





June & July 2019 Newsletter

Advocacy

Self-Advocacy Support Group- June 12th, from 5pm to 6:30pm, at The Arc of Opportunity.

Self-advocacy support group meetings run on the 2nd Wednesday of each month. The group is for people 16 years of age or older who want to receive support and are interested in understanding their rights and responsibilities. We encourage anyone to join us every month for an insightful opportunity to grow and learn the power ones voice has.

Caregivers for people OVER 22: WILL meet Thursday June 6th from 10 to 11:30AM.

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.

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.



!!!Attention!!!



With summer comes a lot of beautiful sun! Please make sure anyone attending weekend recreation is dressed appropriately for each event. We will be trying to do many outdoors event so this means sunblock, sunglasses if needed, proper footwear, Water source for staying hydrated, and at least one event in June will have swimming available so swimwear and or a change of clothes would be great. Please be advised, there will be certified life guards on duty for the trip to Leominster state forest June 29th and Arc staff, but it is also important that caregivers and family members speak to their individuals attending Rec about whether or not they should swim or be near water.

Dances

JUNE 21ST – Rockin Robin

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 **\$10.00 for this event and this event ONLY**. Paid admission includes 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. Any questions or concerns please contact **Madeline Merchant (978)343-6662 ext.1011 or Glizelia Ribot ext. 1013**

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

June 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. **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

Sun	Mon	Tue	Wed	Thursday	Fri	Saturday
						1 Fishing Derby  @ Ayer Sportsman's club Dues:\$10 Activity:\$15
2	3	4	5	6. Family support group from 10 to 11:30am Internet safety workshop for caregivers 6pm to 8pm @ The Arc	7	8 Mini Golf  @ Mulligan's in sterling Dues:\$10 Activity:\$25
9	10	11	12 Self-advocacy meeting 5pm to 6:30pm @ The Arc 	13	14	15 Southwick's Zoo Dues: \$10 Activity:\$35 Attention Please arrange to be at the Arc NLT 10:45am. Arrange a pick up time of 5pm!
16 Happy Father's Day! 	17	18	19	20	21 Rockin Robin Dance fee: \$10 	22 Movie's and Lunch @ The Arc. Dues:\$10 Activity:\$25 
23	24	25	26 Rainbow Group 4pm to 5:30pm @ Zeda's Pizza In Fitchburg 	27	28	29.Leominster state Forrest Dues:\$10 Activity:\$15
30	<div style="border: 1px solid red; background-color: yellow; padding: 5px; text-align: center;"> <p>Please be sure to bring sunblock, swimwear and towel for swimming. Life guards will be on duty</p> </div>					

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



July 2019



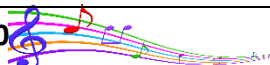
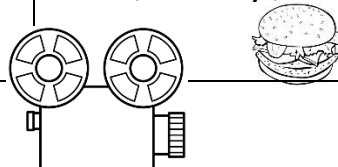
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Family Support/Recreation Calendar

Sun	Mon	Tue	Wed	Thursday	Fri	Saturday
	1	2	3	4 	5	6 No Rec 4th of July weekend
7	8	9	10	11	12	13 Overnight trip to The White mountains Independence Day Themed Picnic. Dues:\$10 Activity:\$15  Don't forget your picnic blanket!
14	15	16	16	18	19	20  Music and arts festival @ Kimball farm, Lancaster Dues:\$10 Activity:\$15 LUNCH NOT PROVIDED, Bring extra money for lunch or snacks!
21	22	23	24	25	26	27 Movies at Chunky's Dues:\$10 Activity:\$45 
28	29	30	31			

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The Arc of Opportunity's
Annual Recreation Trip to:
The White Mountains



July 13th-14th, 2019

(Limited availability. Register as soon as possible!)

Cost of Trip: \$300 per chaperoned traveler

- Lunch on Saturday
- Country ride along the White Mountains Parkway
- Hotel accommodations at the scenic Gale River Motel w/ pool and hot tub (bring a bathing suit if you wish ☺)
- Saturday Night: Games, campfire & BBQ!
- Sunday Mount Washington Brunch Cruise
 - Lots of food, entertainment, and lots of pretty views.

Drop-off Saturday: 9:30am Pick-up Sunday: 6:00pm

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

Trip Registration

Name: _____ Contact Person: _____

Contact Number: _____ Deposit Amount: \$ _____

Please send this portion back along with deposit by May 24th, 2019 Thank you!



The Arc of Opportunity

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

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 & Return ----- Cut & Return

Bowling Registration Form

Name

Date of Birth

Address

Telephone Number

Contact Person

Telephone Number

Name of Person who can be reached during bowling

Telephone Number

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 _____



More Dances

May 31st – 80'S Retro Dance Party



June 21st

Join *The Arc* as they host

Rockin Robin

in a Sock hop live performance

Dance cost is \$10 just for this dance



All Dances are at the Knights of
Columbus in Fitchburg MA

The Arc's Rainbow Support Group


The Arc
Opportunity in
North Central Massachusetts

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

Next Meeting Dates:

May 29th 4-5:30pm

June 26th 4-5:30pm

@ Zeda's Pizza in Fitchburg

Events we will attend:

June 8th

Boston Pride Parade

September 7th

Worcester Pride parade/Festival

RSVP to

Madeline Merchant

Program Director of Family Supports
and Recreation

(978)343-6662 Ext 1011

m.merchant@arcofopportunity.org





North Kingstown, Rhode Island

August 17th – 18th, 2019

(Limited Availability. Register as soon as possible)

Cost of Trip: \$300

- ❖ Lunch on Saturday, at the Seaview Station Restaurant conveniently located at The Hamilton Village Inn, where you will be enjoying your stay.
- ❖ Enjoy the Beautiful views of the Harbor, and many small local shops, take a walk through Bay Beach and Wickford Village.
- ❖ Local Pool is Available!
- ❖ Many Scenic routes.
- ❖ Dinner at the Beautiful Wickford on the water. Enjoy a beautiful evening dining on a deck overlooking the water.
- ❖ Breakfast at the Seaview Restaurant.
- ❖ Visit to the Washington county fair on Sunday.

Drop-off Saturday: 9am Pick-up Sunday: 6pm

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 CUT HERE

 Please cut and return this portion filled out with your deposit to Madeline Merchant or Glizelia Ribot, Thank you!

--- ✂ ---
 CUT HERE

Please enclose a minimal deposit of \$100 by July 10th 2019 and the remaining balance by August 1st 2019.

Name:

Contact Person:

Phone:

Contact's phone:

Deposit Amount: _____

Please Provide a Valid e-mail for monthly newsletters and event updates

E-mail: _____

Please register today to attend these important workshops

Let's talk about Healthy Relationships

Free Parent/Guardian Workshops



Talking about healthy relationships is important, but is not always easy. Relationships are tough at any age, friendships can be confusing, and dating can be downright scary. These workshops will focus on the unique needs/challenges that adults with disabilities encounter in establishing healthy

relationships (romantic and platonic), and how *parents/guardians/caregivers* can support them. As parents, guardians, siblings, friends, and family members, it is crucial to help support such a vulnerable population to live full and healthy lives.

You are not alone...

Connect with other caregivers who are experiencing similar fears, difficulties, and achievements.

The Arc of Opportunity will be hosting Four (4) Healthy Relationships workshops facilitated by DDS trained Sexuality Educators.

Please join the conversation and get inspired.

Date:	Time:	Topic:
June 12th	10a-12p	Your role as a Caregiver
May 22 nd	10a-12p	Consent/Safety
May 29 th	10a-12p	Boundaries
June 6th	6p – 8p	Internet Safety

**Place: The Arc of Opportunity
Entrance at 161 Boulder Dr. Fitchburg, MA**

To Register contact *Madeline Merchant* at 978-343-6662 Ext 1011 or m.merchant@arcofopportunity.org. Please include your phone number when responding.

It is very helpful to know how many are attending, so please sign up by the due date.

