Family Support Group

Caregivers for people OVER 22: 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.

The group will be meeting on the following dates – January 2nd and February 6th, and March 12th, from 10am to 11:30am @ The Arc of Opportunity. Meetings will continue on the first Thursday of the month thereafter.

Advocacy

Groups are for people 18 years of age or older with and intellectual or developmental disability who want to receive support and are interested in understanding their rights and responsibilities.

Evening Self-Advocacy Group- January 8th, February 12th, and March 11th, from 5pm to 6:30pm at The Arc of Opportunity and run on the 2nd Wednesday of each month thereafter. Bring money for $1 dues and dinner @ Espressos or bring your own dinner.

Day Group will meet -January 29th, February 26th, and March 25th, from 12pm to 1:30pm at The Arc of Opportunity and meet the last Wednesday of every month thereafter.

We encourage anyone to join us every month for an insightful opportunity to grow and learn the power ones voice has.

Dances 2020

- January 3rd  - February 7th  - March 6th  - April 3rd  - May 8th

Where: The Knights of Columbus 165 electric Ave. Fitchburg MA 01420. The building is handicap accessible. Dance is from 7PM- 9:30PM and cost per person is $7.00. Paid admission includes a snack, a drink and plenty of dancing! 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 and fill out and emergency contact form.

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 as you scroll to the bottom of the page you will ‘Downloads’. Under downloads you can find PDF copies of the Newsletter. You can see All the details herein. For an overview, click on ‘Events’ at the top of the page to see what other things are going on at The Arc of Opportunity
January 2020

WEEKEND REMINDERS: PLEASE CALL BY 12PM THURSDAYS TO MAKE YOUR RESERVATION - FIRST COME, FIRST SERVED - limit is 12-18 participants per activity depending on staffing.

Dues $10.00 per day please pay on the day you are attending in cash! ACTIVITY FEE IS IN ADDITION TO THE DAILY DUES.

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

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

Family Support/Recreation Calendar

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<th>Sun</th>
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<tr>
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In the event of inclement weather or other unanticipated circumstances, Weekend Recreation Club Staff reserve the right to adjust scheduled activities.
WEATHER REMINDERS: PLEASE CALL BY 12PM THURSDAYS TO MAKE YOUR RESERVATION -
FIRST COME, FIRST SERVED - limit is 12-18 participants per activity depending on staffing
Dues $10.00 per day please pay on the day you are attending in cash! ACTIVITY FEE IS IN ADDITION TO THE DAILY DUES.
Meals, staffing, transportation, and activity are included in activity fees.
HOURS - SATURDAYS: 11:00am – 5:00PM unless otherwise noted
LOCATION: The Arc of Opportunity, 564 Main St., Fitchburg. Enter through reception area in rear.
Family Support/Recreation Calendar

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</table>
| ![Heart](image1) | ![Heart](image2) | ![Heart](image3) | ![Heart](image4) | ![Heart](image5) | ![Heart](image6) | 1. Pottery Painting Place in Lunenburg
Dues: $10 Activity: $30 |
| 2. | 3. | 4. | 5. | 6. Family Support Group
10am to 11:30am
Bowling
3:15pm to 4:30pm @ Mason’s | 7. Valentine’s Dance
@ The Knights of Columbus | 8. No Rec |
| ![Heart](image7) | ![Heart](image8) | ![Heart](image9) | ![Heart](image10) | ![Heart](image11) | 9. 10. 11. | 12. Night self-Adv.
Meeting
5pm to 6:30pm @ The Arc |
13. Bowling
3:15pm to 4:30pm @ Mason’s |
14. Valentine’s Day
Happy Valentine’s Day |
15. Monster Jam
Monster truck show @ DCU
center arena with Lunch at Uno’s
Dues: $10 Activity: $45 |
| ![Heart](image12) | ![Heart](image13) | ![Heart](image14) | ![Heart](image15) | ![Heart](image16) | 16. 17. 18. | 19. No Bowling Due to school Vacation |
| ![Heart](image17) | ![Heart](image18) | ![Heart](image19) | ![Heart](image20) | ![Heart](image21) | 20. 21. 22. | ![Heart](image22) King Buffet and Movies.
Dues: $10 Activity: $35 |
| ![Heart](image23) | ![Heart](image24) | ![Heart](image25) | ![Heart](image26) | ![Heart](image27) | 23. 24. 25. | 26. Day Self-Adv.
Meeting
12pm to 1:30pm |
27. Bowling
3:15pm to 4:30pm @ Mason’s |
28. 29. “Artist in Hue”
Family Art Studio
Dues: $10 Activity: $40 |
| ![Heart](image28) | ![Heart](image29) | ![Heart](image30) | ![Heart](image31) | ![Heart](image32) | ![Heart](image33) | ![Heart](image34) |

In the event of inclement weather or other unanticipated circumstances, Weekend Recreation Club Staff reserve the right to adjust scheduled activities.
**March 2020**

**Weekend Reminders:** Please call by 12pm Thursdays to make your reservation. First come, first served - limit is 12-18 participants per activity depending on staffing. Dues $10.00 per day please pay on the day you are attending in cash! Activity fee is in addition to the daily dues. Meals, staffing, transportation, and activity are included in activity fees.

**Hours - Saturdays:** 11:00am – 5:00pm unless otherwise noted.

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

**Family Support/Recreation Calendar**

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<td>4.</td>
<td>The Arc's Annual Legislative Reception @ The State House</td>
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<td>5.</td>
<td>Family Support Group 10am to 11:30am (Bowling 3:15pm to 4:30pm @ Mason’s)</td>
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<td>St. Patrick's Dance @ The Knights of Columbus</td>
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<td>Worcester Ecotarium and Planetarium (Dues: $10 Activity: $45)</td>
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<td>Night self-Adv Meeting 5pm to 6:30pm @ The Arc</td>
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<td>12.</td>
<td>Bowling 3:15pm to 4:30pm @ Mason’s</td>
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*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
ANNUAL LEGISLATIVE RECEPTION

Please join us in attending The Arc of Massachusetts 42nd Annual Legislative Reception. This is an opportunity for persons with disabilities, family members, advocates, state agency heads and their staff, and legislators to meet and catch up on legislative priorities and other important issues.

When: Wednesday, March 4, 2020 from 10:00am to 12pm
Where: The Massachusetts State House
24 Beacon Street, Boston, MA 02133

Transportation from The Arc of Opportunity will be leaving at 8am.
We will be returning for regular scheduled pickup up times in the afternoon.

Please bring a bagged lunch (No microwavable items)

The Arc of Opportunity
564 Main St.
Fitchburg Ma 01420
Family Support and Recreation Department
Glizelia Ribot – Family Support and Rec. Coordinator
978-343-6662 EXT.1013

RSVP By February 11 2020 if planning to attend.

Name: ____________________________________________________________

Emergency Contact: ________________________________________________

Phone Number: ___________________ Alternate phone number (optional) ______________

Deposit Amount: _____________________ Cash or Check (please circle one)

Email: ____________________________________________________________
Portland Maine
March 14th – 15th 2020
$305 Per Person

Saturday Leaving The Arc at 9 AM
- Lunch Saturday
- Saint Patrick’s Day festivities
- Dinner Sunday
- Hotel Accommodations

Sunday Returning to The Arc at 6:30 PM
- Breakfast Sunday
- Red Claws Basketball Game
- Lunch Sunday
- Transportation
- Chaperones

Please return to Recreation department with a minimum deposit of $ 150 by January 31, 2020.

Name: ____________________________________________________________

Emergency Contact: _______________________________________________

Phone Number: ___________________ Alternate phone number (optional) ___________________

Deposit Amount: ___________________________ Cash or Check (please circle one)

Email: ____________________________________________________________
Boston Red Sox Game

Weekend Overnight

April 4th-5th, 2020

Cost of Trip: $320 per chaperoned traveler

- Lunch Saturday at the game
- Saturday Activity: Watch the Red Sox take on the White Sox
- Hotel accommodations at the Embassy Suites by Hilton Boston/Waltham
- Dinner on Saturday
- Sunday breakfast @ The hotel
- Sunday morning Tour of Fenway Park
- Sunday explore and eat lunch at Faneuil Hall and Quincy Market

Drop-off Saturday: 9:30am  Pick-up Sunday: 5pm

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

I would like to reserve a space for Fenway Experience April 2020 Overnight

Traveler Name: _____________________________ Phone Number: __________________
Address: _________________________________________________________________
Emergency Contact Name: __________________________ Phone Number: ______________
Email Address: _____________________________________________________________

Spaces are limited and fill up quickly. Spots will be filled on first come first paid basis.
Vermont Weekend Getaway

May 16-17th, 2020

$325 Per Person

Saturday-Leaving The Arc at 8AM.
- Lunch and shopping at popular Church Street Shops
- Dinner Saturday
- Hotel Accommodations

Sunday Returning to the Arc at 6:30pm
- Breakfast Sunday
- Lunch and Tour at Magic Hat Brewing Company
- Ben & Jerry’s Factory Tour & ice cream
- Transportation and Chaperones included in cost

Please return to Recreation department with a minimum deposit of $ 150 by March 13, 2020.

Name: ____________________________________________

Emergency Contact: ___________________________________________________________

Phone Number: ___________________________ Alternate phone number (optional) __________

Deposit Amount: ___________________________ Cash or Check (please circle one)

Email: ____________________________________________________________
**2019-2020 Dance Schedule**

**Knights of Columbus Fitchburg**
165 Electric Ave, Fitchburg, MA 01420
7p – 9:30p

**New Year’s Dance**
January 3rd

**Valentine’s Dance**
February 7th

**St. Patrick’s dance**
March 6th

**Favorite Sports Team Dance**
April 3rd

**80’s Dance**
May 8th

Here at The Arc of Opportunity, our #1 Goal is to provide a meaningful, fun, and safe experience. Please take a moment to fill out the information below for all who attend:

- **Individual(s) attending:** ________________________________
- **Emergency Contact:** ________________________________
- **Emergency Contact #:** ________________________________
- **Address:** ___________________________________________
- **Email:** _____________________________________________