

## 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

Sept. 3—CLOSED FOR LABOR DAY

Sept.—Royal Ball

Nov. 22 & 23—CLOSED FOR THANKSGIVING WEEKEND

Dec. 24 & 25—CLOSED FOR CHRISTMAS



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 exercises. All abilities welcome!

### SPIN DANCE

March 20, 2018—Wear your GREEN

7-8:30 PM

\$1 DONATION APPRECIATED

*This donation goes toward drink and Christmas presents*

## MARCH 2018

### ALL ABOARD NEWSLETTER

Movie	10:30 am to 12:30 pm	\$ 7.50
Lunch (prepared)	12:30 pm to 1:00 pm	\$ 1.00
Bingo	1:00 pm to 3:00 pm	\$ 7.50

**IF YOU PAY FOR BOTH MOVIE & BINGO, LUNCH IS FREE.**

March 2, 2018 —An Unexpected Journey (Hobbit) 2012

March 9, 2018—The Desolation of Smaug (Hobbit) 2013

March 16, 2018—Battle of Five Armies (Hobbit) 2015

March 23, 2018—Fellowship of the Ring (Lord of the Rings) 2001

March 30, 2018—Surprise Movie

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**SORRY BUT NO SCHOLARSHIPS FOR MOVIES/BINGO.**

## SPECIAL NOTICE

**There is an on going problem with the use of personal cell phones by the participants. Below is one of our Rules of Conduct for All Aboard. Please make sure your All Aboard child is aware of this rule.**

2. Cell phones, I-pods, texting, etc. can only be used in case of emergency or with permission from All Aboard staff. If a parent or caseworker needs to contact a participant, they may call the office phone at (425) 327-5533 or Brunswick Bowling alley on Tuesdays at (425)743-4422.

**ALL ABOARD IS PROUD TO ANNOUNCE THE**

**COLLABORATION WITH ARC**

ARC representatives will be back **Thursday, Mar 15, 2018—12:30-1:30 PM**. The activity will be playing Charades.

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

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**We're Having a Pajama Party!**

**Wear your favorite PJ's and fancy socks!**

**Monday, March 12, 2018 11:00 AM—12 Noon**

**Sock parade, activities, treats, crafts**

**All Aboard, 2913 W. Marine View Dr., Everett**

**MARCH READING AND LIFE SKILLS SCHEDULE**

**March 5**

**Health Helpers**—Identify health professionals and their job responsibilities; how can we be a health helper?

**March 12**

**Time** —Telling time, being on time, alarm clock settings, times for work, meals and sleep

**Pajama Party**—sock parade, activities, treats, and crafts

**March 19**

**Understanding Labels**—Prescription labels, direction labels, receipts, index, coupons

**The importance of Emergency Info** - Why it's important; setting up "My Emergency Info" on cell phones

**March 26**

**"I am Special"** - Self esteem—What are things that make me special? Why do I feel special?

**Self Esteem Activities and Crafts**—

**WOULD YOUR SON/DAUGHTER OR CLIENT KNOW WHAT TO DO IN AN EMERGENCY? WHO WOULD THEY CALL?**

If there was no one around to help them and they had an emergency, how would they reach you? Do they know who to call and what the telephone number is? Do they have emergency information on them that they could give to Emergency Responders? A great way is to have it in their "Contacts" on their cell phone listed under "My Emergency Information". If they do not carry a cell phone, they need to have a paper copy of emergency contacts in their wallet. We will be talking more about this in our Life Skills class in the upcoming weeks. Please help us by being sure that your son/daughter/client has **and understands** the importance of this information and how to find it.

**JUST A REMINDER—**

**IN CASE OF BAD WEATHER, ALL ABOARD GOES ALONG WITH THE POLICIES OF THE EVERETT SCHOOL DISTRICT. SHOULD WE HAVE TO CANCEL DUE TO BAD WEATHER, WE WILL POST**

## MARCH LUNCH MENUS

**March 2, 2018**

Pulled pork sandwich, coleslaw, yogurt with fruit

**March 5, 2018**

Pizza, salad, fruit

**March 9, 2018**

Beanie Weenie, salad, biscuit, fruit

**March 12 & March 16, 2018**

Corned beef with cabbage, potatoes and carrots, jello with fruit

**March 19, 2018**

Chicken salad on lettuce leaf, three bean salad, celery/carrots

**March 23, 2018**

Tuna salad sandwiches, tortilla chips, fruit

**March 26, 2018**

Beef nachos, salad, fruit

**March 30, 2018**

Lunchmeat and cheese sandwiches, potato salad, yogurt with fruit

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