

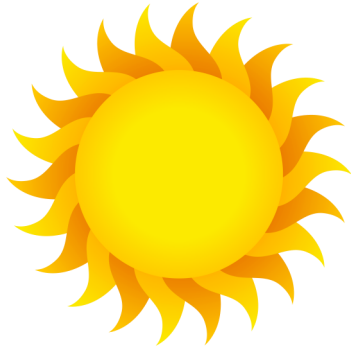


OPPORTUNITIES  
for INCLUSION

*Where Everybody is Somebody*

Formerly GWArc

[OppsforInclusion.org](http://OppsforInclusion.org)



## Summer 2026 Recreation



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

Hello all!

We're excited to bring you our Recreation Brochure for June, July, and August. Look inside to find exciting events like Canobie Lake Park, Minigolf, a tour of Harvard Alpaca Ranch, and more!

The Inclusion Gaming Lounge will continue to host *Saturday Socials every weekend* (excluding holiday weekends), *and are now only \$5.*

Also look inside to learn about this year's **A Special Day in Waltham event on Saturday, May 30th!**

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, June 6, 4pm-7pm  
Saturday, June 13, 4pm-7pm  
Saturday, June 27, 4pm-7pm  
Saturday, July 11, 4pm-7pm  
Saturday, July 18, 4pm-7pm  
Saturday, July 25, 4pm-7pm  
Saturday, August 1, 4pm-7pm  
Saturday, August 8, 4pm-7pm  
Saturday, August 15, 4pm-7pm  
Saturday, August 22, 4pm-7pm  
Saturday, August 29, 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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# June 2026

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 <u>Waltham Walkers</u> 5pm-6pm	3	4	5	6 <u>Saturday Social</u> 4pm-7pm
7	8	9 <u>Waltham Walkers</u> 5pm-6pm	10	11 <u>Tie Dye Night</u> 5pm-6pm	12	13 <u>Mini Golf</u> 11:40am-1:30pm  <u>Saturday Social</u> 4pm-7pm
14	15	16 <u>Waltham Walkers</u> 5pm-6pm	17 <u>Summer Fun</u> <u>Dance</u> 6pm-8pm	18	19	20
21	22	23 <u>Waltham Walkers</u> 5pm-6pm	24	25 <u>Waltham Baking</u> <u>Club</u> 5pm-6:30pm	26	27 <u>Saturday Social</u> 4pm-7pm
28	29	30 <u>Waltham Walkers</u> 5pm-6pm				

# July 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7 <u>Concerts on</u> <u>the Common</u> 6pm-8pm	8	9	10	11 <u>Saturday Social</u> 4pm-7pm
12	13	14 <u>Concerts on</u> <u>the Common</u> 6pm-8pm	15	16	17	18 <u>Saturday Social</u> 4pm-7pm
19	20	21 <u>Concerts on</u> <u>the Common</u> 6pm-8pm	22	23	24	25 <u>Canobie Lake</u> <u>Park</u> 9:30am-8:00pm  <u>Saturday Social</u> 4pm-7pm
26	27	28 <u>Concerts on</u> <u>the Common</u> 6pm-8pm	29	30	31	

# August 2026

SUN	MON	TUE	WED	THU	FRI	SAT
						<b>1</b> <u>Alpaca Ranch Tour</u> 9:15am-11:30am  <u>Saturday Social</u> 4pm-7pm
2	3	<b>4</b> <u>Concerts on the Common</u> 6pm-8pm	5	6	7	<b>8</b> <u>Saturday Social</u> 4pm-7pm
9	10	<b>11</b> <u>Concerts on the Common</u> 6pm-8pm	12	13	14	<b>15</b> <u>Saturday Social</u> 4pm-7pm
16	17	<b>18</b> <u>Concerts on the Common</u> 6pm-8pm	19	20	21	<b>22</b> <u>Saturday Social</u> 4pm-7pm
23	24	<b>25</b> <u>Concerts on the Common</u> 6pm-8pm	26	27	28	<b>29</b> <u>Saturday Social</u> 4pm-7pm
30	31					

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.

# CANOBIE LAKE PARK

**Cost:** \$100 Opportunities for Inclusion Participants/\$120 General Community  
Includes admission, transportation, chaperone, lunch and dinner.

**Date:** Saturday, July 25

**Time:** Drop off: 9:30AM  
Pick up: 8:00 PM

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

**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!! **Lunch and Dinner are included. Please bring your own money to shop for snacks 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

## Mini Golf

**Cost:** FREE

Includes tickets, chaperones, snacks, and transportation.

**Date:** Saturday, June 13

**Time:** Drop off: 11:40 AM  
Pick Up: 1:30 PM

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

**Details:** Join us for a trip to Waltham's new Universal Playground, and 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. **Due to the popularity of this trip, please RSVP by phone or email before sending in your registration!**

**Minimum:** 5 people

**Maximum:** 9 people



## Alpaca Ranch Tour

**Cost:** FREE

Includes tickets, chaperones, snacks, and transportation.

**Date:** Saturday, August 1

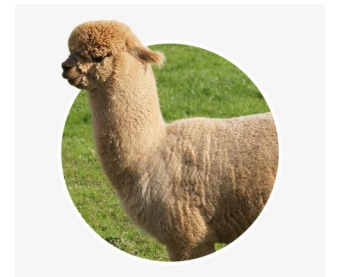
**Time:** Drop off: 9:15 AM  
Pick Up: 11:30 AM

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

**Details:** Join us for a trip to the Harvard Alpaca Ranch in Harvard, MA. After a brief few words about safety, your group will be brought in to meet the alpacas in the barns, paddocks, or pastures (depending on where the alpacas are during your visit). We will discuss how and why we raise these beautiful, peaceful animals and introduce you to the individual alpacas (yes, everyone has a name and a unique personality). You are welcome to ask questions during the tour and take photographs. **Due to the popularity of this trip, please RSVP by phone or email before sending in your registration!**

**Minimum:** 5 people

**Maximum:** 9 people



## WALTHAM BAKING CLUB

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

**Date:** Thursday, June 25

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

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

**Details:** Beat the heat with some homemade tasty treats! We'll get together and make our own fun and our own snacks. Go home to your family with new skills and new sweets.

**Minimum:** 5 people

**Maximum:** 14 people



## Concerts on Waltham Common

**Cost:** \$5 EACH Includes chaperone, snack, water and lawn chairs.

**Dates:** Tuesday, July 7, 14, 21, & 29  
Tuesday, August 4, 11, 18, & 25

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

**Location:** Drop off & Pick up: Waltham Common, Main St., Waltham, MA

**Details:** 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 John Freiberg for weather inquiries.

### With Performances By:

July 7: *Soft Touch (Big Band)*

July 14: *The Reminisants (Oldies)*

July 21: *Classic Groove (Jazz/Rock)*

July 28: *Black Velvet Band (Irish)*

August 4: *Watch City Cadillacs (DooWop)*

August 11: *Tom Bruhl Trio (Classics)*

August 18: *Billy and the Jets (Billy Joel & Elton John)*

August 25: *American Legion Band (American)*

**Minimum:** 5 people

**Maximum:** 10 people



## THE WALTHAM WALKERS

**Cost:** FREE

Includes chaperones.

**Dates:** Tuesday, June 2, 9, 16, 23, & 30

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

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

**Details:** Our new friends from The Rivers School are off for the Summer, but that doesn't mean we have to stop walking! Join us for four more walks along the Charles, every Tuesday in June! A great way to enjoy the warm weather and get some exercise before dinner.

**Minimum:** 5 people

**Maximum:** 15 people



## THE DYE

**Cost:** \$15 Includes tie dye, shirts, and chaperones.

**Date:** Thursday, June 11

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

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

**Details:** Kick off Summer with a tie dye shirt! Perfect for the Tie Dye Dance on June 17th! Supplies included!

**Minimum:** 5 people

**Maximum:** 14 people



# JOIN US FOR A SPECIAL DAY IN WALTHAM!

Event is FREE! Register as an Athlete Today!

All Individuals with Developmental Disabilities Welcome!

*A day of  
games and sports!  
For individuals  
ages 5 and over  
with disabilities*



*Rain or Shine*

**MAY 30, 2026**  
**9 a.m. - 12:00 Noon**

(Athlete Check-in begins at 8:00 a.m.)

**Veterans Field**  
**385 Forest Street**

Brought to you by:



A SPECIAL DAY IN  
**WALTHAM**  
2026

Soccer

Cornhole

25 Yard Dash

Home Run Derby

Ultimate Frisbee

Football

Basketball

Golf

Fitness

And More!



For More Information and To Register:

**[ASpecialDayinWaltham.org](http://ASpecialDayinWaltham.org)**

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



**Watch City Self Advocates  
will be taking a break for the summer.  
See you in September!**



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

CC = Concert on the Common

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"/> Canobie Lake Park	<input type="checkbox"/> Tie Dye Night	<input type="checkbox"/> CC: Watch City Cadillacs					
<input type="checkbox"/> Minigolf	<input type="checkbox"/> CC: Soft Touch	<input type="checkbox"/> CC: Tom Bruhl Trio					
<input type="checkbox"/> Alpaca Ranch Tour	<input type="checkbox"/> CC: Reminisants	<input type="checkbox"/> CC: Billy and the Jets					
<input type="checkbox"/> Tie Dye	<input type="checkbox"/> CC: Classic Groove	<input type="checkbox"/> CC: American Legion Band					
<input type="checkbox"/> Waltham Baking Club	<input type="checkbox"/> CC: Black Velvet Band	<input type="checkbox"/> Waltham Walkers					
<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.**



# INCOME CERTIFICATION

## FY 2026 (Effective May 1, 2026)

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 2026	<i>Number of Persons In Family</i>							
	1	2	3	4	5	6	7	8
<b>Income Limit Category</b>								
<b>EL</b>	\$0-\$36,000	\$0-\$41,150	\$0-\$46,300	\$0-\$51,400	\$0-\$55,550	\$0-\$59,650	\$0-\$63,750	\$0-\$67,850
<b>VL</b>	\$36,001-\$60,000	\$41,151-\$68,600	\$46,301-\$77,150	\$51,401-\$85,700	\$55,551-\$92,600	\$59,651-\$99,450	\$63,751-\$106,300	\$67,851-\$113,150
<b>L</b>	\$60,001-\$96,000	\$68,601-\$109,700	\$77,151-\$123,400	\$85,701-\$137,100	\$92,601-\$148,100	\$99,451-\$159,050	\$106,301-\$170,050	\$113,151-\$181,000

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 \$ \_\_\_\_\_

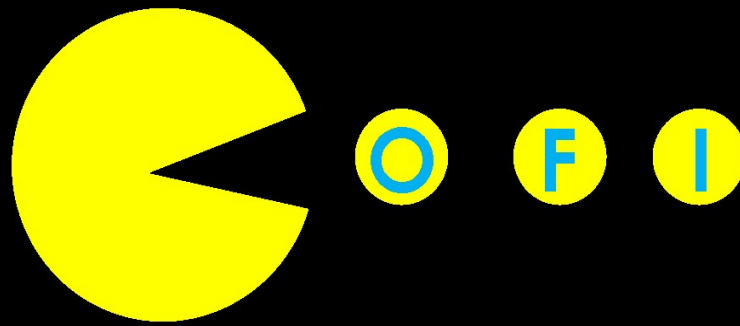
**I certify the above information is true and correct to the best of my knowledge.**

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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# OFI's Summer Dance

**WEAR YOUR FAVORITE TIE DYE!**

**Wednesday, June 17th**

**6pm-8pm**

**French American Victory Club  
193 Elm St., Waltham MA.**

**FREE ENTRY**

**SNACKS AND DRINKS PROVIDED**

**PLEASE BRING CANNED GOODS FOR FOOD PANTRY**