



OPPORTUNITIES  
for INCLUSION

*Where Everybody is Somebody*

Formerly GWArc  
Celebrating 65 Years!



Established  
1956



## Fall 2022 Recreation



### Welcome to Opportunities for Inclusion's Fall 2022 Recreation Program!

Hello all!

We're excited to bring you our Recreation Brochure for September, October and November! Look inside to find all of our activities, including Brandeis Buddies, Bowling and the Topsfield Fair!

We're also excited for our 50th Annual Harvest Breakfast in October!

Recreation activities are open to Opportunities for Inclusion participants and individuals from the community.

All virtual events will remain free, but we will be charging for in-person events. See more details inside!

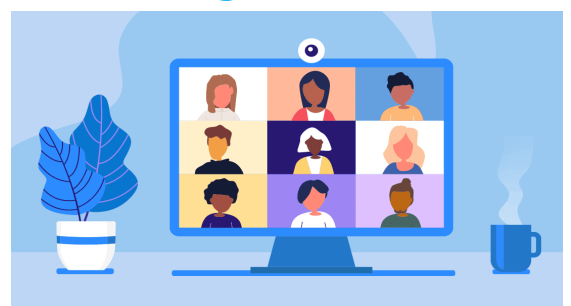
Due to the popularity of many of the activities we ask that you call or email in advance to reserve a spot before sending in your registration!

To join our virtual events go to Zoom.com, click on Join a Meeting and enter the Meeting ID. To get the Meeting ID, please contact John Freiberg at 781-899-1344 x4120 or [JFreiberg@OppsforInclusion.org](mailto:JFreiberg@OppsforInclusion.org).

This Meeting ID is the same for all Recreation activities. No password is required.

Questions? Please contact John Freiberg at 781-899-1344 x4120 or [JFreiberg@OppsforInclusion.org](mailto:JFreiberg@OppsforInclusion.org).

See you at our Recreation events!



Underlined Events Are In-Person

# September 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6 <u>I Love Dance</u> 5:15pm-6:00pm	7 Art Night 4:30pm-5:30pm	8	9 <u>Lights at The Zoo</u> 6:00pm-10:30pm	10
11	12	13 <u>I Love Dance</u> 5:15pm-6:00pm	14 Music Night 4:30pm-5:30pm	15	16	17 <u>Apple Picking</u> 12:30pm-4:00pm
18	19	20 <u>I Love Dance</u> 5:15pm-6:00pm	21 Movie Night 5:00pm-6:30pm	22 <u>Brandeis Buddies</u> 3:30pm-5:00pm	23	24
25	26	27	28 Game Night 4:30pm-5:30pm	29 <u>Brandeis Buddies</u> 3:30pm-5:00pm	30 <u>Topsfield Fair</u> 4:00pm-11:00pm	

Underlined Events Are In-Person

# October 2022

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 <u>I Love Dance</u> 5:15pm-6:00pm	5 Cooking Night 4:30pm-5:30pm	6 <u>Brandeis Buddies</u> 3:30pm-5:00pm	7	8
9	10	11	12 Hallow- een Music 4:30pm-5:30pm	13 <u>Brandeis Buddies</u> 3:30pm-5:00pm	14 <u>Bowling Party</u> 5:20pm-8:40pm	15
16	17	18 <u>Watch City Self Advocates</u> 5:00pm-7:00pm	19 Movie Night 5pm-6:30pm	20 <u>Brandeis Buddies</u> 3:30pm-5:00pm	21	22
23 <u>50th Annual Harvest Break-fast</u> 8am-Noon	24	25	26 <u>Hallow- een Dance</u> 6:00pm-8:00pm	27 <u>Brandeis Buddies</u> 3:30pm-5:00pm	28	29
30	31					

Underlined Events Are In-Person

# November 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 Trivia Night 5:00pm- 6:30pm	3 <u>Brandeis Buddies</u> 3:30pm- 5:00pm	4	5 <u>Bentley Football</u> 11:20am- 4:00pm
6	7	8 <u>I Love Dance</u> 5:15pm- 6:00pm	9 Dance Party 5:00pm- 6:30pm	10 <u>Brandeis Buddies</u> 3:30pm- 5:00pm	11	12
13	14	15	16 Movie Night 5:00pm- 6:30pm	17 <u>Brandeis Buddies</u> 3:30pm- 5:00pm	18	19 <u>Train Show</u> 11:00am- 3:00pm
20	21 <u>Community Service Night</u> 5:00pm- 6:30pm	22	23	24	25	26
27	28	29 <u>I Love Dance</u> 5:15pm- 6:00pm	30			

# In-Person Recreation Policies and Procedures

1. Participants must be fully vaccinated to register for in-person recreation activities. Masks are **REQUIRED** for in-person events. We are required to follow the guidelines and restrictions of any given venue (this includes COVID-19 restrictions, and any others).
2. Participants must register and pay before attending a program. To register, complete the **two page** registration form. Then bring or mail your completed form with payment to the below address. **56 Chestnut St., Waltham MA 02453. To pay by credit card, call John at 781-899-1344 x4120**
3. Registration in any program may be limited due to staff and/or space limitations. Be sure to register as soon as possible. To know whether a program is full, please call John Freiberg.
4. Due to the popularity of many of the activities we ask that you call or email in advance to reserve a spot before sending in your registration!
5. Please contact John Freiberg, Recreation Manager, with any questions about accessibility and participant's stamina and mobility requirements.
6. Recreation Staff will be responsible for communicating with the applicant relative to assessment, support, program availability and program regulations. Opportunities for Inclusion staff will make final admission decisions.
7. If an individual needs one-on-one assistance for daily living activities, medical and/or behavioral needs, it is the responsibility of the family and/or Residential Staff to provide care for that participant. We are not able to provide one-on-one assistance.
8. Once admitted, participants must make the commitment to attend each event. **If you are not able to attend, please notify staff at 781-899-1344 x4120. No refunds for missed activities. If an event is cancelled on our behalf, you will be given a credit for a future recreation activity.**
9. Activities may be cancelled or changed due to weather conditions. Please dress appropriately for activity and weather. Sunscreen and insect repellent are available or bring your own product if you have specific needs or requirements.
10. No participant is to be dropped off or left at an activity without a Recreation staff member being present.
11. Pick up at the end of an event must be prompt. Please cooperate with this request.

## Recreation Staff



John Freiberg  
Recreation Manager



Renee Emmonds  
Recreation Assistant



Tracy Flaherty  
Recreation Assistant

## Recreation Instructors



Annie Close  
Dance Instructor



CC King  
Art Instructor



# Virtual Activities

## Art Night

**Date:** Wednesday, September 7

**Time:** 4:30-5:30 PM

**Location:** Zoom

**Details:** Let's get creative! Grab some art materials around the house and make some art with us via Zoom. Some art prompts will be provided, you can follow along or create your own unique work.



## Music Night

**Date:** Wednesday, September 14

**Time:** 4:30-5:30 PM

**Location:** Zoom

**Details:** Let's listen to our favorite music together! You can submit your requests and we'll hear current hits and old favorites of your choice.



## Movie Night

**Date:** Wednesday, September 21

Wednesday, October 19

Wednesday, November 16

**Time:** 5-6:30 PM

**Location:** Zoom

**Details:** Grab some popcorn and join us to watch a movie together! Participants can craft while watching or just have a relaxing night watching a movie together.



## Game Night

**Date:** Wednesday, September 28

**Time:** 4:30-5:30 PM

**Location:** Zoom

**Details:** Like family game night, but virtual! Play games like "guess the song" and more through Zoom. The games may change, but the fun won't!



## Cooking Night

**Date:** Wednesday, October 5

**Time:** 4:30-5:30 PM

**Location:** Zoom

**Details:** Let's have fun with some cooking videos. Get ideas for things you could bake and cook yourself, or just watch along and get hungry for dinner!



## HALLOWEEN MUSIC

**Date:** Wednesday, October 12

**Time:** 4:30-5:30 PM

**Location:** Zoom

**Details:** Let's listen to our favorite Halloween music! You can show off your costume!



# Virtual Activities

## Trivia Night

**Date:** Wednesday, November 2

**Time:** 4:30-5:30 PM

**Location:** Zoom

**Details:** Test your knowledge with a classic trivia night. Play quiz style games about general knowledge or themed trivia questions all through Zoom.



## Dance Party!

**Dates:** Wednesday, November 9

**Time:** 4:30-5:30 PM

**Location:** Zoom

**Details:** Join our virtual dance parties and dance the afternoon away! Suggest songs and dance along with your friends to all your favorite music.



# In-Person Events

Masks are REQUIRED for in-person events.

## Watch City Self Advocates

**Cost:** \$3 Meeting Dues Includes chaperones.

\$6 Meeting & Dinner Dues Includes chaperones and dinner.

**Dates:** Tuesday, October 18

**Time:** Meeting 5:00-6:00 PM Dinner until 7:00 PM

**Location:** 56 Chestnut St., Waltham, MA

**Details:** Watch City Self Advocates is back in-person! Learn how to speak up for yourself and others, enjoy guest speakers, volunteer for a favorite cause, meet community members and have some fun while you are doing good for yourself and others! **No registration necessary** for meeting but please call John Freiberg in advance and bring your dues the day of the meeting.



## I LOVE DANCE

**Cost:** \$60 Opportunities for Inclusion Participants/\$70 General Community.

Includes chaperones and professional instructor

**Dates:** Tuesday, September 6, 13 & 20

Tuesday, October 4

Tuesday, November 8 & 29

**Time:** 5:15-6:00 PM

**Location:** Meet at: Center Stage, 881 Main St., Waltham, MA

**Details:** I LOVE DANCE is the place to be. Lose yourself in the music and find yourself in shape at the original dance-fitness party hosted by professional dance instructor Annie Close in her private studio. I LOVE DANCE classes feature the newest moves set to popular party music.

**Minimum:** 5 people

**Maximum:** 8 people





# In-Person Events

Masks are REQUIRED for in-person events.

## Brandeis BUDDIES!!



**Cost:** FREE Includes chaperones and snack.

**Dates:** Thursday, September 22 & 29  
Thursday, October 6, 13, 20 & 27  
Thursday, November 3, 10 & 17

**Time:** Drop off: 3:30 PM  
Pick up: 5:00 PM

**Location:** Ridgewood Common, behind administrative building parking lot at Brandeis University, Waltham, MA

**Details:** The Brandeis Buddies are back! Come hang out with Brandeis students and enjoy music, dancing, arts, crafts, games, cooking, baking, exercise and good conversation! Special guests will also join us bringing dance, music and arts to demonstrate and share. This group is open to the entire Opportunities for Inclusion community; all ages and interests are welcome. We'll join together to celebrate all of your favorite holidays, plan activities together, have a lot of fun and create lasting friendships. The long awaited return of one of our most popular events!

**Minimum:** 5 people

**Maximum:** 15 people

## BOSTON LIGHTS AT THE ZOO

**Cost:** \$45 Opportunities for Inclusion Participants/ \$55 General Community  
Includes dinner, tickets, chaperones and transportation.

**Date:** Friday, September 9

**Time:** Drop off: 6:00 PM  
Pick up: 10:30 PM

**Location:** Drop off & Pick up: 56 Chestnut Street, Waltham

**Details:** Join us for a trip to the Franklin Park Zoo! Experience over 60 magnificent displays comprised of hundreds of beautifully crafted lanterns spanning Franklin Park Zoo's 72 acres.

INVOLVES A LOT OF WALKING. ARRIVE ON TIME. Due to the popularity of this trip, please RSVP by phone or email before sending in your registration!

**Minimum:** 6 people

**Maximum:** 9 people



## Apple Picking

**Cost:** \$40 Opportunities for Inclusion Participants/\$50 General Community.  
Includes apples, snacks, chaperones and fun.

**Date:** Saturday, September 17

**Time:** Drop off: 12:30 PM  
Pick up: 4:00 PM

**Location:** Drop off & Pick up: 56 Chestnut Street, Waltham

**Details:** Today we will visit a family run orchard located in the heart of apple country. We will go on a hay ride, pick our own apples, and snack on treats at the farm store!

**Minimum:** 5 people

**Maximum:** 9 people



# In-Person Events

Masks are REQUIRED for in-person events.

## Topsfield Fair

**Cost:** \$75 Opportunities for Inclusion Participants/\$85 General Community  
Includes transportation, dinner, rides, and chaperones.

**Date:** Friday, September 30

**Time:** Drop off: 4:00 PM

Pick Up: 11:00 PM

**Location:** Pick up & Drop off: 56 Chestnut Street, Waltham

**Details:** Join us for a trip to the Topsfield Fair! Enjoy food, and carnival rides (with gentle rides, and more intense rides for thrill-seekers). Watch the Giant Pumpkin Weigh-in and live music. Interact with the large collection of animals. **ARRIVE ON TIME. INVOLVES A LOT OF WALKING. BRING MONEY IF YOU WOULD LIKE TO PURCHASE SOUVENIRS.** Due to the popularity of this trip, please RSVP by phone or email before sending in your registration!

**Minimum:** 5 people

**Maximum:** 9 people



## BOWLING PARTY

**Cost:** \$50 Opportunities for Inclusion Participants/\$60 General Community  
Includes transportation, dinner, bowling, and chaperones.

**Date:** Friday, October 14

**Time:** Drop off: 5:20 PM

Pick Up: 8:40 PM

**Location:** Pick up & Drop off: 56 Chestnut Street, Waltham

**Details:** Take a trip with us to the Needham Bowlway for a private party! We'll have four lanes all to ourselves, three large cheese pizzas, and a Lizzy's Ice Cream Cake! **ARRIVE ON TIME.** Due to the popularity of this trip, please RSVP by phone or email before sending in your registration!

**Minimum:** 5 people

**Maximum:** 9 people



## HALLOWEEN DANCE

**Date:** Wednesday, October 26

**Time:** 6:00-8:00 PM

**Location:** French American Victory Club  
193 Elm St., Waltham, MA

**Details:** Spooky season is here! Let's celebrate together with a night of music, dance and socializing. Show that you love to dance and get your face painted too!! Wear your favorite costume!!!

**Admission to first 125 people ONLY.** Snacks and drinks will be provided.  
You do not need to register for the dance.



## Bentley Falcons Football

**Cost:** \$30 Opportunities for Inclusion Participants/\$35 General Community.  
Includes admission, snack, chaperones and transportation.

**Date:** Friday, November 5th

**Time:** Drop off: 11:20 AM

Pick up 4:00 PM

**Location:** Pick up & Drop off: 56 Chestnut Street, Waltham

**Details:** Enjoy some sports with a game of college football! Root for the Falcons as they take on the American International Yellowjackets. Experience all the fun and excitement that football has to offer! Due to the popularity of this trip, please RSVP by phone or email before sending in your registration!

**Minimum:** 5 people

**Maximum:** 9 people



# In-Person Events

Masks are REQUIRED for in-person events.

## Greenberg Train Show

**Cost:** \$45 Opportunities for Inclusion Participants/\$55 General Community.  
Includes lunch, chaperones and transportation.

**Date:** Saturday, November 19

**Time:** Drop off: 11:00 AM

Pick up: 3:00 PM

**Location:** Pick up & Drop off: 56 Chestnut Street, Waltham

**Details:** Located at the Shriners Auditorium, we will see one of the largest exhibits of model trains in the world. The trains feature the sights and sounds of yesteryears. Collectors and gift buyers will be able to purchase railroad themed products, all kinds of dolls, toys or you can browse and see the displays. **Please bring extra money for shopping if you plan on purchasing items. Due to the popularity of this trip, please RSVP by phone or email before sending in your registration!**

**Minimum:** 5 people

**Maximum:** 9 people



## Community Service Night

**Cost:** Free and open to Recreation program participants and community members, including First Parish in Waltham congregation and youth members. Funding provided by a grant from the Jones Partnership Fund.

Includes chaperones, service materials, snacks and water.

**Date:** Monday, November 21

**Time:** Drop off: 5:00 PM

Pick Up: 6:30 PM

**Location:** Pick up & Drop off: 56 Chestnut Street, Waltham

**Details:** Join us for a night of community service! Have fun with your friends while working on a community service project to benefit people in our community! Funded by a grant from the Jones Partnership Fund and open to Recreation program participants and community members, including First Parish in Waltham congregation and youth members.

**Minimum:** 5 people

**Maximum:** 14 people





**Opportunities for Inclusion**  
**50th Annual Harvest Breakfast**  
*Making a Difference with Your Support!*



*Save the Date for the return of Harvest Breakfast!*

**50th Annual  
Harvest Breakfast**

**Sunday, October 23, 2022**

**8 am - Noon**

**Embassy Suites Waltham**

**550 Winter Street, Waltham, MA**

**~Food/Entertainment~**

**Bountiful Breakfast Buffet**

**Music by DJ Rich Profita**

**Line Dancing   Magician   Balloon Animals   Face Painting**

**Silent Auction   Mystery Gift Bags**

**Adults-\$24; Seniors/Special Needs Adults-\$17; Children 12 & under-\$12**

**For more information, contact Opportunities for Inclusion:**

**781-899-1344 x4147, [OppsforInclusion.org](http://OppsforInclusion.org)**



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***Celebrating 65 Years!***



**Established  
1956**

All proceeds benefit Opportunities for Inclusion programs and services for individuals with intellectual and developmental disabilities.

Opportunities for Inclusion is a 501(c)(3) nonprofit organization. Our tax id is 04-2441728.



# Opportunities for Inclusion, Inc.

## Recreation - Fall 2022 Registration Form

Please complete both sides of this form. Thank you.

**Activity List:** Please check off any activity you are registering for.

- |  |  |
|--|--|
| <input type="checkbox"/> I Love Dance      | <input type="checkbox"/> Bowling Party           |
| <input type="checkbox"/> Brandeis Buddies  | <input type="checkbox"/> Bentley Football        |
| <input type="checkbox"/> Lights at the Zoo | <input type="checkbox"/> Movie Night             |
| <input type="checkbox"/> Apple Picking     | <input type="checkbox"/> Train Show              |
| <input type="checkbox"/> Topsfield Fair    | <input type="checkbox"/> Community Service Night |

**Participant Information:**

Name:			
Address:		City & Zip:	
Phone Number:		Date of Birth:	
E-Mail Address:			

Sex	Race	Age	Height	Weight	Build	Hair Color	Eye Color

**Distinguishing Marks, Scars, Etc. :**

Medical Information:	Yes	No	If yes, please explain.
Allergies; including food:			
Medications:			
Seizures:			
Physical Limitations:			
Visual Problems:			
Auditory Problems:			
Other:			
Fully Vaccinated:			

**Emergency Contact Information:** Please provide two contacts.

Person #1:		Person #2:	
Relationship:		Relationship:	
Home Phone #:		Home Phone #:	
Cell Phone #:		Cell Phone #:	
Other Phone #:		Other Phone #:	

Activities for Daily Living:	Independent	Needs Assistance	Please explain.
Toileting:			
Eating:			
Dressing:			

I will notify Opportunities for Inclusion staff of any behavioral concerns that occur within 24 hours of an activity. Opportunities for Inclusion will determine if the participant will require additional staffing support to attend the event. Additional staffing support is the responsibility of the family/or residential program as noted in the Recreation PLUS Policy and Procedures.

I authorize **Opportunities for Inclusion** staff to perform First Aid and seek emergency medical treatment if necessary for the above-named applicant. I also give permission for **Opportunities for Inclusion** staff to transport the above-named applicant in any vehicle used by **Opportunities for Inclusion** and waive all claims and compensation for damages.

Signature:		Date:	
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**Note: If you have a guardian, they MUST sign this form.**



# INCOME CERTIFICATION

## FY 2022 (Effective April 1, 2022)

INFORMATION PROVIDED ON THIS FORM IS KEPT CONFIDENTIAL AND IS NOT SHARED  
WITH ANY OTHER AGENCIES

Head of Household Name: \_\_\_\_\_

Household Address: \_\_\_\_\_

Address, City, State & Zip Code

### **Participant Information:**

Please check all that apply

- ☐ Single female head of household
 ☐ Veteran Head of Household
 ☐ Homeless  
☐ Head of Household
 ☐ Hispanic or Latino\*

**\*Race and Ethnicity are different categories. Race must be completed.**

### **Participant Race:**

Please check only one

- ☐ White
 ☐ American Indian/Alaskan Native *and* White  
☐ Black/African American
 ☐ Asian *and* White  
☐ Asian
 ☐ Black/African American *and* White  
☐ American Indian/Alaska Native  
☐ Native Hawaiian/Other Pacific Islander
 ☐ Other Multi-Racial:

### **Household Income Information**

FY 2022	<i>Number of Persons In Family</i>							
Income Limit Category	1	2	3	4	5	6	7	8
EL	\$0-\$29,450	\$0-\$33,650	\$0-\$37,850	\$0-\$42,050	\$0-\$45,450	\$0-\$48,800	\$0-\$52,150	\$0-\$55,550
VL	29,451-\$49,100	33,651-\$56,100	37,851-\$63,100	42,051-\$70,100	45,451-\$75,750	48,801-\$81,350	52,151-\$86,950	55,551-\$92,550
L	49,101-\$78,300	56,101-\$89,500	63,101-\$100,700	70,101-\$111,850	75,751-\$120,800	81,351-\$129,750	86,951-\$138,700	92,551-\$147,650

- ☐ ONLY Check box if your family size is OVER 8 people - fill out the questions below: The number of people living in my household is \_\_\_\_\_  
 The income in my household is \$ \_\_\_\_\_

**I certify the above information is true and correct to the best of my knowledge.**

Participant/Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

*Federal regulations require we obtain this information to document assistance is being provided to low and moderate-income households. The Grantee is required to retain this form for monthly reporting requirements as well as on-site monitoring visits.*



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# Halloween Dance

**Wednesday, October 26**

**6pm-8pm**

**French American Victory Club**

**193 Elm Street, Waltham, MA**

**Please Bring A Canned Good for Food Pantry Donation**

**Costumes Encouraged!**

**Admission to first 125 people**

**Snacks and drinks are provided**



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56 Chestnut Street  
Waltham, MA 02453  
781-899-1344  
781-899-8555 TDD  
OppsforInclusion.org

*For people with intellectual and developmental disabilities*

### **Join us for Recreation Activities!**

**Recreation activities are open to Opportunities for Inclusion participants and individuals from the community.**

**Questions? Contact John Freiberg, Recreation Manager at  
781-899-1344 x4120 or [JFreiberg@oppsforinclusion.org](mailto:JFreiberg@oppsforinclusion.org).**

**Visit [OppsforInclusion.org](http://OppsforInclusion.org) to learn more about our other programs:**

- Employment Training & Support
- Day Habilitation
- Community Based Day Supports
- School to Work Transitions
- Adult Family Care
- Shared Living
- In-Home Supports

### **Support Our New Laundromat Training & Employment Site!**

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Service  
Washers  
and  
Dryers**

**Wash  
Dry &  
Fold  
Service**



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Daily:**

**Mon-Fri  
7 AM -  
8 PM**

**Sat-Sun  
6 AM -  
8 PM**

**Sparkle Brite Laundromat  
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781-893-1010**

***Visit Us for All Your Laundry Needs!***

- Affiliated with Opportunities for Inclusion
- Training site for individuals in our Employment Program