

## The AUsome Social Group

Teen/Young Adult Recreation/Social Group

Provided by the Autism Society of South Central Wisconsin (ASC); <http://autismsouthcentral.org/>

Group Coordinator: Nancy Alar, 3802 Gala Way, Cottage Grove, WI 53527

(608) 222-4378 or [Nancy.L.Alar@gmail.com](mailto:Nancy.L.Alar@gmail.com)

- What: Miniature Golf at Vitense Golfland**  
**When: Saturday, July 8, 2017, 6 - 8 pm; Snack in the Vitense Clubhouse after golfing**  
**Where: Vitense Golfland, 5501 Schroeder Rd, Madison, WI 53711**  
**Cost: \$2 per person for 18 holes of mini-golf! Plus \$2 for an (optional) treat ticket. Bring extra money for sandwiches or other snacks afterwards**

When you get to Vitense, be sure to connect with Nancy Alar so she can add your name to the list of attendees and collect the money from you for the special \$2 rate for golfing (and the \$2 treat ticket). She will give you your tickets. This is the only way you can get this special rate. Nancy will make the final total payment to Vitense.

Vitense has the #1 rated miniature golf courses in Wisconsin and one of the top rated in the U.S.! The two outdoor 18 hole miniature golf courses – the California Course and the Wisconsin Course and their indoor Madison Landmark Course offer entertaining, challenging, and interactive fun. So even if the weather is bad, we can do 18 holes on the indoor course. The courses have lots of interesting holes with obstacles like water hazards, tunnels, windmills and giant animals.

After we are done golfing, we will go in the clubhouse and get a snack to eat. You can purchase an optional \$2 treat ticket at the same time you get your miniature golf ticket. The treat ticket can be redeemed afterwards for a small soda, small bag of popcorn, junior scoop of ice cream OR small slushy at the food counter. This \$2 treat ticket cost is cheaper than the regular price for these items. If you want to get other food items or a full meal, here is a link to the menu at the clubhouse. <http://www.vitensecateringandgrill.com/services>. They have lots of different things like sandwiches, pizza and hot dogs. There may also be other small snacks donuts and candy bars at the counter.

There is also an arcade inside the building where you can play games and win tickets for prizes.

Thanks to our Capital Times Kid's Fund grant we are able to have all AUsome participants and their support staff and family members play 18 holes of mini-golf for just \$2.

### **Important Items and Sensory Issues:**

- ☺ Be sure to connect with Nancy Alar when you get there.
- ☺ Dress appropriately for the weather – we will be doing the outdoor courses unless it rains hard.
- ☺ Bring money for a snack at the clubhouse
- ☺ Bring insect repellent just in case.



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- What:** Private Swimming Party at Monona Pool -- **pre-registration required – see below**
- When:** August 5, 2017 (Saturday evening), 7:00 – 9:00 P.M.
- Where:** Monona Pool at 1011 Nichols Road in Monona. See map below.
- Cost:** There is no cost for families/individuals that are members of the Autism Society of South Central Wisconsin. Cost is \$10 per family (\$3 per individual) if not members – pay at the pool (you can also join the Autism Society at the pool).

Swimming in the Monona Pool in August has become an Autism Society/AUsome tradition. As always, We have to hope for good warm weather and no thunderstorms.

The cost of swimming is free for members of the Autism Society of South Central Wisconsin (the ASC). So this might be a good time to join the ASC if you aren't a member already. See the ASC web site at <http://www.autismsouthcentral.org/> for more details on membership cost (\$30 for a family; \$15 for an individual), how to join and details about the August swim. You will also be able to join (and save \$10 on swimming) at the pool as you check in.

**Pre-registration is required because we need a count for the number of lifeguards. The Autism Society office is coordinating the Swimming activity registration. You can register on-line at this link**

**<http://autismsouthcentral.org/events/member-pool-party/>**

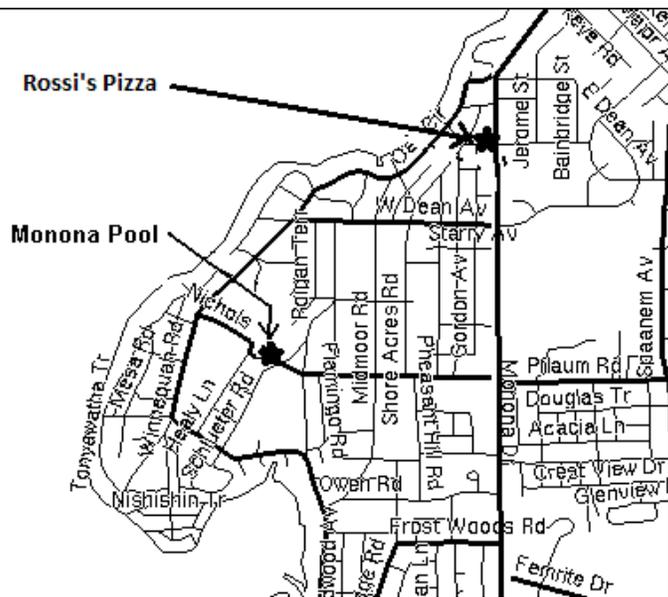
**You will be asked to let us know how many people are coming and how many plan to swim. If you don't have email access, you can call the office at 608-630-9147 and leave a message with your name (with spelling), number attending (both swimming and not swimming) and your phone number so we can check back if we need to. Please speak slowly and clearly so we can get accurate information.**

As before, we have been able to reserve the entire Monona pool. They have a large shallow end, diving boards and a great water slide. The pool is very large and you can bring your pool toys. There are changing rooms with showers to get dressed and into your suits.

The Monona Pool is located Behind the Monona Community Center at 1011 Nichols Road (which becomes Pflaum Road at Monona Drive - see map below). Go West on Nichols road about 8 blocks from Monona Drive, past the Monona Library/City Hall sign, and down the hill. The pool is on the right. There is a big parking lot next to the pool entrance. **Don't forget your suit and towel!** Bring shampoo, a comb and an extra towel if you want to wash the chlorine out of your hair. Bring pool toys if you have them.

If you forget to pre-register and we don't have enough lifeguards, it will be first come, first admitted. However, parents or others who come but don't swim can be in the pool area and don't count toward the lifeguard requirement. There's a large selection of lounge chairs if you just want to come and "hang out" (you don't even have to change into a swimsuit). We will also have lemonade and snacks available near the pool. We can get in the changing room at 6:45. We have to be out of the pool at 9:00.

**If the swimming gets rained out (horrors!!):** Watch your email for info on this since the pool folks make cancellation decisions at the last minute. But the lifeguards don't let a little thing like cool and cloudy weather stop them. If you don't have email or the weather is "iffy", meet me in the pool parking lot at 7:00 and we'll make a final decision with those who show up. If the lifeguards cancel, I will probably suggest going to Rossi's Pizza Vintage Video game place to hang out since the Monona Library (our previous fall back place for bad weather) isn't open in the evening.



**Important Information:**

1. Visit <http://www.autismsouthcentral.org/> for other services and activities sponsored by the Autism Society of South Central Wisconsin (ASC). Be sure to sign up for their email group to get the “News you can Use” messages on current happenings. Email [info@autismsouthcentral.org](mailto:info@autismsouthcentral.org) to communicate with the Autism Society of South Central Wisconsin and request addition to the email contact list. There are autism related activities happening almost every month now.
2. **The AUsome Adult Group** This support group is for adults (18 and over) with Autism Spectrum Disorders and those who suspect they may have an ASD. The group meets the third Wednesday of every other month (Jan, Mar, May, July, Sept, Nov) to discuss life issues and support one another. Time 6:30 – 8:00 PM. Location Vantage Place II Building, 2<sup>nd</sup> Floor, ASC Office conference room - 437 S. Yellowstone Dr. Madison, WI. You can get more details on this group at <http://autismsouthcentral.org/find-support/ausome-adult-support-group/>
3. **Monthly Game Night Activity.** This is a new activity for teens and young adults separate from the AUsome Social Group. The focus is on board and card games. This happens every month on the 4th Monday of the month; 6:30 – 8:30 pm. The location is the Madison College Health Education Information Technology Building, 1705 Hoffman St (across the street from the main Truax campus), Room 101 (room is subject to change – look for signs).
4. **We are also always in need of volunteers** for our many activities sponsored by the ASC. Please contact [info@autismsouthcentral.org](mailto:info@autismsouthcentral.org) to get on our volunteer list if you are available to help out with any of our activities.

## What Happened at AUsome's Last Outings?

### Lego Building Party, Saturday, May 6, 2017, 1 – 3pm

I think we had about 24 people show up for this event at the Fitchburg Library. Thanks to Chazz Tolzmann and Matt Ward for bringing their extensive Lego collections for others to build with.

And a special thanks to Matt Ward for donating 3 of his smaller assembled Lego vehicles to use as door prizes. Chazz was lucky enough to win one of those door prizes. Ender also won a prize.

Everyone (even the grownups) got into the construction of items big and small. There were vehicles, landscapes and buildings created.

Another big thanks to those who stayed to help us pick up all those little pieces that ended up on the floor. Some of them were exactly the same color as the carpet and really hard to see. We also had to fold up all the tables and stack the chairs so all the help was really appreciated. A great time was had by all!



## What Happened at AUSome's Last Outings?

### **Autism Society of South Central Wisconsin Summer Picnic at Demetral Park; Saturday, June 3, 2017; 4:00 – 7:00 PM**

We had about 60 people at the picnic this year. And just like last year, the weather was PERFECT... 70's, no rain, nice breeze. We went through about 5 gallons of lemonade.

The food was good and plentiful. The pulled pork sandwiches plus hot dogs and salads got rave reviews. Thanks to everyone who brought a dessert to share. We had a great variety. No one went home hungry. Many (I was one) kind of wished they hadn't eaten that last piece of cake.

It was nice to sit down and share some personal stories and talk about our common concerns over some good food. It was a relaxing and accepting environment.

WEAP – an autism services provider and one of our Autism Society partners – was there with a booth at the picnic to share information about their services. They were also passing out some nice gifts in the form of wildflower seeds.

There was a nice playground at the park and ample parking. Jack said he plans to bring a ball next year since there is place to play both volleyball and basketball. The bubble blowing equipment was a hit. We had to take a bubble break while we ate to keep the bubbles out of the food. The automatic bubble blowing machine ran so long the batteries almost went dead. We made bubbles until the soap ran out. Thanks to Alex and Richard and others who helped me clean up the bubble making equipment.

A big thanks to everyone who worked hard to make the picnic a success. Thanks to Harriet and Mary who did the majority of the work. A good time was had by all.



## AUsome Social Group Philosophy and Ground Rules

### Group Sponsor:

The AUsome Social Group is a service provided by the Autism Society of South Central Wisconsin (ASC). **It is highly recommended that you join the ASC.** Chapter membership will save you money at future AUsome Group activities and other ASC events. Individual ASC membership is only \$15 annually. To get more information about the ASC, call 608-630-9147, email [info@autismsouthcentral.org](mailto:info@autismsouthcentral.org) or send a note to Autism Society, 437 S Yellowstone Dr, Suite 217A, Madison, WI 53719. See the ASC website at <http://www.autismsouthcentral.org/> for membership information. The website also has a link to the AUsome Social Group web pages on the left side (there is also an AUsome adult support group for those on the spectrum).

The Autism Society of South Central Wisconsin is an affiliate of the Autism Society of America, a nationwide organization. However, membership in ASC does not include membership in the Autism Society of America. The ASC serves South Central Wisconsin with reach into Southwest Wisconsin – Dane, Columbia, Sauk, Iowa, Rock, Green, Lafayette, Grant, Richland and Crawford counties are in our service area. Membership in the Autism Society of South Central Wisconsin assures local programs, services and supports are able to continue, and includes several free or discounted events right here in our local area.

### Group Purpose:

The AUsome group was organized to provide stimulating, fun, and educational social opportunities for people ages 12 and over who are challenged by sensory/communication issues related to Autism/Asperger's/PDD/Tourette's, however, anyone is welcome to join the activities. We try to set up activities that allow for social interaction between group members and between parents and siblings of the group. We also strive to provide new and interesting experiences that will broaden the world view of participants and expose them to educational and potential job environments.

### The AUsome Social Group Newsletter:

The AUsome Group has a separate newsletter that is sent out every other month, containing details for the next 2 outings and a summary of what happened the past 2 months. The AUsome newsletter will be sent out at least a week in advance of the next outing (I hope). Some things may be planned with short notice if something interesting comes up. The ASC will maintain a mailing list of participants. The newsletter will be sent out via email. If you need to have a paper copy mailed to you, that can be done by special request. But remember that it saves time and postage if notification can be sent electronically. Reminders and special messages will only be sent electronically. Our AUsome newsletter is also available on the ASC website at <http://autismsouthcentral.org/find-support/social-and-support-programs/ausome-newsletters/>

### General Activity Plans:

The general plan is to have an activity about once a month that will last from 2 to 4 hours. The target day will be the first Saturday of the month. However, this is subject to schedule conflicts and availability of interesting activities. Activities that we have done include bowling, miniature golf, gymnastics, movies, a talent show, art gallery visit, fossil hunt, Little Americka (a local amusement park), swimming, horseback riding, Go Cart driving, farm market, airplane rides, pottery making and a limousine ride. Each January we attend the annual Madfest Juggling show. In August we have a private pool party at the Monona Pool. Every November we have "video/board game/socialization night". If you are especially interested in a particular activity or have other suggestions, please let me know. Some activities will coincide with general activities planned by the Autism Society such as the annual August swimming party.

### Sensory Issues:

Every effort will be made to accommodate sensory issues by limiting cigarette smoke, strong odors, unusual lighting, large crowds and high noise levels where possible. If an activity might involve some of the sensory problems mentioned above, they will be described in the AUsome newsletter. It will not be possible to accommodate everyone's needs all the time so individuals must decide their tolerance levels for each activity. Please let me know if you have any special requests in this area. Also, please be sensitive to requests from group members who have special sensory needs (such as problems with others chewing gum.).

### Logistics:

Some individuals may need to arrange for a support person to accompany them. Please use your best judgment in this area. Transportation will be the responsibility of each individual. However, effort will be made to provide help with transportation by designating central meeting points, etc. Please call me, Nancy Alar, (608) 222-4378 or e-mail me at [Nancy.L.Alar@gmail.com](mailto:Nancy.L.Alar@gmail.com) if you have transportation problems, and I'll try to help work out a way for you to get there.

Since these activities are loosely organized social outings, each person participates at their own risk.