

# PTC News



## Carteret Campus Summer 2018

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Warm weather meant nonstop fun for PrimeTime Center! Here are some of the highlights of what we've been up to.

We swung into summer with a special trip to watch the Somerset Patriots in action. Our PTC crew had a great time watching the baseball game and they were able to purchase snacks and souvenirs. One of our participants even caught a foul ball!

Back by popular demand, participants revisited: Dibble Dabble, Yestercades, and the State Theatre for their summer movies. They enjoyed painting gorgeous canvases and playing various arcade games. Participants enjoyed some great movies on the big screen for free!

Whenever the chance came up, a group went on a nature walk and enjoyed lunch outdoors. We recently visited the South Mountain- Fairy Trail and loved seeing the creative fairy houses people left behind. Our group created and left some fairy houses of our own for others to enjoy.

PTC groups love to shop so at least one shopping trip was scheduled each month. In addition, a trip to the corner store for a snack after lunch has been added to our weekly schedule. Participants loved walking to the store and purchasing a snack of their choice.

This season we focused on health and fitness. Participants have been working on healthy food choices, reviewing the importance of hygiene, and discussing summer safety. We offered different exercise activities to keep fit such as: dancing, chair exercises, low impact aerobics, nature walks, and special trips to the YMCA for Zumba.

The program also focused on the importance of recycling and keeping the community clean. A staff member came up with a weekly activity dedicated to walking around the community, throwing out the trash and collecting recyclables to do a weekly drop off at the Carteret Recycle Center. Participants have shown great interest in this activity and have taken pride in keeping the community clean!

Choice making and self advocacy continued to be priority at the PTC program. Participants strengthened these skills during program activities and then put them into practice out in the community. Participants decided/informed staff of what trips they wanted to go on, what activities they wanted to participate in, voted on restaurants for lunch in the community, practiced social skills and so much more. We constantly encouraged and provided opportunities for them to be as independent as can be.



### Upcoming Events

- Grammy Exhibit
- Movie Theater
- Liberty Science Center
- Trip to NYC
- PTC Concert

*Check monthly calendar for continued updates*



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