



*Opportunity in
North Central Massachusetts*

564 Main Street
Fitchburg, MA 01420

Achieve with us.

RECREATION AND FAMILY
SUPPORT NEWSLETTER

JULY AND
AUGUST 2016

Family Support & Advocacy

July and August

Don't Forget about these Meetings & Events:

SELF-ADVOCACY

Self-Advocacy Support group will not meet for the months of July and August. Groups will resume September

They 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, July 7th and August 4th.*** ***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 NOT meet in July or August. The group will resume Thursday September 1st 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

There will be no dances in July or August.

**Next dance tentatively scheduled for
September 9th @ 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.

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 or Corine a call. If you click on 'Services', then 'Recreation', then 'Newsletter' you can see all the details herein. For an overview, click on 'Events Calendar' to the left.



July 2016

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
					1.	2. NO WEEKEND REC July 4th Weekend
3.	4. Independence  Day	5.	6.	7. Non Disability- Specific Support Group Pepperell <u>10AM-12PM</u> No Caregivers Over 22 Family Support Meeting MINI GOLF 5:45p- 7:15p	8.	9. Weekend Recreation <u>Dues \$10</u> Dinner & A Movie Additional spending \$ for movie snacks is welcome Activity Fee: \$25
10.	11.	12.	13. 	14. MINI GOLF 5:45p- 7:15p	15.	16. Weekend Recreation <u>Dues \$10</u> In House: <u>Water Games!</u> A Fun Day with Water Balloons, Water Relay and Races! Bring a bathing suit! You will get wet! Sandwiches for Dinner <u>Activity Fee: \$20</u> <u>White Mountains O/N</u>
17. White Mtns O/N	18.	19.	20.	21. MINI GOLF 5:45p- 7:15p	22.	23. Weekend Recreation <u>Dues \$10</u> <u>Kimball Farm</u> Mini Golf, food, animals & fun Activity Fee: \$25
24. 31.	25.	26.	27.	28. MINI GOLF 5:45p- 7:15p	29. Montachusett Area Scapparone-Ficarra Golf Open 8a-5p @Westminster Country Club (See Website for more details)	30. Weekend Recreation <u>Dues \$10</u> <u>LOWELL FOLK FESTIVAL</u> Activity Fee: \$25

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


August 2016

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
	1.	2.	3.	4. Non Disability- Specific Support Group Pepperell 10AM- 12PM <hr/> No Caregivers Over 22 Family Support Meeting MINI GOLF 5:45p-7:15p	5.	6. Weekend Recreation <u>Dues \$10</u> Winchendon's Kiwanis Annual Family Fun Day/ Chili Cook-off Activity Fee: \$25 REC TIME CHANGE: 11a-5p
7.	8.	9.	10. 	11. MINI GOLF 5:45p-7:15p	12.	13. Weekend Recreation <u>Dues \$10</u> <i>Bolton Fair</i> May change Activity Fee: \$25
14.	15.	16.	17.	18. MINI GOLF 5:45p-7:15p	19.	20. Weekend Recreation <u>Dues \$10</u> Blueberry Picking @ Lanni Orchards <u>Activity Fee: \$15</u>
21.	22.	23.	24.	25. Last Day of MINI GOLF 5:45p-7:15p	26.	27. Weekend Recreation Club <u>Dues: \$10</u> Westminster Yankee Street Fair <u>Activity Fee: \$20</u>
28.	29.	30.	31. Final Tennessee Trip Meeting @ The Arc @ 6pm			

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



The Arc of Opportunity 2016 MINIATURE GOLF SEASON

Dates: **THURSDAYS** - June 23 - August 25, 2016

Time: **5:45PM-7PM**

Place: **Mason's Bowling & Recreation Center**
640 No. Main St., Leominster

Cost: **\$5 per week** Members of The Arc
\$6 per week for Not-yet- Members

(Please pay fee to volunteers from The Arc, NOT directly to Mason's)

Ages: 6 thru Adult (under 18 **MUST** have parent or responsible adult present and willing to keep score.)

Miniature golf will not be cancelled due to bad weather. In case of rain, we will bowl indoors instead of golfing that evening.

Please complete and return the miniature-golf registration form by June 16 to:
Recreation Program, The Arc, 564 Main St., Fitchburg, MA 01420

Name: _____ **Date of birth:** __/__/____

Address: _____

Name of person who can be reached during golf: _____

Telephone Number: _____ **Cell:** _____

Alternate Emergency Contact: _____ **Phone:** _____

Cell: _____

Volunteer scorekeepers are NEEDED to let this program continue!
PLEASE help us out! If you can, please check & complete below.

_____ **YES, I am willing to volunteer as a weekly scorekeeper:**

Name: _____ **Phone:** _____



The Arc of Opportunity's Special Olympics Flag Football Registration Fall 2016



It is that time again for the flag football season! All athletes need to have the following in order to participate on a team:

1. A current Special Olympics Medical Application (SOMA) submitted to The Arc office

- ✓ SOMAs can be found on: <http://www.specialolympicsma.org/resources/forms-and-downloads/> or call the Recreation Department to obtain one. Form should be completed by the athlete's primary care doctor and do not forget to have signed. A medical form is good for 3 years from the date signed.

2. Registration form below needs to be completed along with payment/payment plan or an approved scholarship. ALL REGISTRATIONS SHOULD BE IN BY SEPTEMBER 2TH.

- ✓ ****Important**** Each athlete who participates in the state game is responsible for expenses like lodging, food, etc. When athletes are not accountable for their fees, The Arc ends up being liable to pay this cost. *Scholarships are available to those who are eligible members of The Arc (membership cost is \$20/yr. per person.)* We are also willing to work out a payment plan for those who request it as long as it is set up in advance. Fundraising through Special Olympics is possible too by contacting Special Olympics MA for more detail. No one will be turned away for inability to pay, but arrangements need to be set up.
- ✓ All athletes MUST register, submit their fees or set up a scholarship/payment plan, in order to participate in any sport. Thank you ☺

****Any questions or inquiries in regards to football should call Maddy @ 978-343-6662 ext. 1011.**

Send all registration forms/money to: Attn: Recreation Department 564 Main St. Fitchburg, MA 01420

----- (Please Return This Portion) -----

Flag Football Registration Fall 2016

Name: _____ DOB: ___/___/_____

Address: _____ City/State: _____

Zip Code: _____ Email: _____

Emergency Contact Name/Relationship: _____

Emergency Contact Number: _____

Unified or Traditional Team: _____

Circle Ability Level: *Beginner* *Average* *Advanced* *Not Sure*

T-Shirt: (if needed): Youth XS-XXL (or list size desired) _____ Adult XS-3X (or list size desired) _____

Flag Football Fees: (Circle) Member: \$45.00** Non-Member: \$50.00

Total Fees Enclosed: _____



The Arc of Opportunity's Special Olympics Soccer Registration Fall 2016



It is that time again for the soccer season! All athletes need to have the following in order to participate on a team:

- A current Special Olympics Medical Application (SOMA) submitted to The Arc office**
 - ✓ SOMAs can be found on: <http://www.specialolympicsma.org/resources/forms-and-downloads/> or call the Recreation Department to obtain one. Form should be completed by the athlete's primary care physician.
- Registration form below needs to be completed along with payment/payment plan or an approved scholarship. ALL REGISTRATIONS SHOULD BE IN BY SEPTEMBER 2nd.**
 - ✓ ****Important**** Each athlete who participates in the state game is responsible for expenses like lodging, food, etc. When athletes are not accountable for their fees, The Arc ends up being responsible to pay this cost. **Scholarships are available to those who are eligible members of The Arc (membership cost is \$20/yr. per person.)** We are also willing to work out a payment plan for those who request it as long as it is set up in advance. Fundraising through Special Olympics is possible too by contacting Special Olympics MA for more detail. No one will be turned away for inability to pay, but arrangements need to be set up.
 - ✓ **All athletes MUST register, submit their fees or set up a scholarship/payment plan in order to participate in any sport**Any questions or inquiries in regards to soccer should feel free to call Maddy 978-343-6662 ext. 1011.**

Send all registration forms/money to: Attn: Recreation Department 564 Main St. Fitchburg, MA 01420

Athletes are recommended to have their own soccer ball (ask your coach which size would be appropriate). Protective shin pads under socks are typically required, but check with your coach for details on exactly what you need for padding, footwear, uniform, etc.



----- (Please Return This Portion) -----

Soccer Registration Fall 2016



Name: _____ **DOB:** ___/___/_____

Address: _____ **City/State:** _____

Zip Code: _____ **Email:** _____

Emergency Contact Name/Relationship: _____

Emergency Contact Number: _____ **Circle Ability Level:** **Beginner**

Average **Advanced** **Not Sure**

T-Shirt: (if needed): Youth XS-XXL(or list size desired) _____ Adult XS-3X (or list size desired) _____

Soccer Fees: (Circle) Member: \$45.00** Non-Member: \$50.00

Total Fees Enclosed: _____



SAVE THE DATE

**2016 Scapparone - Ficarra
Memorial Golf Open**

on

Friday, July 29, 2016

at

Westminster Country Club

51 Ellis Rd., Westminster MA

Online registration opens June 1st at
www.arcofopportunity.org

Proceeds benefit The Arc of Opportunity's
Family Support & Recreation Programs

The begins with:

8:00AM Registration and Continental Breakfast

9:00AM Shotgun Start

3:00PM Dinner and Awards Ceremony

