Recreation & Family Support
Newsletter
October & November 2019 with a sneak peek of the December 2019 Calendar
October & November 2019 with a sneak peek of December Newsletter.

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 – October 3rd, November 7th, and December 5th, from 10am to 11:30am @ The Arc of Opportunity. The Holiday Family Support Lunch Location to be determined. 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: October 9th, November 13th & December 11th, from 5pm to 6:30pm at The Arc of Opportunity and run on the 2nd Wednesday of each month thereafter. Bring money for dinner @ Espressos or bring your own dinner.

Day Group will meet October 30th, November 20th & December 18th, from 12pm to 1:30pm at The Arc of Opportunity and meet the last Wednesday of every month thereafter.

PLEASE NOTE: Due to the Holiday in November, The Day group will be meeting the 20th instead of the 28th of November.

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

Rainbow Support Group

The Rainbow Support Group provides support and information to individuals with intellectual and developmental challenges who are gay, lesbian, bisexual, transgendered, crossdressers or questioning their sexuality. Meetings give you the chance to talk about your sexual interests with other people who are trying to be. Upcoming meetings are October 30th, November 20th, and December 18th 2019.

Dances 2019

October 4th ● November 1st ● December 8th (Sunday at Great wolf Lodge)

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.
October 2019

**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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<th>Sun</th>
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| 6. | 7.  | 8.  | 9. Night self-Adv. Meeting 5pm to 6:30pm @ The Arc | 10. Bowling 3:15pm to 4:30pm @ Mason’s | 11. | 12.  
|    |     |     |     |          |     | Overnight trip to Yarmouth |
| 13. | 14. | 15. | 16. | 17. Bowling 3:15pm to 4:30pm @ Mason’s | 18. | 19.Self-advocacy conference |
| Overnight trip to Yarmouth |     |     |     |          |     | King Buffet and Movies. Dues: $10 Activity: $30 |
|     |     |     |     |          |     | Dues: $10 Activity: $20 |
| 27. | 28. | 29. | 30. Day Self-Adv. Meeting 12pm to 1:30pm Rainbow Support Group 4:30pm to 6pm @ Zeda’s Pizza Fitchburg | 31. Happy Halloween! No Bowling |
|     |     |     |     |          |     |          |

*In the event of inclement weather or other unanticipated circumstances, Weekend Recreation Club Staff reserve the right to adjust scheduled activities*
**November 2019**

**WEEND 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**

<table>
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<tr>
<th>Sun</th>
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<td></td>
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<td></td>
<td>1. Country Dance @ Knights Of Columbus, Fitchburg 7pm To 9:30pm</td>
<td>2. Magic Wings, Butterfly Conservatory &amp; Gardens Dues: $10 Activity: $35</td>
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<td>3. End Of Daylights savings</td>
<td>4.</td>
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<td>6.</td>
<td>7. Family Support Group 10am to 11:30am Bowling 3:15pm to 4:30pm @ Mason's</td>
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<td>16.</td>
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<td>19.</td>
<td>20. Day Self-Adv. Meeting 12pm to 1:30pm Rainbow Support Group 4:30pm to 6pm @ Zeda’s Pizza Fitchburg</td>
<td>21. Bowling 3:15pm to 4:30pm @ Mason’s</td>
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<tr>
<td>23.</td>
<td>24.</td>
<td>25.</td>
<td>26.</td>
<td>27.</td>
<td>28. Happy Thanksgiving</td>
<td>29. Black Friday</td>
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<td>30.</td>
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<td>No Rec due to Holiday</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.
**December 2019**

**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.

### Activity Calendar

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<td>2.</td>
<td>3.</td>
<td>5.</td>
<td>Holiday Family support lunch</td>
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<td>8.</td>
<td>9.</td>
<td>10.</td>
<td>11.</td>
<td>Night self-Adv. Meeting 5pm to 6:30pm @ The Arc</td>
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<td>15.</td>
<td>16.</td>
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<td>18.</td>
<td>Day Self-Adv. Meeting 12pm to 1:30pm</td>
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- **1.** Holiday Dinner Dance
- **8.** Holiday Dinner Dance
- **15.** Day Self-Adv. Meeting 12pm to 1:30pm
- **22.** Christmas Eve
- **29.** New Year’s Eve
- **3.** Night self-Adv. Meeting 5pm to 6:30pm @ The Arc
- **9.** Night self-Adv. Meeting 5pm to 6:30pm @ The Arc
- **16.** Night self-Adv. Meeting 5pm to 6:30pm @ The Arc
- **23.** Christmas Eve
- **30.** New Year’s Eve
- **6.** Last Day For Food and Gifts
- **12.** Last Day For Food and Gifts
- **19.** King Buffet and Movies. Dues: $10 Activity: $30
- **26.** No Bowling
- **27.** No Bowling

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

Adult Bowling season registration (16+)

Fall 2019 through spring 2020

Due to no Mini Golf over the summer, we will be extending bowling starting fall 2019

**Starts:** Thursday, September 12th 2019 through May 21st 2020

**Time:** 3:15pm to 4:30pm

**Place:** Mason’s Recreation Center, 40 North main street, Leominster MA  01453

**Cost:** $7.00 includes two games & bowling shoes.

Bowling will be held on every Thursdays except on holidays, school vacation weeks, or if cancelled due to inclement weather. Any day that there is no school in Fitchburg or Leominster, bowling will automatically be cancelled. Any day that The Arc of Opportunity’s Day programs are “open, with no transportation”, bowling will be cancelled even if separate companies continue to provide transportation.

No bowling on 10/31, 11/28, All of December 2019, 2/20, 4/23

The Arc of Opportunity provides no transportation. You are responsible for all transportation to Mason’s and home from Mason’s. (Family, provider, staff, respite worker, or dial-a-ride if eligible)

You are responsible for scheduling Dial-a-ride every week/month. You must notify D-A-R and program staff of any schedule changes or cancelations. Please ensure that transportation is in place properly. Please DO NOT arrive or begin bowling before 3pm or before The Arc staff in charge of bowling has arrived. All rides must be arranged for pick up no later than 4:30pm from Mason’s to home.

Please complete the bowling registration form below and return by: August 22nd 2019 to: Recreation Department, The Arc of Opportunity, 564 main street, Fitchburg MA. 01420

*Cut here & return* 

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**Bowling Registration Form**

<table>
<thead>
<tr>
<th>Name</th>
<th>Date of Birth</th>
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<th>Address</th>
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<table>
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<tr>
<th>Contact Person</th>
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<table>
<thead>
<tr>
<th>Name of Person who can be reached during bowling</th>
<th>Telephone Number</th>
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We are in NEED of volunteers to assist with scorekeeping weekly. If you are able to assist with this, please complete below. Please HELP if you can!

Name: ________________________________ Telephone Number ___________________________
Save The Date for The Annual Holiday Dinner

Sunday December 8th 2019
4pm – 8pm
At The Great Wolf Lodge

Please join us for a magical night filled with Friends and Family. There will be Dinner, and plenty of dancing!

*Water & Tea will be provided. Please bring additional $$ for any other drinks*

EVENT ADDRESS:
Great Wolf Lodge
150 Great Wolf Drive
Fitchburg MA. 01420

For questions, and more Information, please Contact Madeline Merchant or Glizelia Ribot
(978)343-6662 Ext.1011 & 1013
m.merchant@arcofopportunity.org
g.ribot@arcofopportunity.org

Please RSVP by Friday, November 29th 2019

Name of attendees: __________________________________________
Number of Tickets: __________
Address: ____________________________________________________
Phone Number: _____________________________________________

Tables can be reserved upon request. Must have 8 people to do so. Reserving a table? Y / N

Name on reservation: _________________________________________
Email: ______________________________________________________
The Arc of Opportunity’s

Dance Schedule 2019-2020

September 6th 2019
Welcome Back Dance

October 4th 2019
Halloween Costume Party
(Prizes for Best Costume!)

$7

November 1st 2019
Country Dance

December 8th 2019
(Holiday dinner Dance @
Great Wolf Lodge $30 From
4pm to 8pm)

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

Here at The Arc of Opportunity, our #1 Goal is to provide a meaningful, fun, and safe experience. With that being said, we would like your help with getting emergency contact information for all who attend our dances. Please take a moment to fill out the information below.

Individual(s) attending: ____________________________________________

Emergency Contact: ____________________________________________

Emergency Contact #: ____________________________________________

Address: _________________________________________________________

Email: ___________________________________________________________
The Arc of Opportunity
Annual Food Drive 2019

• We are sponsoring a Holiday Food Drive to create baskets of holiday foods for children with disabilities and their families and/or those experiencing financial difficulties/unusual needs during this holiday season.

• We encourage foods such as - canned ham, canned or boxed potatoes, canned sweet potatoes, canned vegetables, stuffing mix, cranberry sauce, pie crusts and fillings, juice, etc. to be donated. Gift certificates to local grocery stores for turkeys or other needed items are also much appreciated.

• Starting November 1st, drop off your donations at:
   The Arc of Opportunity, 161 Boulder Drive Fitchburg, between 9am and 3pm by December 14th.

• Family support and day program staff along with individuals in our community-based day programs will create the baskets and ensure that families receive them in time for the holidays.

Please consider donating an item or two to help another family be able to enjoy a happy, satisfying holiday!

THANK YOU!!
The Arc of Opportunity
Annual Giving Tree

Our Family Support & Recreation Program is coordinating a toy campaign!

• We are sponsoring a **HOLIDAY GIVING TREE** to collect gifts for children with disabilities and their siblings and/or those experiencing financial difficulties or unusual needs during this holiday season.

• Trees will be set up at starting after Thanksgiving:
  
  **Fuzzy’s Place, 100 Main St. Fitchburg**

  **Workers Credit Union, 815 Main St. Fitchburg**

  **Rollstone Bank & Trust, 721 Central St. Leominster**
  
  **486 John Fitch Highway, Fitchburg**

  **The Arc of Opportunity, 564 Main St. Fitchburg**

  **Teaching Wonders, 59 New Lancaster Rd. Leominster**

  **Messiah Lutheran Church, 780 Rindge Rd. Fitchburg**

• To participate, all you have to do is select an ornament tag from the tree. Ornaments can be selected by individuals, families, work groups, programs, etc. Each tag will have the sex and age of a child needing gifts along with some suggestions for gifts that child might enjoy.

• Once you have shopped for the child whose tag you selected, please attach the tag to your **UNWRAPPED** gift(s) and place them in the toy box near the Giving Tree.

• Our Family Support staff will match the gifts and children and distribute them in time for Christmas. We ask that all gifts be returned no later than December 14.

*Please consider stopping by at one of the above locations, selecting an ornament tag, and making a child’s Christmas brighter!*  
Thank you!
It is that time of the year again for our ANNUAL HOLIDAY GIVING TREE! Our Goal here at The Arc is for children whose families are experiencing financial difficulties during the holidays, have the chance to wake up to a gift on Christmas.

If you and your family are in need this holiday season, fill out the form below. The more details, the better we can try to meet your requests. Families are also welcome to make a donation of a canned good or toy if you wish to do so. Any questions call Madeline 978-343-6662 ext. 1011 or Glizelia Ribot ext. 1013

Parent/Guardian Name(s): ________________________________________________________________

Address: __________________________________________ City/State/Zip Code: ______________________

Phone #: __________________________________________ # of Children: ______________________________

1.) Child’s Name: __________________________________________ Gender: M  F  Race: ______  Age: ______

Gift Suggestions: (NO GIFT CARDS)__________________________________________________________

_______________________________________________________________________________________

Special Needs? (Circle One):  Yes  No  Age Range of Gifts (if different from actual age): ________

Clothing Size: (ex. 14 boys, 3T):  Pants: ______  Shirts: ______  Coat: ______  Shoe Size: ______

Favorite Color: ________________  Likes Sports: YES or NO, If YES, Favorite Team? ______________

Arts and craft supplies: YES or NO

2.) Child’s Name: __________________________________________ Gender: M  F  Race: ______  Age: ______

Gift Suggestions: (NO GIFT CARDS)__________________________________________________________

_______________________________________________________________________________________

Special Needs? (Circle One):  Yes  No  Age Range of Gifts (if different from actual age): ________

Clothing Size: (ex. 14 boys, 3T):  Pants: ______  Shirts: ______  Coat: ______  Shoe Size: ______

Favorite Color: ________________  Likes Sports: YES or NO, If YES, Favorite Team? ______________

Arts and craft supplies: YES or NO

3.) Child’s Name: __________________________________________ Gender: M  F  Race: ______  Age: ______

Gift Suggestions: (NO GIFT CARDS)__________________________________________________________

_______________________________________________________________________________________

Special Needs? (Circle One):  Yes  No  Age Range of Gifts (if different from actual age): ________

Clothing Size: (ex. 14 boys, 3T):  Pants: ______  Shirts: ______  Coat: ______  Shoe Size: ______

Favorite Color: ________________  Likes Sports: YES or NO, If YES, Favorite Team? ______________

Arts and craft supplies: YES or NO