

Dear PACOPAD Families,

We're excited to share that our county is sponsoring two free wonderful activities that include our neurodivergent young adults. These events aim to be both fun and enriching - a great opportunity for our young adults to connect, engage, and enjoy new experiences. We strongly encourage you to take a look and consider registering. These programs are not only FREE; they are enjoyable and help build confidence, social interaction, and a sense of community. Below are the details from the Passaic County Parks & Recreation website:

Guided Nature Hike

Join us for a scenic and inclusive group hike in Passaic County, led by our Park Rangers. This hike is designed to welcome **individuals of all ability levels** who are comfortable walking independently on a natural trail. Participants of all ages are invited to enjoy fresh air, gentle movement, and the beauty of nature, with family members, aides, and caregivers encouraged to join and support as needed.

Date: Saturday, August 9

Time: 5 PM to 6:30 PM

Location: Rifle Camp Park - 387 Rifle Camp Rd. Woodland Park, NJ

Register

at: https://passaiccountynj.myrec.com/info/activities/program_details.aspx?ProgramID=30285

All Abilities Zumba

Join us for All Abilities Zumba, an inclusive dance fitness class designed for **individuals of all ages and ability levels**. This fun, high-energy session encourages movement, expression, and joy through easy-to-follow routines set to upbeat music. Aides, caregivers, and parents are welcome and encouraged to participate alongside their loved ones!

Date: Saturday, August 23rd

Time: 6:00 - 7:00 PM

Location: Rifle Camp Park - 384 Rifle Camp Rd. Woodland Park, NJ

Register

at: https://passaiccountynj.myrec.com/info/activities/program_details.aspx?ProgramID=30284

Let's take advantage of these great offerings and show the county how much participation matters!