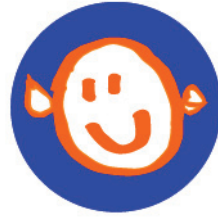


Greater Waltham Arc



**Recreation
 PLUS**

**Summer 2015
 Brochure**



**56 Chestnut Street
 Waltham, MA 02453
 781.899.1344 Ext. 0
 Recreation@gwarc.org**

ADDRESS SERVICE REQUESTED

Non-Profit
 U.S. Postage PD
 Boston, MA
 Permit # 56454

Meet GWArc's Recreation Staff & Instructors

Recreation Staff



Michael Mullins
Recreation Manager



Renee Emmonds
Recreation Assistant



Kate Saddlemire
Recreation Assistant



Eliza Hoenigke
Recreation Assistant



Kaitlyn Riley
Recreation Assistant



Peter Cohn
Recreation Assistant

Recreation Instructors



Annie Dulong Close
Dance Instructor



Reva Haselkorn
Cooking Instructor



Alex Jacobs
Drama Instructor

GWArc, Inc. Recreation PLUS Policies and Procedures

1. 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 the below address.
2. GWArc staff will be responsible for communicating with the applicant relative to assessment, support, program availability and program regulations. GWArc staff will make final admission decisions.
3. Please contact Michael Mullins with any questions about accessibility and participant's stamina and mobility requirements.
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. Once admitted, participants must make the commitment to attend each class. Preparation of materials is dependent upon the number of people registered. If you are not able to attend, please notify GWArc staff at 781.899.1344 Ext. 0.
No refunds for missed activities. GWArc regrets that we cannot refund any portion of an ongoing activity which we may cancel. If a one time event is cancelled, you will be credited for the class, if we cannot reschedule.
6. Registration in any program may be limited due to staff and/or space limitation. Be sure to register as soon as possible. To know whether a program is full, please take a look at GWArc's website.
7. No participant is to be dropped off or left at an activity without a Recreation Assistant being present.
8. Pick up at the end of an event must be prompt. Please cooperate with this request.
9. 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.
10. **INCLEMENT WEATHER POLICY:** Programs may be cancelled due to poor weather conditions. We will cancel activities if Waltham Schools do so and at our own discretion. **In case of inclement weather, please call 781.899.1344 Ext. 0.**

For more information, please contact:

GWArc, Inc.
56 Chestnut Street
Waltham, MA 02453
781.899.1344 Ext. 4120
Email: Recreation@gwarc.org
Website: www.gwarc.org

Castle Island



Cost: \$20 Includes chaperones, dinner and transportation.

Date: Friday, June 19th

Time: Drop off 5:00 PM
Pick up 9:00 PM

Location: Drop off & Pick up: 31 Woodland Rd., Waltham, MA

Details: Enjoy seeing a historic fort, views of Boston Harbor and the smell of fresh ocean air while we picnic on the forts grounds (weather permitting). We will eat inside in case of rain. This is a must summer trip and a great way to relax and beat the summer heat! **Please wear comfortable shoes and clothes.**

Minimum: 5 people

Maximum: 9 people

WWE Wrestling

Cost: \$55 Includes admission, dinner, chaperones and transportation.

Dates: Saturday, June 27th

Time: Drop off: 5:00 PM
Pick up: 11:30 PM

Location: Drop off & Pick up: 31 Woodland Rd., Waltham MA

Details: WWE Live is taking over Boston's TD Garden and will give their fans at **GWArc** an adrenaline rush they'll never forget! The larger than life WWE Superstars are hitting the ring, so don't miss your chance to experience **John Cena, Dean Ambrose, Seth Rollins, Bray Wyatt and Kane LIVE in Beantown in 2015.**

Due to the popularity of this trip, please call and RSVP by phone or email before sending your registration!

Minimum: 5 people

Maximum: 9 people



Concerts on Waltham Common

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

Dates: Tuesday, July 7th, 14th, 21th, & 28th
Tuesday, August 4th, 11th, 18th, & 25th

Time: Drop off: 7:00 PM
Pick up: 8:30 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!

With Performances By:

July 7st: *Mystique* (Rock / R & B)

July 14th: *The Reynolds Band* (Irish)

July 21th: *Studio 2* (Beatles Tribute)

July 28nd: *Tom Bruhl* (Rock/Variety)

Minimum: 5 people

August 4th *Eric Grant Band* (New Country)

August 11th: *Waltham American Legion Band* (Patriotic)

August 18th: *Sea Breeze* (Italian)

August 19th: *Reminisants* (50's, 60's Music)

Maximum: 10 people



Healthy Cooking Club



Cost: \$15 per class Includes dinner, chaperones and professional instructor.

Dates: Thursday, June 25th
Thursday, July 30th

Time: Drop off: 4:30
Pick up: 6:30 PM

Location: Drop off & Pick up: 31 Woodland Rd., Waltham, MA

Details: This cooking club takes participants on a scrumptious tour across the globe, as well as to their local farmers' markets! Emphasizing fresh vegetables and whole foods, this course caters to those who are looking to add local and global spice and excitement to their diet while reaping the health benefits that come from choosing a plant based diet. This is a hands-on cooking club, not a sit-down lecture, so come prepared to be a chef for a night! Participants will dine on their culinary creations at the end of each class.

Minimum: 5 people

Maximum: 10 people

Hip Hop Dance



Cost: \$40 Includes chaperones and professional instructor.

Dates: Tuesday, June 9th & 30th
Tuesday, July 7th, 14th and 21st

Time: Drop off: 4:15
Pick up: 5:00 PM

Location: Drop off & Pick up: Center Stage, 881 Main St., Waltham, MA

Details: Upgrade your Hip Hop dance techniques! Or learn new skills that will have you breaking, locking and popping! We will be learning some street and video dance styles while dancing to some of Hip Hop's best songs. This class is sure to excite! Learning is done at your own pace and at your own ability showcasing your unique style! **Wear comfortable clothes and sneakers.**

Minimum: 5 people

Maximum: 10 people

Summer Fun Dance



Cost: FREE Includes soda and snack.

Date: Wednesday, August 12th

Time: 6:00-8:00 PM

Location: Drop off & Pick up: location: French American Victory Club, 193 Elm St., Waltham, MA

Details: Summer is here and it's time to let loose and have some fun!! Let's party together with a night of music, dance, face painting and socializing.

Admission to first 125 people ONLY. Snacks and drinks will be provided. **You do not need to register for the dance.**

Maximum: 125 people

Fishing Club

Cost: \$30 Includes chaperones, transportation and lunch.

Dates: Saturday, June, 13th
Saturday, July, 11th
Saturday, August, 8th

Time: Drop off: 10:00 AM
Pick up: 2:00 PM

Location: Drop off & Pick up: 31 Woodland Rd., Waltham MA

Details: Come explore the natural beauty of your own backyard! Fishing Club will bring participants to some of Massachusetts' gorgeous state parks and reservations. We will explore nature, learn to fish and picnic in the splendor that nature offers. GWArc will provide fishing license for fishing club trips! **Fishing poles, bait and LUNCH will be provided!** Due to the popularity of this club please **RSVP by phone or email before sending in your registration!**

Minimum: 5 people

Maximum: 9 people



DINNER & A MOVIE

Cost: \$30 Includes admission, dinner, snack, chaperones and transportation.

Dates: Friday, August, 21st

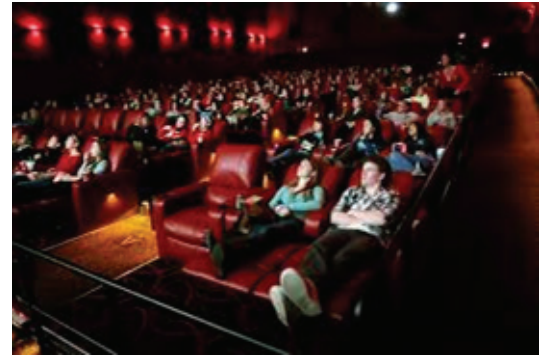
Time: Drop off: 4:30 PM
Pick up: 10:30 PM

Location: Drop off & Pick up: 31 Woodland Rd., Waltham MA

Details: Let's go to the movies!! Join us for a night out! We will dine at The Chateau in Burlington before going to Burlington's AMC Cinema 10. Enjoy reclining plush seating as you take in a show. Movie to be determined. Due to the popularity of this trip, please **RSVP by phone or email before sending in your registration!**

Minimum: 5 people

Maximum: 9 people



Drama Club

Cost: \$30 Includes professional instructor, chaperones and use of costumes.

Dates: Wednesday June, 17th & 24th
Wednesday July, 1st, 8th, 15th & 22nd

Time: Drop off: 4:15 PM
Pick up: 5:00 PM

Location: Drop off & Pick up: Intercultural Center
at Brandeis University, Waltham, MA

Details: Drama Club allows participants a nonjudgmental space to express themselves! Explore your creative side through warm up games, scene study and character exploration. Spend some time exploring the many personalities within you, or pretend to be someone completely different for a change. Each participant will create their own character with costumes and props! This is your chance to be a star! **Costumes and props will be provided for class purposes only.**

Minimum: 5 people

Maximum: 10 people



GWArc, Inc. Recreation PLUS - Summer 2015 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"/> Hip Hop Dance	<input type="checkbox"/> Canobie Lake Park	<input type="checkbox"/> Trombetta's Farm	<input type="checkbox"/> July 21st <i>Studio 2</i>	<input type="checkbox"/> August 25th <i>The Rem...</i>
<input type="checkbox"/> WWE Wrestling	<input type="checkbox"/> June Healthy Cooking	<input type="checkbox"/> Castle Island	<input type="checkbox"/> July 28th <i>Tom B...</i>	
<input type="checkbox"/> Jellystone Park	<input type="checkbox"/> July Healthy Cooking	<input type="checkbox"/> Circle the Square	<input type="checkbox"/> August 4th <i>Eric G...</i>	
<input type="checkbox"/> Movie Night	<input type="checkbox"/> Drama Club	<input type="checkbox"/> July 7th <i>Mystique</i>	<input type="checkbox"/> August 11th <i>The Wa...</i>	
<input type="checkbox"/> Festival by the Sea	<input type="checkbox"/> Fishing Club	<input type="checkbox"/> July 14th <i>The Reyn...</i>	<input type="checkbox"/> August 18th <i>Sea Br...</i>	

Participant Information:			
Name:			
Address:		City & Zip Code:	
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:			

Emergency Contact Information: Must provide two contacts.			
Person # 1:		Person #2:	
Relationship:		Relationship:	
Home Phone #:		Home Phone #:	
Cell Phone #:		Cell Phone #:	
Other Phone #:		Other Phone #:	

Activities for Daily Living:	Independent	Needs Assistance	Please explain.
Toileting:			
Eating:			
Dressing:			

Please attach any other information you feel is necessary for the participant's health and safety during activities.

I will notify GWArc staff of any behavioral concerns that occur within 24 hours of an activity. GWArc 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 PLUS Policy and Procedures.

I authorize GWArc staff to perform First Aid and seek emergency medical treatment if necessary for the above-named applicant. I also give permission for GWArc staff to transport the above-named applicant in any vehicle used by GWArc 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.



DECLARATION OF INCOME REPORT

FY 2015 (Effective March 6, 2015)

INFORMATION PROVIDED ON THIS FORM IS KEPT CONFIDENTIAL AND IS NOT SHARED WITH ANY OTHER AGENCIES

PARTICIPANT STATUS: HOUSEHOLD INDIVIDUAL

Participant Name: _____

Address: _____ City, State, Zip Code: _____

ETHNICITY (please select only one):

Hispanic or Latino Not Hispanic or Latino

RACE (please select 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 American Indian/Alaskan Native *and*
Black/African American
 Native Hawaiian/Other Pacific Islander Other Multi-Racial:

HOUSEHOLD INFORMATION

Female Head of Household

Circle the number of people living in your household below and the income

FY 2015 Income Limit Category	Persons in Family							
	1	2	3	4	5	6	7	8
Low (80%) Income Limits	48,800	55,800	62,750	69,700	75,300	80,900	86,450	92,050
Very Low (50%) Income Limits	34,500	39,400	44,350	49,250	53,200	57,150	61,100	65,050
Extremely Low (30%) Income Limits	20,700	23,650	26,600	29,550	31,950	34,300	36,730	40,890

Check box if your family size and income is not in one of the boxes above. 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/Guardian: _____ Date: _____

(Original signature is required)

Federal regulations require we obtain this information to document assistance is being provided to low and moderate-income households. The Participant/Guardian should complete this form indicating all persons residing within their household, regardless of whether or not they are related. The Grantee should retain this form for monthly reporting requirements as well as on-site monitoring visits.



Adolescent and Adult Recreation

CANOPIE LAKE PARK



Cost: \$40 Includes admission, transportation, chaperone, snacks and dinner.

Date: Saturday, July, 18th

Time: Drop off: 1:00 PM

Pick up: 11:00 PM

Location: Drop off & Pick up: 31 Woodland Rd., Waltham MA

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!! **Snack and Dinner are included.** Please bring your own money to shop for gifts 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

Watch City Self Advocates

Cost: \$3 Meeting Dues Includes chaperones.

or

\$6 Meeting & Dinner Dues Includes chaperones and dinner.

Dates: Thursday, June 4th

Thursday, August 6th

Time: Meeting 3:45-4:45 PM Dinner until 5:45 PM

Location: Drop off & Pick up: 31 Woodland Rd., Waltham, MA

Details: Join Watch City Self Advocates in the fight for your rights! 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 but please call Katie Hoenigke in advance and bring your dues the day of the meeting.**



TROMBETTA'S FARM

Cost: \$30 Includes dinner, ice cream, mini golf, chaperones and transportation.

Date: Friday, August 8th

Time: Drop off: 5:00 PM

Pick up: 9:30 PM

Location: Drop off & Pick up: 31 Woodland Rd., Waltham MA

Details: Trombetta's is a family owned mini-golf, garden center and ice cream stand that has been operating for over thirty years. We'll have dinner, a round of golf, visit the beautiful garden and then an ice cream. This will be a great summer in New England day trip! Due to the popularity of this trip, please RSVP by phone or email before sending in your registration!

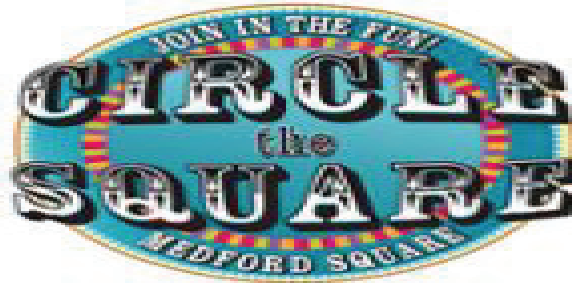
Minimum: 5 people

Maximum: 9 people





Summer Street Festival



Cost: \$20 Includes dinner, chaperone and transportation.

Date: Thursday, July 16

Time: Drop off: 5:00 PM
Pick up: 8:30 PM

Location: Drop off & Pick up: 31 Woodland Rd., Waltham, MA

Details: Join your friends and visit Circle the Square, a summer street fair and festival in Medford MA with events to please all. We will see live performances, see and participate in demonstrations from dance and arts studios, see artists' work, browse the square and have dinner at the festival. Bring spending money if you would like to buy items from the many stores and vendors at the event. We will have an indoor activity and dinner in event of rain.

Minimum: 5 people

Maximum: 9 people



At Manchester-by-the-Sea

Cost: \$30 Includes lunch, chaperone and transportation.

Date: Saturday, August 1st

Time: Drop off: 10 AM
Pick up: 5 PM

Location: Drop off & Pick up: 31 Woodland Rd. Waltham, MA

Details: Celebrate the magic of summertime on Cape Ann by indulging in all of the local talent and beauty that the area has to offer. With live music on two stages throughout the day, artists, crafters, farmers and designers showing their handmade products and produce, this will be an event you won't want to miss. We will have an indoor activity and lunch in event of rain.

Minimum: 5 people

Maximum: 9 people



Adolescent and Adult Recreation



Two Nights at Jellystone Park Resort

Cost: \$200 Includes private cabin rental, all meals, entertainment, chaperones and transportation.

Dates: Friday, August 28th *until*
Sunday, August 30th

Time: Drop off: 10:00 AM Friday, August 28th
Pick up: 2:00 PM Sunday, August 30th

Location: Drop off & Pick up: 31 Woodland Rd., Waltham MA

Details: Escape for the weekend to Jellystone Park Camp Resorts in New Hampshire where you'll stay in a private deluxe cabin. Spend your days relaxing by the beach, swimming in the pool and going on a hayride. Spend your evening relaxing around the campfire with friends while roasting s'mores! It is going to be a relaxing, rejuvenating and fun weekend so make sure you are there!! **Breakfast, lunch and dinner price included.** Please bring your own money to shop for souvenirs. Due to the popularity of this trip please **RSVP by phone or email before sending in your registration!** Participants will receive additional information such as a list of items to pack, once registered.

Minimum: 5 people

Maximum: 9 people

Greater Waltham Arc's Recreation programming is supplemented by the former Wheels of Happiness donation, 2006 ~



Can you feel that
warm summer
breeze?



Summer life is
more at ease.

Enjoy this time of the
year fishing, hiking,
or relaxing by the
beach.

Everything is within
your reach!

So come out with
GWArc's Recreation
PLUS.

Where you can be
yourself, try new
activities, see new
places and have
some fun with
US!!

