



*Opportunity in
North Central Massachusetts*

564 Main Street
Fitchburg, MA 01420

Achieve with us.

RECREATION AND FAMILY
SUPPORT NEWSLETTER

JANUARY AND
FEBRUARY 2017

January and February

Don't Forget about these Meetings & Events:

SELF-ADVOCACY

Self-Advocacy Support group will meet **Wednesday January 11th and Wednesday February 8th**

These meetings will continue on the 2nd Wednesday of each month thereafter. This is a support group for people 16 and older who receive supports and are interested in understanding their Rights and Responsibilities. This group meets from 5-6:30PM. Park in rear and **use the Reception entrance – on far left when facing The Arc from the back parking lot (closest to Espresso Pizza).**

The group typically orders take-out for dinner (optional).

FAMILY SUPPORT

Non-Disability specific group: WILL next meet Thursday, January 5th and February 2nd. They will **continue on the first Thursday of the month thereafter.** Typically this group meets at the Lawrence Library in Pepperell from 10AM-12PM. For information contact Nancy Hanley @ 978-582-6203.

Caregivers for people OVER 22: will meet Thursday January 5th and Thursday February 2nd from 10 to 11:30 AM. They will **continue on the first Thursday of the month thereafter.** Typically this is a support group for family members & caregivers of an adult with an intellectual or developmental disability. This group has lots of history and experience. Adult siblings are also encouraged to attend and share stories, triumphs, and roadblocks. This group is family driven; at times we have guest speakers come in and assist with concerns.

DANCES

January's Dance is 1/6/17 and February's Dance is 2/10/17

@ The Knights of Columbus on Electric Ave in Fitchburg

The building is accessible. Dances are from 7PM- 9:30PM and admission is \$7.00. Paid admission includes a drink and snack. Admission for families/staff/providers/respite workers etc. is complimentary but we do ask those with free admission to pay \$1.00 for a drink and/or snack at break time. **Please do not arrive before 6:45PM and please be sure all pick-up rides arrive by 9:45PM.** We would remind people that no one under the age of 16 **attend or "visit" the dance (including family members).** Anyone who needs assistance or who does not have sufficient "community unsupervised time", needs to be accompanied by family/staff/provider for the duration of the evening. Those who are 'independent' and unaccompanied should carry identification with emergency contact information. Thank you.

OTHER:

- Please renew scholarships! Application is attached. Please fill out and have it back to Madeline by **February 3rd** to be eligible. Scholarships are available throughout the year on a need by need basis (dances, trips, etc.).
- **No Bowling December 22nd, 29th, and February 23rd**

*PLEASE note that you can access each bi-monthly Newsletter on-line at www.arcofopportunity.org through the Recreation section. This way you get the **FULL COLOR**, 'original' version as soon as it's posted on the web site. If you need assistance navigating the web site, give Madeline a call. If you click on 'Programs', then 'Recreation', then the newsletters can be found on the left side of the page under downloads. For an overview, click on 'Events Calendar' to the left*








January 2017

WEEKEND REMINDERS: PLEASE CALL BY 3PM FRIDAYS TO MAKE YOUR RESERVATION- FIRST COME, FIRST SERVED - limit is 18 participants per activity

Dues \$10.00 per day. Please pay on the day you are attending. ACTIVITY FEE IS IN ADDITION TO THE DAILY DUES. Meals are included in activity fees. Please feel free to bring extra money for snacks and souvenirs.

HOURS - SATURDAYS: 11:00AM - 5:00PM **unless otherwise noted**

LOCATION: The Arc of Opportunity, 564 Main St., Fitchburg. Enter through reception area in rear.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.	2.  Don't Forget to schedule Dial-A-Ride For your bowler for January	3.	4.	5. Bowling @ Masons 3:15-4:30p \$5:50 or \$6 for not-yet-members <hr/> Non Disability-Specific Support Group Pepperell 10AM-12PM <hr/> Caregivers Over 22 Family Support Meeting 10am-11:30am	6. New Year Dance 7p-9:30p @ Knights of Columbus Fitchburg	7. Weekend Recreation <u>Dues \$10</u> Men's Basketball Game @ FSU  & Lunch at Applebee's! Activity Fee: \$25 REC TIME CHANGE: 11a-5p
8.	9.	10.	11. Self Advocacy Group 5-6:30pm	12. Bowling @ Masons 	13.	14. NO WEEKEND REC CLUB TODAY Enjoy your long weekend!
15.	16. Martin Luther King Jr. Day 	17.	18.	19. Bowling @ Masons 	20.	21. Weekend Recreation <u>Dues \$10</u> Lunch & A Movie Additional spending \$ for movie snacks is welcome  Activity Fee: \$25 REC TIME CHANGE: 11a-5p
22.	23.	24.	25.	26. Bowling @ Masons 	27.	28. Weekend Recreation <u>Dues \$10</u> <u>In House</u> GAME DAY Bring your favorite game or come ready to have fun. There will be all kinds of board games, group games, and much more. Activity Fee: \$15 REC TIME CHANGE: 11a-5p
29.	30.	31.				

In the event of inclement weather or other unanticipated circumstances, Weekend Recreation Club Staff reserve the right to adjust scheduled activities








February 2017

WEEKEND REMINDERS: PLEASE CALL BY 3PM FRIDAYS TO MAKE YOUR RESERVATION- FIRST COME, FIRST SERVED - limit is 18 participants per activity

Dues \$10.00 per day. Please pay on the day you are attending. ACTIVITY FEE IS IN ADDITION TO THE DAILY DUES. Meals are included in activity fees. Please feel free to bring extra money for snacks and souvenirs.

HOURS - SATURDAYS: 1:00PM - 7:00PM **unless otherwise noted**

LOCATION: The Arc of Opportunity, 564 Main St., Fitchburg. Enter through reception area in rear.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p>Don't Forget to schedule Dial-A-Ride For your bowler for January</p>		1.	2. Bowling @ Masons 3:15-4:30p \$5:50 or \$6 for not-yet-members <hr/> Non Disability-Specific Support Group Pepperell 10AM-12PM <hr/> Caregivers Over 22 Family Support Meeting 10am-11:30am		3. 4. Weekend Recreation Dues \$10 Lunch & A Movie Additional spending \$ for movie snacks is welcome  <p>Activity Fee: \$25 REC TIME CHANGE: 11p-5p</p>
5.	6.	7.	8. Self Advocacy Group 5-6:30pm	9. Bowling @ Masons 	10. Valentine's Dance 7p-9:30p @ Knights of Columbus Fitchburg	11. Weekend Recreation Dues \$10 Men's Ice Hockey Game @ FSU  & Lunch @ Dickie's Grill ! Activity Fee: \$20 REC TIME CHANGE: 11a-5p
12.	13.	14.	15.	16. Bowling @ Masons 	17.	18. <u>NO WEEKEND REC CLUB ACTIVITY</u>
19.	20. President's Day 	21.	22.	23. No Bowling - School Vacation Week	24.	25. Weekend Recreation Club Dues: \$10 In-House Crafts, Pizza, and Homemade Sugar Cookies  Activity Fee: \$20 REC TIME CHANGE: 11p-5p
26.	27.	28.				

In the event of inclement weather or other unanticipated circumstances, Weekend Recreation Club Staff reserve the right to adjust scheduled activities

Upcoming Trips

This is the list of potential upcoming trips for the year.

Please call Program Direct of Recreation and Family Supports,
Madeline Merchant, at 978-343-6662 x 1011 for details such as pricing and exact dates.

March 18th-19th

\$220

Cape Cod Irish Village

May – 27th & 28th

\$250

Portland, ME Overnight

Enjoy a Seas Dogs game Saturday afternoon and explore the unique city of Portland on
Sunday!

July – 15th & 16th

\$275

White Mountains

August

Ogunquit ME or Plymouth MA

TBD



The Arc Recreation Scholarship Guidelines

Thanks to the generosity of the Monty Broc Rotary Club and the Scapparone and Ficarra families, The Arc of Opportunity is able to grant a limited number of scholarships for participation in many of the recreation programs we offer.

All applicants must submit the **scholarship form** including **statement of need** and **details of request** along with **proof of Arc membership**.

Individuals/families who hold current Arc membership may apply for a scholarship for **up to fifty percent** of the cost of desired activity or activities up to a **total maximum of \$500** per year.

Scholarships may be applied for up to 60 days in advance of an event and will be granted **based on availability of funds** for applicants meeting criteria; *(exception - may apply 180 days in advance for the annual multi-day vacation trip). Applicants may apply for more than one activity in any year up to the maximum of \$500, based on the availability of funding; however, in an effort to help as many people as possible, priority will be given each year to new applicants. Individual/families applying for renewal scholarship will be considered in semi-annual increments during June and December of each year. This plan allows people to mix and match requests based on their needs but must remain under the \$500 annual scholarship cap.

Scholarship opportunities include:

Weekend Recreation Club - 1x month (value \$150), 2x month (\$250), 3x month (350) or 4xmonth (\$500) annually; pro-rated for partial year. Scholarship is for dues only; participant still pays activity fee. Individuals applying for a renewal scholarship could only do so for six months at a time, in June and December. Priority will be given to new applicants.

Bowling - may request up to fifty percent of season cost (season cost \$150; value of scholarship would be approximately \$75; prorated for partial season). Approved scholarship recipient will pay half price at each session.

Holiday Dinner Dance - (up to 4 half-price tickets per individual/family. May be substituted for up to 2 free tickets on a case by case basis).

Weekend trips - (up to fifty percent of the trip cost - approx. value \$150).

Vacation trips - (up to fifty percent of trip cost or \$500 whichever is lower).

Dances - will be considered on a case by case basis.

Contact Madeline Merchant at (978) 343-6662 Ext.1011 or m.merchant@arcofopportunity.org for application.



The Arc of Opportunity SCHOLARSHIP APPLICATION

DATE: _____

NAME: _____

SOCIAL SECURITY #: _____

ADDRESS: _____ CITY: _____ STATE: _____

TELEPHONE #: _____

AMOUNT/FREQUENCY REQUESTED: _____

Please indicate what programs you are requesting your scholarship for (check all that apply)

- | | |
|---|--------------------------------------|
| <input type="radio"/> Weekend Recreation Club | <input type="radio"/> Weekend trips |
| <input type="radio"/> Bowling | <input type="radio"/> Vacation trips |
| <input type="radio"/> Holiday Dinner Dance | <input type="radio"/> Dance |

REASON FOR FINANCIAL ASSISTANCE: _____

EMPLOYER/PROGRAM: _____

TEL. #: _____ HOW LONG? : _____

An attempt has been made to access monies from the following sources:

1. _____

2. _____

3. _____

4. _____

MONTHLY INCOME (include entitlements and NET take home pay): _____

List bills you are responsible to pay each month:

HOUSING: \$ _____ UTILITIES: \$ _____ FOOD: \$ _____

TELEPHONE: \$ _____ CABLE: \$ _____ OTHER: \$ _____

APPLICANT or GUARDIAN'S SIGNATURE: _____