

Contact:

 **AbilityFirst Long Beach Center**
3770 E. Willow Street, Long Beach, CA 90815

 (562) 426-6161

 astover@abilityfirst.org

Long Beach Center

AbilityFirst Long Beach Center offers programs for children and adults with developmental disabilities, such as autism, cerebral palsy, Down syndrome, and epilepsy. The center serves Long Beach and surrounding communities including Lakewood, Torrance, Seal Beach, Carson, Bellflower, and Los Alamitos. Established in 1966, the center features a large activity room, a dedicated children's program room, computer lab, an outdoor play area, and a heated swimming and warm water exercise pool.

Aquatics

Our beautiful indoor pool program offers classes for adults who have arthritis/arthritis conditions, who are recovering from injury or illness or who just want to enjoy the benefits of warm water. A physician's release and completed application required to participate. Please call the Center for information on pool fees.

Adult Day Program

Our day program is for adults 18 years and older who are looking to develop their social, recreation and independent living skills. This program is both site and community based. Curriculum is based on choice and includes cooking, fitness, arts and crafts, ceramics, music, swimming, ILS activities, field trips, and volunteer opportunities. We are a vendor with the Harbor Regional Center.

Hours of operation: Monday-Friday 8:30-1:30 Participants must be able to safely function within a 1:4 staffing ratio and not require medical staffing. After program care is available on a private pay basis for \$10.00 per hour until 6PM.

Social/Recreational private pay activities are offered during the school year. Fees and staffing ratios vary per event. Call for a current schedule.

Accreditation

Licensed by the State of California Department of Social Services – Community Care Licensing – Center After School and Adult Day Programs and Group Homes, American Camping Association (ACA) – Accredited Resident Summer Camping Program, Commission on Accreditation of Rehabilitation Facilities (CARF) – Business and Employment Services and a Vendor with local Regional Centers

After School and Summer Program

AbilityFirst after school and summer programs provide a nurturing environment for school age youth with developmental disabilities. Our well-trained and caring staff engages participants with age appropriate activities that support social, physical, cognitive, and creative abilities. Through center-based activities and field trips, AbilityFirst helps participants achieve their personal best in the following areas:

- basic life skills
- communication
- social skills
- healthy living, including swim instruction

Hours of operation are from 2:00 pm to 6:30 pm when school is in session and 8:30 am to 5:30 pm during summer months and school breaks.





Long Beach Center
Holiday Gift List

Holiday Party ~ Saturday, December 7, 2019 from
11 am-1 pm (see attached flyer)

Items requesting

To give out to our participant's siblings
ages 12 and under (need about 30):

- 1. Lego sets**
- 2. Travel game sets**

For our participants who range from 6-65 years of age, we are asking for (need 125) - ideally we would like 125 of the same item to give out so there is no hurt feelings if they didn't get what they want (in order of preference):

- 1. Soft/cozy socks with movie tickets or gift card to be given together**
- 2. Nice colorful water bottles (leak proof)**
- 3. Insulated lunch bags**

Items needed by Wednesday, December 4, 2019. Please call 562.426.6161 for any questions. Anything from this list would be greatly appreciated! Thank-you!

AbilityFirst EIN# 95-1690983



AbilityFirst



LONG BEACH CENTER HOLIDAY PARTY:

ISLAND HOLIDAY

**Come join us for a tropical themed holiday party!
There is no cost to you or your family. We provide
lunch, music, activities and a special visit from
Santa. Please let us know how many siblings 12 and
under will be in attendance so Santa can be ready.**

WHEN: DECEMBER 7TH, 2019

TIME: 11AM - 1PM

**WHERE: 3770 E. WILLOW ST.
LONG BEACH, CALIFORNIA 90815**

**RSVP by December 2nd to Sommer:
sbeland@abilityfirst.org**

562/426/6161

