age Group:** 6 to 18

**Cost:** Free

**Contact:** cause@daemen.edu. (716) 839-7652

**County:** Erie (non Buffalo)

## **sasi Personal Training Program**

**Activities:** Fitness program provides individuals with disabilities personalized attention with a fitness trainer in a small group setting. Here, they are coached to make and achieve goals, while also actively monitoring progress.

**Age Group:** 16+

**When:** Monday, Tuesday, Thursday classes available

**Cost:** \$195 three month package

**Contact:** info@movingmiracles.org, (716) 656-1321

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

## **GOLF**

### **The First Tee of WNY**

**Activities:** A comprehensive youth development program that offers learning opportunities to WNY youths. Programs are conducted in partnership with local golf facilities, elementary & middle schools and organizations serving youth.

**Age Group:** 5 - 18

**When:** Various

**Cost:** Various

**Contact:** tkarches@firstteewesternny.org, (716) 250-3355

**County:** Erie (Buffalo)

**Wheelchair Accessible:** Yes

## **HORSEBACK RIDING**

### **Buffalo Therapeutic Riding Center, Inc. (BTRC)**

**Activities:** The only indoor riding facility in the City of Buffalo, this program offers classes for mentally and emotionally impaired, learning disabled and developmentally challenged children.

**Age Group:** 5-18 years cannot exceed 150 pounds

**When:** Monday afternoons 3:30 pm to 7:30 pm, April through November

**Cost:** Scholarships are available

**Contact:** becandbtrc@aol.com (716) 877-9295

**County:** Erie (Buffalo)

**Wheelchair Accessible:** Yes



PROUD TO SUPPORT PARENT NETWORK OF WNY



Working together to help individuals, families, and communities to become healthy and whole.

JRCHC.ORG | 716-348-3000

### **Centaur Stride Therapeutic Horseback Riding & Experiential Learning Center**

**Criteria:** Programs open to all in an integrated setting (some restrictions apply).

**Activities:** Horseback riding to accommodate various disabilities, while focusing on safety, integration and challenge. Experiential learning to focus on social skills and group dynamics in a natural environment.

**When:** Various

**Cost:** \$30/lesson

**Contact:** info@centaurstride.org (716) 326-4318

**County:** Chautauqua

**Wheelchair Accessible:** Yes

### **High Hurdles Therapeutic Riding**

**Activities:** Therapeutic riding and horsemanship for individuals who are physically, cognitively and emotionally challenged. Also, hands on field trips are available.

**Age Group:** 3+

**When:** March through November

**Cost:** 8-week session: \$250; Full season: \$900

**Contact:** ebrauen@sasinc.org, (716) 496-5551

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

### **Lothlorien Therapeutic Riding Center**

**Criteria:** Must have the ability to ride

**Activities:** Recreational adaptive horseback riding for adults and children (3 and up) with special needs.

**Age Group:** 3+

**When:** April through November riding sessions

**Cost:** Check website for fees. Tuition assistance and family discounts available.

**Contact:** keller.ltrc@gmail.com, (716) 655-1335

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

## ICE SPORTS

### *The Rec Fest - Activity Zone Owned by Northtown Auto!*

#### **Fit and Fun for Adults with Disabilities**

**Criteria:** Each group is assigned a specific day and time of the week to participate. This is on a weekly basis throughout the season.

**Activities:** The adaptive program is for adults facing physical, mental, and emotional challenges. Adult Day Habilitation programs or group homes with 20-30 individuals per session.

**Age Group:** Adults

**When:** TBD

**Cost:** Contact SABAH for information

**Contact:** info@sabahinc.org (716) 326-9600

**County:** Erie (Buffalo)

**Wheelchair Accessible:** Yes

#### **Buffalo Sabres Sled Hockey**

**Criteria:** Must be able to sit upright

**Activities:** Alternative style of hockey for those with disabilities is played on a sled with the same rules of ice hockey.

**Age Group:** 5+

**When:** September through March

**Cost:** \$150

**Contact:** mattmurray44@gmail.com, (716) 704-5355

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

#### **Buffalo Sabres Thunder Ice Hockey**

**Criteria:** To play hockey for the Buffalo Sabres Thunder, a player should be comfortable skating on ice and be able to feel comfortable in the use of the protective hockey equipment. Previous skating experience is recommended.

**Activities:** Provides individuals with developmental disabilities the unique opportunity to play ice hockey. A coed, non-checking ice hockey team with individuals who love hockey and have some ice skating experience.

**Age Group:** Dependent on skating ability and experience

**When:** October - April

**Cost:** \$100 fee

**Contact:** bsthockey2008@gmail.com, (716) 418-2558

**County:** Erie (Buffalo)

**Wheelchair Accessible:** Yes



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### **Buffalo Ski Club**

**Activities:** Hills Angels adaptive coaches for two hour sessions designed for children and adults with physical disabilities and developmental delays.

**Cost:** \$300 members 7-week session / \$400 non-members 7-week session

**Contact:** office@buffaloskiclub.com (716) 941-5654

**County:** Erie (Buffalo)

### **Cornerstone Ice Arena**

**Activities:** Various ice sports activities

**Age Group:** All ages

**Contact:** 716-438-7698

**County:** Niagara

### **Gliding Stars of WNY**

**Activities:** Adaptive Ice Skating Program that serves individuals with disabilities in WNY. Nationwide including chapters in OH, PA,NY and FL.

**When:** September through April

**Contact:** infogs@glidingstars.org, (716) 608-8345

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

### **Kissing Bridge Adaptive Ski Program**

**Activities:** The adaptive ski program at Kissing Bridge helps physically and developmentally challenged individuals learn to ski.

**Age Group:** 4+

**Contact:** (716) 868-0896

**County:** Erie (non Buffalo)

### **SABAH Summer Skate**

**Activities:** SABAH offers a summer ice skating program at the Riverside Rink in Buffalo for anyone challenged by a disability to work on skills throughout the off-season. During the summer ice session, skaters are provided with the necessary adaptive equipment.

**When:** July and August, Tuesday Evenings

**Cost:** \$60

**Contact:** info@sabahinc.org (716) 326-9600

**County:** Erie (Buffalo)

## **MARTIAL ARTS**

### **Riederer's Ken-Po Self Defense Studio**

**Activities:** "KenPo Eagles" classes for kids with special needs, focuses on self control, self defense, coordination and fitness!

**Age Group:** Youth - Adult

**Contact:** kenpoeagles@gmail.com, (716) 200-7714

**County:** Erie (non Buffalo)

## **MISCELLANEOUS**

### **Fantastic Friends of Western New York**

**Activities:** Fantastic Friends hosts fun monthly events for children and adults with developmental/intellectual disabilities. Members are always paired with a 1:1 buddy at each event, who help them interact with other Fantastic Friends and participate in all events.

**Age Group:** All ages with a focus on teens-adults

**When:** Various

**Cost:** Varies

**Contact:** fantasticfriendswny@gmail.com (716) 608-6234

**County:** Erie (non Buffalo)

## **MOVIES**

### **Buffalo Sensory Friendly Films**

**Activities:** Sensory friendly movies - lower sound, lights brighter

**When:** 2nd and 4th Tuesday and Saturday of the month

**Cost:** Saturday matinee \$7.29; Tuesday night \$9.49 child/\$12.49 adult

**Contact:** (716) 833-9545

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

### **Jamestown Sensory Friendly Films at the Reg**

**Activities:** Sensory friendly movies - lower sound, lights brighter

**When:** Call for future dates/times

**Cost:** Call for cost

**Contact:** info@reglenna.com (716) 484-7070 (Box Office)

**County:** Chautauqua

**Wheelchair Accessible:** Yes

### **Sensory Friendly Films at FLIX 10**

**Activities:** The lights will be left on and the sound will be turned down. A raffle will be held at each screening.

**Age Group:** All ages

**When:** First Saturday of each month

**Cost:** \$8.75

**Contact:** larry@dipsontheatres.com, (716) 668-1888

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

## **MUSEUMS**

### **Buffalo & Erie County Naval & Military Park**

**Activities:** A top family destination in Western New York, located on the waterfront in downtown Buffalo. The military park is the largest inland naval park in the country.

**Age Group:** All ages

**When:** April through End of October

**Cost:** Adult \$18.00, Child \$12.00, Senior \$15.00. Age 4 and under FREE.

**Contact:** info@buffalonaivalpark.org, (716) 847-1773

**County:** Erie (Buffalo)

### **Buffalo Fire Historical Society**

**Activities:** Mission is to collect, preserve, exhibit and provide access to information and artifacts relating to firefighting in Buffalo, New York, the Buffalo Fire Dept. and fire safety.

**Age Group:** All ages

**When:** Saturdays

**Cost:** Free

**Contact:** bfhsbmuseum@verizon.net, (716) 892-8400

**County:** Erie (Buffalo)

**Wheelchair Accessible:** Yes

### **Buffalo History Museum**

**Activities:** Major collections include the Holland Land Company, President Millard Fillmore, Seneca Indians, Buffalo Bills, the Pan-American Exposition, the Larkin Company, and more.

**Age Group:** All ages

**When:** Wednesday-Sunday

**Cost:** Pay what you wish (recommended \$10)

**Contact:** kreed@buffalohistory.org (716) 873-9644

**County:** Erie (Buffalo)

**Wheelchair Accessible:** Yes

### **Buffalo Museum of Science**

**Activities:** Since 2010, the BMS has been on an aggressive path to renovate all of the museum's permanent exhibit experiences, transforming its former diorama-based exhibits into eight highly interactive and immersive science studio exhibit spaces.

**Age Group:** All ages

**When:** All year round

**Cost:** Adults \$18, Seniors 62+ \$15, Students & Military w. ID \$15, Children 2-17 \$15, Children under 2 free

**Contact:** (716) 896-5200

**County:** Erie (Buffalo)

**Wheelchair Accessible:** Yes

### **Buffalo Niagara Heritage Village**

**Activities:** Mission is to preserve and interpret the story of Buffalo Niagara for the people of today and the community of tomorrow.

**Age Group:** All ages

**When:** Thursday through Saturday, May through October

**Cost:** \$10 adults, \$8 children, military/veteran, seniors and students \$8 (Age 2 and under FREE)

**Contact:** guestservices@bnhv.org (716) 689-1440

**County:** Erie (non Buffalo)

### **Darwin R. Barker Historical Museum**

**Activities:** The Barker Historical Museum is located in the heart of Fredonia, New York. The Museum includes an archive, two research libraries, and rotating exhibits.

**Age Group:** All ages

**When:** Tuesdays, Fridays and Saturdays

**Contact:** barkerhistoricalmuseum@gmail.com, (716) 672-2114

**County:** Chautauqua



### **Dunkirk Historical Museum**

**Activities:** Provides historical information to the public regarding the city of Dunkirk.

**Age Group:** All ages

**When:** April-August Monday, Wednesday, Friday September-March - Monday and Friday

**Contact:** contact@dunkirkhistoricalmuseum.org, (716) 366-3797

**County:** Chautauqua

### **Genesee Country Village & Museum**

**Activities:** The mission of Genesee Country Village & Museum is to inspire excitement and curiosity about the past and an appreciation for its relevance today. Visitors experience how life in small towns has changed over time through engaging and enjoyable encounters

**Age Group:** All ages

**When:** Wednesdays through Sundays, May through October

**Cost:** Discounts for individuals with disabilities - Adult \$18, Senior \$15, Youth \$12 and children under 3 are free.

**Contact:** info@gcv.org, (585) 538-6822

**County:** Monroe

**Wheelchair Accessible:** No

### **Herschell Carousel Factory Museum**

**Activities:** A premier national historic site and community resource for providing family recreation and learning that fosters an appreciation for the unique heritage of the carousel and related industries in the Niagara Region.

**Age Group:** All ages

**When:** April - December

**Cost:** Adult \$10, Seniors \$8, Children \$5.00 and under 2 are free

**Contact:** info@carrouselmuseum.org, (716) 693-1885

**County:** Niagara

### **Jell-O Gallery Museum**

**Activities:** Follow the JELL-O brick road to the JELL-O Gallery and see where it all began! JELL-O was invented here in Genesee County in 1897 and this museum is dedicated to all things JELL-O, including the history and marketing of "America's Most Famous Dessert."

**Age Group:** All ages

**When:** Thursday through Sunday, April to December

**Cost:** Adults \$6.00, Children age 6-11 \$1.50, Age 5 and under FREE

**Contact:** jellohistory@gmail.com, (585) 768-7433

**County:** Genesee

### **Medina Railroad Museum**

**Activities:** Your Train Ticket also allows entry into our huge Train Museum. Our museum is filled with railroad artifacts. It has one of the biggest model-train layouts in the country.

**Age Group:** All ages

**When:** Wednesday through Sunday

**Cost:** Adults \$9, Seniors \$8, Children under 18 \$7, Under 2 are free

**Contact:** medinarailroad@gmail.com, 585-798-6106, for tickets: 716-948-0505

**County:** Orleans

### **Oak Orchard Lighthouse Museum**

**Activities:** The lighthouse is one of the jewels in the Great Lakes Seaway Trail - the guest log has been signed by visitors from all around the world, including New Zealand, Turkey, Germany, Alaska, Ireland, Canada, and all states in the union.

**Age Group:** All ages

**When:** Summer

**Cost:** Donations accepted

**Contact:** info@oakorchardlighthouse.org, (585) 230-7829

**County:** Orleans

### **Strong National Museum of Play**

**Activities:** The Strong National Museum of Play is a highly interactive, collections-based museum devoted to the history and exploration of play.

**Age Group:** All ages

**Contact:** info@museumofplay.org, (585) 263-2700

**County:** Monroe

## MUSIC, DANCE AND DRAMA

### *The Rec Fest - Activity Zone Owned by Flutie Foundation!*

#### **BPO Kids for Exceptional Kids**

**Activities:** A program to make BPO Kids concerts more accessible and comfortable to all children, especially those with Autism Spectrum Disorders, cancer, and other chronic physical or healthcare challenges. Includes pre-concert activities, sound muffling headphones.

**Contact:** jmertz@arceriecounty.org, boxoffice@pbo.org, (716) 885-5000

**County:** Erie (Buffalo)

#### **Buffalo Niagara Music Therapy Services**

**Activities:** Provides individual or group therapy and adaptive music lessons. They provide services in home and at their clinic location in Tonawanda.

**Age Group:** All ages

**When:** By appointment - home/facility visits can be arranged.

**Cost:** Varies

**Contact:** ekochmanski@bnmusictherapy.com, (716) 243-2776

**County:** Erie (non Buffalo)

#### **Community Music School of Buffalo**

**Activities:** Individual and group classes and lessons in music, adult and teen classes, active ensembles and music therapy.

**Age Group:** All ages

**Cost:** Varies - Financial aid available

**Contact:** (716) 884-4887

**County:** Erie (Buffalo)

#### **Danceability, Inc.**

**Criteria:** Willingness to move with music to promote physical, social, and emotional wellness.

**Activities:** Danceability is an individualized dance, fitness and movement program serving the special needs community. Our studio is led by qualified staff and dedicated volunteers.

**Age Group:** 3+

**When:** September through May

**Cost:** Varies - call for updated pricing by program

**Contact:** danceabilitywny@gmail.com, (716) 651-0094

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes





#### **Drum 4 Health**

**Activities:** Recreational music making/drum circles via a variety of drums and percussion instruments.

**Age Group:** All ages

**When:** By appointment

**Cost:** Varies

**Contact:** carolyn@drum4health.net (716) 491-0031

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

#### **Graceful & Gifted Dance Program**

**Activities:** A dance program that utilizes dance movement therapy. Classes are offered for ambulatory and non-ambulatory individuals.

**Age Group:** All ages

**When:** Day and evening classes

**Contact:** timetodancestudionf@gmail.com, (716) 946-7909

**County:** Niagara

#### **Inclusive Theater of WNY**

**Activities:** Performing and visual arts company, that is dedicated to advancing artists of all forms and levels of ability – including artists with disabilities – to encourage the change of socially constructed images and misconceptions that exist of people from diverse backgrounds and groups.

**Contact:** inclusivetheaterofwny@gmail.com, (716) 218-8129

**County:** Erie (Buffalo)

#### **Jaclyn Carol's Dance Academy: A Chance to Dance**

**Activities:** Class will be structured around a creative movement curriculum that will allow for students to practice spatial awareness, body awareness, rhythm, and of course tons of fun! Course will end in a performance in our end of year recital! Aides are welcome.

**Age Group:** 6+

**Contact:** JCDA dance@gmail.com (716) 260-1787

**County:** Erie (non Buffalo)

#### **Moving Miracles Dance Program (Division of Sasi)**

**Criteria:** There are annual registration & costume/performance fees. Some insurance providers are paying a % of tuition.

**Activities:** A dance and movement program for children, adolescents and adults with special needs, serving the Buffalo and Western New York community. We offer classes in creative movement, ballet, tap, jazz and adult aerobics. Our dance season is nine months.

**Age Group:** 3+

**When:** September - May

**Cost:** Varies with programs.

**Contact:** info@movingmiracles.org (716) 656-1321

**County:** Erie (non Buffalo)

#### **Star Legacy Dance Class**

**Criteria:** Children with intellectual disabilities

**Activities:** Our goal is to help children express themselves through music and movement.

**Age Group:** 5+

**When:** Saturdays, January - April

**Cost:** \$5

**Contact:** legacydance17@gmail.com, (716) 299-0146

**County:** Niagara

### **NATURE PRESERVES**

#### **Audubon Community Nature Center**

**Activities:** The Audubon Community Nature Center is a 600-acre wetland preserve that includes over five miles of trails, a native tree arboretum, picnic areas, a natural play space, and educational gardens for you to explore daily from dawn until dusk.

**Age Group:** All ages

**When:** March through October

**Cost:** Varies

**Contact:** info@auduboncnc.org, (716) 569-2345

**County:** Chautauqua

- Fantastic Friends of WNY, Inc. is a non-profit, volunteer driven social organization for individuals with developmental and intellectual disabilities.
- Children and adults have a great time at events and programs, socializing and making friends. Parents are able to enjoy respite or socialize with other parents during programs.
- Our special needs center located at 1286 French Rd, Depew, NY is a great place to socialize and have fun. Some center activities include bingo, arts & crafts, dance nights, science & garden clubs, baking, Kitchen Life Skills and respite.
- Our special events are held at various handicapped accessible locations throughout Western New York.



Fantastic Friends center programs are for children and adults with Autism, TBI, Down Syndrome, ADHD and other developmental/ intellectual disabilities with a focus on teens through adults.

In addition to center programs, we offer a variety of special events throughout the year.

Events are fun and provide a variety of social/ learning experiences.

For more information:  
[www.fantasticfriendswny.org](http://www.fantasticfriendswny.org)  
 or contact us at:  
[fantasticfriendswny@gmail.com](mailto:fantasticfriendswny@gmail.com)

## Bergen Swamp Preservation Society

**Criteria:** Visitors must stay on marked trails.

**Activities:** Bergen Swamp properties are special places where you will find unique associations of plants and animals. Bergen Swamp and Zurich Bog are listed on the National Registry.

**Age Group:** All ages

**When:** By appointment

**Cost:** Free

**Contact:** [bsps@bergenswamp.org](mailto:bsps@bergenswamp.org) (585) 548-7304

**County:** Genesee

**Wheelchair Accessible:** No

## Botanical Gardens

**Activities:** The historic Buffalo Botanical Gardens is a premier cultural destination that engages visitors through a distinct and unique plant collection.

**Age Group:** All ages

**When:** Closed on holidays

**Cost:** \$15.50 Adults, \$14 Seniors, \$14 students 13+, \$8.50 Kids 3-12, Kids 2 and under free

**Contact:** [info@buffalogardens.com](mailto:info@buffalogardens.com), (716) 827-1584

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

## Buffalo Audubon Society & Beaver Meadow Audubon Center

**Activities:** Beaver Meadow is a 324-acre nature preserve that features its namesake beaver meadow with glacial kettle ponds, wetlands, with a boardwalk trail, wooded uplands, meadows, a hawk watch, an arboretum, and eight miles of marked and groomed trails.

**Age Group:** All ages

**When:** Closed Mondays and Major Holidays

**Contact:** [info@buffaloaudubon.org](mailto:info@buffaloaudubon.org) (585) 457-3228

**County:** Wyoming

**Wheelchair Accessible:** Yes

### **Iroquois National Wildlife Refuge**

**Criteria:** To plan for your trip you should contact the refuge headquarters to gather pertinent information on the refuge and surrounding area.

**Activities:** Iroquois National Wildlife Refuge, located mid-way between Rochester and Buffalo, NY has been described as one of the best kept secrets of Western New York. Teeming with wildlife and wild lands the refuge offers opportunities for the public to experience.

**Age Group:** All ages

**When:** March through October

**Cost:** Free

**Contact:** iroquois@fws.gov, (585) 948-5445

**County:** Orleans

### **Losson Trails**

**Activities:** Stiglmeier Park is a 308 acre recreation facility in the Southeastern quarter of the town of Cheektowaga which hosts 15 nature trails, each with varying distances. There is a wooden boardwalk that is wheelchair accessible. Open to the public.

**Age Group:** All ages

**When:** Various

**Cost:** Free

**Contact:** (716) 897-7207

**County:** Erie (Buffalo)

**Wheelchair Accessible:** Yes

### **Parks Interpretive Programs - Niagara**

**Activities:** Educating the public about our natural resources and the natural history of the Niagara Region.

**Contact:** (716) 282-5154

**County:** Niagara

### **Penn Dixie Fossil Park & Nature Reserve**

**Activities:** This classic geologic 54-acre site has been ranked the No.1 Fossil Park in the United States and provides opportunities to collect and keep all the fossils you find.

**Age Group:** 2+

**When:** April, May, Oct. (Sat, Sun); Daily during June-Sept.

**Cost:** Adults \$15; Seniors (62+) \$14; Students \$14; ages 3-17 \$12. Under 3 FREE.

**Contact:** phil@penndixie.org, (716) 627-4560

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

### **Pfeiffer Nature Center Eshelman Property**

**Activities:** 488 acres and has 3+ miles of trails through wetlands and secondary growth forest. Historically a small farm, this property has a variety of habitat, successional forest, wetlands, and mixed areas. Birders especially enjoy this property during migration events.

**Age Group:** All ages

**When:** January through September

**Cost:** Free, donations welcomed

**Contact:** naturalist@pfeiffernaturecenter.org, (716) 933-0187

**County:** Cattaraugus

### **Pfeiffer Nature Center - Lillibridge Property**

**Activities:** 188 acres and 6 miles of hiking trails. One of the trails on this property is handicapped-accessible. It is home to a national & state registered historic cabin and is one of the largest privately held tracts of old-growth forest in the US.

**Age Group:** All ages

**When:** All year round

**Cost:** Free, donations welcomed

**Contact:** director@pfeiffernaturecenter.org, (716) 933-0187

**County:** Cattaraugus

**Wheelchair Accessible:** Yes

### **Reinstein Woods Nature Preserve**

**Activities:** Reinstein Woods is a 292-acre complex of forests, ponds and wetlands. Offer a variety of opportunities to explore and learn about nature for people of all ages and abilities. Free guided tours of the woods are available.

**Age Group:** All ages

**When:** All year round. Closed on state holidays.

**Cost:** Free, donations welcome

**Contact:** info@reinsteinwoods.org, (716) 683-5959

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

### **Roger Tory Peterson Institute of Natural History**

**Activities:** A leader for the study, exhibition and nurturing of art that matters to the planet. Through world class exhibitions and programs, RTPI illuminates the beauty of nature; challenges us to confront environmental issues of regional, national and global concern; and inspires us to preserve the earth's biodiversity – with a particular emphasis on the natural area wonders of Western New York.

**Age Group:** All ages

**When:** All year round closed on Mondays and holidays

**Cost:** Adults \$12, Seniors/Military \$10, Students \$10, Children under 10 \$6

**Contact:** info@rtpi.org (716) 665-2473

**County:** Chautauqua

### **Tifft Nature Preserve**

**Activities:** Tifft Nature Preserve is a 264-acre nature refuge dedicated to conservation and environmental education. Guided walks, groups, and workshops.

**Age Group:** All ages

**When:** Trails open daily from dawn until dusk

**Cost:** No fee - donations appreciated.

**Contact:** tifttreservations@sciencebuff.org (716) 825-6397

**County:** Erie (Buffalo)

**Wheelchair Accessible:** Yes

## **NY STATE PARKS**

### **Allegany State Park**

**Age Group:** All ages

**Contact:** (716) 354-2182

**County:** Cattaraugus

### **Lake Erie State Park**

**Activities:** Various activities offered year round.

**Age Group:** All ages

**When:** All year round

**Contact:** lakeeriesp@parks.ny.gov, (716) 792-9214

**County:** Chautauqua

### **Letchworth State Park**

**Activities:** Various activities offered year round.

**Age Group:** All ages

**When:** All year round

**Contact:** (585) 493-3600

**County:** Wyoming

### **NY Park Access Pass**

**Criteria:** To qualify for an Individual Access Pass, an applicant must: be a resident of New York State, provide proof of disability in the form of certification from the appropriate agency or by a physician as described on the application and provide a recent photo.

**Activities:** Pass for free admission to NYS Parks, historical sites and recreation and discounted facility rental. Applications are available at any NYS park facility and on NY Parks website.

**Age Group:** All ages

**Contact:** accesspass@parks.ny.gov, (518) 474-2324

## **OPEN PLAY**

### **Sweet Charlotte's**

**Activities:** A relaxed and safe environment where ALL children are welcome and encouraged to explore our space using their own imagination and creativity to play in a way that makes them happy. Crafts are also available for busy little hands.

**Age Group:** Children under 10

**When:** Monday, Tuesday, Thursday, Friday, Saturday

**Cost:** \$12 for first child. \$8 for each additional child

**Contact:** sweetcharlottes@yahoo.com, (716) 320-5848

## **PLAYGROUNDS**

### **A Playground For All at Chestnut Ridge Park**

**Activities:** An all-inclusive playground at Chestnut Ridge Park. It is located next to the casino and makes the park more accessible for kids with physical disabilities.

**Age Group:** All ages

**When:** All year round

**Cost:** Free

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

### **Billy Wilson Park**

**Activities:** Built to accommodate people of all abilities, the playground structures allow for ground-based fun with musical activities, rocking and swaying areas that are accessible for people with limited mobility with a variety of accessible socializing areas.

**Age Group:** All ages

**When:** All year round

**Cost:** Free

**Contact:** (716) 631-7132

**County:** Erie (non Buffalo)

### **Mason's Mission Playgrounds**

**Activities:** All Inclusive, ADA approved playground - various WNY locations - 6570 Campbell Blvd., Pendleton; Holland Elementary School, Holland; Explore and More Museum, Canalside Buffalo.

**Age Group:** All ages

**When:** All year round

**Cost:** Free in Pendleton and Holland

**County:** Erie (non Buffalo)

### **West Dawson Park**

**Activities:** Inclusive playground includes wheelchair ramps, sensory activities, and adaptive swings. Officials say the new space will ensure children and families have a safe, accessible place to play. Columbia Avenue, Depew.

**Age Group:** All ages

**When:** All year round

**Cost:** Free

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

## **PET THERAPY**

### **Therapy Dogs International**

**Activities:** Animal assisted therapy, visitation to sites

**When:** Various

**Cost:** No fee

**Contact:** therapydogsinternational@gmail.com, (973) 252-9800

**Wheelchair Accessible:** Yes

## **Challenger Sports League, Inc. Lockport, NY**

**A safe and happy place for those of all ages  
with disabilities to experience  
the joy of athletic participation**

**Baseball, Bowling, Soccer and Volleyball**

**Valentines, Easter, Halloween and Christmas Parties**

**Brenda Zimmerman**  
**Simpleblessings1@aol.com**  
**(716) 572-3147**  
**WNYCHALLENGERSPORTS.COM**



1021 Broadway, 5th Floor, Buffalo, NY 14212 [mhawny.org](http://mhawny.org)



## RECREATION DEPARTMENTS

### **Amherst Youth & Recreation Department**

**Activities:** Recreation programs for the Town of Amherst.

**Age Group:** Youth - Adult

**Contact:** (716) 631-7132

**County:** Erie (non Buffalo)

### **Aurora Dept. of Parks & Recreation**

**Criteria:** Check website for more detailed information on programs available.

**Activities:** Recreation programs for the Town of East Aurora.

**Age Group:** All ages

**When:** Various

**Cost:** Various

**Contact:** recreation@townofaurora.com, (716) 652-8866

**County:** Erie (non Buffalo)

### **Cattaraugus County Youth Recreation**

**Criteria:** Check website for more detailed information on programs available.

**Activities:** Target areas of eligible programs include academic enrichment, career enrichment, mentoring, counseling, youth leadership and service, civic engagement, and summer or year-round recreation.

**Age Group:** 0-21

**When:** All year round

**Cost:** Various

**Contact:** (716) 938-9111 x2612

**County:** Cattaraugus

### **Dunkirk Youth Bureau and Recreation Commission**

**Activities:** The Dunkirk Recreation Department offers a variety of leagues and activities for all ages to enjoy.

**Age Group:** Youth

**When:** Various

**Cost:** Varies

**Contact:** rhall@cityofdunkirk.com, (716) 366-9886

**County:** Chautauqua

### **Erie County Recreation Department**

**Activities:** See website for listing of parks and activities.

**Contact:** (716) 858-8355

**County:** Erie

### **Genesee County Youth Bureau**

**Criteria:** Check website for more detailed information on programs available.

**Activities:** Programs and activities are provided in the area of Youth Empowerment, Cultural Enrichment, Recreation, and Education.

**Age Group:** Youth

**When:** Various

**Cost:** Varies

**Contact:** youthbureau@co.genesee.ny.us, (585) 344-3960

**County:** Genesee

### **Grand Island Parks & Recreation**

**Criteria:** Check website for more detailed information on programs available.

**Activities:** Swimming, volleyball, basketball, holiday events and more.

**Age Group:** All ages

**Contact:** dsalvatore@grand-island.ny.us (716) 773-9680

**County:** Erie (non Buffalo)

### **Hamburg Recreation Department**

**Criteria:** Check website for more detailed information on programs available.

**Activities:** Adaptive, Youth and Adult Recreation available.

**Age Group:** All ages

**When:** Various

**Cost:** Varies

**Contact:** recreation@townofhamburgny.gov, (716) 646-5145

**County:** Erie (non Buffalo)

**Lackawanna Recreation & Parks Department**

**Criteria:** Check website for more detailed information on programs available.

**Activities:** Offer everything from free swimming and playing on fully accessible playground equipment through our Boundless Playground program to fishing, hiking and more!

**Age Group:** All ages

**When:** Various

**Cost:** Varies

**Contact:** recreation@lackny.com (716) 827-6457

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

**North Tonawanda Department of Youth, Recreation and Parks**

**Criteria:** Check website for more detailed information on programs available.

**Activities:** Year round sports activities and community events.

**Age Group:** Youth

**When:** All year round

**Cost:** Varies

**Contact:** alexd@northtonawanda.org (716) 695-8520 ext 5500

**County:** Niagara

**Olean Youth & Recreation Department**

**Criteria:** Check website for more detailed information on programs available

**Activities:** Various sports and events.

**Age Group:** All ages

**When:** Various

**Cost:** Varies

**Contact:** kshewairy@cityofolean.org, (716) 376-5698

**County:** Cattaraugus

**Orchard Park Recreation Department**

**Criteria:** Check website for more detailed information on programs available.

**Activities:** Various sports and events available.

**Age Group:** All ages

**When:** Various

**Cost:** Varies

**Contact:** oprec@orchardparkny.org (716) 662-6450

**County:** Erie (non Buffalo)

**Tonawanda Youth, Parks & Recreation Dept.**

**Activities:** Established a network of youth development and family enrichment programs and services that enable youth to acquire assets to become productive, functional and fully integrated members of the community.

**Age Group:** Youth

**Cost:** Varies

**Contact:** (716) 831-1001

**County:** Erie (non Buffalo)

**Town of Alden Recreation**

**Activities:** Year round sports activities and community events for youth, adults and Sr. citizens using Alden Town Parks, Alden Community / Sr. Center, Town Hall and Alden Central School facilities.

**Age Group:** All ages

**When:** All Year Round

**Cost:** Varies

**Contact:** michelle.gadd@erie.gov, (716) 937-7393

**County:** Erie (non Buffalo)

**Town of Cambria Recreation Department**

**Criteria:** Check website for more detailed information on programs available.

**Activities:** The Town of Cambria offers Summer Day Recreation and Baseball Programs for the youth of our community ages 5 years through 15 years old.

**Age Group:** 5 to 15

**When:** Various

**Cost:** Varies

**Contact:** recreation@townofcambria.com, (716) 433-7664, ext 129

**County:** Niagara

**Town of Clarence Recreation Department**

**Activities:** The Recreation Department provides a wide variety of opportunities for indoor and outdoor activities. Year round sports activities and community events.

**Age Group:** All ages

**When:** All Year Round

**Cost:** Varies

**Contact:** ctrapper@clarence.ny.us (716) 407-2162

**County:** Erie (non Buffalo)



**Town of Lewiston Recreation Department**

**Criteria:** Check website for more detailed information on programs available.

**Activities:** Year round sports activities and community events.

**Age Group:** Youth

**When:** All Year Round

**Cost:** Varies

**Contact:** tolrecreation@townoflewiston.us, (716) 754-8213 ext 237 or 254

**County:** Niagara

**Town of Niagara Parks & Recreation**

**Criteria:** Check website for more detailed information on programs available.

**Activities:** Year round sports activities and community events.

**Age Group:** All ages

**When:** All Year Round

**Cost:** Varies

**Contact:** info@townofniagara.com, (716) 297-5243 Ext 1

**County:** Niagara

**Town of Pendleton**

**Criteria:** Check website for more detailed information on programs available.

**Activities:** Year round sports activities and community events.

**Age Group:** All ages

**When:** All Year Round

**Cost:** Varies

**Contact:** bmattina@pendletonny.us, (716) 625-8833 ext 110

**County:** Niagara

**Town of Porter Recreation**

**Criteria:** Check website for more detailed information on programs available.

**Activities:** Year round sports activities and community events.

**Age Group:** Youth

**When:** All Year Round

**Cost:** Varies

**Contact:** (716) 745-3730

**County:** Niagara

**Town of Wheatfield Recreation Department**

**Criteria:** Check website for more detailed information on programs available.

**Activities:** Year round sports activities and community events.

**Age Group:** All ages

**When:** All Year Round

**Cost:** Varies

**Contact:** miker@wheatfield.ny.us, (716) 731-3942

**County:** Niagara

**West Seneca Recreation Department**

**Criteria:** Check website for more detailed information on programs available.

**Activities:** Softball, swimming, camps, basketball, and many other sports and holiday activities.

**Age Group:** Youth

**When:** Various

**Cost:** Varies

**Contact:** lmasse@twyny.org, (716) 674-6086

**County:** Erie (non Buffalo)

**Wyoming County Youth Bureau**

**Criteria:** Check website for more detailed information on programs available.

**Age Group:** Youth

**When:** Various

**Cost:** Varies

**Contact:** (585) 786-8850

**County:** Wyoming

**RECREATION PROGRAMS****ARC Erie County**

**Criteria:** Developmentally disabled adults 18+ years.

**Activities:** Varied recreational activities, sporting events, dancing, movie night, parties, etc.

**Age Group:** 18+

**When:** Various

**Cost:** Varies

**Contact:** intake@arceriecounty.org, (716) 272-3743

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

**Associated Physical & Occupational Therapists**

**Activities:** School-based and Preschool Physical and Occupational Therapy, Outpatient Services and Evaluations, and summer programming.

**Age Group:** School-aged

**Contact:** summercamp@apot-wny.com, (716) 874-6175

**County:** Erie (Buffalo)

**Boys & Girls Clubs of Buffalo**

**Criteria:** Check website for more detailed information on programs available.

**Activities:** Preparing kids to stand on equal footing with their peers. By providing a safe-haven, with caring mentors, and life enhancing programs, Club Kids thrive. Create a refuge, a second home, and a safe space where young people have the freedom to focus on reaching their full potential.

**Age Group:** Youth

**When:** Various

**Cost:** Varies

**Contact:** michael.ferranti@ml.com, (800) 283-0059

**County:** Erie (Buffalo)

**Challenged Athletes Participating in Sports (CAPS)**

**Activities:** We have been operating as Challenger Baseball since 1990, but have expanded to other sports. Giving children and young adults with physical and mental developmental disabilities the chance to locally participate in sports and recreational activities.

**Age Group:** All ages

**When:** Various

**Contact:** zero7kevin@verizon.net, (716) 418-3698

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

**Cheektowaga Adapted Recreation Program**

**Criteria:** Youth with developmental disabilities between ages 5-21, and youth with learning disabilities ages 5-16.

**Activities:** A variety of adapted recreational activities and social opportunities for youth with developmental and learning disabilities.

**Age Group:** 4-21 (Developmental); 5-16 (Learning)

**When:** October through May

**Cost:** Various; Rates are OPWDD eligible.

**Contact:** yrservices@tocny.org (716) 897-7207

**County:** Erie (Buffalo)

**Town of Hamburg Recreation Summer Program**

**Criteria:** To provide the participants with opportunities to socialize, follow directions, meet new people, have fun and feel comfortable in this setting. We strive to provide a safe, nurturing, yet challenging environment to help individuals with Autism Spectrum Disorders and other Neurobiological/Behavioral challenges.

**Activities:** Family fun nights, softball, golf and other activities.

**Age Group:** Varies by activity

**Cost:** Varies by activity

**When:** Saturdays, October-May

**Contact:** recreation@townofhamburgny.com, (716) 646-5145 ext 4322

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

**Our Place**

**Criteria:** Young adults who are independent in the community.

**Activities:** An inclusive recreation and service program that provides an opportunity for young adults with disabilities to socialize with peers, organize events and participate in volunteer activities within the community.

**Age Group:** Young Adults

**When:** Various

**Contact:** amherstyouthfoundation@gmail.com, (716) 633-6773

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

**SABAH Night and Weekend Programming**

**Criteria:** Serves developmental & recreational needs of children, youth and adults with all types of disabilities.

**Activities:** Provides instruction for hundreds of New Yorkers with physical, cognitive or emotional challenges, beginning in September & running through the spring with weekly ice skating.

**When:** Various

**Cost:** \$200

**Contact:** sabah@sabahinc.org, (716) 326-9600

**County:** Erie (Buffalo)

### **sasi Recreation Respite**

**Criteria:** Must be waiver enrolled, living at home w/family & able to handle money.

**Activities:** Recreation respite offers a variety of evening and weekend activities around WNY. Transportation is provided to and from the event from central meeting locations. Past outings include dances, bowling, festivals, movies, and shopping. This program allows people to have opportunities for socialization and recreation in various community settings.

**When:** Various

**Cost:** Varies - cost of activity is expected at time of event.

**Contact:** (716) 805-1555

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

### **YMCA Challenger Sports - Genesee County Sports**

**Activities:** We offer a wide range of activities so that there is something for everyone to enjoy. Participants work closely with their volunteers and often form a special bond with these individuals, and participants will increase their self-confidence and enjoy sports that may otherwise be unavailable to them.

**Age Group:** 5-21

**Cost:** \$25 per participant

**Contact:** (585) 343-1664

**County:** Genesee

**Wheelchair Accessible:** Yes

### **Cheektowaga Youth & Recreation and Adapted Recreation**

**Criteria:** Check website for more detailed information on programs available.

**Activities:** Offer individuals the opportunity for personal growth in the areas of education, health, athletics, the arts and social development.

**Age Group:** 5-21

**When:** Various

**Cost:** Varies

**Contact:** cheekarp@gmail.com, (716) 897-7205

**County:** Erie (Buffalo)

## **RESPITE**

### **Aspire Respite Programs**

**Criteria:** Must be waiver enrolled.

**Activities:** Diverse cultural sports and general leisure time activities. On-site respite with some community outings.

**Age Group:** All ages

**When:** Afterschool, Hourly, Free Standing and Saturday Recreational respite

**Cost:** free

**Contact:** intake@aspirewny.org, (716) 838-0047

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

### **Community Services for Every 1**

**Criteria:** Must be waiver enrolled.

**Activities:** Parents and guardians are you looking for a safe and positive place for your child, adolescent or young adult? Respite Programs offer planned short-term and time-limited opportunities for families and care providers to have some personal time.

**Age Group:** All ages

**When:** Saturday, Overnight and Afterschool

**Cost:** Free

**Contact:** info@csevery1.com, (716) 883-8888

**County:** Erie (Buffalo)

**Wheelchair Accessible:** Yes

### **Cradle Beach Respite (Weekend Program)**

**Criteria:** Developmentally disabled individuals living with family in WNY.

**Activities:** Weekend respite and recreation; eligible individuals are able to sign up for up to two weekends a year.

**Age Group:** 8+

**When:** Various

**Cost:** Home & Community Medicaid Waiver Program

**Contact:** gclark@cradlebeach.org (716) 549-6307

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

## **Intandem**

**Criteria:** Must be Medicaid eligible & living with family.

**Age Group:** 10-18, 19+

**When:** Various

**Cost:** Varies

**Contact:** info@intandem.org, (716) 375-4747

**County:** Niagara

## **People Inc.**

**Criteria:** Must be waiver enrolled.

**Activities:** Multiple programs that include hourly, in-home, respite houses and more.

**Age Group:** All ages

**When:** Various

**Cost:** Free

**Contact:** (833) 404-0032, admissions@people-inc.org

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

## **RETREAT CENTERS**

### **Dunkirk Conference Center**

**Activities:** Retreat Center with wheelchair accessible grounds, buildings, and swimming pool. Life guards on duty. Groups can rent.

**When:** Call to rent

**Cost:** Varies

**Contact:** exec.director@dunkirkcc.com, (716) 366-1900

**County:** Chautauqua

**Wheelchair Accessible:** Yes

## **ROCK CLIMBING**

### **Niagara Climbing Center**

**Activities:** Stretch your mind and body in a controlled and fun indoor rock climbing environment. Niagara Climbing Center can bring the 24 foot high portable climbing wall to you. Professionally trained staff is provided by the Center.

**Age Group:** All ages

**When:** By appointment

**Cost:** Starting at \$15 for a day pass; \$6 for kids under 6 years old. Monthly passes are discounted.

**Contact:** info@niagaraclimbingcenter.com, (716) 695-1248

**County:** Niagara

**Wheelchair Accessible:** Yes

## **RUNNING**

### **RACIN! Rollin' Athletic Club Inclusion Network**

**Criteria:** For athletes with impairments that need extra support to run.

**Activities:** The mission of RACIN! Is to improve the physical, social and emotional lives of people with developmental disabilities through regular physical activity and involvement in the local racing scene.

**Age Group:** All ages

**When:** Inquire for events

**Cost:** Free

**Contact:** frank.a.cammarata@erie.gov (716) 858-6233

**County:** Erie (Buffalo)

**Wheelchair Accessible:** Yes

## **SCUBA DIVING**

### **Phoenix SCUBA & Water Sports**

**Activities:** Adaptive SCUBA Diving for the physically disabled with cognitive challenges.

**Age Group:** Youth - Adult

**When:** Various

**Cost:** Varies

**Contact:** dive@phoenixscuba.com (716) 939-3889

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

## SENSORY PLAY

### Sensational Fun

**Criteria:** Equipment has weight limits of 175-320 lbs.

**Activities:** Provides a family oriented play place where children with special needs can learn and interact with others, while still being themselves in a safe, engaging, and fun environment.

**Age Group:** All ages

**When:** Tue, Thu 12-7; Wed, Fri, Sat 12-5; Sun 10:30-3.

**Cost:** Free open play

**Contact:** info@sensationalfun.org (716) 674-7001

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** Yes

## SKIING

### Bill Lounsbury Adapted Ski Program

**Criteria:** Call for details; cost includes lift ticket, two hours of private instruction and equipment use

**Activities:** Adapted ski programs for physically and mentally challenged individuals. We can accommodate a wide variety of disabilities, including people with wheelchairs.

**Age Group:** 5+

**When:** December through March

**Cost:** \$50 for one lesson \$120 for a book of four lessons

**Contact:** lapski@hotmail.com, (716) 699-3504

**County:** Cattaraugus

**Wheelchair Accessible:** Yes

### Hills Angels Adaptive Snow Sports Program

**Criteria:** Join the Hills Angels adaptive coaches for two hour sessions designed for children and adults with physical disabilities and developmental delays.

**Activities:** Staff work with participants and their companions to tailor sessions to the skier or snow boarders needs. Our goal is to train participants and companions with the skills to ski independently.

**When:** Saturdays and Sundays

**Cost:** 7 week session \$300 members / \$400 non member

**Contact:** office@buffaloskiclub.com, (716) 941-5654

**County:** Erie (non Buffalo)

### The Phoenix Adaptive Program

**Criteria:** Adaptive ski/snowboard program focusing on the instruction and guidance for adults and children with special needs.

**Activities:** Staffed by dedicated volunteers and trained instructors, this program provides a safe, compassionate skiing environment. Each student is matched up with an instructor and a volunteer.

**When:** Lessons offered during the season, open to members and non-members.

**Cost:** Various (Lift and equipment rentals)

**Contact:** (716) 699-2320

**County:** Cattaraugus

**Wheelchair Accessible:** Yes

## SOCCER

### *The Rec Fest - Activity Zone Owned by Prime Care Coordination!*

### West Seneca Soccer Complex

**Activities:** Holds much of its outdoor training and plays many of its games at the West Seneca Soccer Complex. The WSSC were the first WNY Flash 'Youth Club Player Development Partner' in Western New York; an initiative which provides WSSC with coach education and player skills development sessions, among other benefits.

**Age Group:** All ages

**Contact:** info@westsenecasoccer.com

**County:** Erie (non Buffalo)

### Soccer Shots Empower Program

**Activities:** Soccer Shots is providing a new opportunity for children with special needs, and their families. Join to experience the benefits of soccer, and to celebrate involvement, growth and fun for children with special needs.

**Age Group:** 2 to 8

**Contact:** buffalo@soccershots.com, (716)408-3071

**County:** Erie (Buffalo)



## SOFTBALL

### EMW Elma/Marilla/Wales “Dream League”

**Activities:** In the Dream League, every player bats every inning, batters swing until they get a hit (with or without assistance), players are safe on the bases, there are no outs and every player scores a run each inning.

**Age Group:** 5-16

**When:** Saturdays, starts in May

**Cost:** \$60

**Contact:** [info@emwbaseball.org](mailto:info@emwbaseball.org)

**County:** Erie (non Buffalo)

## SPECIAL OLYMPICS

### Special Olympics New York Western Region

**Activities:** To provide year-round sports training and athletic competition in a variety of Olympic-style sports for children and adults with intellectual disabilities.

**Age Group:** 6+

**When:** All year round

**Contact:** (716) 580-3346

**County:** Erie (non Buffalo)

## SPORTS

### Great Buffalo Adaptive Sports

**Activities:** Greater Buffalo Adaptive Sports was formed to provide adults and children with physical, developmental, and intellectual disabilities with the opportunity to participate in sports, make friends, and grow. Now, we offer a variety of programs, always looking to expand and to serve a new group of athletes. Sports include Sled Hockey, Lacrosse, Curling, Wheelchair Football, and Tennis.

**Contact:** (716) 984-2585



## Prime Care Coordination

We partner with people with intellectual and/or developmental disabilities to receive the services and supports they need to live their lives in the most meaningful way.

- ▶ A network of over 400 partner agencies
- ▶ Unique to Prime Care, our Student & Family Education Specialist provides education advocacy through support and guidance
- ▶ A personalized Life Plan with a knowledgeable Care Manager

1.844.347.3168 | [info@primecareny.org](mailto:info@primecareny.org) | [primecareny.org](http://primecareny.org)

## SWIMMING

### **Au-Some Swimmers**

**Activities:** A learn to swim program for children with autism spectrum disorders.

**When:** Varies depending on location

**Cost:** Various depending on location. Check website, click Program List.

**Contact:** (716) 886-3172 Ext 411

### **Clarence Learn to Swim Adaptive Program**

**Criteria:** Program starts in April

**Activities:** Level 1 - children who require 1:1 adult support; Level 2 - swimmers who are able to float, tread water, and maintain balance in the water independently.

**Age Group:** 4-9 (Level; one); 8-16 (Level two)

**Contact:** clarencelearntoswin@yahoo.com (716) 515-5217

**County:** Erie (non Buffalo)

### **WNY Adaptive Water Sports**

**Activities:** All activities are open to people with a physical or mental disability as well as their families and/or caretakers. Can also schedule a day of sailing or other activities. Programs include waterskiing, tubing, boating, paddling, scuba and sailing/fishing.

**Cost:** We do not charge for any of our activities; however, some SCUBA instruction may have associated fees and donations are graciously accepted.

**Contact:** (716) 364-8219

### **JCC Adapted Aquatics Program**

**Activities:** Offers multiple programs for children with special needs to learn how to swim.

**Contact:** info@jccbuffalo.org (716) 688-4033, (Amherst) (716) 886-3145 (Buffalo)

**County:** Erie (Buffalo)

### **Niagara Aquatics Adaptive LTS**

**Criteria:** Swim lessons for kids with special needs..

**Contact:** danielleandalora@gmail.com, (716) 857-0755

**County:** Niagara

## THEATERS

### **Alleyway Theatre**

**Age Group:** Teens/Adults

**Contact:** email@alleyway.com, (716) 852-2600

**County:** Erie (Buffalo)

**Wheelchair Accessible:** Yes

### **BSC Performing Arts Center - Rockwell Hall**

**Contact:** eventmgt@buffalostate.edu, (716) 878-6114

**County:** Erie (Buffalo)

**Wheelchair Accessible:** Yes

### **Darien Lake Performing Arts**

**Contact:** darienlakepacinfo@livenation.com, (716) 428-5930

**County:** Genesee

### **Irish Classical Theatre**

**Activities:** Performing arts theatre located in Buffalo, NY. It presents outstanding productions at The Andrews Theatre, Western New York's only true theatre-in-the-round. In this intimate setting, you're never more than 12 feet from the stage.

**Contact:** (716) 853-1380

**County:** Erie (Buffalo)

### **Musicalfare Theatre**

**Contact:** info@musicalfare.com, (716) 839-8540

**County:** Erie (non Buffalo)

### **Shakespeare in the Park**

**When:** Summer

**Cost:** Free (Donations accepted)

**Contact:** info@shakespeareindelawarepark.org, (716) 856-4533

**County:** Erie (Buffalo)

**Wheelchair Accessible:** No



### **Shea's Performing Arts Center**

**Activities:** Shea's Performing Arts Center (Shea's PAC) is a campus of three theaters in downtown Buffalo comprised of Shea's Smith Theatre, Shea's 710 Theatre, and the historic crown jewel, Shea's Buffalo Theatre. These venues boast varying styles of performing arts,

**Contact:** (716) 847-1410 (Admin), (716) 847-0850 (Box Office)

**County:** Erie (Buffalo)

**Wheelchair Accessible:** No

### **Theatre of Youth Sensory Performance Series**

**Activities:** Noise muffling headsets and a calming space are available.

General seating.

**Cost:** boxoffice@theatreofyouth.org

**Contact:** snyder@theatreofyouth.org, (716) 884-4400 x308

**County:** Erie (Buffalo)

**Wheelchair Accessible:** Yes

### **Unique Theatre Company**

**Criteria:** Each year auditions are held searching for actors of all abilities. UTC throughout the year takes all story and play submissions to be considered for their yearly production.

**Activities:** Unique Theatre Company produces one full length play per year. Drama workshop available, 6 classes \$100.

**Age Group:** All ages depending on needs of the theatre product

**When:** One time per year play produced at local theatre, two times per year writing group.

**Cost:** Free

**Contact:** suzunique@gmail.com, (716) 982-7755

**County:** Erie (Buffalo)

## **TOURS**

### **Arcade & Attica Railroad**

**Criteria:** Check out website for various events.

**Activities:** Train has new wheelchair accessible ramp/car in which it has up to 12 wheelchair spaces available.

**Age Group:** 2+

**When:** May through December

**Cost:** \$17 adult, \$14 child age 2-12, \$15 Senior

**Contact:** arcadeandatticarr@yahoo.com, (585) 492-3100; Tickets: (716) 948-0505

**County:** Wyoming

**Wheelchair Accessible:** Yes

## **VACATIONS**

### **Exceptional Vacations**

**Activities:** Provides a wonderful opportunity for personal growth, normalization and socialization in a safe and fun atmosphere. Have professional staff committed to providing our travelers with the experience of a lifetime.

**Age Group:** All ages

**When:** Various

**Cost:** Varies by event

**Contact:** info@excetional-vacations.com (866) 748-8747

**Wheelchair Accessible:** Yes

### **New Directions Travel**

**Activities:** New Directions for People with Disabilities, Inc. (New Directions Travel) is a non-profit organization providing leisure and educational travel opportunities for adults who have mild to moderate intellectual and or developmental disabilities.

**When:** Various

**Cost:** Varies

**Contact:** hello@newdirectionstravel.org, (805) 967-2841

## People and Places

**Criteria:** On each trip eight vacationers travel the world along with two People and Places escorts.

**Activities:** Encouraging adults with developmental and intellectual disabilities to realize their potential as individuals, to grow, to change, and to experience a life with a full range of opportunities. Provides small group, year-round vacation opportunities.

**Age Group:** 18+

**When:** All year round

**Cost:** Varies

**Contact:** vacations@people-and-places.org, (716) 937-1813

**County:** Erie (non Buffalo)

**Wheelchair Accessible:** No

## Search Beyond Adventures

**Activities:** Search Beyond Adventures provides all-inclusive escorted vacations for travelers with disabilities and special needs, ages 17 and up. Most travelers have developmental disabilities, although some participants may also have a physical disabilities.

**Age Group:** 17+

**Cost:** Varies

**Contact:** (800) 800-9979

**Wheelchair Accessible:** Yes

## The Guided Tour, Inc.

**Activities:** Individuals with developmental challenges, autism, down syndrome, and other special needs have achieved greater independence through travel experiences provided by The Guided Tour, Inc.

**Age Group:** 17+

**When:** Throughout the year.

**Cost:** Varies

**Contact:** director@guidedtour.com, (215) 782-1370

**Wheelchair Accessible:** Yes



## Are you challenged by a physical disability?

**Buffalo Sabres Sled Hockey is looking for new players!**

**Come give it a try!**

We are a 501(c)3 not-for-profit (716) 983-8847. Buffalo Sabres Sled Hockey Team is a competitive sled hockey organization that promotes the athletic abilities of physically challenged youth and adults in WNY. We encourage all those that are athletically inclined, but have a physical challenge to attend a game or practice and explore whether this sport is for you!

### What classifies as a physical challenge?

- Any impairment that prevents you from playing stand up hockey
- We have players challenged by spina-bifida, cerebral palsy, stroke, limb differences, amputees, spinal cord injuries, epilepsy, vision impairments, hearing impairments, cancer survivors, down syndrome the list goes on and on!

### Our Teams

**Junior Team-** for players ages 6-16. Specialty equipment is available to help those brand new to the sport. Sleds with higher backs offer more support as players learn the game. Player's can also have a "Pusher". A pusher is a person who uses a handle attached to the back of a player's sled to guide the player around the ice.

**Intermediate Non-contact-** A non checking team perfect for those who are new to the game, or those whose challenges make it unsafe for full contact.

**Senior Team-** For experienced sled hockey players. This is a checking team

**All athletes age 6 and up are welcome to join our organization!**

**Siblings of physically challenged players are welcome to join our teams as well. This is something very unique to sled hockey! This is meant to give our players the opportunity to play with their siblings, just like your typical sports leagues.**

**We are 100% volunteer run! We rely heavily on the participation of our players' families to make our organization run to its fullest potential!**

*For more information please contact:*

*New Player Coordinator- Nancy Siembida (716) 983-8847*

## USEFUL WEBSITES

[www.parentnetworkwny.org](http://www.parentnetworkwny.org)

The Parent Network of Western New York

[www.erie.gov/ecod](http://www.erie.gov/ecod)

Erie County Office for People with Disabilities

[www.buffaloplace.com](http://www.buffaloplace.com)

The Buffalo Place

[www.beenews.com](http://www.beenews.com)

The Bee News

[www.iloveny.com](http://www.iloveny.com)

I Love New York

[www.ddawny.org](http://www.ddawny.org)

The Developmental Disabilities Alliance of Western New York

Find the help you need throughout Western New York.

Use our search form to filter results by keywords, and/or location.

[211wny.org](http://211wny.org)



Where your world opens up.

**People Inc. is proud to support  
Parent Network of WNY and our  
shared mission to empower  
people with disabilities!**

At People Inc., we offer comprehensive services to people of all ages. Children can build important life skills, socialize, enjoy community activities and more, all with caring professionals who are trained to meet their unique needs.

**Find the right fit for your family!**  
[people-inc.org](http://people-inc.org) | 833.404.0032

# *Thank you for Exhibiting!*

*Help Me Grow  
Unique Theatre Company  
SABAH - Spirited Athletes Bold at Heart  
Buffalo AKG Art Musuem  
Gliding Stars Inc.  
Fantastic Friends of WNY  
Buffalo Commons Charter School  
Erie County Office of People with Disabilities  
Cradle Beach  
Associated Physical & Occupational Therapists  
People, Inc.  
Challenger Sports League, Inc.  
Explore & More  
New York Deaf Blind Collaborative  
Spina Bifida of Western New York  
Starbridge  
Mental Health Advocates of WNY  
Prime Care Coordination  
WNY Independent Living  
Herschell Carrosuel Factory Museum  
Child Care Resource Network  
Brick Education Network  
Buffalo Sabres Sled Hockey*

# *Thank you*

***Prime Care Coordination***

***Robert Warner, MD Rehabilitation Center***

***Northtowns Auto Center***

***Flutie Foundation***

**For your Silver Sponsorship!**

[illegible][illegible]



The Recreation & Leisure Directory is a resource for individuals with disabilities and families. This directory is intended to assist users in finding physical, social and creative opportunities to enrich one's life.

Please send any changes, additions or if the program is no longer in service to [info@parentnetworkwny.org](mailto:info@parentnetworkwny.org).

Thank you!

**Support · Educate · Connect · Empower**



**We support families and professionals who empower individuals with disabilities to reach their full potential through education and resources.**

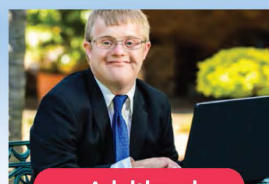
*We understand the needs of families for every milestone; from early childhood and school age development, to adulthood.*



**Early Childhood**



**School Age**



**Adulthood**

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