

Evening Social Club

“The social skills Tara has learned through the Evening Social Club have absolutely changed her! For example, she has learned how to better interact with people, be an appropriate friend and handle separation and transition anxiety. She acts like an adult now. As a result, she has more friends and more freedom.

Ability Specialists provides her with a group of friends that she would not otherwise have met. She now has friends that she can chat with on the phone and do things with outside of Ability Specialists. I like that they have a day program (similar to work) and an evening program (more social) – much like real life!”

— CAROLYN ARMSTRONG, MOTHER OF ABILITY SPECIALISTS EVENING SOCIAL CLUB PARTICIPANT



At-A-Glance

Monday, Wednesday & Friday – Littleton 3:30 pm to 8 pm

Monday, Tuesday & Thursday – Aurora 3:30 pm to 8 pm

Transportation to and from meeting locations and volunteer sites included

Littleton Pick Up / Drop Off Location: Rite Aid on the corner of Arapahoe Rd. & University Blvd.

Aurora Pick Up / Drop Off Location: Big Lots on the corner of Chambers & Hampden Ave.

The Ability Specialists Evening Social Club teaches social skills and provides a sense of community through supervised activities. We encourage participants to engage in positive, supportive relationship building to combat the social isolation faced by so many adults with cognitive disabilities. The program focuses on step-by-step relationship development and provides the necessary repetition to help our participants improve their self-confidence and participate more fully in community life.

Among other lessons, participants learn:

- How to develop & maintain friendships
- How to develop & maintain community relationships
- Safety skills
- Teamwork

Examples of activities include:

Movies, Hiking, Bowling, Swimming, Games in the Park, Community Dances & Light Rail Trips.