RECREATION AND FAMILY SUPPORT NEWSLETTER

September 2017 & October 2017
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!

Meet our new Staff:

Shawn Fleurie is our new Family Support and Recreation Coordinator. Shawn comes to us after working with AmeriCorps, where he implemented enrichment programming for local schools in the Greater Boston Area, facilitated workshops among other professionals within the field, and facilitated three service trips to Atlanta, Charlotte, and New Orleans. It was on the service trip to New Orleans where Shawn first learned of The Arc as that was one of the service sites on the trip. These experiences as well as Shawn’s education, he is looking to help support the Family Support and Recreation Department.

September 2017 & October 2017
The Arc of Opportunity
564 Main Street, Fitchburg, MA 01420
Arcofopportunity.org T: (978)343-6662

Upcoming Events:

Family Support Meeting: Sept 7th
Welcome Back Dance: Sept 8th
First Day of Bowling: Oct 5th
Healthy Relationships: Oct 5th
Annual Auction: Nov 17th

Keep a look out for these:
October Overnight Oct 21-22
December Overnight Dec 3rd-4th
Children’s Christmas Party: Dec 9th
Holiday Dinner Dance: Dec 9th
Annual Food Drive & Giving Tree

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!
Family Support Calendar

September & October

Don’t Forget about these Meetings & Events:

SELF-ADVOCACY

Self-Advocacy Support group WILL meet on Sept. 13th and Oct. 11th.

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

Caregivers for people OVER 22: WILL meet Thursday, Sept. 7th and Oct. 5th 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 Sept 8th & Oct. 20th 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.

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 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.

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|        |        |         |           | 1.       | 2.  | **NO REC CLUB**
|        |        |         |           |          |       | Enjoy your Holiday Weekend!! |
| 3.     | 4.     | 5.      | 6.        | 7.       | 8.   | Welcome Back Dance @ Knights of Columbus 7:00pm-9:30pm |
| 10.    | 11.    | 12.     | 13.       | 14.      | 15.  | 9. **Weekend Recreation** Dues $10 Patriots Hall of Fame |
| 17.    | 18.    | 19.     | 20.       | 21. **Cruise Trip Meeting** 6:00-7:00pm @ The Arc | 22.  | 16. **Weekend Recreation** Dues $10 Fitchburg St.@Worcester St. Football Game |
| 24.    | 25.    | 26.     | 27.       | 28.      | 29.  | 23. **Weekend Recreation** Dues $10 Worcester Dragon Boat Race & Festival |
|        |        |         | 29.       | 30. **Dinner & a Movie** Additional $$ welcome for snacks | 31.  | 30. **Weekend Recreation** Dues $10 |

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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.
**October 2017**

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The Arc of Opportunity

ADULT BOWLING SEASON REGISTRATION (16+)

**Starts:** Thursday, October 5, 2017 through March 29, 2018
**Time:** 3:15 - 4:30PM (23 weeks)

**Place:** Mason’s Recreation Center, 40 North Main Street, Leominster, MA 01453

**Cost:** $6 per week for members of The Arc; $6.50 per week for non-members.
Bowling shoes are available free of charge.

Bowling will be held Thursday except on holidays, school vacations 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 when The Arc Day Programs are “open with no transportation”, bowling will automatically be cancelled (even if some separate companies continue to provide transportation).

*No Bowling on Nov 9th or 23rd, Dec 28th or Feb 22nd*

**THE ARC PROVIDES NO TRANSPORTATION. YOU ARE RESPONSIBLE FOR ALL TRANSPORTATION TO AND HOME FROM MASON’S (FAMILY, PROVIDER, STAFF, RESPITE WORKER OR DIAL-A-RIDE IF ELIGIBLE.)**

YOU ARE RESPONSIBLE TO SCHEDULE DIAL-A-RIDE EVERY MONTH AND TO NOTIFY D-A-R AND PROGRAM STAFF OF ANY SCHEDULE CHANGES AND ENSURE THAT TRANSPORTATION IS IN PLACE. PLEASE DON’T ARRIVE AT MASON’S BEFORE 3:00PM. PLEASE BE SURE ALL RIDES ARE AT MASON’S BY 4:30PM FOR RETURN HOME.

Please complete the bowling registration form below and **return it by September 22, 2016 to:** Recreation Department, The Arc, 564 Main Street, Fitchburg, MA 01420

Bowling Registration Form

<table>
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<th>Name</th>
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<td>Address</td>
<td>Telephone Number</td>
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<td>Contact Person</td>
<td>Telephone Number</td>
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<tr>
<td>Name of Person who can be reached during bowling</td>
<td>Telephone Number</td>
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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: ____________________________
The Arc of Opportunity wants you to get involved in our Self-Advocacy group. We are looking for enthusiastic members and volunteers!

Friday September 22\textsuperscript{nd}
4\textsuperscript{th} Friday of month
The Arc of Opportunity
1-2p

Wednesday September 13\textsuperscript{th}
2\textsuperscript{nd} Wednesday of month
The Arc of Opportunity
5-6:30p

Get involved now!

Contact: Madeline Merchant
Program Director of Family Support and Recreation
The Arc of Opportunity
(978)343-6662 EXT 1011
m.merchant@arcofopportunity.org
Fall is creeping up on us
This means Family
Support Groups
are back too!

Support group that allows family members and caregivers the opportunity to gain some insight into successes and challenges from others who are in a similar position. Learn about local resources and services that you may not have been aware of.

Family Support Meeting

September 7, 2017
at 10am – 11:30am
First Thursday of every month after

The Arc of Opportunity
564 Main St. Fitchburg, MA

Sponsored by
The Arc of Opportunity
HEALTHY RELATIONSHIPS
Relationships and your child... Everything you need to know!

This series will focus on the unique needs/challenges that adults with disabilities encounter in establishing healthy relationships (romantic and platonic) and parents/guardians can support them.

“This should be a mandatory workshop for parents and other providers” - Parent’s testimony from previous workshop.

Work shop series is held 5 consecutive weeks
When considering attending the series please be sure you are able to commit to all 5 weeks.

Dates: Time:
October 5th 6:00-8:00pm
October 12th 6:00-8:00pm
October 19th 6:00-8:00pm
October 26th 6:00-8:00pm
November 2nd 6:00-8:00pm

Where: The Arc of Opportunity
Entrance at: 161 Boulder Dr. | Fitchburg, MA.

Presented By: DDS certified sexuality educators

Registration Deadline is September 20th
for more information and to register
Contact Madeline Merchant at (978)343-6662 Ext. 1011

Limited Seats
Register Today!
Save The Date for The Arc’s Holiday Dance!
Saturday, December 09

Great Wolf Lodge New England
150 Great Wolf Drive
Fitchburg, MA 01420

Please join us for a magical night filled with friends and family.
There will be dinner, drinks, and plenty of dancing!
(Water & tea will be provided, bring additional $ for other drinks)

Cost per person: $30

For further information please contact:
Madeline Merchant
m.merchant@arcofopportunity.org
978-343-6662 x1011

Please RSVP by Wednesday, November 24th, 2017

Name of attendees: ____________________________________________
Number of Tickets: ____________
Address: _______________________________________________________
______________________________________________________________
Phone Number: ____________________________
I will dance if you play ___________________________________________
Tables can be reserved upon request. Must have 8 people to do so.
Reserve a Table for _____________________________________________