



OPPORTUNITIES  
for INCLUSION

*Where Everybody is Somebody*

Formerly GWArc

OppsforInclusion.org



## Spring 2026 Recreation



### Welcome to Opportunities for Inclusion's Spring 2026 Recreation Program

Hello all!

We're excited to bring you our Recreation Brochure for March, April, and May. Look inside to find exciting events like Peter Pan: A Musical, Bentley Baseball, a Day at the Zoo and more!

We are also excited to announce our new dance class led by volunteers from the Rivers School, who will also be sponsoring our Spring Fling Dance!

The Inclusion Gaming Lounge will continue to host Saturday Socials every weekend (excluding holiday weekends), and are now only \$10.

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](mailto:JFreiberg@OppsforInclusion.org).

See you at our Recreation events!

**OPI'S**  
**SATURDAY SOCIAL**  
**EVERY SATURDAY**  
**EXCLUDING HOLIDAY WEEKENDS**

**MOVIES**  
**GAMES**  
**PIZZA**  
**AND MORE!**



Where: 31 Woodland Road, Waltham, MA

When: Saturday, March 7, 4pm-7pm  
Saturday, March 14, 4pm-7pm  
Saturday, March 21, 4pm-7pm  
Saturday, March 28, 4pm-7pm  
Saturday, April 11, 4pm-7pm  
Saturday, April 25, 4pm-7pm  
Saturday, May 2, 4pm-7pm  
Saturday, May 9, 4pm-7pm  
Saturday, May 16, 4pm-7pm  
Saturday, May 30, 4pm-7pm

Cost: \$10

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.oppsoforinclusion.org/register>  
Scan this QR Code to be taken there directly.



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# March 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5 <u>Brandeis Buddies</u> 3:30pm-5pm	6	7 <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	18	19 <u>Brandeis Buddies</u> 3:30pm-5pm	20	21 <u>Saturday Social</u> 4pm-7pm
22	23	24 <u>Watch City Self Advocates</u> 4pm-6pm	25	26 <u>Brandeis Buddies</u> 3:30pm-5pm	27	28 <u>Peter Pan: A Musical</u> 9am-12:15pm  <u>Saturday Social</u> 4pm-7pm

# April 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 <u>Brandeis Buddies</u> 3:30pm-5pm	3	4
5	6 <u>Riverside Dance Class</u> 5pm-7pm	7	8	9 <u>Waltham Baking Club</u> 5pm-6:30pm	10	11 <u>Bentley Baseball</u> 11:30am-2:30pm  <u>Saturday Social</u> 4pm-7pm
12	13 <u>Riverside Dance Class</u> 5pm-7pm	14	15	16 <u>Brandeis Buddies</u> 3:30pm-5pm	17	18
19	20	21 <u>Art For All</u> 5pm-6:45pm	22	23 <u>Brandeis Buddies</u> 3:30pm-5pm	24	25 <u>Escape Room</u> 10:20am-12:30pm  <u>Saturday Social</u> 4pm-7pm
26	27 <u>Riverside Dance Class</u> 5pm-7pm	28 <u>Watch City Self Advocates</u> 4pm-6pm	29 <u>Spring Fling Dance</u> 6pm-8pm	30 <u>Waltham Walkers</u> 5pm-6pm		

# May 2026

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

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Recreation Staff



John Freiberg



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 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.

# RIVERSIDE DANCE CLASS

**Cost:** FREE Includes transportation, chaperones and teachers.

**Date:** Monday, April 6, 13, & 27

**Time:** Drop off: 5:00 PM  
Pick up: 7:00 PM

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

**Details:** Join us for three dance classes taught by volunteers from the Rivers School Dance Team! We'll go to their dance studio and learn group dances to some of your favorite songs! Then at our Spring Fling Dance, we can show off our moves together! A great way to exercise and make new friends along the way!

**Minimum:** 5 people

**Maximum:** 9



## Peter Pan: A Musical

**Cost:** \$50 Includes admission, chaperones and transportation.

**Date:** Saturday, March 28

**Time:** Drop off: 9:00 AM  
Pick up: 12:15 PM

**Location:** Drop off & Pick up: 56 Chestnut St., Waltham MA

**Details:** Be a part of Peter Pan and Wendy's adventures with the Lost Boys. A live performance straight from Las Vegas at the Shriners Auditorium. Come see a live Las Vegas performance of Peter Pan at Shriners Auditorium. An event for all ages! **Due to the popularity of this trip, please RSVP by phone or email before sending in your registration!**

**Minimum:** 5 people

**Maximum:** 9 people



## Bentley Baseball

**Cost:** \$10 Opportunities for Inclusion Participants/\$15 General Community. Includes admission, lunch, chaperones and transportation.

**Date:** Saturday, April 11

**Time:** Drop off: 11:30 AM  
Pick up: 2:30 PM

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

**Details:** Take me out to the ball game! Enjoy the spring weather watching a game of college baseball! Root for the team as they take on the Saint Michaels College Purple Knights. Experience all the fun and excitement that baseball 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



## Escape Room

**Cost:** \$25 Opportunities for Inclusion Participants/\$35 General Community. Includes admission,, chaperones and transportation.

**Date:** Saturday, April 25

**Time:** Drop off: 10:20 AM  
Pick up: 12:30 PM

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

**Details:** Get ready to team up, think fast, and solve your way out! This isn't your average field trip — it's a high-energy, brain-boosting adventure full of riddles, clues, and teamwork. You'll work together to crack codes, unlock mysteries, and beat the clock! **Due to the popularity of this trip, please RSVP by phone or email before sending in your registration!**

**Minimum:** 5 people

**Maximum:** 6 people



## Day at the Zoo

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

**Date:** Saturday, May 16

**Time:** Drop off: 10:30 AM  
Pick up: 3:00 PM

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

**Details:** Discover animal magic at the Franklin Park Zoo! Wander peaceful paths, meet furry friends, and feel the wonder of nature at our own pace. Monkeys, pandas, giraffes, and more! Join us and see it all. **Due to the popularity of this trip, please RSVP by phone or email before sending in your registration!**

**Minimum:** 5 people

**Maximum:** 9 people



# Brandeis BUDDIES!!



**Cost:** FREE Includes chaperones .

**Dates:** Thursday, March 5, 12, 19, & 26

Thursday, April 2, 16, & 23

**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. We'll join together to celebrate all of your favorite holidays, plan activities together, have a lot of fun and create lasting friendships.

**Minimum:** 5 people

**Maximum:** 15 people

## Watch City Self Advocates

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

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

**Dates:** Tuesday, March 24

Tuesday, April 28

Tuesday, May 19

**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.



## THE WALTHAM WALKERS

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

**Dates:** Thursday, April 30

Thursday, May 7, 14, 21, & 28

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

Pick up: 6:00 PM

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

**Details:** Did you love the walk along the Charles? Well this year, we'll be taking five of them! We will enjoy a nice walk on the Charles Riverwalk, and wind down with a snack. A great way to exercise, spend time with your friends, and make new ones!

**Minimum:** 5 people

**Maximum:** 15 people



## WALTHAM BAKING CLUB

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

**Date:** Thursday, April 9

**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 food. Go home to your family with new skills and new sweets!

**Minimum:** 5 people

**Maximum:** 14 people



## ART FOR ALL

**Cost:** Free

**Date:** Tuesday, April 21

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

Pick Up: 6:45 PM

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

**Details:** Join us for a night of creativity, as we work together on an arts and crafts project with Bob Guinto! All needed materials will be provided.

**Minimum:** 5 people

**Maximum:** 14 people



**JOIN US FOR A SPECIAL DAY IN WALTHAM!**

**All Individuals with Developmental Disabilities Welcome**

**A day of  
inclusive sports  
and games!**

**Ages 5  
and over!**

***Rain or Shine***



**A SPECIAL DAY IN  
WALTHAM**

2026



**Soccer  
Cornhole  
Fitness  
Activities  
25 Yard Dash  
Home Run Derby  
Ultimate Frisbee  
And More!**

**Saturday, May 30, 2026**

**More Information and Registration for Athletes and Volunteers  
at [ASpecialDayinWaltham.org](http://ASpecialDayinWaltham.org) (Registration Opens Soon)**

**Questions? Call Joanne Raymond at 781-899-1344 x4147 or  
email [jraymond@oppsforinclusion.org](mailto:jraymond@oppsforinclusion.org)**



It's not too late to get your

The Artists of Opportunities for Inclusion 2026 Calendar filled with beautiful and diverse artwork created by OFI participants.

And while you're at it...

Are you ready for this year's 250th Anniversary celebration of the U.S.? Come July, you'll be all set with our T-shirt showcasing the original artwork of an OFI participant and his version of our flag.

Sizes available: Unisex M, L, and XL (run big.)

Quality weight 100% cotton. Made in the U.S.A. and pre-shrunk.

Proceeds from both sales go to support OFI's programs!

CALENDARS: \$10 TSHIRTS: \$20 Go to [www.oppsforinclusion.org](http://www.oppsforinclusion.org) to purchase

**Don't miss our**

**THIRD ANNUAL  
INCLUSION FUSION  
CONCERT**

***Featuring talented musicians  
with disabilities.***

**Tuesday, April 14 | 6:00pm-7:30pm  
Harry's Pub, Student Center, Bentley University  
Wheelchair accessible. Details will be on the OFI website soon.**

**A FUN EVENT NOT TO BE MISSED!  
(Proceeds go to support OFI and Berkshire Hills Music Academy)**



# Opportunities for Inclusion, Inc. Recreation - Spring 2026 Registration Form

Please complete both sides of this form. Thank you.

<b>Activity List:</b> Please check off any activity you are registering for.									
<input type="checkbox"/> Peter Pan: A Musical	<input type="checkbox"/> Art for All								
<input type="checkbox"/> Bentley Baseball	<input type="checkbox"/> Waltham Walkers								
<input type="checkbox"/> Escape Room	<input type="checkbox"/> Waltham Baking Club								
<input type="checkbox"/> Day at the Zoo	<input type="checkbox"/> Riverside Dance Class								
<input type="checkbox"/> Brandeis Buddies									
<b>Participant Information:</b>									
Name:									
Address:			City & Zip:						
Phone Number:			Date of Birth:						
E-Mail Address:									
<b>Sex</b>	<b>Race</b>	<b>Age</b>	<b>Height</b>	<b>Weight</b>	<b>Build</b>	<b>Hair Color</b>	<b>Eye Color</b>		
<b>Distinguishing Marks, Scars, Etc. :</b>									
<b>Medical Information:</b>		<b>Yes</b>	<b>No</b>	<b>If yes, please explain.</b>					
Allergies; including food:									
Medications:									
Seizures:									
Physical Limitations:									
Visual Problems:									
Auditory Problems:									
Other:									
Fully Vaccinated:									
<b>Activities for Daily Living:</b>		<b>Independent</b>	<b>Needs Assistance</b>	<b>Please explain.</b>					
Toileting:									
Eating:									
Dressing:									
<b>Caregiver Information</b>		<b>Yes</b>	<b>No</b>			<b>Yes</b>	<b>No</b>		
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					
<b>Emergency Contact Information: Please Provide Two Contacts</b>									
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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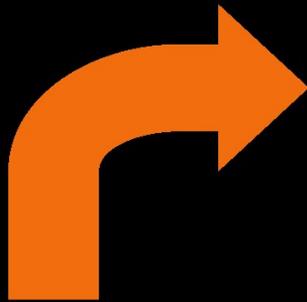
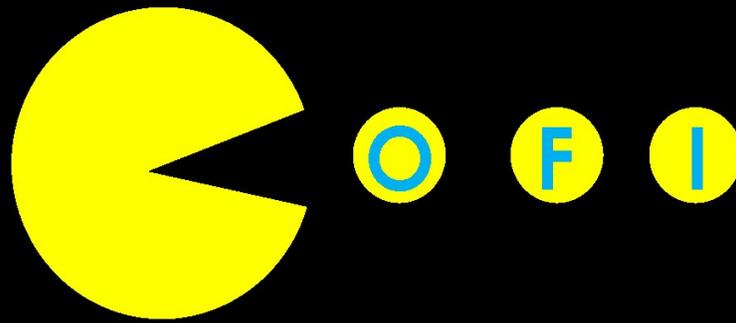
**Note: If you have a guardian, they MUST sign this form.**





# 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





OFI's

# Spring Fling

Sponsored by

THE  
RIVERS  
SCHOOL

Wednesday, April 29th

6pm-8pm

Free

French American Victory Club

193 Elm St., Waltham MA

**Dancing!**

**Snacks!**

**Drinks!**

**Pizza!**

Admission to first 125 people only.  
Please bring canned goods for food pantry donation