



OPPORTUNITIES
for INCLUSION

Where Everybody is Somebody

Formerly GWArc

OppsforInclusion.org



Fall 2026 Recreation



Welcome to Opportunities for Inclusion's Fall 2026 Recreation Program

Hello all!

We're excited to bring you our Recreation Brochure for September, October, and November. Look inside to find exciting events like Brandeis Buddies, Lights at the Zoo, Apple Picking, a Bowling Party, and more!

Get excited for our **54th Annual Harvest Breakfast** on Sunday, October 18! More information inside.

The Inclusion Gaming Lounge will continue to host *Saturday Socials every weekend* (excluding holiday weekends), and continue its regular hours on Thursday and Friday evenings.

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

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.

Questions? Please contact John Freiberg at 781-899-2206 x4224 or JFreiberg@OppsforInclusion.org.

See you at our Recreation events!

OFI'S
SATURDAY SOCIAL
EVERY SATURDAY
EXCLUDING HOLIDAY WEEKENDS



MOVIES
GAMES
PIZZA
AND MORE!



Where: 31 Woodland Road, Waltham, MA

When: Saturday, September 12, 4pm-7pm
Saturday, September 19, 4pm-7pm
Saturday, September 26, 4pm-7pm
Saturday, October 3, 4pm-7pm
Saturday, October 17, 4pm-7pm
Saturday, October 24, 4pm-7pm
Saturday, November 7, 4pm-7pm
Saturday, November 14, 4pm-7pm
Saturday, November 21, 4pm-7pm

Cost: \$5

Extra refreshments available for a small charge
Individuals with one to one needs must be
accompanied by a family member or staff member.

Please call John Freiberg at 781-899-2206 x4224
to reserve your spot or register online at:
<https://www.oppsforinclusion.org/register>
Scan this QR Code to be taken there directly.



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[OppsforInclusion.org](https://www.oppsforinclusion.org)



September 2026

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12 <u>Saturday Social</u> 4pm-7pm
13	14	15 <u>Watch City Self Advocates</u> 4pm-6pm	16	17 <u>Brandeis Buddies</u> 3:30pm-5pm	18	19 <u>Saturday Social</u> 4pm-7pm
20	21	22 <u>Waltham Baking Club</u> 5pm-6:30pm	23	24 <u>Brandeis Buddies</u> 3:30pm-5pm	25 <u>Lights at the Zoo</u> 6pm-10:30pm	26 <u>Saturday Social</u> 4pm-7pm
27	28	29	30			

October 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				1 <u>Brandeis Buddies</u> 3:30pm-5pm	2	3 <u>Saturday Social</u> 4pm-7pm <u>Apple Picking</u> 11:30pm-3pm
4	5	6	7	8 <u>Brandeis Buddies</u> 3:30pm-5pm	9	10 <u>Saturday Social</u> 4pm-7pm
11	12	13 <u>Watch City Self Advocates</u> 4pm-6pm	14	15 <u>Brandeis Buddies</u> 3:30pm-5pm	16	17 <u>Saturday Social</u> 4pm-7pm
18 <u>Harvest Breakfast</u> 8am-Noon	19	20	21 <u>Halloween Dance</u> 6pm-8pm	22 <u>Brandeis Buddies</u> 3:30pm-5pm	23	24 <u>Saturday Social</u> 4pm-7pm
25	26	27	28	29 <u>Brandeis Buddies</u> 3:30pm-5pm	30	31

November 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5 <u>Brandeis Buddies</u> 3:30pm-5pm	6	7 <u>Bowling Party</u> 11:20am-2:40pm <u>Saturday Social</u> 4pm-7pm
8	9	10	11	12 <u>Brandeis Buddies</u> 3:30pm-5pm	13	14 <u>Saturday Social</u> 4pm-7pm
15	16	17 <u>Community Service Night</u> 5pm-7PM	18	19 <u>Brandeis Buddies</u> 3:30pm-5pm	20	21 <u>Saturday Social</u> 4pm-7pm
22	23	24	25	26	27	28
29	30					

In-Person Recreation Policies and Procedures

1. Participants must be fully vaccinated to register for in-person recreation activities. Masks are optional 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 56 Chestnut St., Waltham, MA 02453. To pay by credit card, call John at 781-899-2206 x4224
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 781-899-2206 x4224. 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.

BOSTON LIGHTS AT THE ZOO

Cost: \$60 Opportunities for Inclusion Participants/ \$70 General Community
Includes dinner, tickets, chaperones and transportation.

Date: Friday, September 25

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 email or phone before sending in your registration!

Minimum: 6 people

Maximum: 8 people

Apple Picking

Cost: \$60 Opportunities for Inclusion Participants/\$70 General Community.
Includes apples, snacks, chaperones and fun.

Date: Saturday, October 3

Time: Drop off: 11:30 AM
Pick up: 3:00 PM

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

Details: 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



BOWLING PARTY

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

Date: Saturday, November 7

Time: Drop off: 11:20 AM
Pick Up: 2:40 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: 12 people



WALTHAM BAKING CLUB

Cost: \$10 Includes recipe ingredients, and chaperones.

Date: Tuesday, September 22

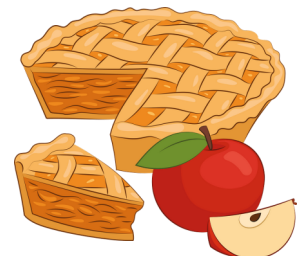
Time: Drop off: 5:00 PM
Pick Up: 6:30 PM

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

Details: Enjoy the Fall with some homemade tasty treats! We'll get together and make our own fun and our own food with freshly picked apples. Go home to your family with new skills and new sweets!

Minimum: 5 people

Maximum: 14 people



Brandeis BUDDIES!!



Cost: FREE Includes chaperones .

Dates: Thursday, September 17 & 24
Thursday, October 1, 8, 15, 24 & 29
Thursday, November 5, 12, & 19
Thursday, December 3

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.

Watch City Self Advocates

Cost: \$3 Meeting Dues Includes chaperones.
\$6 Meeting & Dinner Dues Includes chaperones and dinner.

Dates: Tuesday, September 15
Tuesday, October 13

Time: Meeting 4:00-5:00 PM Dinner until 6:00 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.**



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: Tuesday, November 17

Time: Drop off: 5:00 PM
Pick Up: 7:00 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





*Join us for this fun-filled 54-year tradition
and help support OFI's many Program and Services.*

Opportunities for Inclusion
54th Annual Harvest Breakfast
Your Support Can Really "Stack" Up!



BOUNTIFUL BREAKFAST BUFFET | SILENT AUCTION TABLES
LOVELY CRAFTS MADE BY OFI PARTICIPANTS
FAMILY FUN FOR ALL INCLUDING:
FACE PAINTING, MAGICIAN, BALLOON ARTIST, AND D.J. RICH PROFITA

SUNDAY, OCTOBER 18, 2026

JOIN US ANY TIME BETWEEN 8AM - NOON

**UPDATED
MENU!**

PUMPKIN AND TRADITIONAL PANCAKES
WITH BUTTER AND WARM MAPLE SYRUP
SCRAMBLED EGGS
MAPLE BREAKFAST SAUSAGES
AUTUMN-INSPIRED MUFFIN ASSORTMENT
FRESH FRUIT
COFFEE AND BEVERAGES
AND MORE!

**TICKETS
NOW ON
SALE!**

EMBASSY SUITES, WALTHAM
550 WINTER STREET WALTHAM, MA
(WHEELCHAIR ACCESSIBLE)

ADULTS: \$25.00 | SENIORS/SPECIAL NEEDS ADULTS: \$18.00
CHILDREN AGES 3-12: \$13.00



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THANK YOU FOR YOUR SUPPORT! Proceeds from Opportunities for Inclusion's Annual Harvest Breakfast go to support the programs and services for the many individuals with intellectual and developmental disabilities we serve.

Purchase tickets on our website at www.oppsforinclusion.org/HB-2026-buy-tickets
or call ahead to arrange to purchase them in our lobby. 781-899-1344 x4121

Opportunities for Inclusion, Inc.

Recreation - Fall 2025 Registration Form

Please complete both sides of this form. Thank you.

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

- | | |
|--|--|
| ☐ Brandeis Buddies | ☐ Bowling Party |
| ☐ Lights at the Zoo | ☐ Community Service Night |
| ☐ Apple Picking | |
| ☐ Waltham Baking Club | |

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:			

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

Caregiver Information	Yes	No		Yes	No
65 years or Older:			Providing care for complex health need		
English as Second Language			Providing care for Alzheimer's Disease and Related Dementia		
Receiving respite service for first time			Providing care for behavioral needs		

Emergency Contact Information: Please Provide Two Contacts

Person # 1:		Person #2:	
Relationship:		Relationship:	
Phone #:		Phone #:	
Email:		Email:	

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 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 2025 (Effective June 1, 2025)

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 2025	<i>Number of Persons In Family</i>							
Income Limit Category	1	2	3	4	5	6	7	8
EL	\$0-\$34,750	\$0-\$39,700	\$0-\$44,650	\$0-\$49,600	\$0-\$53,600	\$0-\$57,550	\$0-\$61,550	\$0-\$65,500
VL	\$34,751-\$57,900	\$39,701-\$66,200	\$44,651-\$74,450	\$49,601-\$82,700	\$53,601-\$89,350	\$57,551-\$95,950	\$61,551-\$102,550	\$65,501-\$109,200
L	\$57,901-\$92,650	\$66,201-\$105,850	\$74,451-\$119,100	\$82,701-\$132,300	\$89,351-\$142,900	\$95,951-\$153,500	\$102,551-\$164,100	\$109,201-\$174,650

- ☐ 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 \$ _____

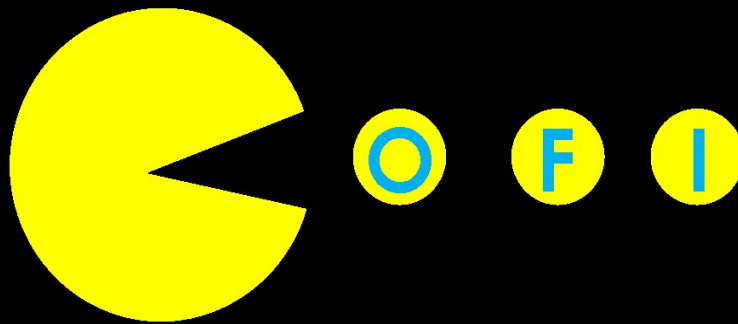
I certify the above information is true and correct to the best of my knowledge.

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.

Inclusion Gaming Lounge

JOIN THE FUN!!



TH & F 4:30PM-7:30PM

\$10. FOR INDIVIDUALS WITH I/DD

AGES 16 +

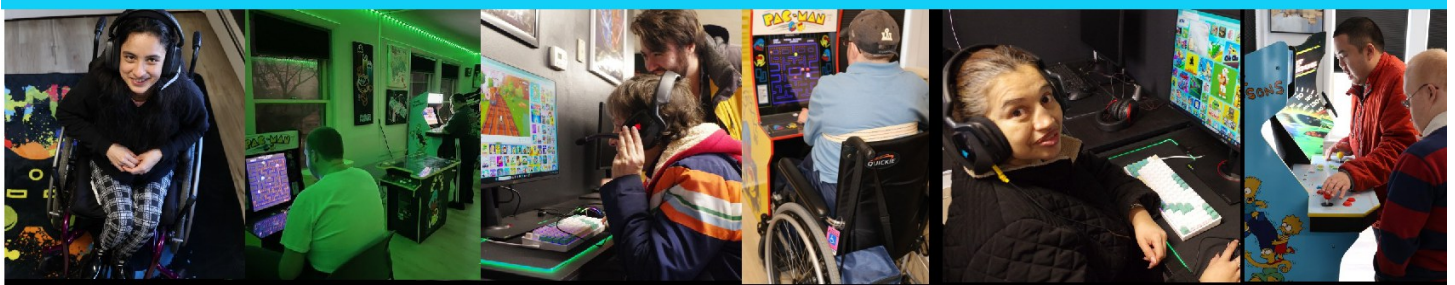
31 WOODLAND RD., WALTHAM



TO ENSURE A SPOT , PLEASE PRE-REGISTER
AT [HTTPS://TINYURL.COM/INCLUSIONGAMING](https://tinyurl.com/inclusiongaming)

OR

CALL JOHN FREIBERG
781-899-1344 x4120
MAX: 20 GAMERS





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Halloween **Dance** & **COSTUME CONTEST**

OCTOBER 21
6PM-8PM

French American Victory Club
193 Elm St, Waltham MA, 02453

FREE ENTRY
SNACKS AND DRINKS PROVIDED
PLEASE BRING CANNED GOODS FOR
FOOD PANTRY