

FLY BRAVE'S FALL CALENDAR

This information is also available on the Events page at flybrave.org.

Questions: flybravefoundation@gmail.com

Art Mural Project - ages 12+

- Scheduling In Process - more info at the end of the month

Sign up for alerts and updates on this project with the link provided below.

[Fall 2022 Mural Project - Google Forms](#)

Be Brave Improv - ages 12+

There are 6 classes in this session.

Classes begin September 21st

Coloma Community Center- Gold Run Room

Program leader: Cynthia Speakman, OnStage Theater Arts

Info and Registration: [Fall Improv Registration 2022 - Google Forms](#)

Adult Group - ages 18+

There are 5 classes in this session.

Classes begin October 12th

Coloma Community Center - Gold Run Room

Program leaders: Grace Harbin, MFT and Steven Romero, MFT student

Info and Registration: [Adult Group - Fall 2022 - Google Forms](#)

Fly Fit with Elk Grove Police Department - all ages

Program begins September 21st

6-week program

More info and to register: [Fly Fit Fall 2022 - Google Forms](#)

Halloween Dance Party with RAD ELK GROVE - ages 12+

We are joining the RAD party in Elk Grove this year. They have modified the age limit from 18+ to 12+ to accommodate younger Fly Brave family members.

Parents are welcome to stay and participate.

Friday, October 28th - 6:30 - 8:30 pm - Wackford Community - Valley Oak Ballroom

Register here: [Activity detail | Cosumnes Community Services District - Online Services \(activecommunities.com\)](#)

Karaoke with Turner Learning Center - all ages

- Scheduling In Process - stay tuned

Save the Date Events - all ages

Fly Brave's Winter Talent Show and Family Dance

December 10th - 6 pm - 9 pm

Laguna Town Hall - Elk Grove

Talent Show: 6 pm - 7 pm

Dance Party: 7 pm - 9 pm

Our improv class will create a series of skits and musical performances for this event. Following the show will be a dance, buffet, and photos with Santa. A link to register will be posted on our website approximately 30 days prior to the event.

Prayer Pancake Breakfast for John's 100 Mile Race

Friday, November 4, 2022 – 9 am at Fly Brave

- The day before John's big race –

Our John John is running his first 100-mile race on November 5, 2022, the Rio Del Lago 100.

- Nonverbal does not mean unable – AUTISM STRONG -

This race is a qualifier for the Western States 100 Mile Endurance Run, his next goal. To prepare, he ran and completed a 50k (31 miles) in February which qualified him to run the AR50 (50-mile race), in which he came in 2nd in age group and 11th overall. He is currently running 60-80 miles per week in training.

While we usually do a race sendoff party at a brewery or park, we are coming together with local pastors and churches to send him off on this momentous run with prayer and pancakes.

We will post this event on our website once the details are finalized.