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Family Support and Recreation Updates

*****This may be the LAST paper version of this newsletter you will receive! As of July 2011, the newsletter will be posted online at our website www.arc-matson.org bi-monthly. We will ONLY be mailing the newsletters to people who request it because they cannot receive the information electronically. If you NEED to receive a written copy of the newsletter by mail, please fill out the form below and return to Eileen Ganong, Arc Community Services, 564 Main St., Fitchburg, MA 01420 prior to June 15th. We will email an announcement that the newsletter has been updated on the website to anyone who sends an email address. Just send your email with a message saying "newsletter" to Eileen Ganong at e.ganong@arc-matson.org. You may also go to the website www.arc-matson.org and subscribe to be notified of updates. Thanks you for your assistance.

***All Family Support groups will meet for the last time of the season in May and will resume in September. Updates will be posted on the website www.arc-matson.org and email notices will continue. Have a great summer and see you in the Fall.

*****Last dance of the season is Friday, May 13th. Dances are held at Christ Church, 569 Main Street, Fitchburg. The building is accessible. Dances are from 7pm-9:45pm and admission is \$7.00. Paid admission includes a drink and snack. Admission for families/staff/providers/respite workers etc. is complimentary but we do ask those with free admission to pay \$1.00 for a drink and/or snack at break time. Please do not arrive before 6:45pm and please be sure all rides arrive by 9:45pm. We ask that *NO ONE under 16 attend or "visit" the dance (including family members)*. Please remember that the dances are not "supervised" by Arc staff. Anyone who needs assistance or who does not have sufficient "community unsupervised time", needs to be accompanied by family/staff/provider for the duration of the evening. Watch the website for the new dance season starting in September. Thank you.

***Be sure to sign up for the Sports Award Nite on May 19th and the Ron Hurd Memorial Lecture on Five Wishes June 9th.

***Please review flyers for the upcoming Bowling Family Fun Day, the Fishing Derby, registration for our summer mini-golf league, overnight trips to the White Mountains in July and to North Shore Music Theater for Footloose in August as well as sign-ups for Special Olympic softball.

IF YOU NEED TO RECEIVE THE NEWSLETTER BY POSTAL MAIL - please return this form to Eileen Ganong, Arc Community Services, 564 Main St., Fitchburg, MA 01420 by to June 15, 2011.

____YES, I need to continue receiving this bi-monthly newsletter by mail. Please continue sending to:

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP _____



JUNE, 2011 RECREATION CALENDAR

Contact:

Eileen Ganong, Prog. Op. Dir.
Ruth Nicholson, Recreation Dir.

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 fees are in addition to the daily dues.			1	2	3	4 Community Rec. Club 11:00AM-5:00P.M. ***Note Changed Hours*** Fishing Derby at Ayer Sportsmen Club. Dues - \$10 PLUS Today's Activity Fee - \$0.00! (includes cookout).
5	6	7	8	9	10	11 Community Rec. Club 1:00-7:00P.M. Movie & Restaurant Nite. Dues - \$10 PLUS Today's Activity Fee - \$25.
12	13	14	15	16	17	18 Community Rec. Club 1:00-7:00P.M. Karaoke In-house. Dues - \$10 PLUS Today's Activity Fee - \$10.
19	20	21	22	23	24	25 Community Rec. Club 100-7:00pm Stone Zoo. Dues - \$10 PLUS Today's Activity Fee - \$25. Snack & spending money recommended.
26	27	28	29	30	HOURS SATURDAYS: 1:00PM – 7:00PM Note Changed Hours June 4 – 11:00am-5:00pm LOCATION: ARC Community Services, 564 Main St., (please enter from the rear, near parking garage)	

*****THERE MAY BE LAST MINUTE CLOSINGS. 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 DURING CONSTRUCTION.**

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



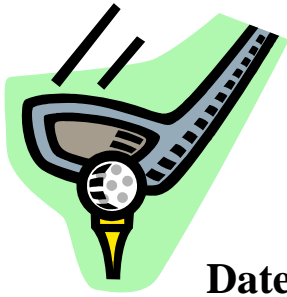
JULY, 2011 Recreation Calendar

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 *CLOSED: SATURDAY, JULY 2 LOCATION: Arc, 564 Main St., Fitchburg. Enter in rear of building (behind gate)			1	2 Community Rec. Club CLOSED (4th of JULY)
3	4	5	6	7 Mini Golf at Mason's 6:00-7:30PM \$4.50	8	9 Community Rec. Club 1:00pm-7:00pm Jump Town Parachute Watching (Orange) & Dinner at Johnson's Farm. Dues - \$10 PLUS Activity Fee - \$20. Snack and spending money also recommended.
10	11	12	13	14 Mini Golf at Mason's 6:00-7:30PM \$4.50	15	16 Community Rec. Club 1:00pm-7:00pm Swimming & Picnic at Dunn's Park. Dues - \$10 PLUS Activity Fee - \$10. Snack and spending money also recommended. <i>Remember bathing suit, sunscreen, hat and towel.</i>
17	18	19	20	21 Mini Golf at Mason's 6:00-7:30PM \$4.50	22	23 Community Rec. Club 1:00pm-7:00pm Games and movies In-house. Dues - \$10 PLUS Activity Fee - \$10.
24	25	26	27	28 Mini Golf at Mason's 6:00-7:30PM \$4.50	29	30 Community Rec. Club 1:00pm-7:00pm Movies & Restaurant Nite. Dues - \$10 PLUS Activity Fee - \$25. Snack & spending money also recommended.
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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.



**Arc Community Services
2011 MINI GOLF LEAGUE**

Dates: THURSDAYS – July 7-August 25

Time: 6:00PM – 7:30PM

**Place: Mason's Bowling Center
640 No. Main St., Leominster**

Cost: \$4.50 per week (Please pay fee to ARC volunteers,
NOT directly to Mason's)

Ages: 6 thru Adult (under 18 **MUST** have parent or responsible adult
present and willing to keep score.)

*Mini golf will not be cancelled due to bad weather. In case of rain, league will bowl
indoors instead of mini golfing that evening.*

Please complete and return the mini-golf registration form by June 22nd to:
Ruth Nicholson, Arc Community Services, 564 Main St., Fitchburg, MA 01420

Name: _____ Date of birth: _____

Address: _____

Name of person who can be reached during golf: _____

Telephone Number: _____ Cell: _____

Alternate Emergency Contact: _____ Phone: _____

Cell: _____

**Volunteer scorekeepers are NEEDED to let this program continue!
PLEASE help us out! If you can, please check & complete below.**

____ **YES**, I am willing to volunteer as a weekly scorekeeper:

Name: _____ Phone: _____



Arc Community Services
Presents Our Popular Annual
WHITE MOUNTAINS, NH
GETAWAY WEEKEND
July 9-10, 2011

Trip includes:

Turkey Lunch on Saturday (other options available)
Scenic Ride along the White Mtn. Parkway
Pool, Hot tub, Games & Fun at our Hotel
Casual Dinner Saturday Night
Breakfast at Polly's Pancake Parlor
Visit to Clark's Trading Post with Trained Bear Show
Lunch on Sunday
Transportation
Hotel Accommodations (Double Occupancy)
Chaperones

\$253.00 per person

Vans will leave from ARC Saturday, July 9 at 9:00AM and
return on Sunday, July 10 at 7:00PM.

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



Arc Community Services
Presents

THEATER & RIVER CRUISE GETAWAY WEEKEND

August 20-21, 2011

Trip Includes:

Lunch on Saturday
Reserved Seats for the Musical FOOTLOOSE
at North Shore Music Theater
Dinner Saturday Evening
Breakfast Sunday Morning
Time to explore the Essex area
Lunch on Sunday
A Scenic Narrated Cruise on the Essex River
Hotel accommodations
Chaperones
Transportation

\$292.00 per person

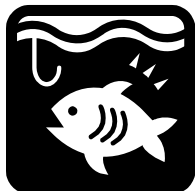
Vans will leave from Arc Saturday at 9:00AM; return Sunday at 6:00PM

Pre-registration required. Limited Availability.

For info or to register,
call Eileen Ganong at 978-343-6662, ext. 125.

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 25th** to:
Eileen Ganong, Arc Community Services, 564 Main St., Fitchburg, MA

Name(s): _____

Address: _____

Telephone: _____

Emergency Contact: _____ Phone: _____

Attending _____



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 13, 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
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.

RON HURD MEMORIAL LECTURE SERIES

Please join us for the next session in the Ron Hurd Memorial Lecture Series. Ron was a long time Board Member, supporter and benefactor of Arc Community Services and this series is dedicated to his memory.

Five Wishes

will be presented
on Thursday, June 9, 2011
from 10:00am - 12:00Noon
at Christ Church
569 Main Street, Fitchburg, MA

Mary Heafy, President and CEO of Alliance for Resource Management, holds a masters degree in healthcare administration and training in hospice/end of life needs from Home Healthcare, Hospice and Community Services. Mary will guide participants through Five Wishes, an easy to use legal document written in everyday language that lets adults of all ages plan how they want to be cared for in case they become seriously ill. *Five Wishes* helps you express how you want to be treated if you are seriously ill and unable to speak for yourself. It is unique among all other living will and health agent forms because it speaks to all a person's needs: medical, personal, emotional and spiritual. *Five Wishes* also helps structure discussions with your family and physician.

Participants can complete this process for themselves and/or use it to help a loved one express their wishes. This may be especially valuable for those with a loved one with limited abilities to express their wishes to those caring for them.

This presentation provides an opportunity for parents or family members of a child with a developmental or intellectual disability to think about their own end of life planning or the end of life plans for their child.

Please RSVP to Eileen Ganong at e.ganong@arc-matson.org or 978-343-6662, ext. 125 by June 2. Session will be cancelled if there are not a minimum of 6 registered participants. Thank you.

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.

Family Fun Day at Mason's Bowling Center



June 26, 2011 at 2:00PM

Mason's Bowling Center

640 North Main Street, Leominster, MA

\$5.00 per person

Ice cream is available on site at your own cost (optional)

To register, please complete and return form below with payment by June 10, 2011 to:
Ruth Nicholson, Arc Community Services, 564 Main St, Fitchburg, MA 01420

Bowling Family Fun Day Registration Form

Name(s): _____

Address: _____ Telephone _____

No of participants _____ X 5.00 = _____

TOTAL ENCLOSED = _____