



OPPORTUNITIES
for INCLUSION

Where Everybody is Somebody

Formerly GWArc

OppsforInclusion.org



Winter 2025-2026 Recreation



Welcome to Opportunities for Inclusion's
Winter 2025-2026 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 Boston College Basketball, Christmastime, Disney on Ice, Bentley Hockey, and more!

The Inclusion Gaming Lounge will continue to host *Saturday Socials every weekend* (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.

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, December 6, 4pm-7pm
Saturday, December 13, 4pm-7pm
Saturday, December 20, 4pm-7pm
Saturday, January 10, 4pm-7pm
Saturday, January 24, 4pm-7pm
Saturday, January 31, 4pm-7pm
Saturday, February 7, 4pm-7pm
Saturday, February 21, 4pm-7pm
Saturday, February 28, 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.



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December 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4 <u>Brandeis Buddies</u> 3:30pm-5pm	5	6 <u>Boston College Basketball</u> 11am-3:30pm <u>Saturday Social</u> 4pm-7pm
7	8	9 <u>Art For All</u> 5pm-6:45pm	10	11 <u>Brandeis Buddies</u> 3:30pm-5pm	12	13 <u>Christmastime</u> 11:15am-3:30pm <u>Saturday Social</u> 4pm-7pm
14	15	16 <u>Watch City Self Advocates</u> 4pm-6pm	17	18	19	20 <u>Saturday Social</u> 4pm-7pm
21	22	23	24	25	26	27

January 2026

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

February 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5 <u>Brandeis Buddies</u> 3:30pm-5pm	6	7 <u>Bentley Ice Hockey</u> 6pm-10pm <u>Saturday Social</u> 4pm-7pm
8	9	10	11 <u>Valentines Day Dance</u> 6pm-8pm	12 <u>Brandeis Buddies</u> 3:30pm-5pm	13	14
15	16	17	18	19 <u>Waltham Workout</u> 5pm-6pm	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>Saturday Social</u> 4pm-7pm

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.

Boston College Basketball

Cost: FREE thanks to the Eagles Care Program
Includes admission,, chaperones and transportation.

Date: Saturday, December 6

Time: Drop off: 3:15 PM
Pick up: 6:45 PM

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

Details: Come out to see the Boston College Eagles take on the New Haven Chargers!

We are thrilled to offer a fun-filled trip to experience the energy and excitement of a college basketball game! This is a fantastic opportunity to enjoy the thrill of live sports, make new friends, and create lasting memories. Due to the popularity of this trip, please RSVP by phone or email before sending in your registration! Bring money for lunch if you would like.

Minimum: 5 people

Maximum: 9 people



Christmastime

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

Includes tickets, snacks, transportation, and chaperones

Date: Saturday, December 13

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 2025 in a production that will entertain everyone. Featuring a cast of more than 100 performers and a live orchestra, the 2025 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

FROZEN & ENCANTO

Cost: \$100 Opportunities for Inclusion Participants/\$120 General Community

Includes tickets, lunch, chaperones and transportation.

Date: Saturday, January 10

Time: Drop off: 8:00 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. Join Elsa, Mirabel and their friends at *Disney On Ice presents Frozen & Encanto*, an adventure filled with world-class skating, high-flying acrobatics and unexpected stunts that you'll 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

Bentley Hockey



Cost: \$30 Opportunities for Inclusion Participants/\$40 General Community
Includes admission, dinner, chaperones and transportation.

Date: Saturday, February 7

Time: Drop off: 6:00 PM
Pick up: 10:00 PM

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

Details: Come out to see the Bentley Falcons take on the Holy Cross Crusaders! We are thrilled to offer a fun-filled trip to experience the energy and excitement of a college basketball game! This is a fantastic opportunity to enjoy the thrill of live sports, make new friends, and create lasting memories. 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, December 4 & 11
Thursday, February 5, 12, & 26

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.

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, December 16
Tuesday, January 6
Tuesday, February 17

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**



ART FOR ALL

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

Date: Tuesday, December 9

Time: Drop off: 5:00 PM
Pick Up: 6:45 PM

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

Details: Art for All is back with our new teacher, Bob Guinto! We will be making stone pendants that make the perfect holiday gift!

Minimum: 5 people

Maximum: 14 people

Karaoke Night

Cost: Free

Includes chaperones and karaoke

Date: Tuesday, January 13

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

Location: [31 Woodland Road, Waltham](#)

Details: Join us at the Inclusion Gaming Lounge to sing your song! Pick a few songs you'd like to sing, and hear your friends sing their favorite songs too!

Minimum: 5 people

Maximum: 10 people



Bingo!



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

Date: Thursday, January 22

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

WALTHAM WORKOUT

Cost: FREE

Includes chaperones.

Dates: Thursday, February 19

Time: Drop off: 5:00 PM

Pick up: 6:00 PM

Location: 56 Chestnut St., Waltham, MA

Details: Join us for a fun night of group exercise! We'll start with some stretches, then play some active games! Keep fit and have fun!

Minimum: 5 people

Maximum: 15 people



WALTHAM BAKING CLUB

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

Date: Thursday, January 29

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



Opportunities for Inclusion, Inc. Recreation - Winter 2025-2026 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"/> Boston College Basketball	<input type="checkbox"/> Art for All						
<input type="checkbox"/> Christmastime	<input type="checkbox"/> Karaoke						
<input type="checkbox"/> Disney on Ice	<input type="checkbox"/> Bingo						
<input type="checkbox"/> Bentley Hockey	<input type="checkbox"/> Waltham Workout						
<input type="checkbox"/> Brandeis Buddies	<input type="checkbox"/> Waltham Baking Club						
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.

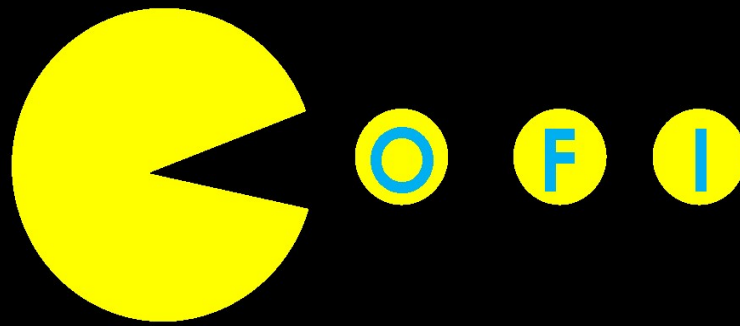
Signature:		Date:	
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Note: If you have a guardian, they MUST sign this form.



Inclusion Gaming Lounge

JOIN THE FUN!!



TH & F 4:30PM-7:30PM

\$10. FOR INDIVIDUALS WITH I/DD
AGES 16 +

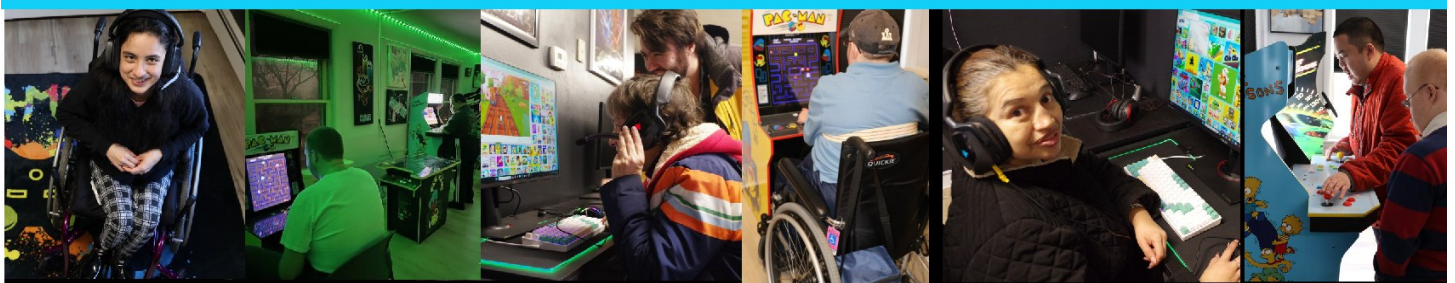
31 WOODLAND RD., WALTHAM



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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Valentine's Day

— Dance —

February 11

6 pm-8pm

Free

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



**Admission to first 125 people only
Snacks and drinks provided**

Please bring canned goods for food pantry donation