

ALL ABOARD NEWSLETTER

CHANGES TO ALL ABOARD STARTING IN JUNE

Starting in June, our programs will undergo a huge change. We asked many participants what kind of activities they would like at All Aboard and so we made our changes based upon their preferences.

Each day will be divided into two sessions with new times:

Morning session on Monday, Wednesday, Thursday, Fridays

bus drop off 8:30am – 9:00am

Program activities start at 9:00am – 12:00pm

(bowling is still Tuesday morning at 10:00am held at Bowlero Lynnwood bowling alley)

12:00 – 12:30 lunch

Bring sack lunch Tuesday – Friday

lunch is currently available on Mondays and Fridays through May 31, 2018

updated information about lunch availability will be forthcoming as we continue to reassess our programming

Afternoon session Monday, Tuesday, Wednesday, Thursday, and Fridays

program activities 12:30 – 3:30

Bus pick up 3:30 – 4:00

Each session will cost \$18.00.

Participants may arrive at anytime in the morning session or the afternoon session, but the cost will remain the same.

New potential weekly schedule

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|--|
| Morning Session 9:00 – 12:00 | <ul style="list-style-type: none"> • Yoga • Life Skills • Story Time • Show & Tell • Karaoke/Sing Along | AM session at Bowlero Lynnwood Bowling Alley | <ul style="list-style-type: none"> • Exercise • Karaoke • Art | <ul style="list-style-type: none"> • Choose Kindness • Reading & Story Time • Yoga • Card Games | <ul style="list-style-type: none"> • Snack Class • Movie & Popcorn |
| | <i>Lunch served until May 31st</i> <i>Bring your own lunch</i> <i>Bring your own lunch</i> <i>Bring your own lunch</i> <i>Lunch served until May 31st</i> | | | | |
| Afternoon Session 12:30 – 3:30 | <ul style="list-style-type: none"> • Board Games • Art • Drama | <ul style="list-style-type: none"> • THEMED DAY • Choose Kindness • Art • Karaoke • The “Andy” Show | <ul style="list-style-type: none"> • Jokes • Show & Tell • Art • The “Andy” Show | <ul style="list-style-type: none"> • Science • Move & Groove (2nd & 4th weeks) • ARC (3rd week) • Art • Karaoke • The “Andy” Show | <ul style="list-style-type: none"> • Bingo • The “Joke-Eokie” Show |



Move and Groove sessions are back! The second and fourth Thursdays of every month from 1:00-2:00 PM. You'll learn movement to a wide range of music styles, mixing dance and strengthening

**ALL ABOARD IS PROUD TO ANNOUNCE THE
COLLABORATION WITH ARC**

ARC representatives will be back Thursday, April 19, 2018—12:30-1:30 PM. The activity will be ring toss. Topic will be: emotional intelligence and self-awareness.

This program is open to any special needs adult who would like to attend the ARC and All Aboard group.

SPIN DANCE

April 17, 2018—Bring your bunny ears

7-8:30 PM

\$1 DONATION APPRECIATED

This donation goes toward drink and Christmas presents

2018 Schedule of Events

April-May, 2018 —Schack Display

May 9 & 16, 2018 6:30—8 PM- Wizard of All Aboard Play

May 28—CLOSED FOR MEMORIAL DAY

July 4—CLOSED FOR 4TH OF JULY

July 27 11AM-2:30 PM—ANNUAL PICNIC—Forest Park

Sept. 3—CLOSED FOR LABOR DAY

Sept. 15 —Royal Ball

Nov. 22 & 23—CLOSED FOR THANKSGIVING WEEKEND

Dec. 24 & 25—CLOSED FOR CHRISTMAS

All Aboard Presents

“The Wizard of All Aboard”

Wednesday, May 9th and May 16th, 2018

Starts at 6:30pm

Everett Knights of Columbus (upstairs from All Aboard)

2913 W. Marine View Drive

Everett, WA 98201



A bus of a different color, ruby red bowling shoes, and SPIN dancing... all components in the play, *The Wizard of All Aboard*, written by three All Aboard participants: Casey, Edward, and Jay. They created the play along the lines of *The Wizard of Oz* developed from their daily experienced and activities at All Aboard, an activities program for adults with special needs (18 years of age and older). The All Aboard cast will be performing the play at the Everett Knights of Columbus Hall beginning at 6:30pm on Wednesday, May 9th and Wednesday, May 16th. Please join us and celebrate believing in one's own gifts and magic!