ABGworks

Building Abilities • Creating Friendships
Having Fun Together!

NOVEMBER 2026

Monthly Activity Calendar

NOVEMBER THEME:
"Gratitude, Friendship & Community"

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 **ZOOM ACTIVITY DAY** 12:00 PM – 2:00 PM Art & Music are CANCELED due to flooding. Zoom Link: https://us06web.zoom.us/j	4 **MALL WALK & ADVOCACY CLASS** 11:00 AM – Mall Walk (at Melbourne Square Mall) 12:30 PM – 2:00 PM Advocacy, Communication & Creative Journaling Turkey Creek Library $20 • Bring Lunch or Snack	5 **PIRATE MUSEUM TRIP** 11:00 AM – 1:00 PM Maritime Pirate Museum & Store 1:15 PM – 2:00 PM Lunch: Ryan's Pizza & Pub $25 • Lunch Included	6	7
8	9	10 **BALLROOM DANCING** 11:00 AM – 11:45 AM Melbourne Ballroom 2545 W New Haven Ave **HEALTH, SAFETY & CPR ROCKS!** 12:30 PM – 2:00 PM $25 • Bring Lunch or Snack	11 **COOKING CLASS** 11:00 AM – 1:00 PM Melbourne First Church of the Nazarene 2745 S Babcock St $25 • Lunch Included	12 **BOWLING WITH FRIENDS** 12:00 PM – 2:00 PM Shore Lanes Bowling Alley 4851 Dairy Rd, Melbourne $20: Shoes, 2 Games, Pizza & Drink $12: Shoes + 2 Games or 2 Hours Only	13	14
15	16	17 **BOWZ POP UP & GAMES WITH SENIORS** 11:00 AM – 1:15 PM Trinity Towers South 615 E New Haven Ave 1:15 PM – 2:00 PM ABG Music Jam with Senior Friends $25 • Bring Lunch or Snack	18 **INDEPENDENCE SKILLS & SPORTS** 11:00 AM – 12:00 PM Independence Skills, Crafts, Games & Yoga/Line Dancing 12:30 PM – 2:00 PM FCA Sports (Basketball, Soccer, Softball) $25 • Lunch Included	19 **ROOTS TO WORK JOB & GARDENING SKILLS** 11:00 AM – 2:00 PM Adaptive Recreation Center at Wickham Park 2450 Parkway Dr Melbourne, FL $20 • Bring Lunch or Snack	20	21
22	23	24	25	26	27	28
29	30					

THANKSGIVING BREAK
NO ABGworks ACTIVITIES
WE ARE OFF THE LAST WEEK OF NOVEMBER
FROM MONDAY, NOVEMBER 23RD THROUGH FRIDAY, NOVEMBER 27TH

WHAT TO BRING

- Water Bottle
- Lunch or Snack (when noted)
- Comfortable Shoes
- Positive Attitude
- Let's Have Fun!

IMPORTANT REMINDERS

- RSVP by Friday for activities
- Payments are due by the Wednesday prior to the activity (for Zelle payments)
- Bring money for optional activities
- Check for any special items to bring (example: canned food donation)

COST KEY

$25	Most Activities (Lunch Included)
$20	Bowling (Shoes, 2 Games, Pizza & Drink)
$12	Bowling Only (Shoes + 2 Games or 2 Hours)
Varies	Other Activities (as noted)

PAYMENT OPTIONS

Zelle®
For Zelle payments:
Add ABGworks1@gmail.com in Zelle.
This is also the email for all payments.

Cash Accepted
(on the day of activity)

November 2026

ABGworks Fall 2026 Calendar



Text 631-807-2974 to RSVP

Dates	Day	Time	Activity	Instructor	Location	Cost	Notes
Nov 3,		12pm - 2pm	Zoom Virtual Hangout with Friends	Mrs Jackie Zoom Link	https://us06web.zoom.us/j/86974678963?pwd=FV8ygReOJBdbFSGcGREZEO0gETuXx5.1	None	
		10:30am- 12pm	Enrichment Skills: Art	Mrs Barbra & Mrs Sarah _Arts for All Studios	784 N Apollo Blvd, Melbourne, FL 32935		
Dec 1	1st Tue	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	$25	Bring Lunch or Snack
		11- 11:45am	Community Engagement & Movement: Turkey Creek Sancary Walking In Nature with Friend (If rain day alternate Melbourne Square Mall)	Mrs Jackie & Mr Bryant	Turkey Creek Sanctuary 1518 Port Malabar Blvd NE, Palm Bay, FL 32905 or Melbourne Square Mall 1700 W New Haven Ave, Melbourne, FL 32904		
Nov 4, Dec 2	1st Wed	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	$20	Bring Lunch or Snack
		11am - 1pm	Community Engagement Trip: Antilles Trading Company Maritime Pirate Museum and Store		641 Brevard Ave, Cocoa, FL 32922		
Nov 5, Dec 3	1st Thur	1:15pm - 2pm	Lunch: Ryan's Pizza and Pub		4 Harrison St #100, Cocoa, FL 32922	$25	Lunch Included
		11am - 11:45	Community Engagement & Movement: Ballroom Dancing	Mr Barry _ Melbourne Ballroom Dance	2545 W New Haven Ave, West Melbourne, FL 32904		
Nov 10, Dec 8	2nd Tues	12:30 - 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
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
			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
Nov 12, Dec 10	2nd Thur	12- 2pm	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
		11am- 1:15pm	Job & Social Skills: Trinity Towers South - BOWZ PopUp, Games & Socializing with Seniors	Mr Bryant & Mrs Jackie			
Nov 17, Dec 15	3rd Tues	1:15- 2pm	Community Engagement & Enrichment Skills: ABG Music Jam with Senior Friends	Mr Rob _Florida Music Therapy	TrintyTowers South. 615 E New Haven Ave, Melbourne, FL 32901	$25	Bring Lunch or Snack

Dates	Day	Time	Activity	Instructor	Location	Cost	Notes
Nov 18, Dec 16	**3rd Wed**	**11am- 1pm**	**Enrichment Skills: Independence Skills, Crafts, Games/ Movement: Yoga/Line Dancing**	Mrs Wanda_ Spectrum Sparkles - Sparkly Silken Fairy Hair	Melbourne First Church of the Nazarene, 2745 South Babcock Street, Melbourne, FL 32901	$25	Lunch Included
		12:30-2	**Community Engagement & Movement: Sports with FCA (Basketball, Soccer, Softball)**	Fellowship of Christian Athletes	Melbourne First Church of the Nazarene, 2745 South Babcock Street, Melbourne, FL 32901		
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
Nov & Dec	**4th Tues, Wed & Thur**		**(Holiday Break - Thanksgiving & Christmas)**				

December 2026

ABGworks Fall 2026 Calendar



Text 631-807-2974 to RSVP

Dates	Day	Time	Activity	Instructor	Location	Cost	Notes
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		
Dec 2	1st Wed	11- 11:45am	Community Engagement & Movement: Turkey Creek Sancary Walking In Nature with Friend (If rain day alternate Melbourne Square Mall)	Mrs Jackie & Mr Bryant	Turkey Creek Sanctuary 1518 Port Malabar Blvd NE, Palm Bay, FL 32905 or Melbourne Square Mall 1700 W New Haven Ave, Melbourne, FL 32904	$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		
Dec 3	1st Thur	11am - 3pm	Community Engagement Trip: Dezerland Park Orlando, Florida's Largest Indoor Entertainment Hub & Arcade/ Holiday Shopping		5250 International Dr, Orlando, FL 32819	$25	Bring Money for Lunch & Shopping
Dec 8	2nd Tues	11am - 11:45	Community Engagement & Movement: Ballroom Dancing	Mr Barry _ Melbourne Ballroom Dance	2545 W New Haven Ave, West Melbourne, FL 32904	$25	Bring Lunch or Snack
		12:30 - 2pm	Enrichment Skills: Holiday Crafts & Games	Mrs Jackie	Melbourne First Church of the Nazarene, 2745 South Babcock Street, Melbourne, FL 32901		
Dec 9	2nd Wed	11am- 1pm	Enrichment Skills: Cooking & Holiday Movie Day	Chef Jillian owner Senior Chefs/ Guest Chef Kamal	Melbourne First Church of the Nazarene, 2745 South Babcock Street, Melbourne, FL 32901	$25	Lunch Included
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
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			

Dates	Day	Time	Activity	Instructor	Location	Cost	Notes
Dec 16	3rd Wed	11am-12pm	Enrichment Skills: Independence Skills, Crafts, Games/ Movement: Yoga/Line Dancing	Mrs Wanda_ Spectrum Sparkles - Sparkly Silken Fairy Hair	Melbourne First Church of the Nazarene, 2745 South Babcock Street, Melbourne, FL 32901	$25	Lunch Included
		12-1pm	ABGworks Holiday Party & Secret Santa Gift Exchange				
		1-2pm	Community Engagement & Movement: Sports with FCA (Basketball, Soccer, Softball)	Fellowship of Christian Athletes			
Dec 17	3rd Thur	11am - 1pm	Holiday Party at Wickham Park Adaptive Center ABGworks & Friends	UF Extension Program/ Mrs Jackie	Adaptive Recreation Center at Wickham Park 2450 Parkway Drive, Melbourne, FL 32935	$20	Lunch Included
Dec	4th Tues, Wed & Thur		(Holiday Break - Christmas & New Year's - Spring Session Starts _Tue Jan 12th, 2027)				