

Aug/Sept Newsletter

Family Support and Recreation

Upcoming Events

- Aug 5th, Thur 10-11:30am-
**Family Support
Caregiver's Group**
- Aug 7th, Sat 11-5 -
**Butterfly Place/Kings
Buffet**
- Aug 11th, Wed 5-6:30 pm
- **Evening Self-Advocacy**
- Aug 13th, Fri 1:30-2 pm -
**Virtual Healthy
Relationships**
- Aug 14th, Sat 11-5 -**Bolton
Fair**
- Aug 13th & 27th, Fri 1:30-
2pm -**Virtual Healthy
Relationships**
- Aug 21, Sat 11-5 -
**Neponset Landing
Spray Deck/Subway**
- Aug 28th, Sat 11-5 -
Movies/Lunch@Arc

Overnight Trip to the White Mountains

Aug 28-29

Drop off Saturday @ 9:30 am, Pick up
Sunday at 6:00 pm

\$300 includes....

- Lunch on Saturday
- Country ride along the White Mountains Parkway
- Hotel accommodations at the scenic Gale River Motel with pool and hot tub (bring a bathing suit if you wish)
- Saturday Night: Games, campfire, and BBQ
- Sunday Brunch Cruise
- Lots of food, entertainment, and pretty views

Contact: Tonya Lanpher

978-343-6662 x1011

t.lanpher@arcofopportunity.org

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Family Support Caregiver's Group

1st Thursday/month, 10-11:30am @The Arc or on Zoom

This is a caregiver's group for family and caregivers of an individual with a disability. Networking with other caregivers is a rewarding and resourceful opportunity. Adult siblings are encouraged to attend.

Everyone shares stories, triumphs, and roadblocks. This group is family driven and sometimes has guest speakers.

Evening Self-Advocacy

2nd Wednesday/month, 1:30-2pm @The Arc or online

Groups are for people 18 years of age or older with an intellectual or developmental disability who want to receive support and are interested in understanding their rights and responsibilities. Please register through the link below

Virtual Healthy Relationships

2nd & 4th Friday/month, 1:30-2:00 pm on Zoom

Healthy relationships and social groups with Brittany and Amy is a new virtual opportunity where individuals can explore the many components of healthy relationships, sexuality and various social topics. Together we will learn and grow as we engage in fun activities and games! Groups will take place every second and fourth Friday of each month at 1:30pm!

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Saturday Rec Reminders

PLEASE REGISTER AND PAY TO HOLD YOUR SPOT

Payment for the event guarantees your spot.

FIRST COME, FIRST SERVED

limit is 6-18 participants per activity, depending on staffing and COVID-19 requirements. Masks must be worn during recreation activities, besides eating and designated mask breaks.

ACTIVITY FEE IS IN ADDITION TO THE DAILY DUES Meals, staffing, transportation, and activity are included in activity fees.

HOURS - SATURDAYS: 11:00 am - 5:00 PM, unless otherwise noted.

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

Saturday Recreation: 11:00am-5:00pm

With summer comes a lot of beautiful sun! Please make sure anyone attending weekend recreation is dressed appropriately for each event. We will be trying to do many outdoors events so this means sunblock, sunglasses if needed, proper footwear, water source for staying hydrated.

FISHING DERBY!!!

What a great time had by all! We were so excited to be able to have this event again. Everyone enjoyed themselves. **HERE ARE THE WINNERS:**

Men's Division:

David Pottle - 1st place
Jerry Duguay - 2nd place
Bill Casey- 3rd Plac

Women's Division:

Nicolle Lachance - 1st place
Stephanie Van Wert - 2nd Place
Christina Coleman - 3rd place

CONGRATULATIONS!

Contact: Shelly Brennecke

978-343-6662 x1013

Aug 2021

Sunday

Monday

Tuesday

Wed

Thursday

Friday

Saturday

<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>5  <u>Caregivers Group</u> 10-11:30a @The Arc</p>	<p>6</p>	<p>7  Butterfly Place/King's Buffet 11a-5p Dues 10.00 Fee 53.00</p>
<p>8</p>	<p>9</p>	<p>10</p>	<p>11  Self-Advocacy Meeting 5:00-6:30pm@The Arc</p>	<p>12</p>	<p>13 Healthy Relationship  5-6:30p @The Arc</p>	<p>14  Bolton Fair 11a-5p Dues 10.00 Fee 74.00</p>
<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>	<p>21  Neponset Landing Spray Deck/Subway 11a-5p Dues 10.00 Fee 47.00</p>
<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27 Healthy Relationship  5-6:30p @The Arc</p>	<p>28  Movie/King Buffet Dues 10.00 Fee 25.00  White Mountain Trip 9:30a-6p/Sunday</p>

September 2021 (Activity Fees TBD)

Registration for September Rec will open on August 1st

Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
			1	2  <u>Caregivers Group</u> 10-11:30a @The Arc	3	4 NO REC LABOR DAY WEEKEND
5	6	7	8	9	10 Healthy Relationship  1:30p-2p @The Arc/Virtual	11  New England Aquarium 11a-5p Dues 10.00 Fee
12	13	14	15  Self-Advocacy Meeting 5:00-6:30pm@The Arc In Person or Virtual	16	17	18  Kimball's 11a-5p Dues 10.00 Fee
19	20	21	22	23	24 Healthy Relationship  1:30p-2p @The Arc/Virtual	25  Movie/Kings Buffet 11a-5p Dues 10.00 Fee
26	27	28	29	30		