

IGNITE November 2017

IGNITE Monthly Special Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
	Parent Group 6:30-8:00pm				IGNITE CLOSED - Staff Training	
12	13	14	15	16	17	18
					IGNITE CLOSED - Veterans Day	
19	20	21	22	23	24	25
		AmeriCarna Work Day - No programming but any help appreciated!	AmeriCarna Work Day - No programming but any help appreciated!		Thor' Movie at Our Town Cinemas Time-TBA	Carolina Renaissance Festival 10:00am - 1:00pm
26	27	28	29	30	1	2
				IGNITE CLOSED - Thanksgiving	IGNITE CLOSED - Thanksgiving	AmeriCarna LIVE Car Show!
				Staff and Member Dinner		

Weekly Programming Schedule

IGNITE Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 AM	Individual Meeting Time	Individual Meeting Time	Individual Meeting Time	Individual Meeting Time	Individual Meeting Time
10:30 AM					
11:00 AM		Walking	Exercise	Walking	Exercise
11:30 AM					
12:00 PM		Member Led Lunch/Leisure	Member Led Lunch/Leisure	Member Led Lunch/Leisure	Member Led Lunch/Leisure
12:30 PM					
1:00 PM	Champions Sports Fitness	Basic Budgeting Class	Life in Practice	Social Skills II	Out & About in the Community/ Field Trips
1:30 PM		Beginner Cooking Group	Individual Leisure	Yoga	
2:00 PM	Closed	Comic Book Group	Personal Growth & Development	Game Time	
2:30 PM					
3:00 PM		Member Led Dinner	Member Led Dinner	Member Led Dinner	
3:30 PM					
4:00 PM		Member Led Dinner	Member Led Dinner	Member Led Dinner	
4:30 PM					
5:00 PM		Large Group Games	Line Dancing		
5:30 PM					
6:00 PM		Creative Arts	Social Skills I	Movie Night	
6:30 PM					
7:00 PM					
8:00 PM					

- * Be clean and not smelly - We have wipes and deodorant if you smell or forget.
- * No Cell Phones during groups - no texting, playing games, etc.
- * Be on time or wait outside until group is over
- * If you are here and group begins, you must participate or go in the community

IGNITE SCHEDULE

Individual Meeting Time- This is a time that staff will set aside to meet with members and/or parents about individual issues and goal planning.

Champions Sports Fitness- This is a very fun but rigorous exercise class at Champions Sports Performance. This group meets Mondays from 1:00pm -2:00pm at 18831 Statesville Rd, Cornelius, NC 28031. Wear your exercise clothes and bring some water!

Walking Group- Come join us as we explore Davidson and get our steps in! We have a few favorite routes mapped out, or we can make new routes!

Member Led Lunch/Leisure- Members can enjoy lunch with other members in the community or this is a great time to work on weekly goals.

Basic Budgeting Class- In this class we will learn to assess our finances, set a budget, pay bills, and other financial needs.

Beginner Cooking group- In this group we learn beginning cooking skills to increase independent living skills. This will include learning all the different types of cooking utensils and tools, learning to measure all types of ingredients, using different types of measuring tools. We will learn the different types of knives and different methods of cutting to include slicing, chopping, dicing, etc. and much, much, more!

Comic Book Group- IGNITE's first comic book! Come join us artists, illustrators, and writers as we create our own comic book!

Member Led Dinner- Members use this time to go out to eat together or members are welcome to bring their own dinner to IGNITE.

Staff/ Member Dinner- IGNITE closes during this time to allow for staff and members to enjoy dinner together. Usually occurs the last Wednesday of the month.

Large Group Games- This group will explore whole group games such as Trivia and Bingo led by staff.

Creative Arts- Explore the different types of mediums including fine arts (clay, painting, drawing, etc.), musical arts, dramatic arts, and creative writing/ poetry.

Exercise- Come exercise with us, you might enjoy learning, kickboxing, Zumba, yoga, Strength training, and cardio!

LIFE in Practice- Let's put those life skills to work! Learn automotive care, wardrobe care (laundry, mending, ironing, etc.) accessing community transportation (uber, taxis, buses, etc.) grocery shopping, etc.

Personal Growth and Development- What is setting a goal anyway?? In this group, we learn to make small weekly goals and support others in meeting theirs. No accomplishment is too small!

Line Dancing- Learn the cha cha slide, wobble, electric slide, cupid shuffle, and others to be able to join in at the next large group party like a graduation or wedding!

Social Skills- You know what this is!

Game Time- just as it sounds! Bring your favorite board or card game to share or join in with others.

Movie Night- Each week is a different genre, check the schedule and bring your favorite DVD. Members vote and top two movies get shown. So if your movie doesn't get picked, there is always next time.

Out and About Field Trips- What happening in our community?? Free or low cost community outings. Exploring all kinds of activities, always open to suggestions!

Sexuality- What is a relationship anyway? What do I want? Understanding myself. This small group will start in November. This is mature material, you must be able to act appropriately and handle the material.