



OPPORTUNITIES
for INCLUSION

Where Everybody is Somebody

Formerly GWArc
Celebrating 65 Years!



Established
1956



Winter 2023-2024 Recreation



Welcome to Opportunities for Inclusion's Winter 2023-2024 Recreation Program

Hello all!

We're excited to bring you our Recreation Brochure for December, January, and February. Look inside to find exciting events like a Christmas musical, Disney on Ice, the Valentine's Day Dance, and more!

Look inside to learn more about our most exciting new opportunity, the **Overnight Experience**.

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
781-899-1344 x4120 or JFreiberg@OppsforInclusion.org.

See you at our Recreation events!

OFI'S SATURDAY SOCIAL



MOVIES
GAMES
PIZZA



AND MORE!

Where: 56 Chestnut St., Waltham, MA
When: Saturday, December 9, 4pm-7pm
Saturday, December 16, 4pm-7pm
Saturday, January 6, 4pm-7pm
Saturday, January 20, 4pm-7pm
Saturday, February 3, 4pm-7pm
Saturday, February 10, 4pm-7pm

Cost: \$15 Cash, \$10 fee for late pickup

Individuals with one to one needs must be accompanied by a family member or staff member.

Please call John Freiberg at 781-899-1344 x4120 to reserve your spot or register online at

<https://www.oppsoforinclusion.org/register>

Scan this QR Code to be taken there directly.



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December 2023

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5 <u>I Love Dance</u> 5:15pm-6pm	6	7	8	9 <u>Christmastime</u> 11:15am-3:30pm <u>Saturday Social</u> 4pm-7pm
10	11	12 <u>I Love Dance</u> 5:15pm-6pm	13	14	15	16 <u>Saturday Social</u> 4pm-7pm
17	18 <u>Christmas Tree</u> <u>Decorating</u> 6pm-8pm	19 <u>Watch City Self</u> <u>Advocates</u> 4pm-6pm	20	21	22	23
24	25	26	27	28	29	30
31						

January 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6 <u>Disney on Ice</u> 9am-1:45pm <u>Saturday Social</u> 4pm-7pm
7	8	9 <u>I Love Dance</u> 5:15pm-6pm	10	11 <u>Waltham Baking</u> <u>Club</u> 5:00pm-6:30pm	12	13
14	15	16	17	18 <u>Watch City</u> <u>Self</u> <u>Advocates</u> 4pm-6pm	19	20 <u>Saturday Social</u> 4pm-7pm <u>Overnight</u> <u>Experience</u> 9pm-9am
21	22	23 <u>I Love Dance</u> 5:15pm-6pm	24	25 <u>Bingo</u> 5pm-6pm	26	27
28	29	30	31			

February 2024

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

Recreation Staff



John Freiberg



Renee Emmonds



Tracy Flaherty

Recreation Instructors



Annie Close



CC King

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 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.

ALL NEW! OVERNIGHT EXPERIENCE

Cost: \$25.

Includes tents, sleeping bags, breakfast & chaperones

Date: Saturday, January 20—Sunday, January 21

Time: Drop off: 9:00 PM, Saturday Night

Pick up: 9:00 AM, Sunday Morning

Location: Pick up & Drop off: [31 Woodland Road, Waltham](#)

Details: Join us for an all new, exclusive overnight experience! We'll get together for a night of Indoor Camping! All the fun of camping with your friends with all the safety and security of the indoors. Take advantage of our new gaming equipment before we go to bed. Wake up in the morning and enjoy a fresh breakfast. Space is limited, so sign up fast!

Minimum: 5 people

Maximum: 6 people

Adventure Awaits

Christmastime

Cost: \$70. Opportunities for Inclusion Participants/\$80 General Community.

Includes tickets, transportation, and chaperones

Date: Saturday, December 9

Time: Drop off: 11:15 AM

Pick up: 3:30 PM

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

Details: Haul out the holly! The Reagle Theater's beloved Christmas extravaganza returns to the stage in 2023 in a production that will entertain everyone. Featuring a cast of more than 100 performers and a live orchestra, the 2023 edition of ChristmasTime includes precision dancers, a living nativity, a visit to the North Pole, a glimpse of Victorian Christmas in Boston, and more than twenty yuletide tunes. Don't miss the Greater Boston area's best seasonal show.

Minimum: 5 people

Maximum: 9 people



Disney on Ice

Cost: \$70. Opportunities for Inclusion Participants/ \$80 General Community

Includes tickets, snack, chaperones and transportation.

Date: Saturday, January 7

Time: Drop off: 9:00 AM

Pick up: 1:45 PM

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

Details: Discover the hero inside us all at *Disney On Ice* when your favorite Disney stories come to life through world-class ice skating. See Elsa, Moana, and all your favorite Disney characters! High-flying jumps, daring acrobatics, breathtaking skating and lovable Disney friends make this an experience you will never forget. Due to the popularity of this trip, please RSVP by phone or email before sending in your registration!

Minimum: 5 people

Maximum: 6 people



Community & Culture

Brandeis BUDDIES!!



Cost: FREE. Includes chaperones .

Dates: Thursday, February 1, 8, 15 & 29

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

Watch City Self Advocates

NOW FROM 4:00PM to 6:00PM

Cost: \$3 Meeting Dues. Includes chaperones.

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

Dates: Tuesday, December 10

Thursday, January 18

Tuesday, February 20

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.**



I LOVE DANCE

Cost: \$60 Opportunities for Inclusion Participants/\$70 General Community. Includes chaperones and professional instructor

Dates: Tuesday, December 5 & 12

Tuesday, January 9 & 23

Tuesday, February 13 & 27

Time: Drop off: 5:15

Pick up: 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



Christmas Tree Decorating

Cost: \$40 Opportunities for Inclusion Participants/\$50 General Community.
Includes chaperones, fake trees, decorations, and snacks

Dates: Monday, December 18

Time: Drop off: 6:00 PM
Pick up: 8:00 PM

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

Details: Join us for a holiday party, and leave with your own Christmas tree! You'll get a 3 foot artificial Christmas tree, and ornaments to decorate it. You can also bring your own favorite ornaments for your tree. We'll also enjoy holiday snacks, listen to holiday music, and watch holiday classics!

Minimum: 5 people

Maximum: 9 people



WALTHAM BAKING CLUB

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

Date: Thursday, January 11

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

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

Details: Enjoy the Winter with some homemade tasty treats! We'll get together and make our own fun and our own snacks to go with our hot cocoa. Go home to your family with new skills and new sweets.

Minimum: 5 people

Maximum: 14 people



Bingo!

Cost: \$10 Includes snacks, drinks, chaperones and bingo fun.

Date: Thursday, January 25

Time: Drop off: 5:00 PM
Pick up: 6:00 PM

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

Details: Join us for a night of Bingo, snacks and fun with your friends. You just might leave with a prize!

Minimum: 5 people

Maximum: 14



Opportunities for Inclusion, Inc.

Recreation - Winter 2023-2024 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"/> Brandeis Buddies | <input type="checkbox"/> Waltham Baking Club |
| <input type="checkbox"/> I Love Dance | <input type="checkbox"/> Overnight Experience |
| <input type="checkbox"/> Christmastime | <input type="checkbox"/> Bingo |
| <input type="checkbox"/> Christmas Tree Decorating | |
| <input type="checkbox"/> Disney on Ice | |

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 2023 (Effective May 15, 2023)

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	Number of Persons In Family							
Income Limit Category	1	2	3	4	5	6	7	8
EL	\$0- \$31,150	\$0 \$35,600	\$0- \$40,050	\$0- \$44,500	\$0 - \$48,100	\$0- \$51,650	\$0 - \$55,200	\$0 - \$58,750
VL	\$31,151- \$51,950	\$35,601- \$59,400	\$40,051- \$66,800	\$44,501- \$74,200	\$48,101- \$80,150	\$51,651- \$86,100	\$55,201- \$92,050	\$58,751- \$97,950
L	\$51,951- \$82,950	\$59,401- \$94,800	\$66,801 \$106,650	\$74,201 \$118,450	\$80,151 \$127,950	\$86,101- \$137,450	\$92,051 \$146,900	\$97,951 \$156,400

- ☐ 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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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.**

Visit 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 Laundromat Training & Employment Site!

**Self-
Service
Washers
and
Dryers**

**Wash
Dry &
Fold
Service**



**Open
Daily:**

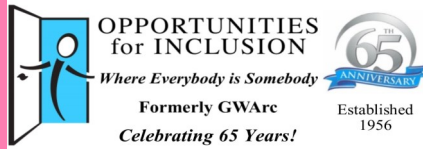
**Mon-Fri
7 AM -
8 PM**

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

**Sparkle Brite Laundromat
449 Moody Street, Waltham
781-893-1010**

Visit Us for All Your Laundry Needs!

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



Valentine's Day Dance



Wednesday, February 7th

6PM-8PM

FRENCH AMERICAN VICTORY CLUB

193 ELM STREET, WALTHAM, MA

PLEASE BRING CANNED GOODS FOR FOOD PANTRY DONATION

SNACKS AND DRINKS PROVIDED

ADMISSION TO FIRST 125 PEOPLE ONLY