



# FALL TERM 10/6 - 12/21 2024

## ANYDAY

available by appointment  
in-person | virtual

## FULL LIFE ACADEMY

1:1 Full Life Coaching & Academy Tours  
Inquiries & to schedule:  
academy@autismup.org



## ENRICHMENT CLASSES

1:1 Music Lessons &  
1:1 Personal Training  
Individual Social Skills<sup>N</sup>  
Thursdays & Saturdays  
Inquiries & to schedule:  
programs@autismup.org



## SUPPORT SERVICES

1:1 Family Navigation  
To schedule, contact  
navigator@autismup.org

Education & Information for Families & Caregivers

Topics & Schedules:  
autismup.org/support



## MONDAY

Early Childhood (Birth - 5)  
Parent Meet Ups  
19/9, 10/14, 11/11, 12/9  
9:30 am - 11:00 am

Navigating Relationships<sup>3</sup>  
9:00 am - 9:50 am

Functional Fitness I<sup>3</sup>  
10:00 am - 10:50 am

My Place I<sup>3</sup>  
11:00 am - 11:50 am

Run for Fun<sup>3</sup>  
12:00 pm - 12:45 pm

U-Connect<sup>2,3</sup> 12:45-1:15 pm

Creative Expressions I  
1:30 pm - 2:30 pm

Cooking Basics I  
2:00 pm - 4:00 pm

Healthy Relationships  
2:30 pm - 3:20 pm

Ready Set Goals  
3:30 pm - 4:20 pm

All About Anime  
4:30 pm - 5:20 pm

Girl Power  
4:30 pm - 5:25 pm

Youth Kinect  
4:30 pm - 5:25 pm

LEGO Club  
9/30, 10/8, 11/25  
5:00 pm - 6:00 pm

Cooking with Friends I  
5:15 pm - 7:00 pm

Remote Minecraft<sup>V</sup>  
5:30 pm - 6:30 pm

AU Fit I  
5:45 pm - 6:30 pm

Odessey Inclusive<sup>N</sup>  
5:45 pm - 6:30 pm

Music & Movement<sup>V</sup>  
6:00 pm - 6:40 pm

Drum It Up  
6:45 pm - 7:30 pm

NextUp: Transition Series<sup>V</sup>  
7:00 pm - 8:30 pm

En Español Workshop<sup>V</sup>  
Understanding The IEP  
11/18, 7:00 pm - 8:00 pm

En Español Parent  
Effectiveness Program<sup>V</sup>  
10/14, 10/21, 10/26, 11/4  
7:00 pm - 9:00 pm

## TUESDAY

Functional Fitness II  
10:00 am - 10:50 am

Cooking Basics II  
11:00 am - 1:00 pm

U-Connect<sup>2</sup> 12:00 - 12:30 pm

Roc Behind the Scenes<sup>3</sup>  
1:00 pm - 3:00 pm

Body Mind Connections  
3:00 pm - 3:50 pm

Cooking with  
Small Appliances I  
4:15 pm - 5:45 pm

Dungeons, Dragons & More  
4:30 pm - 6:30 pm

Mindfulness & Relaxation<sup>V</sup>  
4:30 pm - 5:15 pm

Exploring Sensations  
I: 4:20 pm - 5:00 pm  
II: 5:10 pm - 5:50 pm  
III: 6:00 pm - 6:40 pm  
IV: 6:50 pm - 7:30 pm

Small Group Social Skills I  
4:20 pm - 5:00 pm

Small Group Social Skills II  
5:10 pm - 5:50 pm

Small Group Social Skills III  
6:00 pm - 6:40 pm

Small Group Social Skills IV<sup>N</sup>  
6:50 pm - 7:30 pm

Body Awareness  
6:50 pm - 7:30 pm

Social Skills with Friends  
(ages 13+)<sup>V</sup>  
6:15 pm - 7:00 pm

Remote Minecraft<sup>V</sup>  
7:00 pm - 8:00 pm

Spanish Speaker Meet Ups<sup>V</sup>  
9/17, 10/15, 11/19, 12/17  
7:00 pm - 8:00 pm

Housing Speaker Series  
7:00 pm - 9:00 pm monthly

## WEDNESDAY

Parent Meet Ups  
9:30 am - 11:00 am

AU Shark Tank  
10:00 am - 10:50 am

Cooking Basics III  
10:00 am - 12:00 pm

Grandparent Meet Ups  
12:00 pm - 1:00 pm

Functional Fitness III  
12:10 pm - 1:00 pm

U-Connect<sup>2</sup> 1 - 1:30 pm

Full Life Connections<sup>3</sup> I  
1:00 pm - 3:00 pm

My Place II  
1:00 pm - 1:50 pm

Chef's Circle: Soup'd Up<sup>N</sup>  
2:00 pm - 3:30 pm

Creative Expressions II  
3:30 pm - 4:30 pm

Boys Zone I  
4:30 pm - 5:25 pm

Positive Vibes Yoga<sup>N</sup>  
4:45 pm - 5:30 pm

Financial Literacy I  
5:00 pm - 6:30 pm

Cooking with Friends II  
5:15 pm - 7:00 pm

Partner Connection<sup>N</sup>  
5:45 pm - 6:30 pm

Motion Dynamics II  
5:45 pm - 6:30 pm

Crushing It Choreography!<sup>N</sup>  
6:45 pm - 7:30 pm

Remote Minecraft<sup>V</sup>  
6:00 pm - 7:00 pm

PerkUp Cafe<sup>V</sup>  
Wednesdays  
5:30 - 6:30 PM

Parent/Caregiver Meet Ups  
10/16, 11/6, 12/4  
7:00 pm - 8:00 pm

Workshop Wednesdays<sup>V</sup>  
9/11: AU Classes |  
11/20 Internet Safety  
7:00 pm - 8:00 pm

18+ Parent Meet Ups<sup>V</sup>  
10/2, 11/6, 12/4  
7:00 pm - 8:00 pm

## THURSDAY

Navigating Nature  
Equicenter<sup>3</sup>  
9:30 am - 11:30 am

Functional Fitness IV  
10:00 am - 10:50 am

Executive Functioning I  
11:00 am - 11:50 am

U-Connect<sup>2</sup> 12 - 12:30 pm

The Recording Studio  
Experience  
12:00 pm - 12:50 pm

Teach & Talk<sup>N</sup>  
12:00 pm - 12:50 pm

Healthy Lifestyles  
1:00 pm - 1:50 pm

Safety Awareness<sup>3</sup>  
1:00 pm - 3:00 pm

Cooking with  
Small Appliances II  
2:00 pm - 3:30 pm

Readers & Writers Workshop  
3:30 pm - 4:20 pm

Youth Minecraft I  
4:15 pm - 5:15 pm

Youth Art & Music  
4:30 pm - 5:25 pm

Cooking with Friends III  
5:15 pm - 7:00 pm

Musical Theatre  
5:45 pm - 6:30 pm

Youth Minecraft II  
5:30 pm - 6:30 pm

Beginner Fitness  
5:45 pm - 6:30 pm

Social Skills w/Friends<sup>V</sup> 13+  
6:15 pm - 7:00 pm

Teen/Young Adult Minecraft  
6:45 pm - 7:45 pm

Music & Movement  
6:45 pm - 7:30 pm

18+ Parent Meet Ups<sup>V</sup>  
3rd Thursday 7:00 - 8:00 pm

NextUp: Transition  
CONFERENCE  
Thursday,  
February 28, 2025  
Nazareth University

## FRIDAY

Functional Fitness V  
9:00 am - 9:50 am

Everyday STEM  
10:00 am - 10:50 am

Cooking Basics IV  
11:00 am - 1:00 pm

U-Connect<sup>2</sup> 1:00 - 1:30 pm

Roc Art<sup>N</sup>  
11:15 am - 1:00 pm

Full Life Connections<sup>3</sup> II  
1:30 pm - 3:30 pm

Exploring Sensations  
V: 4:30 pm - 5:10 pm<sup>N</sup>  
VI: 5:20 pm - 6:00 pm<sup>N</sup>

AU Bowling<sup>3</sup>  
4:30 pm - 5:30 pm

Friday Night Fun & Friends\*  
Social Respite for Teens &  
Young Adults!  
6:30 pm - 9:00 pm

Scholarships  
The Richard and Nancy  
Dorschel Family  
Scholarship Program is  
available to eligible families

QUESTIONS?  
Full Life Academy/18+  
jricigliano@autismup.org  
Classes/Lessons/All Ages  
programs@autismup.org

Learn more & register  
at [autismup.org](https://autismup.org)

AutismUp  
50 Science Parkway  
Rochester, NY 14620  
Tel. (585) 248-9011



## SATURDAY

Sports Sampler<sup>N</sup>  
8:30 am - 9:15 am

Executive Functioning II  
9:00 am - 9:50 am

Boys Zone II  
9:15 am - 10:10 am

Football 101<sup>N</sup>  
9:30 am - 10:15 am

Teen Kinect  
9:30 am - 10:25 am

Financial Literacy II  
10:00 am - 11:30 am

Remote Minecraft  
Survival Saturday<sup>V</sup>  
10:15 am - 11:15 am

Motion Dynamics IV  
10:30 am - 11:15 am

PerkUp Cafe<sup>V</sup>  
Saturdays  
10:30 - 11:30 AM

Alpha U I  
10:45 am - 11:40 am

Healthy Minds & Bodies<sup>N</sup>  
10:45 am - 11:30 am

Exploring Sensations  
VII: 10:45 am - 11:25 am  
VIII: 11:35 am - 12:15 pm

U-Connect<sup>2</sup> 11:30 am-12 pm

Full Life Connections<sup>3</sup> III  
12:00 pm - 2:00 pm

Art  
12:00 pm - 12:45 pm

Exploring Sensations  
IX: 12:25 pm - 1:05 pm  
X: 1:15 pm - 1:55 pm

Intro to Baking<sup>N</sup>  
1:00 pm - 1:45 pm

Alpha U II  
1:20 pm - 2:15 pm

Baking Time  
2:00 pm - 3:15 pm

AU Fit II  
2:30 pm - 3:15 pm

Basketball Skills & Drills  
3:30 pm - 4:15 pm