



JANUARY NEWSLETTER AUTISM CONNECTIONS FREDERICTON

So far, 2018 has been very busy and there are lots of interesting opportunities coming up. **Master Art Appleby will be offering Tae Kwon Do again on Thursday evenings.** (If interested in registering please contact us.) As well, we will be starting cooking and nutrition workshops for teens and adults in early March. The exciting news is that we now have a fully operational kitchen. This will help the Centre immensely with programming. The kitchen will also help us to attract multi use, full day activities.

We are planning to offer gymnastics again, as well as, a newly planned adult drop in program Monday evenings (still working on details) For this opportunity we are looking for volunteers. Teen night will begin again with a new approach. We are partnering with OPAL Family services to reach a broader number of teens. (again,we could always use some volunteers).

We are working (in partnership with OPAL) on a potential summer camp program. This is in the early stages but is an exciting development. Of course our Adult speaker series is on again. **On January 30th Deej Savarese will deliver a powerful presentation** (for more info visit our web page).

And finally, **we have a fun event happening on February 28th. This is “Like a Rolling Stone”: Celebrating the Music of Bob Dylan.** Over 20 local musicians are volunteering their talents with all proceeds going to ACF. Contact us for more info and tickets.

Things are starting to get busy and we are always looking for new ideas and opportunities to better support the needs of families. Call me anytime or drop in. The Centre is now open five days a week from 9:30 until 4:30.

Rick Hutchins
Executive Director
Autism Connections Fredericton
acf@nb.aibn.com