

WINTER
2024
1/14 - 3/30

ANYDAY

available by appointment
in-person | virtual

1:1 Full Life Coaching

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

FULL LIFE ACADEMY



1:1 Music Lessons & 1:1 Personal Training

Inquiries & schedule:
programs@autismup.org

CLASSES & WORKSHOPS



1:1 Family Navigation

To schedule, contact
navigator@autismup.org

SERVICES & SUPPORT
Education and Information for
Families and Caregivers

Topics & Schedules:
autismup.org/support



MONDAY

Held at Nazareth University

Navigating Relationship³
9:00 am - 9:50 am

Functional Fitness I³
10:00 am - 10:50 am

My Place I³
11:00 pm - 11:50 pm

U-Connect^{2,3} 12-12:45

Creative Expressions I
1:30 pm - 3:00 pm

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

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

All About Anime
5:00 - 6:00 pm

Girl Power
4:30 pm - 5:25 pm

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

Remote Minecraft^V
5:30 pm - 6:30 pm

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

Youth Kinect
5:45 pm - 6:30 pm

Music & Movement^V
6:00 pm - 6:40 pm

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

Early Childhood Meet Up^V
9:30 am - 11:00 am

NextUp: Adult Transition Information Series^V
7:00 pm - 8:30 pm

En Español Parent Effectiveness Program^V
3 Week Session
7:00 pm - 9:00 pm

TUESDAY

Navigating Nature³
10:00 am - 12:00 pm

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

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

Roc Behind the Scenes³
1:00 pm - 2:30 pm

U-Connect² 2:30 - 3 pm

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

Empower U^V
4:00 pm - 4:50 pm

Cooking with Small Appliances I
5:00 pm - 6:30 pm

Social Skills with Friends (ages 6-12)^V
3:40 pm - 4:15 pm

Mindfulness & Relaxation^V
4:30 pm - 5:15 pm

Youth STEM
4:30 pm - 5:30 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
V: 7:40 pm - 8:20 pm

Social Skills with Friends (ages 13+)^V
6:15 pm - 7:00 pm

Remote Minecraft^V
7:00 pm - 8:00 pm

Teen & Young Adult Engineering
5:45 pm - 6:45 pm

Body Awareness
I: 6:50 pm - 7:30 pm
II: 7:40 pm - 8:20 pm

Spanish Meet Ups^V
7:00 pm - 8:00 pm

WEDNESDAY

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

Zoo Life³
10:00 am - 11:30 am

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

Healthy Relationships
12:10 pm - 1:00 pm

U-Connect² 1 - 2 pm

My Place II
2:00 pm - 2:50 pm

Creative Expressions II
3:00 pm - 4:30 pm

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

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

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

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

Musical Theater
6:45 pm - 7:30 pm

Remote Minecraft^V
6:00 pm - 7:00 pm

PerkUp Cafe[✓]
Wed | Thurs | Fri
11 AM - 1 PM
Wednesdays
5:30 - 6:30 PM
Saturdays
10:30 - 11:30 AM

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

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

Evening Meet Ups^V
7:00 pm - 8:00 pm
4th Wed: Taboo Topics

Workshop Wednesdays^V
7:00 pm - 8:00 pm

THURSDAY

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

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

U-Connect² 12 - 1 pm

Safety Awareness³
1:00 pm - 3:00 pm

Everyday STEM
12:30 pm - 2:00 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

Sibshops 4 Siblings
5:00 pm - 6:00 pm

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

Chorus
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^V 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^V
3rd Thursday 7:00 - 8:00 pm

Dad's Meet Up³
Last Thurs of month 7-8 pm

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

FRIDAY

Solar Eclipse 18+^{*}
10:00 am - 10:50 am^{*}

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

U-Connect² 12:30 - 1 pm

Full Life Connections³ I
1:30 pm - 3:30 pm

Social Skills with Friends (ages 6-12)^V
4:15 pm - 4:50 pm

AU Bowling³
4:30 pm - 5:30 pm

Friday Fun Nights Social Respite Program
6:30 pm - 9:00 pm

^{*}OPWDD eligibility requirements

Learn more & register at autismup.org

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

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

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

SATURDAY

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

Solar Eclipse ages 12-17
9:00 am - 9:50 am^{*}

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

U-Connect² 11:30 am-12 pm

Full Life Connections³ II
12:00 pm - 2:00 pm

Intro to Computer Programming & Game Design
2:15 pm - 3:30 pm

Basketball Skills & Drills I
8:30 am - 9:15 am

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

Teen Kinect
9:30 am - 10:25 am

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

Remote Minecraft Survival Saturday^V
10:15 am - 11:15 am

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

Exploring Sensations
VI: 10:45 am - 11:25 am
VII: 11:35 am - 12:15 pm
VIII: 12:25 pm - 1:05 pm
IX: 1:15 pm - 1:55 pm

Art
12:00 pm - 12:45 pm

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

Baking Time
1:45 pm - 3:00 pm

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

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