



**Help Shape the Future of
STARability's Services! Scan Here
for Survey**



December Social Event

Holiday Party

Friday, December 19th

5-8 p.m.

New Hope Ministries

7675 Davis Blvd, Naples FL. 34104

Menu: Spaghetti and Meatballs, Caesar

Salad, Garlic Bread, and Cookies

Cost: \$25

**RSVP by Friday December 12th to:
starconnect@starability.org or call**

239.594.9007

Happy Birthday to Our November STARS!

11/1 Frank F.

11/1 Siddhartha M.

11/2 Alyssa B.

11/2 Christopher A.

11/3 Camille T.

11/7 Ian C.

11/8 John D.

11/10 Lindsey W.

11/11 Dominique O.

11/12 Nicholas F.

11/12 Andrew G.

11/12 Natalie G.

11/13 Michael S.

11/14 Alyssa W.

11/14 James D.

11/17 Grace F.

11/22 Kristina A.

11/23 Stephen G.

11/26 Parker S.

11/27 Linda S.

11/27 Jonathan W.

Did you know November is Epilepsy Awareness Month?

Sharing facts about epilepsy helps raise awareness and stop stigma surrounding seizures. By educating the public, we can promote understanding and encourage support for individuals living with epilepsy. Knowledge empowers communities to provide better care, offer assistance during seizures, and create a more inclusive and compassionate environment. We've compiled some facts about epilepsy and seizures for you to share on social media or with your friends and family to help them learn more.

- 1 in 10 people will have a seizure and 1 in 26 will develop epilepsy during their lifetime.
- There are approximately 3.4 million people living with epilepsy in the United States; about 456,000 of them are children.
- Epilepsy is a neurological disorder that can affect any one of us regardless of race, age, or gender.



You can learn more by going to:
epilepsy.com

CAREGIVER
Support Group



Caring for a loved one with intellectual or developmental disabilities can be deeply meaningful—but it can also bring unique challenges. **YOU DON'T HAVE TO NAVIGATE THEM ALONE.**

Join us for a supportive space where caregivers—including parents, adult siblings, and others—can share experiences, gain encouragement, and connect with a community that understands.

HELD VIRTUALLY THROUGH ZOOM
THURSDAYS AT 12:00 PM EST

To receive the unique participation link each week, email bereavement@avowcares.org. The first session begins September 25th.



Cost: Free
Where: On Zoom every Thursday
Contact: Lindsay@starability.org with any questions



Spotlight: Daniella G.

Each month, we spotlight a staff member, participant or volunteer. **You** could be next!

Meet Daniella!

Originally from New Jersey, Daniella is proudly half American and half Brazilian. When she visits home, she speaks Portuguese! She now lives in Naples with her parents, her niece, and a few beloved pets—including her dog and cat. Daniella enjoys attending comedy shows and concerts around Naples. She's been involved with STARability since 2021, and her favorite activities include bowling and going out to lunch with her peers. The STARability staff have supported her in gaining independence and becoming a great teacher assistant. In the future, Daniella hopes to become a tutor.

Fun facts about Daniella:

- She loves rice and pasta
- Her favorite drink is water!
- She enjoys listening to both Pop and Latin music
- Her favorite TV shows are the FBI series and NCIS.



STAR Connections

For more information on offerings and class sign-ups, contact our STAR Connections team at starconnect@starability.org or 239.594.9007.

MONDAYS

Game Room
2-3 p.m.
STARability office

Bowling League
3 p.m.
810 Billiards & Bowling, Estero
\$2.50 per game due at time of play; maximum two games. To register, please contact us.

Career Explorations with Career Services
3:30-4:30 p.m.
STARability office
\$5 per class
RSVP required

TUESDAYS

Improv & Musical Theater
2-3 p.m.
The Naples Players
\$10 per class, *RSVP required*

Book Club
3:30-4:30 p.m.
STARability office
RSVP required

Art
3:30-4:30 p.m.
STAR Studio
\$10 per class, *RSVP required*

WEDNESDAYS

Flag Football
10:00-11:30 a.m.
Paradise Coast Sports Complex
\$10 per month

Yoga
1:30-2:30 p.m.
STARability office
\$10 per class, *RSVP required*

Music Explorers
3:30-4:30 p.m.
Ridgewood office
\$10 per class, *RSVP required*

Art
3:30-4:30 p.m.
STAR Studio
\$10 per class, *RSVP required*

THURSDAYS

Golf
10:00-11:30 a.m.
Paradise Coast Sports Complex
\$10 per month

Bowling League
1 p.m.
Headpinz, Naples
\$2.50 per game due at time of play; maximum two games. To register, please contact us.

Game Room
3:30-4:30 p.m.
STARability office

Garden Club
4-5pm
First and Third Thursday every Month
THRIVEability Garden
\$10 per session
RSVP to
thrive@STARability.org

FRIDAYS

Basketball
1:30-2:30 p.m.
St. John the Evangelist Catholic Church (Pulte Family Life Center)
\$10 per month

Life Enrichment
3:30-4:30pm
STARability Office

Cooking Class
Dates and locations vary.
\$10 per class



Did you know STARability offers 24 classes all through Zoom?

You get up to 3 virtual classes of your choice with your membership!

If you would like to learn more information please reach out to starconnect@starability.org

Social Events



Annual Thanksgiving Party

November 21st
5-8pm
New Hope Ministries
Menu: Thanksgiving Themed

Cost: \$25 per guest

Trivia Night
Nov. 17th
5-6 p.m

Theme: Marvel Phase 2.



Save the Dates!

DECEMBER

Holiday Party
Details on cover.

JANUARY

New Years Kick-Off Party
Details to follow.



Let Your Holiday Shopping Begin!

Don't miss the holiday collection debut at our annual **Open House** from 3-7 p.m. on Nov. 7. And, join us for great deals and great fun during the Naples Design District's annual **Holiday Stroll** from 5-8 p.m. on Dec. 3!

Shop at 106 10th St. N. or STARabilitystudio.square.site.



By Alexis K.