

Notes:

Healthy Relationships Group Interest Form

Bowling - Every Thursday
4:00pm-6:00pm
@Launch \$4 shoes/\$4 per game /\$10 per hour

CONTACT US FOR INFORMATION ON:

- General questions/concerns
- Healthy Relationships
- Self-Advocacy
- Saturday REC and Bowling
- Dances

The Arc of Opportunity in North Central Massachusetts Family Supports and Recreation Calender

September 2026



Fun Holiday's in September

- SEPT. 5 🍕 NATIONAL CHEESE PIZZA DAY
- SEPT. 6 📖 READ A BOOK DAY
- SEPT. 7 🧸 TEDDY BEAR DAY
- SEPT. 10 🌍 WORLD SUICIDE PREVENTION DAY
- SEPT. 11 🇺🇸 NATIONAL DAY OF SERVICE AND REMEMBRANCE
- SEPT. 12 🍫 NATIONAL CHOCOLATE MILKSHAKE DAY
- SEPT. 13 🧠 POSITIVE THINKING DAY
- SEPT. 14 🎨 NATIONAL LIVE CREATIVE DAY
- SEPT. 16 🥑 NATIONAL GUACAMOLE DAY
- SEPT. 17 🇺🇸 CONSTITUTION DAY & CITIZENSHIP DAY (U.S.)
- SEPT. 18 🍔 NATIONAL CHEESEBURGER DAY
- SEPT. 19 🏴 TALK LIKE A PIRATE DAY
- SEPT. 20 🧀 NATIONAL STRING CHEESE DAY
- SEPT. 21 🕊️ INTERNATIONAL DAY OF PEACE
- SEPT. 22 🍂 FIRST DAY OF FALL (AUTUMN EQUINOX)
- SEPT. 23 🗣️ INTERNATIONAL DAY OF SIGN LANGUAGES
- SEPT. 24 🐼 WORLD GORILLA DAY
- SEPT. 25 📖 NATIONAL COMIC BOOK DAY
- SEPT. 26 🥞 NATIONAL PANCAKE DAY
- SEPT. 28 ❤️ WORLD HEART DAY
- SEPT. 29 ☕ NATIONAL COFFEE DAY

To register for an event scan the QR code or click the event



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 🎳 BOWLING 4PM-6PM	4	5 APPLE PICKING 10AM-6PM \$65
6	7 HAPPY LABOR DAY CLOSED	8 SELF ADVOCACY LUNCH/KITCHEN 10AM-11AM	9	10 🎳 BOWLING 4PM-6PM	11	12 MINI GOLF 11AM-5PM \$50
13 HAPPY GRAND PARENTS DAY	14	15	16	17 🎳 BOWLING 4PM-6PM	18 HERSHEY PARK OVERNIGHT \$450	19 OVERNIGHT
20 OVERNIGHT	21	22 <i>Hello autumn</i>	23	24 🎳 BOWLING 4PM-6PM	25 WELCOME BACK DANCE 6:30PM-8:30PM \$10	26 POTTERY & PAINTING 11AM-5PM \$65
27	28	29	30			

Program Director:

Maribel Roman

978-343-6662 ext. 1094

978-972-0601 Mobile

m.roman@arcofopportunity.org

"YOU ARE STRONGER THAN YOU KNOW AND MORE LOVED THAN YOU REALIZE."

— ANONYMOUS

Recreation Coordinator:

Michelle Feliciano

978-343-6662 ext. 1013

978-382-4636 Mobile

m.feliciano@arcofopportunity.org