Easter Seals Greater Houston provides adults with disabilities with a safe environment to socialize, participate in activities and explore life-long personal growth.

**Saturday Bowling**
AMF Windfern Lanes
1st and 3rd Saturdays of each Month
Email: DLemoine@eastersealshouston.org

**Monday and Wednesday Day Program**
(located at Memorial Drive Presbyterian Church and Memorial Drive United Methodist Church)
Young Adults - ages 18 to 30 - 9:00am to 12:00pm
Adults - ages 30 and up - 12:00pm to 3:00pm
Typical Adult Day Program Activities: yoga, dance, painting, self-defense, crafts, cooking, volunteer projects, field trips to Discovery Green, the Houston Zoo, etc. & sporting events, such as, Astros games and Dynamo games.
Contact Ashley Nichols at 713-838-9050 ext. 350 or ANichols@eastersealshouston.org for details.
(\textit{Must apply and interview before acceptance into the program.})

**Seasonal Activities**
Programs offered for 4 months at a time throughout the year. These programs will vary depending on interest, need and availability. Examples include: Fitness, Art and Music Classes, Drama Therapy, etc.
Contact Ashley Nichols for more information.