



Opportunity in
North Central Massachusetts

564 Main Street
Fitchburg, MA 01420

Achieve with us.

RECREATION AND FAMILY
SUPPORT NEWSLETTER

**July 2017 and
August 2017**

July & August
Family Support & Recreation
Newsletter



July 2017 & August 2017

The Arc of Opportunity

564 Main Street, Fitchburg, MA 01420

Arcofopportunity.org T: (978)343-6662 Ext 1011

Hi All,

This Family Support and Recreation Department is looking to improve its programming. We need your help. In this newsletter look out for some of upcoming events, trips, and meetings and take advantage of giving up any feedback to improve. After all, we value your opinion and we wouldn't be us without YOU!

Big Trip:

Save up your money for our big trip coming this fall! This year will be a cruise to the Bahamas! We will leave Nov. 6th and return Nov. 10th. Cost of the trip

will be \$1,550. Keep a look out on The Arc of Opportunity Facebook, Website, and Crusader Online Newsletter.

Subscribe to our newsletter:

Many are people have expressed not getting the newsletters on time. To avoid this problem join our email list and get a direct notification of when the newsletter is posted online, as well as an attached PDF copy of the newsletter. Email me at m.merchant@arcofopportunity.org and let me know you would like to be a part of this list as well as The Arc's Crusader which goes out every week!

Upcoming Events

No Meetings during the summer.

Enjoy the nice weather!

Don't forget about these meetings & Events!

Self-Advocacy

Self- Advocacy Group – No Meeting in July or August

This is a support group for people 16 and older who receive supports and are interested in understanding their Rights and Responsibilities. This group typically orders take out for dinner (optional).

Family Support

No Family Support Meetings during July and August

Non-Disability specific group:

This is a family support group for family or caregivers supporting an individual with a disability. The group provides social support as well as resources and trainings to better help support each other going through similar experiences.

Caregivers of 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.

Dances

When: **NO DANCE IN JULY OR AUGUST**

Where: Knights of Columbus in Fitchburg

Time: **7pm-9:30pm** (Please do not arrive before 6:45p and be sure all pick-up rides arrive by 9:45p)

Price: **\$7 per person.** 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 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 right side of the page under downloads. For an overview, click on 'Events Calendar' to the left

July 2017

The Arc of Opportunity-
 Family Support & Recreation
 Madeline Merchant
 978-343-6662 ext 1011

WEEKEND REMINDERS: PLEASE CALL BY 12PM THURSDAYS 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: 11am-5pm 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. NO REC CLUB Enjoy your Holiday Weekend!!
2.	3.	4. 	5.	6. Mini Golf @ Mason's 5:45p-7:15p	7.	8. Weekend Recreation Dues \$10 Mac & Cheese Festival Activity Fee: \$25
9.	10.	11.	12.	13. Mini Golf @ Mason's 5:45p-7:15p	14.	15. Weekend Recreation Dues \$10 New Bedford Food Truck Festival  White Mountains Overnight Trip Leaves 9am Activity Fee: \$25
16. Overnight Trip Returns 6pm	17.	18.	19.	20. Mini Golf @ Mason's 5:45p-7:15p	21.	22. Weekend Recreation Dues \$10  Day at The Park Activity Fee: \$15
23.	24.	25.	26.	27. Mini Golf @ Mason's 5:45p-7:15p	28.	29. Weekend Recreation Dues \$10 Dinner & a Movie  Additional \$\$ welcome for snacks Activity Fee: \$25
30.	31.					

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

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1.	2.	3. Mini Golf @ Mason's 5:45p-7:15p	4.	5. Weekend Recreation Dues \$10 State Chili Cook-off  Activity Fee: \$25
6.	7.	8.	9.	10. Mini Golf @ Mason's 5:45p-7:15p	11.	12. Weekend Recreation Dues \$10 TBD  Activity Fee: \$20 Maine Overnight Trip Leaves 9am
13. Maine Overnight Trip Returns 6pm	14.	15.	16.	17. Mini Golf @ Mason's 5:45p-7:15p	18.	19. Weekend Recreation Dues \$10 Dinner & A Movie Additional \$\$ welcome for snacks  Activity Fee: \$25
20.	21.	22.	23.	24. Mini Golf @ Mason's 5:45p-7:15p	25.	26. Weekend Recreation Club Dues: \$10 Lancaster Food Festival At Kalon Farm  Activity Fee: \$25
27.	28.	29.	30.	31. Mini Golf @ Mason's 5:45p-7:15p	.	

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Ogunquit Beach Trip

August 12th-13th 2017



Deposits Due By: June 2nd to reserve your spot! Drop off: Saturday 9am Pick up: Sunday 6pm

- Cost of trip will be: **\$300 for a chaperoned traveler**
 - **\$230 per family/ 1:1 traveler**
- **Saturday** – The Firefly Diner, Kittery Outlets & relaxing at the hotel!
 - **Make sure to bring extra spending money if you want to buy something!**
- **Sunday is BEACH DAY!! Bring your bathing suit (if you wish) and enjoy the sun!**
- **To allow more time for the beach, we will make sandwiches and pack snacks the night before**

Please detach this portion with \$75 & return to Madeline Merchant before June 2nd to RSVP!

Trip Registration

Name: _____ Contact Person: _____

Contact Number: _____ Deposit Amount: _____

Please circle below what kind of sandwich you would like for Sunday.

Turkey Ham Peanut Butter & Jelly ● Allergies: _____