

UCF CARD & PALS Upcoming Events!

*Individuals must be registered with UCF CARD

Yoga at UCF

Saturday, February 3rd 2018

2:00 PM - 2:45 PM

PALS, CARD and the UCF Institute of Exercise Physiology & Wellness, UCF CARD, are starting the New Year out with an amazing collaborative series of Yoga classes for the entire family! Classes will be provided on Saturday's in the Teaching Academy Building at UCF for individuals that are between the ages of 8-13 registered with CARD.

<https://yogaspring2018.eventbrite.com>

Power Self Defense Class

Wednesday, February 7th 2018

5:30 PM – 8:30 PM

Join CARD & PALS on Wednesday, February 7, 2018 from 6:00 PM to 8:30 PM at the UCF Toni Jennings Exceptional Education Institute (4000 Central Florida Boulevard Orlando, FL 32816) to learn about basic self-defense techniques with Sgt. Jimmy Donohoe of the Pensacola Police Department. Sgt. Donohoe has been a police officer for the past 25 years and is the father of a young man with autism. This class will include instruction about self-defense techniques, demonstrations, and information about how to maintain your personal safety within your community to mothers, daughters, sisters, & grandmothers.

Participants must be at least 16 years of age and able to verbally communicate and interact with the instructor and other course participants.

Don't miss this opportunity! If you plan on attending, please register on our Eventbrite to confirm your spot!

<https://girlpowerselfdefense.eventbrite.com>

namaste

FAMILY YOGA AT UCF

JOIN PALS-CARD & UCF IN A 15 WEEK
FAMILY YOGA PROGRAM

A general class layout will include: A short creative mindful project, Basic yoga asanas (postures), Basic breathing exercises, Mantras/mudras (8 limb link) & Final relaxation

SATURDAYS 2/3-5/12/2018

2:00PM-2:45PM & 3:15PM-4:00PM

lesson time depends of child with ASD age

Cost: \$50.00 per family

UCF Teaching Academy Hub | 4221
Andromeda Loop North | Room TBD |
Orlando 32826

Each family lesson will include: A class for ages 8-12 with ASD | a class for parents & siblings (Age 10+), and a supervised play/movie room for younger siblings

Requirements for the ASD Child:

- Must be registered with UCF CARD
- Be able to follow basic directions
- Work in a group of 10-12
- Toilet independently
- Non aggressive

Register At: <https://yogaspring2018.eventbrite.com>

CARD PALS

GIRL POWER!

for moms, daughters, sisters, & grandmas

Personal Safety Class

Please join UCF CARD and PALS to learn basic self-defense techniques with Sgt. Jimmy Donohoe of the Pensacola Police Department.

Wednesday, February 07, 2018

Class Location: UCF Toni Jennings Exceptional Education Institute
4000 Central Florida Boulevard Orlando, FL 32816

Don't miss this exciting opportunity to learn a variety of personal safety techniques.

Participants must be 16 years of age, able to verbally communicate & interact with the instructor & other class participants.

REGISTER AT:

<https://girlpowerselfdefense.eventbrite.com>



About the Instructor

Sgt. Donohoe has been a police officer for the past 25 years and is the father of a young man with autism. This class will include instruction about self-defense techniques, demonstrations, and information about how to maintain your personal safety within your community.



PALS CARD

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Orlando Magic Family Night with PALS

Saturday, February 10th 2018

6:30 PM – 9:30 PM

Join us for a fun evening filled with pure magical moments while the Orlando Magic takes on the Milwaukee Bucks. It's will be a night of family fun, laughs, networking, making new friends and of course basketball!

<https://sharpholidayconcert2018.eventbrite.com>

2018 Hearts for Autism Walk

Saturday, February 17th 2018

9:00 AM -12:00 PM

Hearts for Autism Walk will take place on Saturday, February 17, 2017, at Hagerty High School, located at 3225 Lockwood Blvd, Oviedo, FL 32765. This is a YOUTH PALS event. Youth PALS (Providing Autism Links & Supports) are club located at various high schools in Central Florida consisting of students that wish to make a difference in the lives of individuals with autism through community awareness, fundraising, mentoring and developing long-term friendships with individuals of all ages with autism spectrum disorders.

Join us for a fun filled day! Our bounce house will be up, and games will be all around the track! The first lap of the walk will begin at 9:00AM, we hope to see you there!

<https://h4aw18.eventbrite.com>



Invites you and
your family to join
in some

**PURE MAGIC
MOMENTS**

Mental Health Awareness Night

Saturday, February 10, 2018 – Game @ 7:00pm

Meet- up time will be 6:30pm

Information on meet up will be emailed

Orlando Magic vs Milwaukee Bucks
Amway Center, Orlando



PRICE IS \$5* PER TICKET

All tickets are promenade level and will be emailed directly to you. All purchasers will be entered in a drawing for 4 lower level tickets and an autographed photo.

RESERVE NOW

www.orlandomagic2018.eventbrite.com

TICKET SALES ARE FINAL. NO REFUNDS OR EXCHANGES * plus processing fee

**Hearts for Autism
Walk**



February 17th,
9:00 AM

2018

Hagerty High School
3225 Lockwood Blvd.
Oviedo, FL

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Osceola Family Mini Golf

Saturday, February 24th 2018

11:00 AM – 12:30 PM

Join the adventure at Congo River Mini Golf! To enjoy the beginning of the spring season, we will be having fun playing a round of mini golf with families throughout Osceola County.

<https://familycongoriver0218.eventbrite.com>



East Volusia Family Picnic!

Saturday, February 24th 2018

12:00 PM – 2:00 PM

You are invited!

Join PALS & UCF CARD for a picnic at Rainbow Park! Bring the family and a dish or dessert to share, while kids can have fun with games, and playground!

Snacks will be provided, but please also bring a dish to share!

Please no pets, service animals okay.

<https://volusiafamily0218.eventbrite.com>

