



ACT Happenings

Take Home and Share with Your Family!

Summer 2009

www.abingtonact.org for expanded information

Weekly Camps for All Ages; One-Night Issues Events for Teens

The Abington YMCA will present an important series of issue-oriented programs for those ages 12-17 this summer. Offered on Tuesdays, 6:00-7:30 p.m., at the Abington YMCA, these evenings are free but require pre-registration with Angela at 215-884-9622, ext. 1856. Programs include:

June 30: Trashy vs. Classy – Our Bodies and Our Selves

July 14: Pharm Parties – What Are They and Who Do They Hurt?

July 28: Sexting – Do You Really Know Who Sees What You Text?

August 11: Stranded – How to Deal in Almost Any

Situation

August 26: Ethnic Misconceptions – Who Is Who?

Teen and Tween Nights the first and third Friday of each month, respectively, continue throughout the summer. Teens (grades 7-12) and tweens (grades 4-6) can spend an evening enjoying sports, swimming, games, and other activities.

Day camp choices also abound, from sports, dance, gymnastics, and martial arts to magic, cooking, theater, and day trips. Children can be registered for weekly camps at any time during the summer, space permitting.

Come to Pre-Night Out Block Party of the Summer on August 3

The increasingly popular Pre-Night Out Block Party is the place to be on August 3 (rain date August 4). Plan to join your friends and neighbors between 6:00 and 10:00 p.m. in the Abington Town Center (Target) parking lot, Old York and London Roads. There will be food, entertainment, kids' games, and give-aways for all from organizations and businesses staffing information booths.

This is a great opportunity to learn about the many resources and organizations serving citizens and making Abington a top 100 community in which to live,

work, and grow.

Abington Police will display an array of equipment, including animal control, detective, and SWAT paraphernalia; and Abington fire companies will have a presence with their trucks and prevention information. Also partnering in this event will be the Montgomery County Bomb Squad and Forensic Unit as well as McGruff, the crime prevention mascot. The Army climbing wall and Thunderbird Lanes' bowling for bucks are returning favorites.

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Free Summer Concerts Include Shakespeare "Dream" Production

On six Thursday evenings from early July through early August, Abington residents can enjoy a series of outdoor concerts on the grounds of the Abington Art Center at Alverthorpe Manor in Jenkintown. These concerts are held from 7:00-9:00 p.m., except the Kid Fest which runs from 5:30-8:30 p.m. On all other nights, the grounds open at 6:00 so that concert goers can tour the Art Center galleries and sculpture gardens. People are also encouraged to bring blankets, chairs, and a picnic to enjoy. Concerts are held rain or shine and are free; however, donations are accepted. For more information about the following schedule, call 215-887-4882.

July 2: Reckless Amateurs—A rich blend of rock, roots, country, blues and singer-songwriter pop.

July 9: Mango Men—An oft-requested Philly area band with energetic, interactive performances of Jimmy Buffett covers and Country and Classic Rock tunes.

July 16: Jeffrey Gaines—Features Gaines' "raspy, soulful voice and special guests, the Paul Green School of Rock House Bank.

July 23: Shakespeare in the Park with A Midsummer Night's Dream—Uproarious comedy filled with mayhem and madness, presented by Commonwealth Classic Theatre.

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Enrich Parenting through “Summer School” Programs

Parents are invited to enjoy exploring interesting and important topics that they face every day in raising their children. The Center for Parenting Education is offering its version of summer school, a series of online programs and in-person workshops this June through August. Pre-registration is required at 215-657-5720 or on-line at www.CenterforParentingEducation.org; fee waivers are available. Here are highlights to consider. View the entire list online.

One Size Doesn't Fit All—Understanding Your Unique Child will meet at the Community Center at the Giant Super Food Store, 315 York Road, Willow Grove, on Wednesday, July 1, 7:00-9:00 p.m. This workshop will highlight ways to identify children's temperament, maturity level, the developmental tasks they are working to accomplish, and many other factors that make them who they are as well as how to use this information to create the best environment in which each child can thrive. The fee is \$15 for Center members and \$20 for non-members.

Spread the word to new mothers that there is a

special opportunity for them. **New Mother New Baby** for those with infants under one year are invited to a morning of sharing experiences, discussing their new role, and discovering their baby's development while making friends, Tuesday, July 7, 10:00-11:30 a.m., also in the Giant Community Center. There is a \$10 fee.

Coping with Sibling Rivalry is featured online July 14, 9:00-10:00 p.m. With two or more children, parents are bound to see times of intense bickering or fighting and can get caught in the crossfire. This free program teaches parents when to leave kids alone to work it out themselves and when and how to intervene.

Two book previews, **Without Spanking or Spoiling** on June 29 and **How To Talk So Kids Will Listen and Listen So Kids Will Talk** on July 6, will be presented free of charge, 10:15-11:30 a.m. at the Abington Free Library, 1030 Old York Road, Abington.

A four-week session of Play 'n Share will begin July 14. Children play while parents of infants and toddlers share experiences and concerns.

Abington Library's Newest Programs; Teens Needed

Handbuilding with Air Dry Clay and **Hip Hop Dancing** for those completing grades 5-8 are two additions to a wide variety of reading programs, entertainment, and activities offered to children from pre-school through teens this summer at the Abington Free Library. On July 20, 7:00-8:00 p.m., dancers can learn basic moves of the high energy hip hop style and then put them together in a dance combination. No dance experience is necessary. The clay event August 4, 7:00 p.m., enables young people to create a pot, character, or small sculpture (no art experience required). Registration for both offerings begins July 20.

Teen Journaling returns on six Wednesdays, June 24-July 29. Participants will learn new creative techniques as they explore ways to express their thoughts in words and art. They should bring a journal or notebook; other supplies will be provided.

Both Abington and Roslyn Branch libraries are in need of teen volunteers for the **Abington Reads** program for which they will help younger children with reading. They are asked to sign up for one hour a week for at least four of the six weeks from June 22-July 28. For information, call 215-885-5180, ext. 13. Service learning hours are awarded.

Swim Teams and Swimming Lessons in Abington Township

Abington Township's pools, Crestmont and Penbryn, open Saturday, June 20. Registration for swim teams at both pools begins that day. A time for those trying out will be announced. Eligible boys and girls range from entering first grade through high school and must be able to swim at least one lap. Swim team practice will begin the week of June 22.

Group swimming lessons are offered in four ability levels from beginner to advanced, for 30 students each, between 9:00 and 11:00 a.m., Mondays, Wednesdays, and Fridays. Boys and girls must be at least six years old or have completed kindergarten. There are

two three-week sessions: June 29-July 17 and July 20-August 7. Registration will be held June 23, 9:00 a.m. at both pools. The cost is \$20 per session. Private lessons can also be arranged with the life guards and cost approximately \$10 per half hour.

Each pool will also run special nights for children and teens. Visit www.abingtonact.org and check “Things To Do” for postings of summer events. For further information, contact Abington Bureau of Parks & Recreation at 215-576-5213 or the pools from June 20 on: Crestmont – 215-659-5259, Penbryn – 215-884-8907.

**Use Abington Police Anonymous Tip Line 1-877-APD-TIPS to report safety concerns.
Always call 9-1-1 for emergencies.**

Sign Up for Summer Babysitting and Sibling To Be Programs

Child Home & Community, Inc., in coordination with Abington Memorial Hospital, will offer a **Babysitting Workshop** for children age 11 and up, July 11, 9:00-3:00 p.m. at the Hospital's Lenfest Pavilion. This six-hour course teaches young people to become more qualified babysitters by covering basic child care, age-appropriate activities, and handling family routines and emergency situations. The fee is \$50, and pre-registration is required at 215-348-9770.

Boys and girls ages 11-15 can obtain Red Cross certification at the **Babysitting Workshop** held at Ardsley Community Center, July 18, 9:00 a.m.-4:00 p.m. Topics covered include First Aid, creative play, resume development, and professionalism. The cost is \$55 and includes a certification card and handbook presented upon successful completion. Register at Abington Bureau of Parks & Recreation: 215-576-5213.

Summer Life Guarding Certification

Teens wanting to become certified in life guarding this summer to position themselves for a future job can register for American Red Cross Life Guarding offered through the Abington YMCA. The course will run Tuesday-Saturday, August 11-14, 1:00-6:00 p.m. and Sunday, August 15, 8:00 a.m.-2:00 p.m. Participants must attend all classes to obtain certification.

The cost of \$225 for Abington YMCA members and \$275 for non-members covers an American Red Cross Life Guarding textbook and CPR mask. Participants must be able to complete a standard swim test on the first day, including a 300-yard swim using the front crawl, breaststroke, and backstroke, and dive to the bottom of the pool (12 feet) to retrieve a brick. To sign up, call 215-884-9622.

Those ages 11-13 can consider **Safe Sitter**, offered by Holy Redeemer Childcare Center, Saturday, July 18, 9:00 a.m.-3:00 p.m. and Sunday, July 19, 9:00 a.m.-2:30 p.m. This program teaches about child development, age-appropriate activities, and basic lifesaving skills when caring for younger children. The fee is \$40. Register at 1-800-818-4747, or visit www.holyredeemer.com.

Children who are becoming brothers or sisters can attend **Sibling To Be**, a 90-minute program to help those ages 3-7 (other ages welcome) to prepare for their new role. They learn about newborns, talk about feelings, visit the Holy Redeemer nursery, and enjoy a celebration party. The fee is \$20. Pre-register at 1-800-818-4747. Upcoming dates are June 20, July 17, August 15, and September 18.

Movies Under the Stars

Chicken Run and **Fantasia** (both rated G) will be shown under the stars, Thursday, August 13 and 20, respectively, at the Abington Art Center, Alverthorpe Manor, 515 Meetinghouse Road, Jenkintown. From the creators of Wallace & Gromit, **Chicken Run** features a great escape with chickens through stop-motion animation and plenty of intelligence, wit, and heart. **Fantasia** is Disney's visual interpretation of classical music played by the Philadelphia Orchestra in this ground-breaking movie, circa 1940.

Movies begin at dusk (8:00-8:30 p.m.) on the Sculpture Park lawn (in the pavilion if raining). There is no charge. For more information, call the Art Center at 215-887-4882.

Abington Police Athletic League Open Weekends; Runs Day Trips

Boys and girls between the ages of 11 and 18, who are looking for recreational opportunities this summer can participate in the Abington Police Athletic League. Open most Friday and Saturday nights from 7:00-11:00 p.m. at the Glenside Weldon School, 409 N. Easton Road, Glenside, Abington PAL will offer a variety of activities. Dances and splash nights at Abington's Crestmont or Penbryn pools as well as day trips to Flying Leap, a laser tag venue, and the Eagles Training Camp in August are highlights of summer PAL offerings.

The PAL site has a permanent setup of air hockey, arcade basketball, foosball, ping-pong, and pool and offers a range of video games for Play Station II

and Wii.

Crestmont, Roslyn, and Willow Grove area kids can take a shuttle from Crestmont Park parking lot, across from Willow Grove Park Mall. Look for the PAL sign posted on the light standard. The PAL van makes pick-ups from 6:30-7:45 p.m. and begins return trips at 10:00-10:15 p.m.

It is easy to join Abington PAL. Simply download a form on the website at www.abingtonpal.org or call Melissa Gargan in Abington Community Policing at 267-536-1072 to request a form.

Aldersgate Offers Anger Management Program

People often experience anger and frustration in daily living, typically when life feels out of control. Such feelings and the way they are expressed can negatively affect one's health, schoolwork or job, and personal relationships.

Anger may be a cover for other emotions, such as sadness, fear, guilt, and shame. Young men find these emotions more difficult to deal with because they usually have fewer social networks and more inhibition discussing emotions than young women. In these situations, alcohol or other drugs can become an escape mechanism to avoid feelings. As a result, a person does not work through concerns, and drug and alcohol use can evolve into addictions.

Drug and alcohol use in young people changes the way their body processes anger. Lowered inhibitions and poor judgment can lead those with anger issues to act out more easily and aggressively than when sober. That can, in turn, result in legal charges, relationship conflicts, and other problems.

Aldersgate offers a four-six session anger management program that covers assessment, educa-

tion, and counseling for those who recognize that they need help. Clients may make the contact themselves or be referred by concerned family or friends.

Therapists use anger management and drug and alcohol assessment tools to determine the level of anger and the potential for violence. Clients learn how the body experiences anger and the physical signs that indicate frustration, anger, or rage. They are encouraged to identify triggers that elicit anger and are taught to prevent unhealthy coping mechanisms, such as substance use. They also learn appropriate ways to control anger, including taking a time-out or engaging in positive physical activity such as taking a walk, playing a musical instrument, dancing, weightlifting, and the like.

The benefits of this program are increased confidence in handling difficult situations, a more positive attitude, better coping and problem-solving skills, and an overall improvement in the quality of one's health, schoolwork or job, and personal relationships. To learn more about anger management or other counseling services provided to individuals and families, call Laura Handler, Intake Coordinator, or Pat Wilcke, Clinical Supervisor, at 215-657-4545.

Pre-Night Out in Abington August 3

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A raffle tent full of donated items and gift certificates from area businesses and restaurants will help raise funds for Pre-Night Out and give people a chance to take home great prizes. PennDot's Penn Mobile will process requests for drivers' licenses and ID cards.

Pre-Night Out brings community members together to rally for National Night Out the following evening, August 4. "Give Neighborhood Crime & Drugs A Going Away Party" remains the national theme for this program marking its 25th year. On August 4, people in cities and towns across the nation are asked to keep their porch lights on and sit outside to show their awareness.

This event is sponsored by the Abington Township Joint Town Watch Council, the Abington Township Police Department, and Abington R.E.A.C.T. (Radio Associated Citizens' Teams). For more information, contact Dave Rondinelli in Abington Community Policing at 267-536-1074 and watch for more details to be posted under "Special Events" at www.abingtonact.org.

Save These Dates

September 12—Unity Day at Crestmont Park.

September 19—C.A.P.T. Bike Day Begins and ends at Abington Junior High School.

September 26—Roslyn Car Show & Fall Festival

October 2 & 3—Abington Community Celebration Fall Family Fun Festival on the grounds of Abington Junior and Senior High Schools.

Free Summer Concert Series

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July 30: Kid Fest —Features 6:30 concert by **Dog on Flees** whose intelligent, gutsy style and diverse sounds appeal to all ages. Art activities with supply charge.

Aug. 6: Philadelphia Blues Messenger—A good-time jam band playing rock-solid, innovative Philadelphia blues.

The Abington Community Taskforce (ACT) is a coalition of diverse organizations working together to enhance the effectiveness of programs and services for youth and their families in order to ensure a safe and caring community. ACT's core values are caring, collaboration, community, integrity, proactive protection and intervention, and respect. ACT welcomes reader input. Visit ACT online at www.abingtonact.org and click "Contact Us," or call 215-517-2720. ACT would like to express appreciation to Abington Memorial Hospital for its assistance in printing this publication.

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