



ABGworks

October 2026 Activity Guide

Building abilities. Creating friendships. Having fun together!



THURSDAY UPDATE: BOWLING IS OCTOBER 8

Roots to Work is October 15 | October 1 has been removed | RSVP by text

TUESDAY ACTIVITIES

OCT 6 ART + MUSIC JAM

10:30 AM-12:00 PM - Art
Arts for All Studios
784 N Apollo Blvd, Melbourne

1:15-2:00 PM - Music Jam
First United Methodist Church (upstairs)
110 E New Haven Ave, Melbourne

\$25 | Bring lunch or snack

WEDNESDAY ACTIVITIES

OCT 7 NATURE WALK + JOURNALING

11:00-11:45 AM - Turkey Creek nature walk
1518 Port Malabar Blvd NE, Palm Bay

12:30-2:00 PM - Advocacy, communication & creative journaling
Turkey Creek Library, 1520 Port Malabar Blvd NE

\$20 | Bring lunch or snack

THURSDAY ACTIVITIES

OCT 8 BOWLING WITH FRIENDS

12:00-2:00 PM
Shore Lanes Bowling Alley
4851 Dairy Rd, Melbourne

\$20: shoes, 2 games, pizza & drink
\$12: shoes + 2 games or 2 hours; no lunch

CHOOSE \$20 OR \$12

OCT 13 HEALTH, SAFETY & CPR

11:00 AM-2:00 PM
Health, Safety & CPR Rocks / MELLO First Aid Training

Church of the Nazarene
2745 S Babcock St, Melbourne

\$25 | Bring lunch or snack

OCT 14 COOKING SKILLS

11:00 AM-1:00 PM
Chef Jillian / Senior Chefs
Guest Chef Kamal

Church of the Nazarene
2745 S Babcock St, Melbourne

\$25 | Lunch included

OCT 15 ROOTS TO WORK

11:00 AM-2:00 PM
Job and gardening skills & tours

Adaptive Recreation Center at Wickham Park
2450 Parkway Dr, Melbourne

\$20 | Bring lunch or snack

OCT 20 BOWZ + MUSIC JAM

11:00 AM-1:15 PM - BOWZ PopUp, games & socializing with seniors
1:15-2:00 PM - Music Jam

Trinity Towers South
615 E New Haven Ave, Melbourne

\$25 | Bring lunch or snack

OCT 21 INDEPENDENCE + MOVEMENT

11:00 AM-1:00 PM
Independence skills, crafts, games, yoga & line dancing
Church of the Nazarene, 2745 S Babcock St

Ballroom dancing with Mr. Barry at 2545 W New Haven Ave - TO BE CONFIRMED

\$25 | Lunch included

OCT 22 PUMPKIN PATCH + BOWLING

GIANT PUMPKIN PATCH - before bowling
Off Wickham Road
Exact time & location: confirm with Jackie

BOWLING: 12:00-2:00 PM
Shore Lanes, 4851 Dairy Rd, Melbourne
\$20: shoes, games, pizza & drink
\$12: bowling only; no lunch

BOWLING: CHOOSE \$20 OR \$12

OCT 27 KENNEDY SPACE CENTER

11:00 AM-2:00 PM
Kennedy Space Center Visitor Complex
Space Commerce Way, Merritt Island

Bring lunch or money to buy lunch + canned food donation. Caregiver ticket: \$21 at gate.

\$25 | Participant cost

OCT 28 SPORTS + MONEY SKILLS

11:00 AM-12:00 PM - Basketball, soccer & softball
12:30-2:00 PM - Money management & entrepreneurial skills

Church of the Nazarene
2745 S Babcock St, Melbourne

\$25 | Bring lunch or snack

OCT 29 HALLOWEEN COSTUME PARTY

11:00 AM-1:00 PM
ABGworks Halloween crafts & games
Wear a costume!

Church of the Nazarene
2745 S Babcock St, Melbourne

\$20 | Lunch included

WHAT TO BRING

Water bottle
Lunch or snack when noted
Comfortable shoes
Positive attitude!

Kennedy Space Center: bring lunch or money, plus a canned-food donation.

RSVP BY TEXT

PAYMENT & MONTH TOTAL

OCTOBER TOTAL: \$275
Using the \$20 lunch option for both bowling days.

\$267 if ONE bowling day uses the \$12 no-lunch option.

\$259 if BOTH bowling days use the \$12 no-lunch option.

Pumpkin-patch cost was not listed and is not included.

CONTACT & PAYMENT

CALL / TEXT JACKIE
631-807-2974

ZELLE
ABGworks1@gmail.com
Due Wednesday before activity

CASH
Due on activity day

Payment options: Zelle or cash

October 2026

ABGworks Fall 2026 Calendar



Text 631-807-2974 to RSVP

Dates	Day	Time	Activity	Instructor	Location	Cost	Notes
Oct 6, Nov 3, Dec 1	1st Tue	10:30am- 12pm	Enrichment Skills: Art	Mrs Barbra & Mrs Sarah _Arts for All Studios	784 N Apollo Blvd, Melbourne, FL 32935	\$25	Bring Lunch or Snack
		1:15- 2pm	Enrichment Skills: ABG Music Jam with Friends	Mr Rob _Florida Music Therapy	First United Methodist Church (upper floor) 110 E New Haven Ave Melbourne, FL 32901		

Oct 7, Nov 4, Dec 2	1st Wed	11- 11:45am	Community Engagement & Movement: Turkey Creek Sancary Walking In Nature with Friend	Mrs Jackie & Mr Bryant	Turkey Creek Sanctuary 1518 Port Malabar Blvd NE, Palm Bay, FL 32905	\$20	Bring Lunch or Snack
		12:30- 2pm	Enrichment Skills: Advocacy, Communication, & Creative Journaling	Mrs Jackie, Mrs Nicole & Mental Health _UF Extension Program	Turkey Creek Library 1520 Port Malabar Blvd NE, Palm Bay, FL 32905		

Nov 5, Dec 3	1st Thur	11am - 2pm	Social & Enrichment Skills: General Knowledge, Computer, Craft Skills/ Games & Basketball	Mrs Jackie, Mrs Denise K & Mr Bryant	Melbourne First Church of the Nazarene, 2745 South Babcock Street, Melbourne, FL 32901	\$25	Lunch Included
Oct 1,			Community Engagement Trip: Melbourne Airport Tour & Disability Sunflower Pass / Lunch at Makotos Restaurant	Must RSVP	Melbourne Airport 1 Air Terminal Pkwy, Melbourne, FL 32901		

Oct 13, Nov 10, Dec 8	2nd Tues	11am - 2pm	Enrichment Skills: Health, Safety & CPR Rocks/	UF Extension Program/ Mrs Grace_ MELLO 1st Aide Training	Melbourne First Church of the Nazarene, 2745 South Babcock Street, Melbourne, FL 32901	\$25	Bring Lunch or Snack
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Oct 14, Nov 11, Dec 9	2nd Wed	11am- 1pm	Enrichment Skills: Cooking	Chef Jillian owner Senior Chefs/ Guest Chef Kamal	Melbourne First Church of the Nazarene, 2745 South Babcock Street, Melbourne, FL 32901	\$25	Lunch Included

Dates	Day	Time	Activity	Instructor	Location	Cost	Notes
Oct 8, Nov 12, Dec 10	2nd Thur	12- 2pm	Community Engagement & Movement: Bowling with Friends (Shoes, 2 bowling games, pizza & drink)	Mr Bryant, Mrs Jackie & Mr Rob	Shore Lanes Bowling Alley - 4851 Dairy Rd, Melbourne, FL 32904	\$20	Lunch Included
			Community Engagement & Movement: Bowling with Friends ((Shoes, 2 games or 2 hours of bowling Only)	Mr Bryant, Mrs Jackie & Mr Rob	Shore Lanes Bowling Alley - 4851 Dairy Rd, Melbourne, FL 32904	\$12	Lunch Not Included
Oct 20, Nov 17, Dec 15	3rd Tues	11am- 1:15pm	Job & Social Skills: Trinity Towers South - BOWZ PopUp, Games & Socializing with Seniors	Mr Bryant & Mrs Jackie	TrintyTowers South. 615 E New Haven Ave, Melbourne, FL 32901	\$25	Bring Lunch or Snack
		1:15- 2pm	Community Engagement & Enrichment Skills: ABG Music Jam with Senior Friends	Mr Rob _Florida Music Therapy			

Oct 21, Nov 18, Dec 16	3rd Wed	11am- 1pm	Enrichment Skills: Independence Skills, Crafts, Games/ Movement: Yoga/Line Dancing **Oct 21st Ballroom Dancing with Mr Barry to be confirmed)	Mrs Wanda_ Spectrum Sparkles - Sparkly Silken Fairy Hair/ Mr Barry _ Melbourne Ballroom Dance	Melbourne First Church of the Nazarene, 2745 South Babcock Street, Melbourne, FL 32901/ Melbourne Ballroom Dance 2545 W New Haven Ave, West	\$25	Lunch Included
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Oct 15, Nov 19, Dec 17	3rd Thur	11am - 2pm	Job & Gardening Skills & Tours: ABGworks Roots to Work	UF Extension Program/ Mrs Jackie	Adaptive Recreation Center at Wickham Park 2450 Parkway Drive, Melbourne, FL 32935	\$20	Bring Lunch or Snack
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Oct 27 (Holiday Break Nov & Dec)	4th Tues	11am - 2pm	Community Engagement Trip: Kennedy Space Center	(movies, museums, parks, educational programs, guest speakers, facility tours & luncheons)	Kennedy Space Center Visitor Complex Space Commerce Wy, Merritt Island, FL 32953	\$25	Money to Purchase Lunch/ Bring Can Food for Donation / Caregiver tickets \$21 at

Dates	Day	Time	Activity	Instructor	Location	Cost	Notes
Oct 28 (Holiday Break Nov & Dec)	4th Wed	11:00am- 12pm	Community Engagement & Movement: Sports (Basketball, Soccer, Softball)	Mr Bryant/ Fellowship of Christian Athletes	Melbourne First Church of the Nazarene, 2745 South Babcock Street, Melbourne, FL 32901	\$25	Bring Lunch or Snack
		12:30- 2pm	Enrichment Skills: Money Management & Entrepreneurial Skills with Mrs Denise & Mrs Jackie	Mrs Denise _Guides By You Money Management/Mrs Jackie	Melbourne First Church of the Nazarene, 2745 South Babcock Street, Melbourne, FL 32901		

Oct 22 (Holiday Break Nov & Dec)	4th Thur	12- 2pm	Community Engagement & Movement: Bowling with Friends (Shoes, 2 bowling games, pizza & drink)	Mr Bryant, Mrs Jackie & Mr Rob	Shore Lanes Bowling Alley - 4851 Dairy Rd, Melbourne, FL 32904	\$20	Lunch Included
			Community Engagement & Movement: Bowling with Friends ((Shoes, 2 games or 2 hours of bowling Only)	Mr Bryant, Mrs Jackie & Mr Rob	Shore Lanes Bowling Alley - 4851 Dairy Rd, Melbourne, FL 32904	\$12	Lunch Not Included
Oct 29th	5th Thursday	11am-1pm	Social Skills: ABGworks Halloween Crafts & Games Costume Party		Melbourne First Church of the Nazarene, 2745 South Babcock Street, Melbourne, FL	\$20	Lunch Included