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Fitchburg, MA

APRIL & MAY, 2011 FAMILY SUPPORT CALENDER

April 2nd, 2011 - Down's Syndrome Group: This is a support group for families who have a loved one with Down syndrome. This group is parent driven and a great way to start the weekend! After leaving this group you will feel empowered, connected, and, who knows, you may even make some great friends for you and your child. We meet at the Arc office, 564 Main Street, Fitchburg (Please use rear ramp entrance). This group meets from 0 - 11:30AM. Childcare is available.

April 7th, 2011 - Non-Disability specific: This group meets at the Lawrence Library in Pepperell from 10AM-12PM. For information contact Nancy Hanley @ 978-582-6203.

April 7th, 2011 - Caregiver's with folks over 22: This is a support group for family members & caregivers of an adult loved one with an intellectual or cognitive disability. This group has lots of history and experience. If there are adult siblings we encourage them to attend and share stories, triumphs, and road blocks. This group is parent driven; at times we have quest speakers come in and assist with concerns. The group meets from 10-11:30am at Arc Community Services. Please check with Receptionist for room location.

NOTE: CHANGED TO 1ST THURSDAY OF THE MONTH.

April 13th, 2011 - Self-Advocacy Support group: This is a support group for folks 16 and older who are interested in understanding their Rights & Responsibilities of using their own Voice. This group meets from 5-6:30pm at the Park Snow Building, Please use rear entrance & use ramp door.

May 5th, 2011 - Non-Disability specific: This group meets at the Lawrence Library in Pepperell from 10AM-12PM. For information contact Nancy Hanley @ 978-582-6203.

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May 11th, 2011 - Self-Advocacy Support group: This is a support group for folks 16 and older who are interested in understanding their Rights & Responsibilities of using their own Voice. This group meets from 5-6:30pm at the Park Snow Building, Please use rear entrance & use ramp door.

Reminders:

Ron Hurd Memorial Lecture Series: *Taking Care of Yourself and Your Relationship while Lifetime Parenting a Child with Special Needs

April 7, 2011 - see flyer for details.

***Glow in the Dark Miniature Golf Family Fun Day**

May 8, 2011 - see flyer for details.

***Annual Fishing Derby at Ayer Sportsmen's Club**

June 4, 2011 - see flyer for details

Due to renovations Please contact Rhea, Arc's Receptionist to confirm meeting locations. Should have any further questions please contact Eileen Ganong, Family Support Division Director, at 978-343-6662 ext. 125 or email her at e.ganong@arc-matson.org



APRIL, 2011 Recreation Calendar

Contact:
 Ruth Nicholson, Rec. Dir. x129
 Eileen Ganong, Prog. Op. Dir. X125
Phone Numbers:
 ARC: 978-343-6662
 Weekend: 978-343-6662, x. 137
 Mason's: 978-537-7064

Sunday	Mon	Tue	Wed	Thu	Fri	Saturday
Note: Dues \$10.00 per day. Please pay on the day you are attending. Activity fee is in addition to the daily dues and includes dinner.		HOURS: 1:00PM-7:00PM SATURDAYS: 1:00PM – 7:00PM LOCATION: Arc, 564 Main St., Fitchburg. Enter in rear of building (behind gate)			1	2 Community Rec. Club 1:00pm-7:00pm Pottery at the Pottery Place. Dues - \$10 PLUS Activity Fee - \$20. Snack and spending money also recommended.
3	4	5	6	LAST Week of Bowling!!!	8	9 Community Rec. Club 1:00pm-7:00pm Glow in the Dark Indoor Mini Golf. Dues - \$10 PLUS Activity Fee - \$20. Snack and spending money also recommended.
10	11	12	13	NO BOWLING	15 ARC Dance 7:00-9:45pm Theme: Spring Fling Christ Church 569 Main St., Fitch. \$7.00	16 Community Rec. Club 1:00pm-7:00pm Movie & Restaurant Nite. Dues - \$10 PLUS Activity Fee - \$25). Snack and spending money also recommended.
17	18	19	20	NO BOWLING	22	23 Community Rec. Club 1:00pm-7:00pm Paint a Pot & Plant Some Seeds In-house. Dues - \$10 PLUS Activity Fee - \$15.
24	25	26	27	NO BOWLING	29	30 Community Rec. Club 1:00pm-7:00pm Yankee Candle Shopping Trip. Dues - \$10 PLUS Activity Fee - \$30. Bring your shopping list and money. Snack & spending money are also recommended...
31						

In the event of inclement weather or other unanticipated circumstances, Community Recreation Club staff reserve the right to adjust scheduled activities.

***THERE MAY BE A LAST MINUTE CLOSING(S) due to construction. PLEASE BE SURE TO CALL 978-343-6662, ext. 137 PRIOR TO COMING TO THE RECREATION CLUB. A MESSAGE THAT WE'RE CLOSED (OR NO ANSWER from the machine) MEANS WE ARE CLOSED. THE REGULAR MESSAGE WILL PLAY IF WE ARE OPEN. THANKS FOR YOUR PATIENCE.



MAY, 2011 Recreation Calendar

Contact:

Ruth Nicholson, Rec. Dir. x 129

Eileen Ganong, Div. Dir. x 125

Phone Numbers:

ARC: 978-343-6662

Weekend: 978-343-6662, x. 137

Mason's: 978-537-7064

Sunday	Mon	Tue	Wed	Thu	Fri	Saturday
1	2	3	4	5	6	7 Weekend Rec. Club 1:00pm-7:00pm Glow in the Dark Bowling. Dues \$10 plus Activity fees \$20. Spending and snack money recommended.
8	9	10	11	12	13 ARC Dance 7:00-9:45pm Theme: Pajama Night Christ Church 569 Main St., Fitch. \$7.00	14 Weekend Rec. Club 1:00pm-7:00pm Movies & Restaurant Nite. Dues \$10 plus Activity fee \$25. Spending and snack money recommended.
15	16	17	18	19 SPORTS AWARD NIGHT 6:45PM Christ Church, 569 Main St., Fitch. PRE-REGISTRATION & PAYMENT REQUIRED	20	21 Weekend Rec. Club 1:00pm-7:00pm Make our own Party Mix and Videos In- house. Dues\$10.00 plus Activity fees \$15.00
22	23	24	25	26	27	28 Weekend Rec. Club CLOSED (MEMORIAL DAY)
29	30	31	Note: Dues \$10.00 per day. Please pay on the day you are attending. Activity fee is in addition to the daily dues. Meal is included in Activity fee.		HOURS: Saturdays from 1:00PM-7:00PM CLOSED: MAY 28th LOCATION: Arc Community Services, 564 Main St., Fitchburg. Please use rear entrance in gated area.	

In the event of inclement weather or other unanticipated circumstances, Community Recreation Club staff reserve the right to adjust scheduled activities.

Please be sure to call 978-343-6662 ext 137; a recorded message will state if we are closed.

Arc Community Services, Girl Scout Ambassador Troop #30407 and
Special Olympics Massachusetts
Present

YOUNG ATHLETES PROGRAM INFORMATION DAY

Sunday, April 17th

12:30 - 2:30 PM

Fitchburg State University Athletic Field

Arc Community Services is looking to add the Young Athletes Program to the array of sports we host for Special Olympics of Massachusetts, beginning fall 2011. Parents are an integral part of this program for Young Athletes. In addition, Girl Scouts from Ambassador Troop #30407 will serve as program volunteers.

Young Athletes™ is a physical activity and skill development program designed to introduce families and children, ages 3 - 8, to Special Olympics. This program is designed to address two specific levels of play: Level 1 includes physical activities designed to develop fundamental motor, tracking and eye-hand coordination play. Level 2 concentrates on the application of these physical activities through a sports skill activity program and developing skills consistent with Special Olympics Sports play.

Come join us and learn more about this exciting program and how it can benefit your child...and your family. We plan to offer the Young Athlete program this fall and would like to introduce it to you now. There will be an opportunity to hear how the program works, demonstrate the equipment and use it "hands-on", socialize with other children and parents and have any questioned answered.

Please RSVP so we can have sufficient materials available. To RSVP, please call Eileen Ganong at 978-343-6662, ext. 125 or email her at e.ganong@arc-matson.org by April 10, 2011. Please include your name, child's name, number attending and a telephone number or email address so we can reach you in case of inclement weather or any other changes.

Thank you and hope to see you April 17th.

FAMILY FUN DAY with Arc Community Services

What is a family fun day you ask?

A day when families with special needs children can get out into the community, and do things that are enjoyable for the entire family. The activities selected for these events will generally be accessible and always "kid friendly". While activities are targeted for families with young children, all individuals and families of any ages are welcome. All individuals must be accompanied by an adult family member, care provider, respite worker, staff, etc. No Arc staffing/chaperones provided.

Glow in the Dark Miniature Golf Family Fun Day



May 8, 2011 at 2:00PM

Glow in the Dark Mini Golf at the Mall at Whitney Field (Searstown)
Commercial Blvd., Leominster, MA

\$10.00 per person

Meet for ice cream at Friendly's afterwards (on your own, optional)

To register, please complete and return form below with payment by May 1, 2011 to:
Ruth Nicholson, Arc Community Services, 564 Main St, Fitchburg, MA 01420

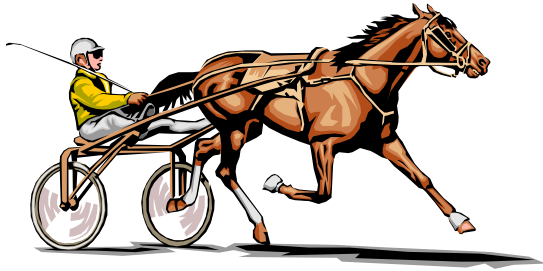
Glow in the Dark Miniature Gold Family Fun Day Registration Form

Name(s): _____

Address: _____ Telephone _____

No of participants _____ X 10.00 = _____

TOTAL ENCLOSED = _____



Arc Community Services
PRESENTS

Horseracing and the Maine Coast Getaway Weekend May 21-22, 2011

Trip Includes:

- Lunch on Saturday
- Afternoon of Racing at Scarborough Downs Horseracing Track
- *bring your own betting money*
- Dinner Saturday Night
- Visit the Beach & Old Orchard Beach's Famous Pier Area
- Full Breakfast Sunday Morning
- *bring money for the arcade if you choose to play*
- See President Bush's Home on our River cruise (weather permitting)
OR explore Kennebunkport
- Lunch on Sunday
- Hotel Accommodations
- Transportation
- Chaperones

\$269.00 per person

Leave from ARC Saturday at 9:00AM, return Sunday at 6:30PM

**Pre-registration required. Limited Availability. For info or to register,
Call Eileen Ganong at 978-343-6662, ext. 125**



**Arc Community Services
Sports Award Night**

**Thursday, May 19, 2011
6:45PM - approx. 9:00PM**

**Program will begin promptly at 7:00PM
Light refreshments will follow**

**Christ Church
569 Main Street, Fitchburg**

Cost: \$5.00 per person for everyone

(Same price for athletes, partners, coaches, family, staff, & friends)

We hope ALL athletes, partners, coaches and supporters will attend this special event. Since this evening is to honor ALL the participants of ALL our sports programs, we want the focus to be on the athletes and are hoping for 100% attendance. Cheer on your teammates, partners and coaches who receive special awards.

Price includes gift for each athlete that ATTENDS. Please join us!

Sports Award Night Reservation

***Please return to Eileen Ganong, Arc Community Services,
564 Main St., Fitchburg, MA 01420 by May 1, 2011.***

Athlete Name(s): _____

Address: _____

Telephone: _____

Others - Name(s): _____

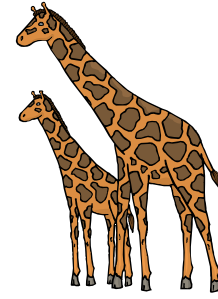
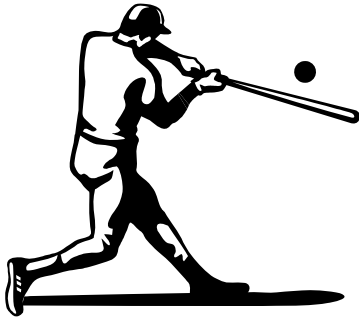
Circle: Partner, Coach, Family, Staff, Provider, Friend

Address: _____

Telephone: _____

attending _____ x \$5.00 per person = Total enclosed \$ _____

If you can, please feel free to bring pastry, cheese & crackers, fruit tray, etc. Please call Eileen at 978-343-6662, ext. 125 and let her know if you'd like to contribute. Thanks.



Arc Community Services
Presents
A GETAWAY WEEKEND *Featuring a*
PAWTUCKET RED SOX GAME &
VISIT TO ROGER WILLIAMS ZOO in PROVIDENCE

June 11-12, 2011

Trip includes:

Lunch on Saturday
Pawtucket Red Sox Game at McCoy Stadium
Dinner Saturday Evening at the Stadium
Breakfast Sunday Morning
Visit and Lunch at the Roger Williams Zoo
Hotel Accommodations (Double Occ.)
All Taxes & Tips
Chaperones
Transportation

\$239.00 per person

Meet at ARC Saturday at 9:00AM, return Sunday at 5:00PM.

Pre-registration required. Limited Availability.
For info or to register,
Call Eileen Ganong at 978-343-6662, ext. 125.

Arc Community Services
Special Olympics Softball
Registration 2011

*****REMINDER: All athletes, including those who played last year, who wish to play softball this year, MUST submit this completed registration form AND payment by May 25th. Last year's teams were filled so open slots are limited. Priority will be given to last year's team members until the May 25th deadline. After that, slots will be considered open and filled with new registrations.**

Name: _____

Address: _____

Phone: _____ Date of Birth: _____

Social Security Number: _____

Were you on a team last year? _____ Yes _____ No

If yes, which one? _____

The participation fee for this sport is as follows:

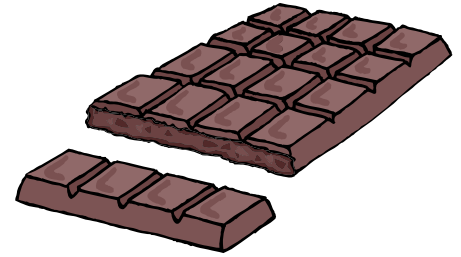
ARC Member: \$58.00**

Non-Member: \$67.00

**If you are not sure whether or not you are a member, please call Development Director at 978-343-6662.

RETURN COMPLETED FORM AND PAYMENT BY MAY 25TH TO:
Ruth Nicholson, Arc Community Services,
564 Main St., Fitchburg, MA 01420

*Athletes will not be excluded from sports based on an inability to pay the participation fee. Financial Aid forms are available by contacting Eileen Ganong at 978-343-6662. All requests will be kept confidential.



Arc Community Services presents our annual Vacation trip to
Amish Country and Hershey in Pennsylvania
October 10 - October 14, 2011 - 5 Days/4 Nights

Trip includes:

- Deluxe Motor Coach Transportation
- Four Nights Hotel Accommodations
- Four Breakfasts
- Four Dinners, including Family Style, Smorgasbord and Dinner Theater
- Guided tour of Hershey
- Visit Chocolate World, Ride the Tram, and See 3D Movie
- Visit Hershey Museum
- Kitchen Kettle Shopping Village
- Guided tour of the Amish farmlands with stops at roadside stands
- See the Amish Experience Movie "Jacob's Choice"
- Visit Amish bakery & Farmer's Market
- Take the "Old and Moo Tour" & visit Kreidler Farm
- Tour the Amish House & Farm
- Attend Dinner Theater Performance
- Lots of Shopping Opportunities, especially for hand crafted products

\$639 per person

for folks traveling on a 1:1 basis
with family members or privately
arranged 1:1 chaperone.

*(available on a 1:1 basis only - Sorry,
but we can't offer an option for
multiple folks traveling with a
private chaperone.*

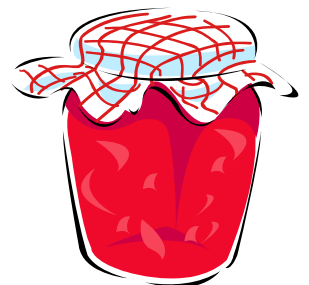
OR

\$809 for individuals traveling on a 3:1
basis with an ARC provided chaperone

ALL prices are per person, double occupancy; contact us for single rates.)

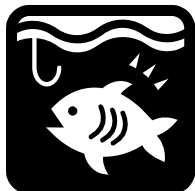
Reservations are on a first come basis. To reserve, or with any questions, please contact **Eileen Ganong** at 978-343-6662, ext. 125. Initial deposit of \$250.00 due by March 25, 2011.

JUST A FEW SEATS LEFT...RESERVE NOW!!!



2011 FISHING DERBY

Arc Community Services presents:
57TH Annual ALBERT J. PIRONE MEMORIAL
FISHING DERBY & COOKOUT



Saturday, June 4, 2011
12:00 Noon - 4:00 PM
Ayer Sportsman's (Rod & Gun) Club
255 Snakehill Rd. Ayer, MA

This event is FREE again this year due to the generosity of the Ayer Sportsmen's Club. Pre-registration is still Required.

In case of inclement weather, please call Arc Community Services at 978-343-6662 and enter ext. 137 after 10:30AM for a recorded message if there is a cancellation.

Directions from Fitchburg: Rt. 2 East to exit 38B Ayer/Harvard; Bear right off the exit, follow to rotary. On rotary, take second right, Sandy Pond Road (you will see McDonald's). Sandy Pond Rd. continues as you bear right after the stop sign. Continue on Sandy Pond Rd. (approx. 1 mile), look for sign for Ayer Sportsman/Sandy Pond; take left. Sportsman Club is on the right at the end of the road.

Please return Fishing Derby response **by May 16th** to:
Eileen Ganong, Arc Community Services, 564 Main St., Fitchburg, MA

Name(s): _____

Address: _____

Telephone: _____

Emergency Contact: _____ Phone: _____

Attending _____