



# Press Release

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## THE NICHOLSON CENTER DEVELOPMENTAL DISABLED CLIENTS RECEIVE COMPLIMENTARY MEMBERSHIPS TO FIZEK FITNESS CLUB

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Warren, OH -- December 20, 2010 -- The Nicholson Center, a Trumbull County, non-profit organization for adults with developmental disabilities or special needs receives gifted fitness memberships for their DD clients from Fizek. Fizek, a Trumbull County fitness center located in Niles, OH, they have generously allowed them to workout twice a week at their facility at no cost.

The Nicholson Center is a Certified State of Ohio DD (developmentally disabled) facility which provides a Day Habilitation Curriculum with two types of programs Monday - Friday from 8 am to 4 pm. The first option being a work program where clients get paid for their efforts and a second based on habilitation needs which include non-work activities that are educational and fun. The Adult Work Curriculum includes digital garment prints (T-shirts), mail sorting and assembly, packing & shipping, creating homemade dog and horse treats, paper shredding, bulletin and newsletter assembly for churches, schools and clubs and other work opportunities. Socialization and educational programs are also available. The Adult Services Curriculum the second option is a day habilitation and vocational program that includes non-work activities with educational and socialization skill such as life skills learning, money management, hygiene classes, cooking classes, reading programs, animal, music & horseback riding therapies (Camelot Center) and exercise programs. Several types of recreational activities are varied throughout the year such as arts & crafts, bingo, entertainment, swimming, volleyball, softball, field trips, dances etc.

Grants are also available for DD Adults including Community Connection Grants for entertainment through social, recreational or cultural events, Instructional Grants for lessons in art, cooking, horseback riding, yoga, roller skating or dance lessons, Organization Grants for social activities and gyms, Sports Grants for sports and community activities, Hobby Grants to help with socialization through hobbies, Music Grants to enjoy music, Apparel Grants for buying clothing items, Home Maintenance Grants for local moving expense, emergency utilities and rental fee, Personal Hygiene Grant for personal grooming, Parent Respite Grants for rest and relaxation for the parent(s) or caregiver and a Technology Grant for Braille related materials, memory boards, computer and assessment software.

Their first location opened in February 2009 at 3581 Youngstown-Warren Rd. in Warren and has had more than 120 clients which include individuals with both physical and mental disabilities, ages 18 through senior citizens and the second location followed shortly after at 1240 North Main St. in Niles. The Nicholson Center provides several amenities for their DD clients who want a choice of activities, work or non-work programs, learning or just having fun in a special and caring environment. Their amenities include a cafeteria, on-site swimming pool, volleyball court, outdoor pavilion, library area, computer accessibility, registered nurse on-duty, birthday parties, field trips and bus transportation.

Please contact The Nicholson Center at 330-373-0084, email [info@thenicholsoncenter.com](mailto:info@thenicholsoncenter.com) or view [www.thenicholsoncenter.com](http://www.thenicholsoncenter.com) for more info.

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