RESOURCE GUIDE

Social opportunities and events in Orange County

Clubs, classes, sports, the arts and yearly events for adults with disabilities and friends.

Find your people. Programs, clubs, classes and yearly events around Orange County for adults with disabilities and their friends. Your Amelio Services provider can help you call, sign up, plan the trip and feel at home the first few times.

Regional Center of Orange County Recreation Resource Guide (April 2025), plus each program's own website or city guide, checked October 2026. Programs change, so please call or check the website before you go.

Friends and social clubs

Sweet Shade Ability Center (City of Irvine Disability Services)

Irvine | (949) 724-6637 | yourirvine.org | **Fees vary**

Classes and activities in art, social recreation, dance, gardening, cooking and more.

Who People with disabilities age 6 and up. You do not need to live in Irvine.

When Monday through Saturday, 10 a.m. to 6 p.m. Check the current class schedule.

Where 15 Sweet Shade, Irvine

Dances for adults with disabilities (City of Fountain Valley)

Fountain Valley | (714) 593-4446 | fountainvalley.gov/1380/Senior-Center-Events | **Low cost**

Evening dances hosted by the city's Advisory Committee for Persons with Disabilities.

Who Adults with disabilities. You do not need to live in Fountain Valley.

When Some Friday evenings, 7 to 9 p.m. Check the city's activity guide for dates.

Where The Center at Founders Village, 17967 Bushard St., Fountain Valley

Best Buddies

Irvine office, programs across OC | (949) 569-8100 ext. 2 | bestbuddies.org | **Free**

One-to-one friendships, leadership and self-advocacy, and job support. The yearly Friendship Walk is a big celebration.

Who People 12 and up with intellectual and developmental disabilities.

When Programs run all year.

Where Orange County office in Irvine

Young Life Capernaum

Tustin and other OC areas · (714) 501-6543 · tustin.younglife.org · **Free**

Meals, games, friendship and discussion.

Who Junior high students through young adults with disabilities.
When About twice a month.
Where Tustin and other Orange County locations

Vocational Visions Clubhouse

Mission Viejo · (949) 837-7280 · vocationalvisions.org · **Fees vary**

Friday and Saturday social program with activities and dinner.

Who Adults 18 and up.
When Fridays and Saturdays.
Where Mission Viejo

EMBARK Coaching for Adults

Costa Mesa and online · embarkontheday.com · **Fees vary**

Monthly group workshops, social outings, and gentle yoga with mat or chair options.

Who Adults.
When Yoga on Wednesdays. Check the website for outings.
Where Group yoga at the DSAOC Center in Costa Mesa on Wednesdays, and on Zoom

Down Syndrome Association of Orange County (DSAOC)

Costa Mesa · (714) 540-5794 · dsaoc.org · **Check cost**

Support groups, community events, the Orange County Buddy Walk each fall and the Red Carpet Ball each spring.

Who People with Down syndrome of all ages, and their families.
When Events through the year.
Where DSAOC Center, Costa Mesa

Sports and movement

Special Olympics Southern California, Orange County

Teams across OC · (714) 597-6982 · sosc.org/region4 · **Free**

Year-round sports training and competitions, such as bowling, basketball, swimming, track and soccer.

Who Children and adults with intellectual disabilities.
When Seasons all year.
Where Practices across Orange County

Playmakers

Huntington Beach, Seal Beach, Los Alamitos (562) 689-5939 letsbeplaymakers.org **Check cost**

Baseball in spring, basketball in fall, and dance and boccia a few times a year.

Who Ages 5 and up, with no aging out.

When By season.

Where Huntington Beach, Seal Beach and Los Alamitos

Spirit League

South Orange County (714) 417-9553 spiritleague.org **Fees vary**

Basketball, bowling, baseball, flag football and volleyball. Scholarships are available.

Who Youth ages 6 to 32, plus an adult program. Athletes need to be able to walk.

When By season.

Where South Orange County

Adaptive bowling leagues at Saddleback Lanes

Mission Viejo (949) 586-5300 saddlebacklanes.com **Fees vary**

Weekly adaptive bowling leagues and tournaments all year.

Who All ages and abilities.

When Weekly.

Where Saddleback Lanes, Mission Viejo

TOPSoccer (Orange Junior Soccer Club)

Orange (714) 357-1145 ojsc.org **Low cost**

Soccer games with one-to-one help when needed.

Who All ages and abilities.

When Saturdays, September through November.

Where Orange (you do not need to live in Orange)

Adapted Kinesiology at Orange Coast College

Costa Mesa (949) 432-5807 orangecoastcollege.edu/services-support/dsps/adapted-kinesiology.html

Low cost

Adapted physical education classes, with adapted bowling and swimming in some terms.

Who College students with disabilities.

When Each semester. Enroll as an OCC student.

Where Orange Coast College, Costa Mesa

Arts, music and dance

Studio D at Segerstrom Center for the Arts

Costa Mesa (714) 427-2213 scfta.org/studiod **Fees vary**

Inclusive dance, music and theater classes.

Who Ages 4 and up.

When By session. Check the website.

Where Segerstrom Center for the Arts, Costa Mesa

Orange County Arts and Disability Festival

Orange County (location varies) (714) 966-4303 ocde.us/OCArtsandDisability/Pages/default.aspx

Free

A yearly festival with art shows, performances and workshops. Artists can submit work.

Who Artists and performers of all ages with disabilities, and everyone who wants to come.

When Usually in late April.

Where The location changes each year

A Dance Class for Me!

Newport Beach (818) 425-4129 ercamtprovider.com **Fees vary**

Dance classes.

Who Open to all, in an inclusive setting.

When Check the website.

Where 425 Bolero Way, Newport Beach

KASEC Harmonia Ensemble and basketball

Anaheim (562) 926-2040 kasecca.org **Check cost**

An orchestra (audition needed) and a basketball program with partners and coaches.

Who Middle school students and older, with and without disabilities.

When Spring and fall semesters.

Where Korean American Special Education Center, Anaheim

Outdoors and the beach

R.A.M.P. adaptive hand cycling

Huntington Beach (562) 592-1091 rampitup.org **Free**

Hand cycling along the beach path.

Who People of all ages with physical or intellectual disabilities.

When The second Saturday of each month.

Where Bolsa Chica State Beach, Huntington Beach

McKinnon Surf adaptive surfing

Huntington Beach (714) 337-6101 mckinnonsurfandsuplessons.com **Fees vary**

Tandem or chair-board surf lessons with safety support.

Who People with special needs.
When By appointment.
Where Huntington Beach

Fish for Life

Orange County coast (949) 285-8819 fishforlife.org **Free**

Free half-day fishing trips.

Who People with special needs, in groups.
When Monthly, August through November.
Where Boat trips from the Orange County coast

Classes and learning

OC Public Libraries programs

Branches across the county libraries.oc.gov **Free**

Free classes, clubs, movie days, crafts, tech help and events.

Who Everyone.
When Check each branch's event calendar.
Where OC Public Libraries branches

Faith communities

TNT (Tuesday Night Together)

Orange (714) 538-2341 firstpresorange.org/tnt **Low cost**

Fellowship and Bible study, with lunch for a small fee.

Who Adults with developmental disabilities.
When Check the website for the schedule.
Where First Presbyterian Church of Orange

Before you go

- Programs change. Call or check the website before you go.
- Plan the trip: OC Bus, OC ACCESS or a ride. OC ACCESS eligibility: (714) 560-5956.
- Ask if you can bring a support person, and if there is a fee for them.

To suggest a change, contact Comfort Connection Family Resource Center at (714) 558-5400 or the Amelio Services office. Checked October 2026. Amelio Services · amelioservices.com