



Nantucket S.T.A.R. Early Spring 2023

by **Kerry Ray** on March 22, 2023

Happy Spring everyone! The weather is warming and the birds have been chirping- it sure feels nice! Our Board has been working hard, preparing for our annual Spring Fundraiser. **'Celebrate S.T.A.R.' will be held on Saturday, May 6 from 6-9pm at the Chicken Box.** You can look forward to delicious food, games, silent auctions and more! Invitations to follow!

S.T.A.R. has had a busy winter season, enjoying time in the kitchen with our new friends at PPX Events. Chef Kyle brings experience working with special needs participants, and, together with his wife, Lindsay, has a wonderful way of presenting ideas to our participants. Each week, participants gathered to create a meal from start to finish. Our Stars took quite an active role in meal preparation, which really boosted confidence and independence! Participants were involved in discussions about why certain foods are chosen, were taught to chop, stir, mix, blend and measure, and for some, how to safely use the stove, oven or fryer. The classes have taken cooking demonstrations to the next level, not only showing children how to cook but encouraging them to cook from start to finish. New friends and old gathered in PPX's beautiful space to prepare and share delicious meals like crepes with smoked salmon, pumpkin overnight oats, homemade chicken tenders and salad, spaghetti and meatballs and more!

We had such fun cooking with Chef Kyle and Lindsay! Star friends learned new skills and tried new recipes and sensory experiences. We can't wait to get back in the kitchen in the fall!



Saturday's with S.T.A.R. just wrapped up its winter session this weekend, and what fun we had! Lead instructor, Kerrie Willis, created such a warm and nurturing experience for children and parents. Each week, families would gather to play and explore, then join together for a welcoming circle during which books were read and songs were sung. After circle time, Kerrie presented children with a special project for the morning. Children had a blast exploring different paint mediums, gluing, stamping, exploring sensory bins and more. Saturdays with S.T.A.R. is offered for children ages birth through four and their families. Due to high demand, we are looking forward to offering a Spring session of this group. We are currently finalizing dates with our playgroup partner, the Nantucket Community School- stay tuned for dates and registration information.



To work around the busy hockey season at the rink, we have just begun our winter session of Stars on Ice. Over the last two Monday afternoons, we have gathered on the ice to learn and play together. All skill levels are welcome at Stars on Ice!



S.T.A.R. NEWS AND COMMUNITY EVENTS



Healthy at Home: Family Routines that Work
WITH TINA TORAN

Our family relationships are different because our personalities and temperaments are different. Without family routines, everyone's expectations

and transitions can cause a bit of chaos in the home.

On Wednesday, April 5th at 6pm Tina Toran will show you how having a few simple and replicable tools can make everyone's life easier!

Caregivers will discover what they are already doing well, while learning how to implement family meetings, family schedules and age-appropriate responsibilities that work for everyone.

No cost to families; sign up to get the Zoom link: <https://bit.ly/42xDuD5>



Since 2003, Nantucket S.T.A.R. has been providing adaptive and therapeutic recreation for individuals with special needs. With the support of our dedicated staff, therapists, educators and community partners, we celebrate the diverse abilities and strengths of our participants.

Contributing to our annual fund helps to offset our general operating expenses, assist in funding programs and enables retention of our amazing staff.

If you have not done so already, please consider a gift to our annual fund.

Together we help our stars shine!

Nantucket S.T.A.R., along with MVCS, is hosting FREE sensory friendly movies on the first Saturday of each month through June. Bring the whole family and friends for an afternoon film! Each complimentary admission includes one popcorn and one small fountain drink.

On April 1, we will be showing HOP! This is a community event, please feel free to share with those you think may be interested.

Again, these events are free but registration is required. Email kerryr@nantucketstar.com to reserve your space.


NANTUCKET S.T.A.R.
 &
MARTHA'S VINEYARD
COMMUNITY SERVICES
 INVITE YOU TO A
FREE



SENSORY FRIENDLY FAMILY MOVIE

SATURDAY, APRIL 1, 2023 12PM
NANTUCKET DREAMLAND

Bring the whole family to watch **HOP!!**
 Lights will be on, sound will be lowered
 and audience members are welcome to
 get up and move, dance or sing!
 An ideal event for children with sensory
 or special needs and their caregivers!
 Please RSVP to
 kerryr@nantucketstar.com




NANTUCKET S.T.A.R.
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MARTHA'S VINEYARD
COMMUNITY SERVICES
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 CINE FAMILIAR QUE ESTA



ORIENTADA A LOS SENTIDOS Y ES GRATUITA

SABADO 1 DE ABRIL, 12PM
NANTUCKET DREAMLAND

¡Trae a toda la familia a ver **HOP!**
 (la película será en inglés)
 ¡Las luces estarán encendidas, el sonido bajará y
 los miembros de la audiencia podrán levantarse
 y moverse, bailar o cantar!
 ¡Un evento ideal para niños con necesidades
 sensoriales o especiales y sus cuidadores!
 Por favor confirme su asistencia
 kerryr@nantucketstar.com





Knowledge is power and reading is a joy!

Nantucket S.T.A.R. now has a variety of resource books available to sign out and borrow for one month at a time. Books will be listed on our website under *Lending Library* shortly. You may click on the title to learn more about each book.

Books can be checked out by emailing info@nantucketstar.com

If you have not already done so, please take a moment to complete the [Contact Information Update](#) form. I am trying to be sure that we have the most current

and up to date information for all of our families and participants. Many thanks!

We still have S.T.A.R. sweatshirts available for sale in both youth and adult sizes. They are going fast, so please reach out if you would like to purchase!



Looking for S.T.A.R. online? We can be found at our NEW website. In order to more accurately depict our nonprofit status and help people find our site better our new site is www.nantucketstar.org.

This site is still under construction, but I am adding more daily. What can you expect to find on our new site? Program information and registration, donation and program payment capabilities, events, community resources, staff/volunteer information and more! It is my hope that our new site will make it easier to find information and take part in pertinent transactions. Both my direct email address and the info email are staying the same. Thank you all for your patience!

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SPRING PROGRAMS

The S.T.A.R. team is excited for the spring session of programs. Some scholarships are available in cases of financial need. Program space is limited.

Saturdays with S.T.A.R.

We are excited to be offering a spring session of

When: TBA

Where: 56 Centre Street

Cost: No Cost

Ages: Playgroup is open to participants birth through age 4.

*this program is run in collaboration with the Community School.

Whaling Museum Visit

Join us for a visit to the Whaling Museum! We will tour the museum with an NHA guide and then meet in the Discovery Room for a special project.

When: Friday, March 31 3:30-4:45pm

Where: Nantucket Whaling Museum, Broad Street

Cost: \$15

Ages: 5 and up

In the Garden with Sustainable Nantucket

Come visit the farm to school garden with S.T.A.R. and Sustainable Nantucket! We will meet Ella with Sustainable Nantucket to learn all about plants and gardening. Come dressed to get dirty!

When: Monday May 8th and May 15th 3:30-4:30pm

Where: Farm to School Garden, next to NPS athletic fields off of First Way

Cost: \$25

Ages: 5 and up

*dates may change if weather doesn't cooperate

Aquatics at the Community Pool

Who is ready for a swim? This spring, S.T.A.R. is switching gears slightly on our Aquatics program. This Spring, we are offering S.T.A.R. family swim time! Get your bathing suit, towel and a grown-up (parent, family member or other caregiver) and enjoy time to explore the pool together. This is a wonderful opportunity to

enjoy family swim time together, in a quieter and less hectic environment. This is not a staffed session, but a pool lifeguard will be on duty.

When: Tuesdays 4:30-5:30pm May 2, 9, 16, 23, 30 and June 2

Where: Nantucket Community Pool, Surfside Road

Cost: \$65 (covers all six sessions)

Ages: 3 and up

*Parents/caregivers must accompany participants in the pool. Noodles, bubble floats, kick boards and life vests will be available for use.

Upcoming programs

Stay tuned for registration information on upcoming summer Aquatics, Ocean Adventures at Jetties Beach, In the Garden with S.N., Adventure Pods and more! We are also looking forward to a family bicycling event. More information to come!

[READ MORE ON OUR WEBSITE](#)



Nantucket S.T.A.R.
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