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2020



# autismup

opportunities made for families by families

## Summer Menu

Things are different this year, and it's hard for our loved ones with autism. We TOTALLY get it, and are pleased to offer a limited edition "menu" for the summer season in conjunction with current safety guidelines. Welcome to Cafe AU! Bon Appétit!

We've been offering no cost programming daily since the pandemic began, and are thrilled to have fulfilled a significant need within our community. With the cancellation of summer camps and in-person ESY, we are proud to offer an enhanced summer program opportunity based on what we've learned over the past few months with your input. Order one of our specials & add one or more of our sides. Options for take out and in person. May we suggest the private gym time and in-person personal training while it's in season!

### Sustaining Program Monthly Membership Specials | Available for July 6 – August 1 &/or August 3 – 29, 2020



#### Essential Membership \$75 The Original Plate

Stay connected virtually with this lighter fare option. Add ons are available for this membership.

Music & Movement (1x weekly)  
Social Skills w/Friends (1x weekly)  
Remote Minecraft (1x weekly)  
Baking Time (1x monthly)  
Choose **1** of the following weekly classes (40 minutes each):

- ✓ Arts & Crafts
- ✓ Mindfulness & Relaxation
- ✓ Full Body Fitness

all interactive programs completed online virtually using Zoom



#### Enhanced Membership \$125 The Double Plate

This sampler platter offers a double taste of all our most popular @home offerings. Add ons available.

Music & Movement (1x weekly)  
Social Skills w/Friends (2x weekly)  
Remote Minecraft (2x weekly)  
Baking Time (2x monthly)  
Choose **2** of the following weekly classes (40 minutes each):

- ✓ Arts & Crafts
- ✓ Mindfulness & Relaxation
- ✓ Full Body Fitness

all interactive programs completed online virtually using Zoom



#### Platinum Membership \$250 The Loaded Plate

A robust offering served up family style. Your reservation includes a private weekly family visit to our sensory gym. Kit delivery or pick up included.

Music & Movement (1x weekly)  
Social Skills w/Friends (2x weekly)  
Remote Minecraft (3x weekly)  
Baking Time (2x monthly)  
**All 3** of the following weekly classes (40 minutes each):

- ✓ Arts & Crafts
- ✓ Mindfulness
- ✓ Full Body Fitness

all interactive programs completed online virtually using Zoom

1 hour of *private* Gym Time\* for entire family (weekly)

1 monthly supply kit (kits include all supplies needed for monthly classes, plus, bonus sensory items)

#### VIRTUAL PROGRAM INGREDIENTS

Visit [autismup.org](http://autismup.org) for detailed information about the ingredients in each of our special dishes!

\*Once registered through CampSite, our Program Director will contact you to confirm your selections.

#### OUR COMMITMENT

AutismUp is committed to sustainable operations and we prioritize all safety practices in the provision of social opportunities amidst the pause of in-person programming. Our summer menu features AUsome "fun-to-table" virtual programs and private gym time. Your membership helps sustain virtual programs as we look forward to a Phase 4 re-opening.

Questions? Interested in a "Make-Your-Own" meal? Please contact [cjones@autismup.org](mailto:cjones@autismup.org) or 585-248-9011 ext. 116.

#### ALA CARTE ADD ONS

Social Skills w/Friends (+1/week)	\$20
Remote Minecraft (+1/week)	\$20
Baking Time (+1/month)	\$20
Arts & Crafts (monthly, 4x)	\$30
Mindfulness & Relaxation (monthly, 4x)	\$30
Full Body Fitness (monthly, 4x)	\$30
AU Gym Time (monthly, 4x)	\$80
Supply Kit (1 kit)	\$30
Personal Training (by appointment)*	