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FREE or Low Cost per Event Groups and Classes for Adults who have Disabilities

Located in the Central NJ Area

Group or Class	Description	Website
Gigi's Playhouse Hillsborough NJ	Social group, Zumba and Cooking classes for adults who have disabilities	https://gigisplayhouse.org/hillsborough/programs/
Alliance Center for Independent Living Edison NJ	Events and Groups for Adults who have disabilities <i>* possible low cost to attend some events</i>	https://www.adacil.org/upcoming-events
Progressive Center for Independent Living Hamilton NJ	Events and Groups for Adults who have disabilities <i>* possible low cost to attend some events</i>	https://www.pcil.org/events
Mix and Mingle Events Monroe Library	Once a month, social event. Must bring parent, guardian or staff.	Must Register in Person at the Monroe Library
Special Olympics Fitness Center and Events Lawrenceville NJ	Adapted Fitness Classes Weekday Evenings Zumba, Boot Camp, and a Fitness Center # <i>Must be a registered Special Olympics Athlete</i>	https://www.sonj.org/events/

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<p>Special Olympics Unified Rutgers Teams</p> <p>Cook Recreation Center, Rutgers University</p>	<p>Inclusive Fall Soccer Team - Saturday Mornings</p> <p>Inclusive Spring Basketball Team - Sunday Mornings</p>	<p>Email to register:</p> <p>rutgersunified@gmail.com</p>
<p>Princeton Special Sports Dances and Events</p> <p>Princeton Area</p>	<p>Monthly dances and social gatherings for adults who have disabilities</p> <p><i>* low cost to attend some events</i></p>	<p>https://www.leaguelineup.com/welcome.asp?url=princetonpecialsports</p>
<p>Aktion Club of Edison</p> <p>ESW Occupational Services, Edison NJ</p>	<p>A community service club for adults who have disabilities that meets the second monday of every month.</p>	<p>Check out the Kiwanis Club of Edison, New Jersey on their facebook page to contact them about how to join the Aktion Club of Edison</p>
<p>Friends United - Middlesex County Inclusive 4H Club</p> <p>North Brunswick Senior Center</p>	<p>A group for adults who have disabilities to be a part of a 4H club.</p>	<p>https://www.middlesexcounty4h.com/friendsunited?fbclid=IwY2xjawHhfXBleHRuA2F1bQIxMAABHRS_AQerkr1ofVPQpouCu8TwZ23330zgonPpNS3cBdTMNWjGxufUsMbjOQQ_aem_PXCHQVYigHqXGdy5_Kh-Aw</p>

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DDD Funded Groups and Classes for Adults who have Disabilities

Located in the Central NJ Area

Group or Class	Description	Website
<p>Family Martial Arts Center of Scotch Plains</p> <p>Scotch Plains</p>	<p>Karate for all ages. Adapted and Inclusive Classes offered.</p>	<p>https://scotchplainskarate.com/InclusiveDojo/</p>
<p>Daisy Recreation Programs</p> <p>At the East Brunswick Recreation Center</p>	<p>A variety of social clubs aimed at adults who have disabilities.</p> <p>Evening and weekend programs</p>	<p>https://www.eastbrunswick.org/312/Daisy-Recreational-Programs</p>
<p>Evermore Lifestyle Solutions</p> <p>Princeton NJ</p>	<p>Offers a variety of cooking, music, art and other classes for adults who have disabilities. Evenings, weekends, and some during day hours.</p>	<p>https://evermorelifestylesolutions.com/ddd-programs-1</p>
<p>Embrace Wellness Fitness Classes</p> <p>Milltown NJ</p>	<p>1:1 Personal Training, Group fitness classes and social events</p>	<p>https://www.embracewellnessgroup.org/</p>
<p>Beyond Limits</p> <p>Freehold, NJ</p>	<p>Dance and Yoga classes for teens and adults who have disabilities</p>	<p>https://beyondlimitsnj.com/</p>

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<p>The Therapy Garden Jamesburg NJ</p>	<p>Social Community Outings run by a Speech Therapist for adults who have disabilities</p>	<p>https://www.thetherapygardennj.com/</p>
<p>Keys to Communicate Metuchen NJ</p>	<p>Social Community Outings run by a Speech Therapist for adults who have disabilities</p>	<p>https://www.keystocommunicate.com/services-1</p>
<p>Sensory Pathways South Brunswick NJ</p>	<p>Occupational Therapy and Therapeutic Gardening</p>	<p>https://www.aafsensorypathway.com/services/</p>
<p>Their Place East Brunswick</p>	<p>Programs that are late afternoon/early evening hours, Saturdays and a choice of programs during the day on weekdays</p>	<p>https://theirplace.org/our-programs/#sr</p>
<p>Circles of Communication located in Flemington and Stockton NJ but offers Virtual Classes</p>	<p>Speech Therapist led groups for adults who have disabilities that has a variety of virtual classes including Disney chat group, music, and sex ed classes classes</p>	<p>https://www.circlesofcommunication.com/groups</p>
<p>Limitless Adaptive Fitness Sayreville NJ</p>	<p>Adapted group fitness classes for adults who have disabilities</p>	<p>https://www.limitlessadaptivefitness.com/</p>

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<p>The Peaceful Potato</p> <p>Virtual or will travel to you</p>	<p>1:1 instruction in life skills, cleaning services and coaching, yoga, cooking, music, and other instructional skills classes</p>	<p>https://www.peacefulpotatoyoga.com/?fbclid=IwY2xjawHibiNleHRuA2FlbQIxMAABHbzT5Iblx199u2D178WGeQQeOxa88Tk7VG9wPdi8qSBadky4zb6eGLp6Kg_aem_GeRSGPSqe04oTCN831gm6w</p>
<p>Progressive Partnerships LLC</p> <p>Serves the whole state of NJ</p>	<p>Life Management Services - 1:1 customized assistance with household management, life skills, and cleaning support and services.</p>	<p>https://progressivepartnershipsllc.com/</p>
<p>Goshu-Kwan Family Martial Arts Plus</p> <p>Scotch Plains NJ</p>	<p>Inclusive and adapted classes martial arts classes for all ages</p>	<p>https://www.facecorp.org/?fbclid=IwY2xjawHia-xleHRuA2FlbQIxMQABHbzP3RK5ilbu8wgQ-tbRWkpwceI2KYMgpzjSG4yDS6eGpgcwr5MosCmMLA_aem_2L4hNSDp1F7j5c_msU-NaQ</p>
<p>SKIT Improv Classes</p> <p>Pennington NJ and Virtual</p>	<p>Improv classes focusing on social communication skills for adults who have disabilities.</p>	<p>https://www.skitprograms.com/</p>

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<p align="center">Private Pay Only</p> <p align="center">Groups and Classes for Adults who have Disabilities</p>		
<p align="center">Located in the Central NJ Area</p>		
<p align="center">Group or Class</p>	<p align="center">Description</p>	<p align="center">Website</p>
<p>Princeton Recreation</p> <p align="center">Princeton, NJ</p>	<p align="center">Adapted programs at the Princeton Recreation Center such as music therapy and yoga</p>	<p align="center">https://www.princetonnj.gov/878/Adaptive-Programs-Activities</p>
<p>Friendship Circle of Central NJ</p> <p align="center">Manalapan, NJ</p>	<p align="center">Evening and Weekend Social Events for adults who have disabilities</p>	<p align="center">https://friendsnj.com/sundayprogram2024-5/</p>
<p>Inclusion Sports and Wellness Center</p> <p align="center">Pennington, NJ</p>	<p align="center">1:1 Swimming or Gymnastic Classes for Adults who have disabilities</p>	<p align="center">https://www.inclusionsportspt.com/</p>
<p>Princeton Adaptive Programs</p> <p align="center">Princeton, NJ</p>	<p align="center">Music therapy Class for adults who have disabilities Adaptive Yoga class for adult who have disabilities</p>	<p align="center">https://www.princetonnj.gov/878/Adaptive-Programs-Activities</p>
<p>Kaye Lynn Dance Studio</p> <p align="center">East Brunswick NJ</p>	<p align="center">Special Friends Dance Classes for teens and adults who have disabilities</p>	<p align="center">https://kayelynndance.com/classes/</p>

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<p>Princeton Ballet School: Audrey's Class</p> <p>Princeton NJ</p>	<p>Audrey's Class is a Ballet class for teens and adults who have disabilities</p>	<p>https://arballet.org/class-division/health-wellness/audreys-class/</p>
<p>Special Strides</p> <p>Monroe NJ</p>	<p>Therapeutic Horseback Riding</p>	<p>https://specialstrides.com/prospective-clients-adaptive-riding/</p>
<p>JCC Bridgewater</p> <p>Bridgewater NJ</p>	<p>Social events, fitness classes, cooking for adults who have disabilities</p>	<p>https://www.ssbjcc.org/jconnects/#social</p>
<p>The Art Detectives</p> <p>Virtual Only</p>	<p>1:1 personalized classes in areas like art, theater, web design for adults who have disabilities</p>	<p>https://www.theartdetectives.org/?fbclid=IwY2xjawHiS3pleHRuA2FlbQlxMQABHbqcUI6cyFcJ_q2CYrwVjp-Skwa5b6lielwMRx5ElpFj8ttgWrFo7_UKQw_aem_7oFRpeXRUJ_93KpZhRRjJA</p>
<p>Mission Cognition</p> <p>Hillsborough NJ</p>	<p>Social Skills and Prevocational groups for young adults who have disabilities</p>	<p>https://docs.google.com/forms/d/e/1FAIpQLScv8c1RR5KrAV_mjEQ1odbOHn4eU9yVhmAPWkb1F7IcFN3QuA/viewform?fbclid=IwY2xjawHifL9leHRuA2FlbQIxMAABHVcvQWMCN73iNxzYKxwp_87BniQAXy2CHHyGLMSNGpF6jom0jnSXje0VYw_aem_TKHfKma-VU2RUqsd52OQ</p>