



RECREATION AND FAMILY SUPPORT NEWSLETTER  
October-November 2011

## *Family Support and Recreation Updates October - November 2011*

\*\*\*\*\*If you have received a paper copy of this newsletter but have computer access, please let us know. 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](mailto:e.ganong@arc-matson.org). You may also go to the website [www.arc-matson.org](http://www.arc-matson.org) and subscribe to be notified of updates. Thanks for your assistance.

\*\*\*\*\*Upcoming dances will be on September 16<sup>th</sup>, October 7<sup>th</sup>, and November 4<sup>th</sup>. 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. Thank you.

\*\*\*Please review Weekend Recreation calendars, Family Support calendars and registration forms for Arc bowling league, Special Olympic basketball for children and adults, our annual Holiday Dinner Dance for Adults and the Children's Christmas party. Please consider attending the next training in our Ron Hurd Memorial Series, "Thinking About Housing for Your Child". Don't miss the flyer on our December Overnight Getaway to see Bright Nights at Forest Park. If you haven't yet returned your vacation survey and training survey, please do so at your earliest convenience. Thanks.

\*\*\*Save the Date - Friday, November 18, 2011 for our annual AUCTION! More information will be forthcoming. Keep watching our website [www.arc-matson.org](http://www.arc-matson.org) for details.

\*\*\*Hopefully we won't need it for awhile, but please review our Recreation Snow Policy below.

**Bowling:** Any day that there is no school in Fitchburg or Leominster, bowling will automatically be cancelled. Any day when Arc Community Services Day Programs are "open with no transportation", bowling will automatically be cancelled (even if some separate companies continue to provide transportation). If weather conditions worsen during the day, cancellation of "Arc Community Service's bowling league" will be called in to radio station 1280AM by 12:30PM. After that time, please listen to the radio or call Arc directly (978-343-6662) to confirm bowling on days when the weather may be questionable.

**Weekend Recreation Club (Drop-In):** A message to announce that the Weekend Recreation Club (Drop-in) is closed will be placed on the Rec. Club's telephone extension at Arc by 11:00AM. Call Arc Community Services at 978-343-6662; when the main number's recording begins, enter ext. 137 to hear the message. Cancellations of the "Arc Weekend Recreation Club will be called in to Radio Station 1280AM. Please be aware however that this station is sometimes not staffed on the weekend so cancellations may not make it on to the air. Please **BE SURE** Recreation Club is open before leaving home; we don't want anyone stranded at a closed building! Reminder - in bad weather it is especially important to walk club members into the building to ensure it's open, that there are no changes in operating hours, etc.

**Dances (and other special evening events):** Cancellation of "Arc Community Service dance" or event will be called in to Radio Station 1280AM by 3:00PM. Please listen to the radio or call Arc directly (978-343-6662) prior to 4:00PM to confirm dances or other evening activities on days when the weather may be questionable. After hours you may call Arc and enter extension 137 for a recorded message if an event is cancelled.

*While we hope to offer all scheduled activities, we are not willing to risk the safety of individuals to do so. If there is ANY doubt an activity will take place, please confirm it is happening prior to leaving home. For everyone's safety, please do not use Dial-a-Ride, other transportation or drop anyone off for an activity without this confirmation. Thank you for your cooperation.*

*If you have any questions regarding Recreation or Family Support concerns, please call Eileen Ganong at 978-343-6662, ext. 125 or email [e.ganong@arc-matson.org](mailto:e.ganong@arc-matson.org). Thanks.*



# OCTOBER 2011 Recreation Calendar

Contact:  
 Eileen Ganong, Div. Dir. x.125  
 Ruth Nicholson, Recreation Dir. x.129  
Phone Numbers:  
 Arc: 978-343-6662  
 Weekend: 978-343-6662, x.137  
 Mason's: 978-537-7064

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>NOTE: Dues \$10.00 per day.</b>  <b>Activity fee is in addition to dues.</b>  <b>HOURS: SATURDAYS: 1:00PM – 7:00PM</b>  <b>LOCATION: Arc Community Services, 564 Main St., Fitchburg</b>            Please use rear entrance nearest to parking garage.</p>						<p>1  <b>Community Rec. Club</b>  <b>1:00pm-7:00pm</b>  <b>Apple Picking AND Dinner.</b>  <b>Dues - \$10 PLUS Activity Fee - \$20.</b> Snack and spending money recommended.</p>
2	3	4	5	6	7	8
				<p><b>Bowling</b>            at Mason's  <b>3:15-4:30</b>  <b>\$5.00</b></p>	<p><b>Arc Dance</b>            7:00-9:45pm  <b>Theme:</b>  <b>Harvest</b>  <b>Christ Church</b>            569 Main St., Fitch.  <b>\$7.00</b></p>	<p><b>Community Rec. Club</b>  <b>1:00pm-7:00pm</b>  <b>Pottery Making AND Dinner.</b>  <b>Dues - \$10 PLUS Activity Fee - \$20.</b> You may bring extra money if you wish to select a larger piece.</p>
9	10	11	12	13	14	15
				<p><b>NO BOWLING</b>  <b>Be sure to notify transportation.</b></p>		<p><b>Community Rec. Club</b>  <b>1:00pm-7:00pm</b>  <b>Make Scarecrows In-house. AND Dinner. Dues - \$10 PLUS Activity Fee – \$15.</b> Please bring old clothes to dress your scarecrow.</p>
16	17	18	19	20	21	22
				<p><b>Bowling</b>            at Mason's  <b>3:15-4:30</b>  <b>\$5.00</b></p>		<p><b>Community Rec. Club</b>  <b>1:00pm-7:00pm</b>  <b>Movies &amp; Restaurant Nite .</b>  <b>Dues - \$10 PLUS Activity Fee - \$25.</b> Snack and spending money recommended.</p>
23	24	25	26	27	28	29
				<p><b>Bowling</b>            at Mason's  <b>3:15-4:30</b>  <b>\$5.00</b></p>		<p><b>Community Rec. Club</b>  <b>1:00pm-7:00pm</b>  <b>Halloween Party In-house.</b>  <b>Dues - \$10 PLUS Activity Fee - \$15.</b></p>
30	31					

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

**\*\*\*THERE MAY BE A LAST MINUTE CLOSING(S). 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 ON THE MACHINE) MEANS WE ARE CLOSED. THE REGULAR MESSAGE WILL PLAY IF WE ARE OPEN.**

**THANKS FOR YOUR PATIENCE.**

**Happy Thanksgiving**



Contact:  
 Eileen Ganong, Div. Dir. x.125  
 Ruth Nicholson, Recreation Dir. x.129  
Phone Numbers:  
 Arc: 978-343-6662  
 Weekend: 978-343-6662, x.137  
 Mason's: 978-537-7064

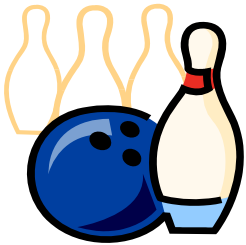
**NOVEMBER 2011  
 RECREATION CALENDAR**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Note: Dues \$10.00 per day. Activity fee is in addition to the daily dues.</b>		1	2	3 <b>Bowling</b> at Mason's <b>3:15-4:30</b> <b>\$5.00</b>	4 <b>Arc Dance</b> 7:00-9:45pm <b>Theme:</b> <b>HALLOWEEN</b> Prizes for best costumes. (costume optional) <b>Christ Church</b> 569 Main St., Fitch. <b>\$7.00</b>	5 <b>Community Rec. Club</b> <b>1:00PM-7:00P.M.</b> <b>Christmas Tree Shop AND Dinner. Dues - \$10 PLUS Activity Fee - \$10.</b> Bring your holiday list and shopping money! Snack & spending money recommended.
6	7	8	9	10 <b>Bowling</b> at Mason's <b>3:15-4:30</b> <b>\$5.00</b>	11	12 <b>Community Rec. Club</b> <b>1:00-7:00P.M.</b> <b>Movies &amp; Restaurant Nite. Dues - \$10 PLUS Activity Fee - \$25.</b> Snack & spending money recommended.
13	14	15	16	17 <b>Bowling</b> at Mason's <b>3:15-4:30</b> <b>\$5.00</b>	18	19 <b>Community Rec. Club</b> <b>1:00-7:00P.M.</b> <b>Cook Thanksgiving Dinner</b> In-house. <b>Dues - \$10 PLUS Activity Fee - \$12.</b>
20	21	22	23	24 <b>NO BOWLING</b>	25	26 <b>Community Rec. Club</b> <b>100-7:00pm</b>  <b>CLOSED</b> (Thanksgiving)
27	28	29	30	31 <b>Bowling</b> at Mason's <b>3:15-4:30</b> <b>\$5.00</b>	<b>HOURS</b> SATURDAYS: 1:00PM – 7:00PM LOCATION: Arc Community Services, 564 Main St., (please enter from the rear, near parking garage) CLOSED: November 26 <sup>th</sup>	

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

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*THANKS FOR YOUR PATIENCE.*



## Arc Community Services ADULT BOWLING LEAGUE REGISTRATION (14+)

Starts: Thursday, September 22, 2011

Time: 3:15 – 4:30PM

Place: Mason's Recreation Center, 40 North Main Street, Leominster, MA 01453

Cost: **\$5.00** per week. Bowling shoes are available free of charge.

Bowling will typically be held each Thursday except on holidays, school vacations or if cancelled due to inclement weather. Any day that there is **no school in Fitchburg or Leominster**, bowling will automatically be cancelled. Any day when **Arc Community Services Day Programs are "open with no transportation"**, bowling will automatically be cancelled (even if some separate companies continue to provide transportation). If weather conditions worsen during the day, cancellation of "Arc Community Service bowling league" will be announced on WEIM Radio Station (1280AM) by 12:30PM.

***Arc provides NO TRANSPORTATION to or from Mason's. You are responsible for ALL transportation to and home from Mason's (family, provider, staff, respite worker or Dial-a-Ride if eligible.) You are responsible to notify Dial-a-ride and program staff of any schedule changes and ensure that transportation is in place. Please don't arrive at Mason's before 3:00PM. Please be sure all rides are at Mason's by 4:30PM for return home.***

Please complete the bowling registration form below and **return it by September 20, 2011 to:**

Ruth Nicholson

Arc Community Services, 564 Main Street, Fitchburg, MA 01420

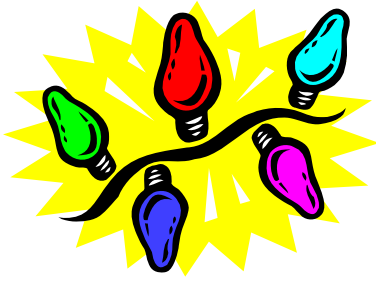
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### Bowling Registration Form

_____	_____ Thursday Only
Name	Date of Birth
_____	_____
Address	Telephone Number
_____	_____
Contact Person	Telephone Number
_____	_____
Name of Person who can be reached during bowling	Telephone Number

***\*\*We are in NEED of volunteers to assist with scorekeeping weekly. If you are able to assist with this, please complete below. Please Help if you can!***

_____	_____
Name	Telephone Number



Arc Community Services  
*Presents*  
**A GETAWAY to SPRINGFIELD MA**  
*Featuring*

**BRIGHT NIGHTS INCREDIBLE HOLIDAY LIGHTS  
VISIT to SPRINGFIELD SCIENCE CENTER &  
STOP AT STORROWTON FOR DECORATIONS AND CAROLING**

**December 3-4, 2011**

*Trip Includes:*

Lunch on Saturday  
Tour of Bright Nights Holiday Displays & Wagon Ride  
Late Dinner Saturday Night  
Breakfast Sunday Morning  
Visit to Springfield Science Center - including Dr. Seuss Garden and  
Holiday Gingerbread House Display  
Lunch on Sunday  
View Decorations and Go Christmas Caroling at Storrowton  
Hotel Accommodations (Double Occ.)  
All Taxes & Tips  
Chaperones  
Transportation

**\$249.00 per person**

**Meet at Arc back parking lot Saturday at 10:00AM; return Sunday at  
6:30PM.**

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





*Please join us for the  
Arc Community Services  
Annual Holiday Dinner Dance  
Friday, December 2, 2011*

Fitchburg Senior Center, 14 Wallace Avenue, Fitchburg  
*ALL Individuals involved with Arc/Matson Vocational, Day,  
Residential, Recreational and/or Family Support Services,  
their families, providers and staff, along with Arc/Matson  
volunteers are cordially encouraged to attend.*

**6:00-10:00 PM**

**Dinner promptly at 6:45 – BUFFET with ham, pasta, beef & chicken**

**Dancing 8:30-10:00**

*Music by: Rick Clouthier*

**\$26.00 per person**

*Appropriate Dress and Reservations for Dinner are required*  
**Those who miss the deadline may come for dancing at 8:30PM (\$7.00)**

**Please return by November 22, 2011 to:**

Eileen Ganong, Arc Community Services, 564 Main Street, Fitchburg, MA 01420

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**Arc Holiday Dinner Dance**

Name(s): \_\_\_\_\_  
\_\_\_\_\_

Phone #: \_\_\_\_\_

No. \_\_\_\_\_ @\$26.00 per person = Total \$\_\_\_\_\_ Please return to the Arc no later than  
November 22, 2011.





*Arc Community Services*  
*Invites you to our annual*  
**Children's Christmas Party**  
 (children up through age 12)

Saturday, November 26, 2011  
 2:00-4:00 PM

Christ Church Episcopal, 569 Main Street, Fitchburg, MA  
 (Please enter through door with ramp on Main Street)

This party is open to all *children under 12 with a diagnosed disability* and their family members; siblings are welcome and encouraged to attend. **Pre-registration is required. Children Must be accompanied by an adult.** Santa will be making an appearance. Gifts will be provided for all pre-registered children through age 12. In order for children to receive a gift, reservations **Must** be made by **November 20<sup>th</sup>**.

*Light snacks will be served.*

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Please RSVP by **November 20<sup>th</sup>** on our website [www.arc-matson.org](http://www.arc-matson.org) or return the form below by mail to: Eileen Ganong, Arc Community Services, 564 Main Street, Fitchburg, MA 01420. Call 978-343-6662, ext. 125 for more information.

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Number of people attending: \_\_\_\_\_

List name and age of each child (12 and under) attending (use reverse if needed)  
*Please make suggestions for gifts for each child next to their name*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Arc Community Services  
Traditional Basketball Registration 2012

\_\_\_\_\_ **Junior**  
(Ages 8 - 15)

\_\_\_\_\_ **Senior**  
(Ages 16+)

All information must be completed

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: \$48.00\*\*

Non-Member: \$53.00

\*\*If you are not sure whether or not you are a member, please call Jennifer Peck at 978-343-6662, ext. 123.

**All registrations must be accompanied by payment\* and mailed to the address below by November 25, 2011.**

**\*\*\*REMINDER: All athletes, including those who played last year, must submit this completed registration form by November 25<sup>th</sup>. Open slots are limited; priority will be given to last year's athletes only until this deadline.**

Arc Community Services  
564 Main Street  
Fitchburg, MA 01420  
Attention: Ruth Nicholson, Recreation Director

\*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, ext. 125. All requests will be kept confidential.

# Arc Community Services

## Unified Basketball Registration 2012

All registrations, accompanied by payment or confirmed payment arrangements worked out with Arc, must be received at Arc Community Services by November 25, 2011. Open slots are limited, and priority will be given to last year's athletes only until the November 25<sup>th</sup> deadline. After that date the slots will be matched on a first-come first-served basis to individuals who have completed all their paperwork and paid all their fees until the team rosters are full.

**All** special athletes (new & returning) **must** have a **current medical** on file and **all** Unified Partners must have a **current DSV** (Class A Volunteer) form on file **PRIOR** to the first practice. All Special Olympics forms are **valid for 3 years** from the date of the physical or the individual's signature, whichever is the earlier date.

### **All information must be completed**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

Social Security Number: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Were you on a Arc team last year? \_\_\_\_ Yes \_\_\_\_ No Which one? \_\_\_\_\_

Email Address: \_\_\_\_\_

The participation fee for this sport is as follows:

Arc Member: \$53.00\*\*                      Non-Member: \$60.00

\*\*If you are not sure whether or not you are a member, please call Jennifer Peck at 978-343-6662, ext. 123.

There may be an extra \$8.00 fee for uniform shirt if you do not already have one from a previous year.

The season ends by mid March with the weekend-long SOMA Winter State Games in Worcester. An Assessment is tentatively scheduled for a early February and the State Games are planned for the first or second weekend in March (all weekend). **Attendance at almost all the practices or an excused absence AND participation in the Assessment and State Games is expected of all team members so please check your schedule/availability for these dates prior to registering.**

**All registrations must be accompanied by payment\* and mailed to the address below by November 25, 2011.**

Arc Community Services  
564 Main Street, Fitchburg, MA 01420  
Attention: Ruth Nicholson, Recreation Director

\*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.

# FAMILY SUPPORT CALENDER

## October 2011

October 1<sup>st</sup>, 2011 - Caregivers with folks UNDER 22: This is a support group for families who have a loved one under 22 years old with an intellectual or developmental disability. 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 entrance nearest Espresso Pizza.) This group meets from 10 - 11:30AM. Childcare is available with advance notice.

October 6<sup>th</sup>, 2011 - Caregivers with folks OVER 22: This is a support group for family members & caregivers of an adult with an intellectual or developmental 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.

October 6<sup>th</sup>, 2011 - Non-Disability specific: This group meets at the Lawrence Library in Pepperell from 10AM-12PM. For information contact Nancy Hanley @ 978-582-6203.

October 12<sup>th</sup>, 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 Arc Community Service' Park Snow Building; park in rear & use ramp door.

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## November 2011

November 3<sup>rd</sup>, 2011 - Non-Disability specific: This group meets at the Lawrence Library in Pepperell from 10AM-12PM. For information contact Nancy Hanley @ 978-582-6203.

November 3<sup>rd</sup>, 2011 - Caregivers with folks OVER 22: This is a support group for family members & caregivers of an adult with an intellectual or developmental 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.

November 5<sup>th</sup>, 2011 - Caregivers with folks UNDER 22: This is a support group for families who have a loved one under 22 years old with an intellectual or developmental disability. 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 entrance nearest Espresso Pizza.) This group meets from 10 - 11:30AM. Childcare is available with advance notice.

November 9<sup>th</sup>, 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 Arc Community Service' Park Snow Building; park in rear & use ramp door.

**REMINDERS - Please see flyers/registration forms in this mailing for:**

*Ron Hurd Memorial Lecture Series Workshop "Thinking About Housing for Your Child" on November 2<sup>nd</sup>*

*Children's Christmas Party at Christ Church on November 26<sup>th</sup>*

*Children's Special Olympic Basketball Team*

# RON HURD MEMORIAL LECTURE SERIES

Please join us for the first session in this year's 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.

## **"THINKING ABOUT HOUSING FOR YOUR CHILD"**

will be presented

Wednesday, November 2, 2011 at 6:30pm

at Arc Community Services

564 Main Street, Fitchburg, MA

(please park and enter in parking lot behind building)

"Thinking About Housing for your "Adult" Child" is relevant for many families. While a lot of parents think this issue only applies to parents whose child has a severe disability or parents of an adult or soon to be adult child, it actually applies to almost everyone. The reality is only about 15% of adults receiving services from DDS will receive 24/7 residential supports as adults. Even for those who do, there is a move toward self-direction of services. For others, cobbling together personal resources with an array of other government subsidies is the order of the day.

Learn what resources are out there, and why it is important to start planning for this milestone in your family member's life as early as possible. Parents of younger children need to understand the need to begin saving early, and the importance of teaching their child certain skills to reduce the cost of support services.

The best advice is to plan early, very early. The presenter would like to be talking with families when their children are in elementary school to help them begin life planning at that time. Many attendees are often families with a child in high school beginning to think about transitioning to adult services; for them, planning for housing needs to be given a great deal of careful consideration and this presentation will be a real help. Families of children who are already adults will also benefit from this training. Cathy's presentation includes not only planning suggestions, but practical tools as well, including a checklist for parents.

The presenter, Catherine Boyle is herself the parent of a 20 year old with autism and the President of Autism Housing Pathways, a clearinghouse on self-directed housing. Catherine is also a publisher of St. Mary's Curriculum for Students with Autism and Other Developmental Disabilities, a member of the Adult Services Subcommittee of the Mass. Autism Commission, a commissioner of the Winchester Housing Authority, a graduate of Dartmouth College and she holds a certificate in adapting curriculum from UMASS Boston.

## **PLEASE PLAN TO JOIN US FOR THIS INFORMATIONAL SESSION!**

Please RSVP to Eileen Ganong at [e.ganong@arc-matson.org](mailto:e.ganong@arc-matson.org) or 978-343-6662, ext. 125 by October 22, 2011. Session will be cancelled if there are not a minimum of 6 registered participants. Thank you.