



## NOVEMBER NEWSLETTER AUTISM CONNECTIONS FREDERICTON

Another busy month ahead. Lots going on at the Centre and new activities slated for the new year. Our **Spares and Strikes** fundraiser is happening this Sunday, November 18<sup>th</sup> @ Kingswood. This is a very important event for us and this year there are 13 teams registered!

Plans are also now underway for our annual **Christmas Party** planned for December 13<sup>th</sup>. (More details to come)

The **AGM is also coming up on November 26<sup>th</sup>**. An agenda and details will be sent out to the membership next week. We are trying something different this year and there will be a pot luck following the meeting. We encourage members to come on out and join us.

As always we are looking for volunteers. One opportunity is for Wednesday mornings as we are hoping to start an **Adult Drop in program**. In order to do this, we would like to have a few more support folks available. This would be mostly to support games and social activities with the attendees. Wednesday afternoons we are hoping to start an **After School Drop in program** as well. This would be from 2:30 until 5:00 (more details in the new year.)

We're still moving ahead with the **Art as a Spectrum Art Gallery Project**; we've moved the final submission date to January 20<sup>th</sup>. We are still accepting art pieces, so if you have a piece you'd like to submit, or if you have any works of art by people on the spectrum in your life, please let them know that we'd love to add them to the gallery. Click this link for more information and a submission form for the project: [Art as a Spectrum Art Gallery](#)

We are also planning a **March Break Camp** and a new **Adult Speaker Series** in the new year. Busy times! Let us know if there are other activities or programs you would like to see. Our biggest challenge is having staff and volunteers available. I will have more details posted in the December newsletter.

Please take the opportunity to drop in and see us. We are open from 9:00 until 4:30 Monday to Friday. The space is also a community space and can be made available evenings or weekends if requested by our members. On another note, sadly Dylan Whalley is finished his work term with us. His help and assistance over the last year was invaluable and he will be missed. We are looking for a new position to be filled hopefully soon. A job posting is now on our website. Please share if you know of any eligible candidates. Please contact me by phone or e-mail if you have any questions or ideas.

### Upcoming Programming

**Youth/Teen Night** is every month here at the centre, as well as weekly on Wednesdays at a variety of locations with our partnership with OPAL. Check out our [website](#) for the schedule of upcoming dates. On December 12<sup>th</sup>, from 6PM to 8PM, stop by for a Christmas Party! All youth 12 and up are welcome!

Our **Adult Chat & Chill** program will be picking up again after the holiday season, to stay tuned for that. We will also have **Cooking and Nutrition classes**, as well as **Tae Kwon Do lessons** starting up in the new year. Lastly, **Storytime with Kim, the Library Lady**, will also be back after the holidays on a weekly basis. We will have more information about these programs in the months to come!

We also have **Tumble through Fall** starting up on October 24<sup>th</sup> at 5:00PM to 5:45PM, and continuing every week until December 13<sup>th</sup>. Join Kaela for some classes full of energetic tumbles, body awareness games, and laughs. Aimed to improve the ABC's of movement (agility, balance, and coordination) through dance and gymnastics. Kaela has experience working with children with autism and creates a safe space for your child to learn and discover their potential. The recommended age range is from 5 – 8.

Finally, we are looking to be offering a new **Yoga and Mindfulness** program for young adults with ASD. In a welcoming and safe environment, the goal of each class is to promote and support self-management skills by exploring the fundamentals of yoga through breathing and basic movement exercises, along with discussions and reflections (no pressure to share – only if you want to). We are hoping to start this program up at the centre in the new year.

Have a great November,

Rick Hutchins  
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