

Additional Opportunities

Catawba Science Center: Mon/Tues: closed, Wed-Sat: 10 am – 4 pm, Sun: 1 pm – 4 pm - 243 3rd Ave. NE, **Hickory**, NC 28601 - (828) 322-8169 - Adults (18+) - \$16.00 + tax, Youth (3-17) - \$14.00 + tax, Child, (2 and under free), Military/Student(with current school ID)/or Senior (62+) - \$14.00 + tax CSC Members: Portal to Science \$3.00 + tax.

General admission includes one full day of admission, including all exhibit areas, the featured exhibit hall, the aquarium, and public planetarium shows. Special programs and events are excluded from General Admission. For more information: (828) 322-8169.

Catawba Science Center is a 35,000 sq. ft. Science technology museum whose purpose is to change lives and inspire learning through science and wonder.

The Millholland Planetarium is a state-of-the-art digital planetarium theater, offers a variety of immersive programs including full-dome video, traditional star talks, and laser light shows in a variety of music genres.

The Saltwater aquarium gallery features a large shark & stingray touch pool and a Coastal Carolina pool. A collection of rare fish, turtles, snakes, birds and other species found in the Amazon River Basin and other Central and South American freshwater habitats.

There is an interactive technology museum, a butterfly habitat, rotating special exhibits throughout the year and an on-site gift store.

Hickory Parks and Recreation Ceramics Studio:

Hickory, NC - (Winkler Park in LP Frans Stadium/Hickory Crawdads parking lot) in old museum building directly behind the old house – 2500 Clement Blvd. **Hickory**, NC 28601 - 828-323-7400 Call for current days/times, usually several days a week. Cost varies based on piece selected, items from \$1.00 and up. Paint and firing is included in the price. Quiet family friendly environment.

Abilities Tennis Clinics (offered in several counties across NC)

Hickory Location - Hani Nassar - Phone/Text: 828-322-7046 or 828-234-6330 -Email: hmnassar@gmail.com - Ages: 8 and up - Abilities Tennis provides a positive tennis experience, enhancing the mental, physical, emotional, and social well-being of individuals with intellectual disabilities by providing them with skills needed to participate in tennis at various levels.

Chuck E. Cheese: Sensory Sensitive Sundays:

2032 Catawba Valley Blvd. **Hickory**, NC 28602 - 828-328-3694 - Chuck E. Cheese's is proud to support families who have children with autism and special needs. We now offer a sensory-friendly experience on the first Sunday of every month. Our trained and caring staff is there to make sure each guest has a fun-filled visit. The Sensory Sensitive Sundays experience includes:

- Less crowding and noise
- Dimmed lighting
- Show and music turned off or down
- Limited appearances by Chuck E.
- Food and games are offered

We Rock the Spectrum Kid's Gym: The Gym for All Kids:

1061 7th St SE **Hickory**, NC 28602 - 818-996-6620 - call for prices “We Rock the Spectrum Kids Gyms” was founded to provide a place for children of all ability levels to play and grow together. As the only kids’ gym that offers an inclusive philosophy, we have found all children can benefit from our uniquely designed sensory equipment that is specifically designed to aid children with sensory processing disorders. However, in our experience, all children can benefit greatly from this equipment and by allowing children of all ability levels to play together they are able to learn a great deal from each other and become the best motivation for success on every level. Dates/Times: All day- every day we are open, call for current hours/schedule.

Suspended equipment with swings – for balance and vestibular treatment

- Crash mats and crash pillows – for fun, motor planning, and strength
- Zip line – for stress release and joint and body relaxation
- Trampoline – for building leg and core strength
- Indoor play structure – for climbing and increasing playground skills
- Sensory-based toys – for improved auditory processing and fine motor skills
- Fine Motor and Arts and Crafts Area – “for improved hand-eye coordination”

Sky Zone: Sensory Hours:

Hickory Location: 1843 Catawba Valley Blvd. SE, **Hickory**, NC 28602 - 828-222-4144 -call for prices Enjoy the freedom of jumping. Sensory hours provide a quieter, toned-down jumping experience for those with special needs. Call for current dates and times. (Currently the Hickory location does not offer this).

Cheer Energy All-Stars (Explosion: Cheer Abilities- Special Needs Class)

185 2nd St. Place SE **Hickory**, NC 28601 - 828-405-1217 -<https://www.cheerenergy.com> - We offer cheerleading classes for special needs at a reduced rate. Costumes, shoes are required and may. And in some cases, travel expenses may be required.

Dramatic Arts Theater programs for Special Needs:

The Penguin Project: Hickory Community Theater - 30 Third St. NW, **Hickory**, NC 28601- 828-327-3855 -Call for Current Dates and Times! Open to ages 8 – 22 with a disability. Participants will be assigned a peer mentor – a typical student of about the same age, who will work with them side-by-side, assisting them throughout the entire rehearsal process and perform onstage with their partners. Current Program Dates: October 2025 – February 2026

ABE (Adult Basic Education)

CVCC (Catawba Valley Community College), **Hickory** NC

This is a program of instruction designed for adults who function below the high school level. Instruction in reading, math, writing, oral and written communication and technology. With a focus on career exploration and workforce preparation. Students will have a goal of transitioning into the workforce, or additional educational programs. These programs are **Free** and are open to adults age 18 and up. You will have to provide transportation to and from school. Space is limited! -Mon-Thurs (year-round) -9 am – 2 pm - CVCC main campus - 828-327-7000 ext. 4857 Office number: VSL 219 - There are ABE classes at other community colleges across the state. Contact your local community college to inquire about your local program.

Limitless Theatre for Exceptional Actors: The Green Room

10 South Main Ave. **Newton**, NC 28658 - 828-464-6583 - Call for dates and times! Offering 2 seasons a year – A theater class for teens and adults with special needs who may have cognitive and/or physical disabilities. Participants will need to be able to take care of their own personal needs or will need a caregiver to attend with them. Even Non-verbal students are welcome. Participants will need to be able to follow directions. Ages 15 and up.

Dancing Wonders: Krista Whitener Dance Studio:

Krista Whitener Dance Studio 318 1st St. West, **Conover**, NC 28613 -828-485-8210 Or 828-514-5954 - (there may be some costs for costumes, shoes, etc.) All ages welcome We turn disabilities into dance abilities! Our students can participate in local competitions as well as perform in our studios' beginning of the year showcase and end-of-year recitals.

Raise the Barre Dance Academy: 825 Conover Blvd. West, **Conover**, NC 28613 - 828-604-0350 - Those with special needs can join in any class. Note: This is for higher functioning students who can take care of themselves. High Level Dance Classes.

Walk With Me (Barn Buddies) Horse Therapy:

Steel Water Barn 4170 LB Propst Drive, **Conover** NC - 828-330-4152 - 4:30 pm – 5:30 pm Every Wednesday -Website: <https://www.walkwithmehealingsteps.com/idd-add-adhd-secelepomental-excursions/> We use simple Equine Assisted Learning activities that guide the group to learn. These activities support learning and increase overall development for the participants.

Shining Hope Farms Hippo therapy (Bills Insurance)

6347 St. Peters Church Road, **Conover**, NC 28613 - 704-827-3788 <https://shininghopefarms.org> We offer physical and occupational therapy. Licensed Hippo therapy sessions. There is often a waitlist.

Rising Hope (Therapeutic Horse Back Riding Program): Rising Hope Farm Covered Arena- 3775 Bethany Church Road, **Claremont**, NC 28610 -(828) 638-0879 <https://www.risinghopefarms.com> - A \$100.00 yearly donation is appreciated. This is a volunteer Christian based horseback riding program. There is a waiting list. Limited spots. 2 sessions per year. Riders only ride one day a week

Walkin'Roll Activities League: A League for Children and Adults with Special Needs

Albert Parkhurst Municipal Complex 202 S. Center Street **Hildebran**, NC – or check out the face book page to double check details.

- Game nights 2x per month on the 1st and 3rd Friday nights from 6:00 pm -8:00 pm
- T-ball for all ages – March to May – Each Saturday 10:00 am – 12:00 pm
- Special activities throughout the year – including art clinics, fashion shows, Bingo, holiday events, etc.

Bended Knees Outdoors (Granite Falls, NC)

4537 Ike Starnes **Granite Falls**, NC - 828-244-4721 Dates/Times: bendedkneeoutdoors@gmail.com Nonprofit committed to bring healing process by bringing them to the outdoors.

Golden Ticket Cinemas Movie Theater (Lenoir): Sensory Friendly Showings:

1966 Morganton Blvd SW, **Lenoir** NC 28645- <https://www.gtcinemas.com> - 828-394-0277 They hold sensory friendly films regularly (crafted to be inclusive for all families, especially with those with neurodiverse members, such as those with autism, who may have a heightened sensitivity to sensory stimuli. This experience is thoughtfully designed to minimize sensory overwhelm by keeping lights on, lowering sound levels and allowing flexibility in movement.

McDowell County Public Library: Sensory Story Time:

Marion Library 90W Court St. **Marion**, NC 28752 -828-652-3858 The first Saturday of each month! Sensory Story Time for all ages. The program is created for families of children with special needs. Our goal at each story time is to engage the senses through interactive books, songs encouraging movement, and other exciting sensory activities. Please call the Marion Branch at 828-652-3858 to register or stop by our library

The Block Sensory Hour Sunday:

The Block 105 6th St. **North Wilkesboro**, NC 28659 - 336-818-1889 During sensory hour, individuals can enjoy all the fun activities in the indoor park without the usual background music. The music to ensure is turned off for a more peaceful and comfortable atmosphere, allowing a more enjoyable visit.

Dish it Out Pottery Painting Studio: Sensory Friendly Pottery Painting:

Address: Dish it Out Pottery Painting Studio 7828 Rea Rd-C **Charlotte**, NC 28277 - 704-544-4848. Studies show that art and painting pottery can have a positive impact on the lives of individuals with autism. The National Endowment for the Arts found that individuals with autism are twice as likely to engage in creative activities compared to the general population. For adolescents with autism, art therapy has been found to improve social interactions, communication skills, and sensory integration. Additionally, pottery painting can enhance hand-eye coordination and fine motor skills. For adults with autism, engaging in art and pottery has been shown to reduce stress, improve overall well-being, and provide a sense of accomplishment. A study conducted by the National Autistic Society found that 76% of adults with autism reported that engaging in creative activities helped them to manage anxiety. This can be particularly beneficial for those who struggle with social interactions or sensory processing challenges.

Carowinds: Fun For All:

14523 Carowinds Blvd. **Charlotte**, NC 28273 -704-588-2600- Carowinds has taken steps to be well-prepared to welcome and provide accommodation for all types of disabilities, including autism and related disorders. To continue to provide equal access for all guests, be aware that all guests with mobility impairments or ASD will now receive a Ride Boarding Pass with waiting times. Please review the Boarding Pass Program for more details.

Children's Theater of Charlotte: Sensory-Friendly Performances:

Children's Theatre of **Charlotte** offers a sensory-friendly performance for each of our Mainstage productions, modified for families and friends with children or adults who are diagnosed with an autism spectrum disorder or other sensitivity issues. At the performance, theatre lighting and sound will be softened and the house lights will dim but stay on. Guests will also have extra room in the house to move around as needed during the performance. Quiet spaces, fidgets and headphones will also be available. Children's Theatre of Charlotte trains all staff to meet the needs of those attending. Before attending the performances, families can walk through virtual tours online and get to know ImaginOn's public space including the interior of the McColl Family Theatre and the Wells Fargo Playhouse. Parents can download a variety of resources to help them prepare their family for the show. We create resource guides for each of our productions - a general Resource Guide with activities and background information on the show - plus two guides specific to our Sensory-Friendly Performances, one for Parents and one for Children. Children's Theater of Charlotte- ImaginOn -300 E. Seventh Street, **Charlotte** N.C. 28202 - 704-973-2828

Discovery Place:

168 West 6th Street, **Charlotte**, NC 28202 -704-327-2189

A hands-on science museum with state-of-the-art displays. A wonderful family day trip. Kids of all ages love this museum. Sensory-friendly hours at Discovery Place Science
10:30 am to 1:30 pm - 18.00-23.00 Discovery Place Science -Sensory-Friendly Hours at Discovery Place Kids -
2:00 pm to 4:30 pm- \$15.00 -Discovery Place Kids

Children's Theatre of Charlotte: Sensory Friendly Performances:

On Line: <https://ctcharlotte.org> -704-973-2828 - For our 2025-26 Season, tickets to our sensory-friendly performances are \$18 for shows in the Wells Fargo Playhouse, and \$20 for shows in the McColl Family Theater (300 East 7th Street, **Charlotte**, NC 28202) - Call or check out our website

North Carolina Zoo Quiet Days:

North Carolina Zoo 4401 Zoo Pkwy, **Asheboro**, NC 27205 - 336-879-7000 The third Tuesday of each month is Quiet Day at the Zoo. Quiet Days are meant to offer a more sensory-friendly experience at the Zoo. On these days, reservations for large groups or field trips are not permitted. Loud music and messaging at the entrances and throughout the Zoo are also turned off. <https://www.nczoo.org/experiences/events/quiet-days>

Jump Street Indoor Trampoline Park: Special Needs Days:

Jump Street, 1111 Walnut St. **Cary**, NC 27511 - 919-234-0722 Special Needs days are the first Saturday of the month. They turn down/off the music, and will make an exception to allow outside food, if needed. The first hour of jumping is solely for special needs families and parents/guardians jump for free.

Koka Booth Amphitheatre: NC Chinese Lantern Festival <https://www.boothamphitheatre.com> - 919-462-

4025 - 8003 Regency Parkway **Cary**, NC 27518 Advance tickets: \$16.00 adult, \$11.00 children (ages 3-12), \$13.00 for discounted advance tickets. Ticket prices are higher at the entrance. Sensory Friendly Night. Join us on December 2nd for a Sensory-Friendly Night, which will feature lower volume music, reduced attendance, and will not include Flashing lights and will have quiet areas for decompression- 4:30 pm until the event is over.

Museum of Life and Science: Sensory Friendly Science Night: Under the Stars:

Enjoy a night of adventure in the Museum's main building in a relaxed, sensory-friendly atmosphere, and learn more about the night sky and nocturnal animals from Museum facilitators! Cool-down areas, materials, and visual support will be available during your museum exploration. Our cool-down room is available at Aerospace, welcome for any guests who feel it would be helpful. You can purchase tickets online or at the door! Museum of Life and Science 433 W. Murray Avenue, **Durham**, NC 27704
919-220-5429 Call for this year's date/time & cost! Also offers sensory friendly early morning access quarterly (call for dates) from 9:00 am – 11:00 am- Free with current membership, \$23.00 adults and \$18.00 Children (ages 3-12}

Carolina Theatre of Durham: Sensory Friendly Film Series:

<https://carolinatheatre.org> - 919-560-3030 -309 West Morgan Street, **Durham**, NC 20071 - Call or check out website for cost/dates/times. The Sensory Friendly Film Series offers a welcoming and supportive environment for autistic individuals and others in need of sensory accommodations.

Marbles Kids Museum: Marbles Sensory Friendly Playtime:

Free event exclusively for children with disabilities and their families to experience Marbles in a calmer, quieter environment. Sensory Friendly Playtime occurs monthly throughout the year! Marbles Kids Museum 201 East Hargett Street **Raleigh**, NC 27601 - 919-834-4040

Alamo Drafthouse Theatre: Alamo for All:

2116 D Newbern Ave, Suite D, **Raleigh**, NC 27601 - 984-444-6821- \$10.99 + Convenience fee + taxes Varies
From their website: "Welcome to Alamo for All - a movie program for young families and guests with special needs. All shows starting before 2 pm on Tuesdays follow Alamo for All rules, with more shows on the weekends. Schedule may vary during holidays. At sensory-friendly Alamo for All shows,

- Lights are turned up and sound is turned down
- All ages are welcome (including infants)
- Talking and noise is allowed and guests can move around
- Latecomers are admitted
- Adaptive technology is welcome (but no other electronics, please)
 - Indoor play structure – for climbing and increasing playground skills
- Sensory-based toys – for improved auditory processing and fine motor skills
 - Fine Motor and Arts and Crafts Area – “for improved hand-eye coordination

North Carolina Museum of Natural Sciences: Sensory Friendly Night:

Occasional days and times (Call for current schedule) -North Carolina Museum of Natural Sciences 11 West Jones Street, **Raleigh**, NC 27601 -919-707-9800

NOTE: For families and visitors requiring special accommodation, the North Carolina Museum of Natural Sciences’ Nature Exploration Center will stay open late for visitation during a quieter evening. There will be plenty of fun activities, scientists and live animals, our featured exhibition “Mazes & Brain Games,” plus much more. Those who register will receive a schedule of event activities and other preparatory materials, such as social stories and sensory maps, one week in advance. For special accommodations such as American Sign Language or Deaf-Blind interpretation, requests must be made no less than three weeks in advance.

THE RINK - Red Hat Amphitheater: Sensory Friendly Skating Sessions. - 919-996-8500 - A 500 South McDowell Street, **Raleigh**, NC 27601 - \$15.00 includes skate rental. Call for other Dates/Times! - Next Session: Sunday, January 4, 2026 - 12 PM Session. Anyone can purchase tickets for our Sensory Friendly Sessions (but we ask that you respect those with sensory issues). Features lower volume music, limited lighting, and a quiet room.

Wings for All: Practice Flying Simulation

Piedmont Triad International Airport - Call for this year’s dates and times -1-336-883-0650 This program is designed to alleviate some of the stress that families who have a family member with disabilities experiences when traveling by air. It provides the family with a chance to practice entering the airport, obtain boarding passes, go through security, and board a plane. All adult participants must have a driver’s license or state ID. You must pre-register. [Http://www.arcofhp.org](http://www.arcofhp.org)

Millstone 14 Sensory Friendly Screenings:

Millstone 14 3400 Footbridge Lane, **Fayetteville**, NC 28306 - 910-354-2121 Sensory screenings of new releases of children's films at 10am on the Saturday of the film's opening weekend. A discount drink and popcorn deal is also included. Lights and sound are lowered, and guests are free to dance, sing and move around. Available for all ages.

iFly: All Abilities Night:

7840 Liles Lane NW **Concord**, NC 28027 - 704-851-4359 - All Abilities Night at iFLY is a unique event that makes the dream of flight a reality for those in the special needs community. This program has been custom designed for those with physical and cognitive challenges to create an environment of support and inclusion, while focusing on making what seems impossible, possible. Call your local location for current dates, costs and times.

SEA LIFE Charlotte-Concord Aquarium: Sensory Friendly Sundays:

SEA Life Charlotte-Concord Aquarium 8111 Concord Mills Blvd. **Concord**, NC 28027 - 855-450-0512 Join SEA LIFE Charlotte-Concord Aquarium for Sensory Friendly Sundays, the 2nd Sunday of Every Month from 10 am - 11 am! Enjoy the aquarium one hour before the public for a sensory friendly underwater journey. We welcome all families with children on the autism spectrum or children with sensory processing disorders to this event. The aquarium has been adjusted to best reduce sensory triggers throughout each exhibit of the aquarium. We have also created a safe place or comfort room, which can be utilized at any time.

Cotton Bean Farms: Baby Goat Play dates:

Cotton Bean Farms 29631 Herrin Grove Road **Mt. Pleasant**, NC 28124

704-941-7944- Spend 45 minutes in the goat pasture with baby goats and dogs. You will get to pet and snuggle them. All the goats are friendly and love people. Fun for all ages!

By appointment only and private play dates are available!

Urban Air Adventure Park: Sensory Friendly Jump:

17001 Kenton Drive **Cornelius**, NC 28031 - 704-800-4699 – cost varies from \$15-\$40 - new sensory friendly jump time for our special needs community only, every first Sunday of the month from 10 am-12 noon (time/date varies per location). No flashing lights, no whistles, low music level, and less crowd. We invite you and your families to join us! Reduced rates available (varies per location). Open to sensory-sensitive individuals, their siblings and caregivers only. Call for current dates and times.

Matthews Playhouse of Performing Arts Inc: Sensory Friendly Performances:

1st Performance: The Velveteen Rabbit, Call for other performances!_Saturday, May 2nd - 2:00 pm - Matthews Community Center -Fullwood Theater 100 East McDowell Street **Matthews**, NC 28105 - 704-846-8343 - Matthews Playhouse is committed to offering performances in our Mainstage season to accommodate the needs of audience members on the autism spectrum and/or with a cognitive or developmental disability. Some of the features of our Sensory Friendly performances include:

- Lower sound and light levels
- A guide to warn audience members of potentially startling or loud sounds
- Dim lighting in the seating area that will remain on for the duration of the performance
- Designed quiet and calm spaces for audience members to utilize as needed
- Permission for audience members to stand, roam around, and come and go as needed
- Audience members are also welcome to bring certain items that provide comfort (cushions, headphones, electronics, snacks, and other support items)

Triangle Disability & Autism Services: First Friday Night:

919-942-5119 - January 2nd, 2026 - 6:30 pm – 8:30 pm - Building Abilities Center, 7025 Kid Creek Road, Building 5 - **Morrisville**, NC - First Friday Fun Night of 2026! Join us for a super fun time at our First Friday Fun Night! Enjoy an evening of fun, games, dancing and light refreshments! NOTE: other events are posted on their **website**: <https://www.triangledisability.org>

Autism Society of North Carolina

On Line: <https://www.autismsociety-nc.org> - Camp Royal: 919-542-1033 - 250 Bill Ash Road, **Moncure**, NC 27559 - call or check out website for more details, some scholarships are available on a limited first come-first served basis. Upcoming Events posted on their website - Autism Society of NC ... Family Fun Day at Camp Royall - 12:00 pm - 5:00 pm · Family Overnight Camping -January 4, 2026 - 4:00 pm. Pre-registration is required. Call Camp Royal online to find exact dates, times, costs, and more details.

Big Heart Outdoors: (Offers various adaptive hunting and fishing events for children and adults with special needs including individuals in wheelchairs. Children and adults are paired up with one or two trained guides and hunt or fish at various locations in several counties. From small animals, such as squirrels/rabbits/turkeys/pheasants to deer. Various fishing events are available (some from land and some from boats). All terrain motorized vehicles are available if needed for individuals in wheelchairs. Guns and fishing rods are provided at no charge. Dates, times and locations vary depending on the hunting and fishing seasons. Pre-registration is required. For more information - (828) 228-6222 or check out the website at. <https://bigheart-outdoors.com>

Hands of a Sportsman: (offers adaptive hunting and fishing events in different locations across the state) and dream hunts in other states (spaces are limited) For more information call: (704) 798-4669, Email: David@handsofasportsman.org or search on: <Http://handsofasportsman.org/>

Special Olympics: (varies by county- most counties have a local group and offer various year-round sports) –Spring Games (field day type event) and Fall/Summer Season (start times and end times vary slightly by county. For information check the appropriate county and sport at <https://sonc.net>. Some of the sports that may be offered are:

Alpine Skiing, Athletics (track and field), Basketball 3 on 3 as well as 5 on 5, Bocce, Bowling, Cheerleading, Cycling, Equestrian, Figure Skating, Flag Football, Golf, Gymnastics, Motor Activities Training Program, Power lifting, Roller Skating, Sailing, Short Track Speed Skating, Snowboarding, Soccer, Softball, Swimming, Tennis, Unified Sports, Volleyball, Young Athletes. The State is working on adding a few new sports like pickle ball and disc golf.

Turtle Dance Music & AutismFriendlyShows.com:

Helps kids

come out of their shells with autism-friendly music, bubble and comedy concerts. Our 30–45-minute concerts are perfect for special events for autism centers, early learning centers, education conferences and schools! We play over 60 different instruments including guitar, banjo, didgeridoo, beat boxing, loop stations and it's funnier than having Jim Carrey visit your school. We also do sensory-friendly activities like big GIANT bubbles! We **travel all over the country** and have a block-booking pricing structure that will make our fees workable for your budget. All our instructors have graduated degrees in special education, autism intervention, early childhood development and music therapy. This program is solely for entertainment and special events and not for private or group therapy services. Check us out: at <https://www.TurtleDanceMusic.com>, <https://www.Youtube.com/TurtleDanceMusic>, or Info@TurtleDanceMusic.com - 973-493-2326

Spectrum Sailing: Free Autism Sailing Camps:

We are the only national autism sailing program. Spectrum Sailing travels the country to **multiple cities** offering FREE sailing camps to local kids. - 847-863-3059

Autism Eats: Autism Friendly Dining:

Providing autism-friendly non-judgmental environments for family dining, socializing and connecting with others who share similar joys and challenges. ALL behaviors are welcome! Check the website for restaurants and dates! Website: <https://www.autismeats.org>

Regal Cinemas: My Way Matinee:

Sensory friendly movie screenings with sounds lower, lights brighter. Call local Cinema for dates and times.

AMC Theaters: Sensory Friendly Films:

AMC is proud to partner with the Autism Society to offer unique movie showings where we turn the lights up, and turn the sound down, so you can get up, dance, walk, shout or sing! Our Sensory Friendly Film program is available on the second and fourth Saturday (family-friendly) and Tuesday evenings (mature audiences) of every month. Please check your local theatre listings for specific show times, and don't forget to share your family fun with #AMCSensoryFriendly. Call your **local theatre** for dates and times.

AMC theatre Sensory-Friendly Family Movie: (price and time can vary by theater) AMC Theatres, only at participating locations – usually the 2nd and 4th Saturday

Major Airports: Wings for Autism®/Wings for All®:

Wings for Autism®/Wings for All® are airport “rehearsals” specially designed for individuals with autism spectrum disorders and individuals with intellectual/developmental disabilities. The programs are designed to alleviate the stress that families who have a child with autism or intellectual/developmental disabilities experience when flying. It provides families the opportunity to practice entering the airport, obtaining boarding passes, going through security and boarding a plane. Airport, airline, Transportation Security Administration professionals, and other personnel also can observe, interact, and deliver their services in a structured learning environment. Call your **local location** for dates and times.

Tim Tebow “Night to Shine” Proms – Nationwide

Almost every county has one location, various locations according to county-usually in February around Valentine’s Day – date and time varies by county -Often a church will sponsor the dance, as well as the Tim Tebow Foundation. This prom is for those 18 and up with special needs. Each attendee will be paired up with an attendant/buddy to help them throughout the night. Most attendees dress in prom or Sunday fancy dress. Some locations have a prom closet for those who can’t afford a dress, or suit can choose one prior to the event. Free to participants! Some locations have limo rides, hair/make-up/shoeshines before the prom. Snacks or meals are provided. This is a red-carpet event, complete with a dance stage, photo opportunity, pre-register is required for the event.

South Carolina State Museum: Accessibility Mornings

<https://scmuseum.org> - 803-898-4999 - 301 Jervae Street, **Columbia, SC** 29201 Offers Accessibility Mornings call for various dates/times. Sensory Friendly Shows (Includes a lowered volume, but 4D effects will still include scents, air bursts, seat rumbles, leg ticklers, bubblers, lighting effects, and water squirts, and snow.) will alternate monthly between planetarium and 4D theater experiences. ... 2026 Characters. Check out website for shows/dates/times!

Fernbank Museum of Natural History: Sensory Mornings

<https://fernbankmuseum.org> - 404-929-6300 - 767 Clifton Road NE, **Atlanta GA**, 30307 -\$22.00 nonmembers, \$15.95 members. Offers Sensory Mornings throughout the year. Early Museum Access | 9 a.m. Explore indoor exhibits and outdoor nature experiences at your own pace, an hour before our normal opening.

Autism on the Seas: Sensory-friendly Cruises:

Autism on the Seas (AOTS) provides specialized vacation cruise services designed for adults and families with cognitive, intellectual, and developmental disabilities. AOTS enhances the traditional cruise experience with additional support, including respite care, personalized activities, and guided participation in shipboard entertainment. Their services also include expedited boarding and disembarkation, among other tailored accommodations. Their dedicated team of professional volunteers, who are background checked, approved by the cruise lines, and trained in managing a range of behaviors and needs, is committed to making every voyage enjoyable. AOTS extends support services to include families and friends traveling together, ensuring that everyone has a memorable and comfortable experience. Autism on the Seas **Address:** 494 Bridgeport Avenue Suite 101-346, **Shelton, CT** 06484-4762 - 203-604-0278

Theater Development Fund: Autism Friendly Performances

<https://www.tdf.org> - 212-912-9770 - Broadway theaters in **NYC**- Call for details on performances and locations throughout NYC. This is a non-profit organization that supports Broadway and the theater arts, as well as Sensory Friendly events, so all can enjoy all the theater has to offer. The 2025-2026 Autism Friendly Performance Season upcoming shows are:

- * Just in Time: Sunday, February 8, 2026, at 1 p.m. at the Circle in the Square Theatre
- * MJ The Musical: Sunday, March 8, 2026, at 1 p.m., at the Neil Simon Theatre
- * Buena Vista Social Club: Sunday, April 19, 2026, at 1 p.m. at the Gerald Schoenfeld Theatre
- * Romeo & Juliet: Sunday, May 3, 2026, at 1 p.m. at the Stephen Sondheim Theatre
- * Hamilton: Sunday, May 31, 2026, at 1 p.m. at the Richard Rodgers Theatre
- * Maybe Happy Ending on Sunday, August 17 at 1 p.m. at Bealsco Theatre
- * The Lion King on Sunday, September 28 at 1 p.m. at the Minskoff Theatre
- * More on-line.

The Strong National Museum of Play: Winter Wonderland

<https://www.museumofplay.org> - 585-263-2700 - 1 Manhattan Square **Rochester, NY** 14607 **D** Jan 1, 2026 - \$19.00 - \$23.00 ages 2 and up - Children can feed plush calves, try play tractors, explore dairy kitchens, and learn how milk, cheese, and yogurt fuel healthy winter fun.

GRAMMY Museum: Sensory Friendly Saturday's

<https://grammymuseum.org> - 213-725-5700 -800 West Olympic Blvd. Suite 8245 **Los Angeles, CA** 90015 - Offers several Sensory Friendly Saturdays each year... Families can enjoy our space with less crowding, quieter sound levels and lower lighting, on the second Saturday of every month from 9:00 am-11:00 am.

The National Constitution Center: Sensory Friendly Days

<https://constitutioncenter.org> -215-409-6700 - 525 Arch St. **Philadelphia, PA** 19106 - several Sensory-Friendly Day's each year-Upcoming Sensory-Friendly Days: November 30, 2025; January 25, 2026; February 22, 2026; March 29, 2026; April 19, 2026; May 31, 2026, Call for more Dates/Times

Inclusive Skaters Night @ Discovery Green Ice Rink

(In partnership with Family-to-Family Network and BEE Able - 713-434-7465- 1500 McKinney Street, **Houston, TX** 77010 **Time:** 5:00 PM – Close (Closes at 5:00 pm to the public for smaller crowds) - Special Needs guests are free, accompanying adults will need to pay \$18.00 + tax