

New Heights of Northeast FL. ADT Program January 2026



Our two classrooms are:

Life Skills

Day Supports

Plus, Computer Lab & Technology Training throughout the week!

Follow us on social media to keep up with the New Heights fun!



@NEWHEIGHTSNEFL

Need to reach us?

Shekindra Mays – Program Supervisor: 904-917-9899 shekindram@newheightsnefl.org

Monday	Tuesday	Wednesday	Thursday	Friday
Do NOT FORGET TO SEND IN YOUR \$10.00 DUES THIS MONTH. This helps us with our cooking projects and outings.	January Birthdays: Sharon M. – 1/8 Dylon- 1/11 Ervan – 1/16 Alliyah – 1/18 Jill-1/28		CLOSED – HAPPY NEW YEAR!	CLOSED – HAPPY NEW YEAR!
5 2025 Recap Video Viewing and Post to Social Media	6	OUTING: Sam's Club Supply Shopping	7	8 FUN FRIDAY: Fitness Friday! Wii "Just Dance"
12 Chair Exercise	13 Rights with Kindra	14 OUTING: Riverfront Plaza Park Please bring a cold lunch	15 2026 Vision Boards	16 FUN FRIDAY: MLK Bingo w/Jill
19 CLOSED – Martin Luther King Jr. Day	20 Science Experiments with Balloons	21	22 CAFÉ CAPABILITIES Presents "Buddy Brunch" \$5	23 FUN FRIDAY
26 Photography Practice w/ Mr. Anthony	27	28 January Birthday Celebration!	29	30 FUN FRIDAY OUTING: Lunch at the Avenues Mall \$10 minimum