



Fall 2025 Recreation



Welcome to Opportunities for Inclusion's Fall 2025 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, the Larz Anderson Car Museum, a Bowling Party, and more!

Get excited for our **53rd Annual Harvest Breakfast** on Sunday, October 19! More information inside.

The Inclusion Gaming Lounge will continue to host <u>Saturday Socials every</u> <u>weekend</u> (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.

OFI'S

SATURDAY SOCIAL

EVERY SATURDAY

EXCLUDING HOLIDAY WEEKENDS



MOVIES GAMES PIZZA

AND MORE!



Where: 31 Woodland Road, Waltham, MA

When: Saturday, September 6, 4pm-7pm Saturday, September 13, 4pm-7pm Saturday, September 20, 4pm-7pm Saturday, September 27, 4pm-7pm Saturday, October 4, 4pm-7pm Saturday, October 18, 4pm-7pm Saturday, October 25, 4pm-7pm Saturday, November 1, 4pm-7pm Saturday, November 8, 4pm-7pm Saturday, November 15, 4pm-7pm Saturday, November 22, 4pm-7pm

Cost: \$20

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.





September 2025

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

October 2025

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

November 2025

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

Recreation Staff







Renee Emmonds

Recreation Instructors



Annie Close

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 <u>two-page</u> 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.

Time: Priday, September 19

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, September 27 **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

Berlin Orchards

LARZ ANDERSON CAR MUSEUM

Cost: FREE

Made possible by a generous donation from the Durkee-Erwin Family.

Includes transportation, tickets, and chaperones.

Time: Drop off: 9:30 AM Pick Up: 12:30 PM

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

Details: The Larz Anderson Auto Museum in the 64-acre Larz Anderson Park showcases "America's Oldest Car Collection" in the historic Carriage House. The museum offers engaging attractions, including Lawn Events, family-friendly gatherings, and car history lectures. A visit promises a day of exploration and enjoyment, creating lasting memories. **AR-RIVE ON TIME.** Due to the popularity of this trip, please RSVP by phone or email before sending in your regis-

tration!

Minimum: 5 people Maximum: 7 people





Cost: \$50 Opportunities for Inclusion Participants/\$60 General Community

Includes transportation, dinner, bowling, and chaperones.

Date: Saturday, November 8 **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 Bowlaway 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



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Brandeis BUDDIES!!

Cost: FREE **Includes chaperones** . **Dates**: Thursday, September 18 & 25

Thursday, October 9, 23, & 30 Thursday, November 6, 13, & 20 Thursday, December 4 & 11

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 9 Tuesday, October 14

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.

WALTHAM BAKING CLUB

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

Date: Thursday, October 16 **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

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 18 **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









Opportunities for Inclusion 53rd Annual Harvest Breakfast Your Support Can Really "Stack" Up!

Please join us for Harvest Breakfast—our Signature Annual Fundraiser!

SUNDAY, OCTOBER 19, 2025 8AM - NOON

EMBASSY SUITES WALTHAM
550 WINTER STREET, WALTHAM, MA

BOUNTIFUL BREAKFAST BUFFET SILENT AUCTION

AND FAMILY FUN FOR ALL:

Music by DJ Rich Profita

Dancing | Magician | Balloon Animals | Face Painting

ADULTS-\$24; SENIORS/SPECIAL NEEDS ADULTS-\$17; CHILDREN 3-12-\$12 Proceeds to go toward the many programs and services offered by OFI.

For more information, visit: www.oppsforinclusion.org/harvest-breakfast-2025 or email mmaloney@oppsforinclusion.org



Opportunities for Inclusion, Inc. Recreation - Fall 2025 Registration Form

Activity List: P	lease check of			•		es of this fo	orm. Thank y	/ou.		
-	is Buddies		☐ Bo	wling P	arty					
☐ Lights at the Zoo ☐ Community Service Night										
☐ Apple P☐ Car Mu:										
	m Baking	Club								
Participant In		CIGO								
Name:	ormadorn.									
Address:					С	ity & Zip:				
Phone Num	ber:				D	ate of Birth:				
E-Mail Addr	ess:									
Sex	Race	Ag	e	Height		Weight	Build	Hair Color	Eye Color	
Distinguishing	Marks, Scars,	Etc.:		•			•	•		
Medical Infor		Ye	es	No	lf :	yes, please exp	olain.			
Allergies; in	cluding food	1:								
Medications	:									
Seizures:										
Physical Lim	itations:									
Visual Probl	ems:									
Auditory Pro	oblems:									
Other:										
Fully Vaccinate	ed:									
Activities for I	Daily Living:	In	dependent	Needs /	Assistanc	tance Please explain.				
Toileting:										
Eating:										
Dressing:										
Caregiver Info	rmation		Yes	No					Yes	No
65 years or Ol	der:				Providi	ng care for co	mplex health ne	eed		
English as Sec	ond Languag	е			Providi	Providing care for Alzheimer's Disease and Related Dementia				
Receiving resp	ite service for	first time			Providi	ng care for be	havioral needs			
Emergency Co	ontact Informa	ition: Pleas	se Provide Tv	vo Contac	ts					
Person #1:					Pe	erson #2:				
Relationship:					Re	elationship:				
Phone #:					Pł	none #:				
Email:					Eı	mail:				
	nt will require	additional	staffing sup	oort to atte	end the			activity. Opportunities for port is the responsibility		

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

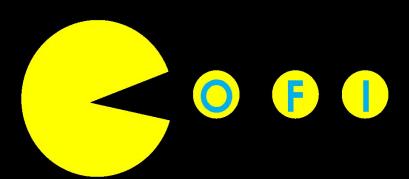
FY 2025 (Effective June 1, 2025)

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

Head of Hous	sehold Nar	ne:							
Household A		Code							
<u>Participant</u>	Inform at	ion:							
Please check		-	hold [Wateren I	Jand of Uar	agahald	Пп	amalass	
☐ Single female head of household ☐ Veteran Head of Household ☐ Homeless									
☐ Head of	Househol	d		Hispanic	or Latino*				
*Race and Etl Participant Please check	Race:	different c	ategories. <u>I</u>	Race must I	·		1 NI-4'	43371.'A.	
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=		Alaska Nat Other Paci		r 🗆	Other Mul	ti-Racial·			
	in wanti				Informat				
FY 2025			Num	ber of P	ersons In	<i>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- \$66,201- \$74,451- \$82,701- \$105,850 \$119,100 \$132,300 \$142,900 \$95,951- \$164,100 \$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/I	Parent/Gu	ardian: _				Date:		_	
Federal regulati households. The	ons require w Grantee is re	e obtain this ir quired to retai	nformation to n this form fo	document assi r monthly repo	stance is being orting requirem	provided to low ents as well as	and moderate- on-site monitori	income ing visits.	

5 Gaming Lounge

JOIN THE FUN!





\$10. FOR INDIVIDUALS WITH I/DD

AGES 16 +

31 WOODLAND RD., WALTHAM



TO ENSURE A SPOT , PLEASE PRE-REGISTER AT HTTPS://TINYURL.COM/INCLUSIONGAMING

OR

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











