Meet our Recreation Staff & Instructors

Recreation Staff

Michael Mullins
Recreation Manager

Colleen Voccio
Recreation Assistant

Katie Verrico
Recreation Assistant

Kaitlyn Riley
Recreation Assistant

Renee Emmonds
Recreation Assistant

Mark Sewankambo
Recreation Assistant

Tracy Flaherty
Recreation Assistant

Recreation Instructors

Annie Dulong Close
Dance Instructor

Reva Haselkorn
Chef Instructor

CC King
Art Instructor

James Jones
Music Instructor
1. 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.

2. 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.

3. Please contact Michael Mullins, Recreation Manager/Volunteer Coordinator, with any questions about accessibility and participant’s stamina and mobility requirements.

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. Once admitted, participants must make the commitment to attend each class. Preparation of materials is dependent upon the number of people registered. If you are not able to attend, please notify staff at 781.899.1344 Ext. 0.

No refunds for missed activities. Opportunities for Inclusion regrets that we cannot refund any portion of an ongoing activity which we may cancel. If a one time event is cancelled, you will be credited for the class if we cannot reschedule.

6. Registration in any program may be limited due to staff and/or space limitation. Be sure to register as soon as possible. To know whether a program is full, please call Michael Mullins.

7. No participant is to be dropped off or left at an activity without a Recreation Assistant being present.

8. Pick up at the end of an event must be prompt. Please cooperate with this request.

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. In case of a cancellation, fees may be credited toward a future event or you may request a refund.

10. 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.

For more information, please contact:

Michael Mullins, Recreation Manager/Volunteer Coordinator
Opportunities for Inclusion, Inc.
56 Chestnut Street
Waltham, MA 02453
781.899.1344 Ext. 4120
Email: www.Recreation@oppsforinclusion.org
Website: www.oppsforinclusion.org
Concerts on Waltham Common

<table>
<thead>
<tr>
<th>Cost: $5 EACH</th>
<th>Includes chaperone, snack, water and lawn chairs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dates:</td>
<td>Tuesday, July 9th, 16th, 23rd &amp; 30th</td>
</tr>
<tr>
<td></td>
<td>Tuesday, August 6th, 13th, 20th &amp; 27th</td>
</tr>
<tr>
<td>Time:</td>
<td>Drop off: 7:00 PM</td>
</tr>
<tr>
<td></td>
<td>Pick up: 8:30 PM</td>
</tr>
<tr>
<td>Location:</td>
<td>Drop off &amp; Pick up: Waltham Common, Main St., Waltham, MA</td>
</tr>
<tr>
<td>Details:</td>
<td>Join us on the Waltham Common for a delightful evening of music in the outdoors. Please bring money if you plan on purchasing concession! Please note: we will not be supporting concert rain dates! Call Michael Mullins (781) 899-1344 for weather inquiries</td>
</tr>
<tr>
<td>With Performances By:</td>
<td></td>
</tr>
<tr>
<td>July 9th: Martin and Kelly (Country)</td>
<td>August 6th: Tom Bruhl (Rock)</td>
</tr>
<tr>
<td>July 16th: American Legion (Patriotic)</td>
<td>August 13th: Soft Touch (Big Band)</td>
</tr>
<tr>
<td>July 23rd : Reminisants (Oldies)</td>
<td>August 20th: East Coast Soul (R&amp;B)</td>
</tr>
<tr>
<td>July 30th: Studio 2 (Beatles Tribute)</td>
<td>August 27th: Mystique (Rock / R &amp; B)</td>
</tr>
</tbody>
</table>

Minimum: 5 people  Maximum: 10 people

I Love Dance

<table>
<thead>
<tr>
<th>Cost: $45</th>
<th>Includes chaperones and professional instructor.</th>
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</thead>
<tbody>
<tr>
<td>Dates:</td>
<td>Tuesday, June 4th, 11th &amp; 18th</td>
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<tr>
<td></td>
<td>Tuesday, August 27th</td>
</tr>
<tr>
<td></td>
<td>Tuesday, September 3rd</td>
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<tr>
<td>Time:</td>
<td>4:15-5:00 P.M</td>
</tr>
<tr>
<td>Location:</td>
<td>Meet at: Center Stage, 881 Main St., Waltham, MA</td>
</tr>
<tr>
<td>Details:</td>
<td>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. You can even request to learn dance moves to your favorite song. All are invited to watch our dance team perform at the Center Stage Dance Recital on Friday, June 14. Contact Michael Mullins for ticketing and details. Wear comfortable clothes and sneakers.</td>
</tr>
</tbody>
</table>
| Minimum: 5 people  Maximum: 10 people

Museum of Science

<table>
<thead>
<tr>
<th>Cost: $35</th>
<th>Includes entrance, dinner, chaperones and transportation.</th>
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<tbody>
<tr>
<td>Date:</td>
<td>Friday, June 7th</td>
</tr>
<tr>
<td>Time:</td>
<td>Drop off: 4:30 PM</td>
</tr>
<tr>
<td></td>
<td>Pick Up: 10:00 PM</td>
</tr>
<tr>
<td>Location:</td>
<td>Pick up &amp; Drop off: 31 Woodland Rd., Waltham MA</td>
</tr>
<tr>
<td>Details:</td>
<td>Learn about our world at a fun hands on museum that has surprises in every room. At the Museum of Science there are space capsules, lightning shows, dinosaurs and even chickens hatching right before our eyes. Exhibitions change so even if you have visited before there will be new exhibits to see and explore. RSVP by phone or email before sending in your registration!</td>
</tr>
</tbody>
</table>
| Minimum: 5 people  Maximum: 9 people
Adolescent and Adult Recreation

Disney Movie Night

Cost: $15 Includes dinner, chaperones and Disney Fun.
Date: Monday, August 5th
Time: Drop off: 5:00 PM
      Pick up: 7:30 PM
Location: Drop off & Pick up: 31 Woodland Rd., Waltham MA
Details: By popular demand, join us for a night of experiencing the timeless magic that only Disney can provide. We will watch a classic movie with friends right at Woodland Road. You can dress as your favorite Disney character or just share what your favorite Disney moments are. Dinner will be served along with popcorn.
Minimum: 5 people            Maximum: 20 people

Waltham Riverfest

Cost: Free Includes activities and chaperones, bring money if you plan on purchasing food or shop.
Date: Saturday, June 15th
Time: Between 11:00 AM - 3:00 PM
Location: Pick up & Drop off Waltham Common, Waltham MA
Details: Join Opportunities for Inclusion for a fun filled day seeing all that our community has to offer. We will hear music, meet neighbors, see art and even a pet parade. At the festival chaperones will be available to help participants explore activities and we will have a table with chairs. We will not be able to provide 1:1 assistance for the festival. Opportunities for Inclusion is sponsoring an information table, please let us know if you will be willing to volunteer as a community ambassador to let everyone know about who we are and what we do.
Minimum: 5 people            Maximum: 10 people

Music Night

Cost: $20 Includes, chaperones and dinner.
Date: Friday, August 23rd
Time: Drop off: 5:00 PM
      Pick up: 7:00 PM
Location: Drop off & Pick up: 31 Woodland Rd., Waltham, MA
Details: Let loose with music. Professional musician James Jones will lead us in songs and dance in a fun interactive jam session. Food and drink will be provided.
Minimum: 5 people            Maximum: 15 people

Summer Fun Dance

Cost: $5 Suggested donation Includes soda and snack.
Date: Wednesday, June 19th
Time: 6:00-8:00 PM
Location: Drop off & Pick up: French American Victory Club, 193 Elm St., Waltham, MA
Details: Summer is here and it’s time to let loose and have some fun!! DJ Rich will get things going playing all the new hits and old classics. Let’s party together with a night of music, dance, face painting and socializing. Please contact Michael Mullins if cost is prohibitive; we strive to make the dance accessible to everyone.
Admission to first 125 people ONLY. Snacks and drinks will be provided.
You do not need to register for the dance.

Maximum: 125 people
Adolescent and Adult Recreation

Fishing Trips

Cost: $20 each. Includes chaperones, transportation and dinner.
Date: Thursday, June 27th
Thursday, July 25th
Time: Drop off: 5:00 PM
Pick up: 8:00 PM
Location: Drop off & Pick up: 31 Woodland Rd., Waltham MA
Details: Come explore the natural beauty of your own backyard! On our fishing trip, we will bring participants to one of our local fishing spots along the Charles River or a local pond. We will explore nature, learn to fish and picnic in the splendor that nature offers. Opportunities for Inclusion will provide fishing license for fishing trips! Fishing poles, bait and picnic will be provided!
Minimum: 5 people          Maximum: 9 people

Boston Harbor Sailing Trip

Cost: $35 Includes lunch, chaperones and transportation.
Date: Saturday, July 13th
Time: Drop off: 10:00 AM
Pick Up: 4:00 PM
Location: Pick up & Drop off: 31 Woodland Rd., Waltham MA
Details: Learn to sail in a safe inclusive and adaptive boat. Piers Park Sailing Center in East Boston offers fun filled outings on Harbor. Our trip will include professional instruction so we will learn about sailing while enjoying a day on the water.
RSVP by phone or email before sending in your registration!
Minimum: 5 people          Maximum: 9 people

Seekonk Speedway Racing

Cost: $45 Includes dinner, ticket, chaperones and transportation.
Date: Saturday, August 24th
Time: Drop off: 4:00 PM
Pick up: 11:30 PM
Location: Drop off & Pick Up: 31 Woodland Rd., Waltham MA
Details: Seekonk Speedway features NASCAR racing action at its finest. Stock Car racing dates back to the 1940’s and has become an American Pastime. The evening will be full of sounds of engines that roar by and shake the ground. Our race night will feature Pro Stock Division that reaches 100 mph as well as racing trucks and cars like the ones you see on the street but are specially modified to increase speed while being safe for drivers.
Due to the popularity of this trip, please RSVP by phone or email before sending in your registration!
Minimum: 5 people          Maximum: 9 people

Line Dancing June 17th, June 3rd is postponed

Cost: Free Includes chaperones and professional instructors.
Date: Monday, June 17th
Time: 5:00-6:00 PM
Location: 56 Chestnut St., Waltham, MA
Details: Join in on a great dance class. Tonight is a rescheduled class and is open to all. A good ol’ time is sure to be had by all!
Wear comfortable clothes and sneakers!
Minimum: 5 people          Maximum: 20 people
Opportunities for Inclusion, Inc.
Recreation PLUS - Summer 2019 Registration Form

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

<p>| | | | | | |</p>
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Martin</td>
<td>Soft Touch</td>
<td>Sailing Trip</td>
<td>Fishing July</td>
<td>Miniature Golf</td>
<td></td>
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<tr>
<td>American</td>
<td>East Coast Soul</td>
<td>Riverfest</td>
<td>Lowell Spinners</td>
<td>Chinatown</td>
<td></td>
</tr>
<tr>
<td>Reminisants</td>
<td>Mystique</td>
<td>Canobie Lake</td>
<td>Science Museum</td>
<td>Boston Bowl</td>
<td></td>
</tr>
<tr>
<td>Studio 2</td>
<td>Art for All</td>
<td>Disney Movie</td>
<td>Pirates Football</td>
<td>Music Night</td>
<td></td>
</tr>
<tr>
<td>Tom Bruhl</td>
<td>I Love Dance</td>
<td>Fishing June</td>
<td>Healthy Cooking</td>
<td>Seekonk Speedway</td>
<td></td>
</tr>
</tbody>
</table>

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: ____________________________

Emergency Contact Information: Please provide two contacts.

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

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

Please complete both sides of this form. Thank you.
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: ____________________________
INCOME CERTIFICATION
FY 2018 (Effective May 14, 2018)

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

**Participant Information:**
Please check all that apply

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

**Participant Race:**
Please check only one

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

Head of Household Name: _____________________________________________

Household Address: __________________________________________________

**Household Income Information**

Circle the number of people living in your household below and the income

<table>
<thead>
<tr>
<th>FY 2018 Income Limit Category</th>
<th># Persons</th>
<th>Income Limits Very Low</th>
<th>Income Limits Extremely Low</th>
<th>Income Limits Low</th>
</tr>
</thead>
<tbody>
<tr>
<td>FY 2018 Income Limit Category</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Income Limit Category</td>
<td>Income Limits</td>
<td>$37,750</td>
<td>$43,150</td>
<td>$48,550</td>
</tr>
<tr>
<td>Income Limits Very Low</td>
<td>$22,650</td>
<td>$25,900</td>
<td>$29,150</td>
<td>$32,350</td>
</tr>
<tr>
<td>Income Limits Extremely Low</td>
<td>$56,800</td>
<td>$64,900</td>
<td>$73,000</td>
<td>$81,100</td>
</tr>
</tbody>
</table>

☐ 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 ______________________ 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.
**CANOBIE LAKE PARK**

**Cost:** $60 Includes admission, transportation, chaperone, snacks and dinner.

**Date:** Saturday, August 17th

**Time:** Drop off: 1:00 PM
Pick up: 11:00 PM

**Location:** Drop off & Pick up: 31 Woodland Rd., Waltham MA

**Details:** Spend the day at Canobie Lake Park, Salem, New Hampshire, where there is something for everyone! Whether you are a thrill seeker or you just like to take a relaxing ride, they’ve got it. There are rollercoasters, Ferris wheel, water rides, games, live entertainment, and so much more! We will spend the day seeking adventure, exploring with friends, taking in a show, dining outside and just having fun! **Snack and Dinner are included. Please bring your own money to shop for gifts and 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

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**Watch City Self Advocates**

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

or

$6 Meeting & Dinner Dues Includes chaperones and dinner.

**Dates:** Thursday, June 6th
Thursday, August 1st

**Time:** Meeting 3:45-4:45 PM Dinner until 5:45 PM

**Location:** Drop off & Pick up: 31 Woodland Rd., Waltham, MA

**Details:** Join Watch City Self Advocates in the fight for your rights! 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 but please call Michael Mullins in advance and bring your dues the day of the meeting.**

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**Healthy Cooking Club**

**Cost:** $20 Includes dinner, chaperones and professional instructor.

**Dates:** Thursday, June 20th

**Time:** Drop off: 4:30 PM
Pick up: 7:30 PM

**Location:** 31 Woodland Rd., Waltham, MA

**Details:** This cooking club takes participants on a scrumptious tour across the globe. This month we will travel to Newton Community Farms for our class. Emphasizing fresh vegetables and whole foods, this course caters to those who are looking to add local and global spice and excitement to their diet while reaping the health benefits that come from choosing a fresh and natural based diet. Our instructor comes to us from Le Cordon Bleu and now is located at Newton Community Farms. This is a hands-on cooking club, not a sit-down lecture, so come prepared to be a chef for a night! Participants will dine on their culinary creations at the end of each class.

**Minimum:** 5 people

**Maximum:** 9 people
Chinatown

Cost: $25 Includes dinner, chaperone and transportation.
Date: Friday, June 28th
Time: Drop off: 5:00 PM
      Pick up: 9:30 PM
Location: Drop off & Pick up: 31 Woodland Rd. Waltham, MA
Details: Experience the fun and excitement of China. Tonight we will explore Boston’s Chinatown, see the sights, hear the sounds and tasting the foods. We will enjoy an authentic Chinese meal with a variety of foods to try. Don’t miss this trip that is sure to be a highlight of your Summer. Due to the popularity of this trip, please RSVP by phone or email before sending in your registration!
Minimum: 5 people                               Maximum: 9 people

Massachusetts Pirates

Cost: $40 Includes ticket, snack, chaperone and transportation.
Date: Saturday, June 22nd
Time: Drop off: 5:30 PM
      Pick up: 11:30 PM
Location: Drop off & Pick up: 31 Woodland Rd. Waltham, MA
Details: Arena Football is back with The Massachusetts Pirates bringing all the action to the DCU Center in Worcester. Since its inception in 1987, the Arena Football League has showcased their fast-paced and exciting game to millions of fans in a myriad of markets across the country. Tonight’s opponent is the Columbus Lions. Due to the popularity of this trip, please RSVP by phone or email before sending in your registration!
Minimum: 5 people                               Maximum: 9 people

Art for All

Cost: $15 Includes professional instructor and chaperones
Dates: Tuesday, June 18th
Time: Drop off: 6:00 PM
      Pick up: 8:00 PM
Location: Drop off & Pick up: 31 Woodland Rd., Waltham, MA
Details: This art group will explore new art forms and this session we will work on a group project to display to the Opportunities for Inclusion community. This will be hands on and designed to open up the world of art to the curious or delve deeper into technique for experienced artists. All needed materials will be provided.
Minimum: 5 people                               Maximum: 10 people

Cost: $35 Includes pizza, drink, bowling, arcade, chaperones and transportation.
Date: Wednesday, June 12th
Time: Drop off: 4:30 PM
      Pick up: 8:30 PM
Location: Pick up & Drop off: 31 Woodland Rd., Waltham MA
Details: Experience the thrill and excitement of a night out at Boston Bowl. On our trip we will bowl and have tokens to use at the arcade. Boston Bowl has its own pizzeria, all you need to do is have fun while you test your skills! Due to the popularity of this trip, please RSVP by phone or email before sending in your registration!
Minimum: 5 people                               Maximum: 9 people
Adolescent and Adult Recreation

Lowell Spinners Baseball

Cost: $40 includes dinner, tickets, chaperone and transportation.
Date: Friday, August 2nd
Time: Drop off: 5:30 PM
Pick up: 11:30 PM
Location: Drop off & Pick up: 31 Woodland Rd. Waltham, MA
Details: Tonight we will root for the Spinners in their match up against the State College Spikes. Our game will feature big league hitting, fielding and a fireworks display. The Spinner’s feature star players in a beautiful riverside park. Don’t miss the fun of America’s favorite pastime and favorite summertime treat (ice cream is included). Due to the popularity of this trip, please RSVP by phone or email before sending in your registration!
Minimum: 5 people
Maximum: 9 people

Putt-Putt Miniature Golf

Cost: $25 includes dinner, mini-golf, chaperones and transportation.
Date: Thursday, August 8th
Time: Drop off: 4:30 PM
Pick up: 8:00 PM
Location: Pick up & Drop off: 31 Woodland Rd., Waltham MA
Details: Play the golf course that teaches us about Waltham History. Located in Prospect Hill Park, Putt-Putt mini golf will challenge your skills as you try for a hole in one. You don’t have to keep score just have fun and also get to enjoy the park. In the event of rain, we will enjoy movie night with popcorn and dinner served. Due to the popularity of this trip, please RSVP by phone or email before sending in your registration!
Minimum: 5 people
Maximum: 9 people

Children’s Recreation

Stone Zoo

Cost: $10 adults & $5 children under 16
Date: July 27th
Time: 10:00 AM
Location: Meet at Stone Zoo Main Entrance Gate
149 Pond Street Stoneham, MA
Details: Welcome families with children under 16 years old that have a developmental disability. Opportunities for Inclusion is hosting a family day at the zoo. This outing will provide a great opportunity to meet other families, develop connections and make new friends. Join us for a fun filled, low cost outing. Our recreation program is very popular with adults and we want to include children by offering a fun-filled activity for families. To register for this event please fill out income certification form and RSVP

Michael Mullins, Recreation Manager
Opportunities for Inclusion, Inc.
781.899.1344 Ext. 4120
Email: www.Recreation@oppsforinclusion.org
Summer, turns me upside down
Summer, Summer, Summer
It's like a merry-go-round