



*Opportunity in
North Central Massachusetts*

564 Main Street
Fitchburg, MA 01420

Achieve with us.

RECREATION AND FAMILY
SUPPORT NEWSLETTER

MAY & JUNE 2016



Family Support Calendar



May & June

Don't Forget about these Meetings & Events:

SELF-ADVOCACY

Self-Advocacy Support group *WILL meet on May 11^h and June 18th.*

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, May 5th and June 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, May 5th and June 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

Monthly Dances is **May 13th** at the **Knights of Columbus** on Electric Avenue 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.

THERE WILL BE NO DANCE DURING THE MONTH OF JUNE!







*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.*

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/ \$12.00 for not-yet-members. Please pay on the day you are attending. ACTIVITY FEE IS IN ADDITION TO THE DAILY DUES. Meals are included in activity fees.

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.	5. Non Disability-Specific Support Group Pepperell 10AM-12PM Caregivers for People over 22 10-11:30AM @The Arc, Fitchburg	6.	7. Weekend Recreation Dues \$10 SPECIAL STARS Theatre @ the Mount (see flyer for details) Activity Fee: \$15 (Overnight Trip: Mystic, CT @9am) 
8.  Return from Mystic, Ct @ 5pm	9.	10.	11. Self Advocacy Group 5-6:30p @ The Arc, Fitchburg 	12. Nashville, TN Meeting @ 6p	13. RED, WHITE & BLUE DANCE  7pm to 9:30pm @ Knights of Columbus Fitchburg, MA	14. Weekend Recreation Dues \$10 <i>Lilacs @ the Arboretum</i>  Activity Fee: \$20
15.	16.	17.	18.	19.	20.	21. Weekend Recreation Dues \$10 Annual Asparagus Festival Activity Fee: \$20
22.	23.	24.	25.	26.	27.	28. Weekend Recreation Dues \$10  Activity Fee: \$15
29.	30.	31.				

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




June 2016

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

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1.	2. Non Disability-Specific Support Group Pepperell 10AM-12PM Caregivers for People over 22 10-11:30AM @The Arc, Fitchburg	3.	4. Weekend Recreation Dues \$10 Fishing Derby & Cookout  NO ACTIVITY FEE. ONLY DUES REC TIME CHANGE: 11a-5p
5.	6.	7.	8. Self Advocacy Group 5-6:30p @ The Arc, Fitchburg 	9.	10.	11. Weekend Recreation Dues \$10 Dinner & A Movie Activity Fee: \$25
12.	13.	14.	15.	16.	17.	18. Weekend Recreation Dues \$10 Camp Day  Come spend the day @ Dunn Park Learn how to put up a tent, eat grilled food, and spend time in the outdoors Activity Fee: \$15
19.	20.	21.	22.	23.	24.	25. NO WEEKEND REC Rockin' Ride for Rec Poker Run & Bike Show
26.	27.	28.	29.	30.		

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The Arc of Opportunity presents:
THE Annual ALBERT J. PIRONE MEMORIAL



FISHING DERBY & COOKOUT



Saturday, June 4, 2015
12:00 Noon - 4:00 PM

Ayer Sportsman's (Rod & Gun) Club

255 Snakehill Rd. Ayer, MA

*This event is **FREE** again this year due to the generosity of the Ayer Sportsmen's Club. Pre-registration is still REQUIRED.*

We need an accurate count to plan for lunch.

In case of inclement weather, please call The Arc at 978-343-6662 and enter ext. 1011 after 10:30AM for a recorded message if there is a cancellation.

Directions from Fitchburg: Rt. 2 East to exit 38B Ayer/Harvard; Bear right off the exit, follow to rotary. On rotary, take second right, Sandy Pond Road (you will see McDonald's). Sandy Pond Rd. continues as you bear right after the stop sign. Continue on Sandy Pond Rd. (approx. 1 mile), look for sign for Ayer Sportsman/Sandy Pond; take left. Sportsman Club is on the right at the end of the road.

Please return Fishing Derby response **by May 20th 2016** to:

Recreation Department: The Arc, 564 Main St., Fitchburg, MA 01420

Name(s): _____

Address: _____

Telephone: _____ CELL _____

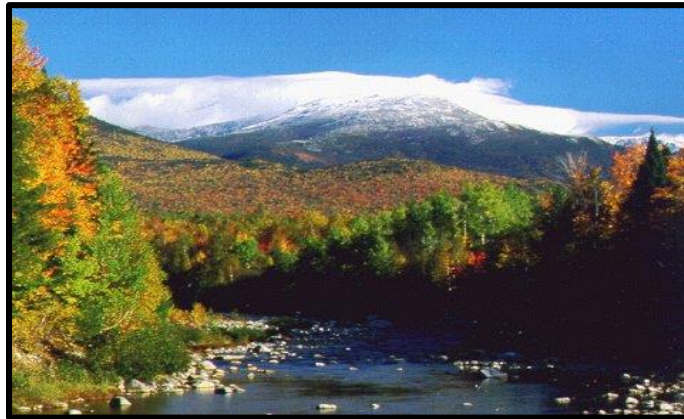
Emergency Contact: _____ Phone: _____

Total number attending: _____



The Arc of Opportunity's
Annual Recreation Trip to:

The White Mountains



July 16th-17th, 2015

(Limited availability. Register as soon as possible!)

Cost of Trip: \$300 per chaperoned traveler

\$220 per family/1:1 traveler rate

- Lunch on Saturday
- Country ride along the White Mountains Parkway
- Hotel accommodations at the scenic Gale River Motel w/ pool and hot tub (bring a bathing suit if you wish ☺)
- Saturday Night: Games, campfire & BBQ!
- Sunday breakfast @ Polly's Pancake Parlor
- Sunday visit to Clark's Trading Post & Wt. Mntns. Central Rail Road

Drop-off Saturday: 9:30am Pick-up Sunday: 6:00pm

Call Madeline for more info 978-343-6662 ext. 1011

Trip Registration

Name: _____

Deposit Amount: \$ _____

Contact Person: _____

Contact Number: _____

Please send this portion back along with deposit for registration purposes.

Thank you

Rockin' Ride for recreation


The Arc.
Opportunity in
North Central Massachusetts



Poker Run & Bike Show

Saturday, June 25, 2016

Route begins and ends at the
Westminster VFW

Registration
9:00am - 11:00am

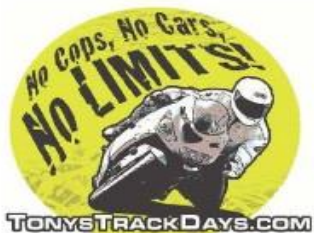
Enjoy a scenic 70 mile route through the backroads of North Central Massachusetts at your leisure and return to the VFW for a Chicken Barbeque, Bike Show, Raffles and Live Music

2:00pm - 5:00pm

Pre-Register at
www.arcofopportunity.org/rockin-ride-recreation
or call Jennifer Peck at 978-343-6662 X1050

- Poker Run prizes awarded to the best & worst hands
- Best hand grand prize includes one-spot at Tony's Track Days Non-Sport Bike day in Palmer, MA on August 22, 2016

\$25 per rider
\$20 for passengers
Includes ride, Bike Show, BBQ, & Live Music



No Bike? No Problem!
Join us for the after-party event
\$20 entry fee for event only goers

Music by: **BECKY and the Swingin' Bards**
PLAY ON...