

Greater Waltham Arc



Recreation PLUS

Fall 2015 Brochure



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



Meet GWArc's Recreation Staff & Instructors

Recreation Staff



Michael Mullins
Recreation Manager



Renee Emmonds
Recreation Assistant



Katie Saddlemire
Recreation Assistant



Tracy Flaherty
Recreation Assistant



Kaitlyn Riley
Recreation Assistant

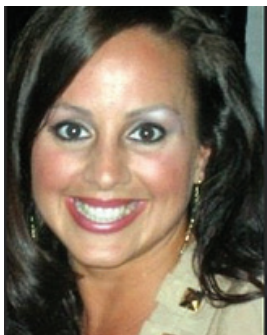


Jerry Marcel
Recreation Assistant



Leah Igdalsky
Recreation Assistant

Recreation Instructors



Annie Dulong Close
Zumba Instructor



Alex Jacobs
Drama Instructor



Reva Haselkorn
Cooking Instructor

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

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 , Recreation Manager 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 web-site.
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::

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

MONSTER MINI GOLF



Cost: \$30 Includes dinner, one round of golf, chaperones and transportation.

Date: Friday, October 9th

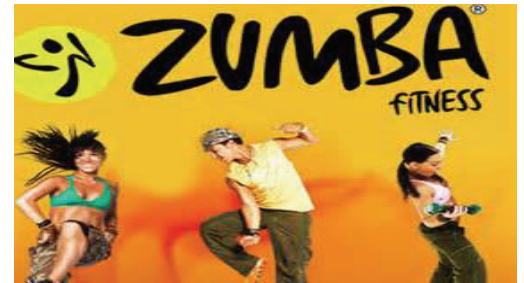
Time: Drop off: 5:00 PM

Pick up: 10:00 PM

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

Details: Is there a better way to celebrate Halloween than to play some mini golf with ghosts and goblins? Join us for Monster Mini Golf and dinner. Monster Mini Golf has 18 holes of indoor glow in the dark Monster themed fun! We will be going out for dinner as part of the event. **Please bring money if you wish to play in the arcade. Due to the popularity of this trip, please RSVP by phone or email before sending in your registration!**

ZUMBA



Cost: \$40 Includes chaperones and professional instructor.

Dates: Tuesday, September 22nd and 29th

Tuesday, October 6th, 13th and 20th

Time: Drop off: 4:15

Pick up: 5:00 PM

Location: Center Stage, 881 Main St., Waltham, MA

Details: Forget the workout, just lose yourself in the music and find yourself in shape at the original dance fitness party! Zumba classes feature exotic rhythms set to popular party music. Everyone moves to their own beat at their own pace. After class, you can use your new dance steps at **GWArc's Halloween Dance Party. Wear comfortable clothes and sneakers.**

Minimum: 5 people

Maximum: 10 people

Line Dancing



Cost: \$20 Includes chaperones and professional instructor.

Dates: Monday, September, 14

Monday, October, 5

Monday, November, 2

Time: Drop off: 6:00 PM

Pick up: 7:00 PM

Location: 56 Chestnut St., Waltham, MA

Details: Line Dancing is back by popular demand! Whether you are a fan of this class or if you have never tried it before, come get on the move with Marilyn Lefort and Bernadette Bourque as they teach some classic and modern line dance techniques. You'll learn American Dance, as well as traditional dances from across the globe. A good time is sure to be had by all!

Wear comfortable clothes and sneakers!

Minimum: 5 people

Maximum: 20 people

Adolescent and Adult Recreation

Day Trip to Salem, Ma



Cost: \$35 Includes lunch, entrance fee, chaperones and transportation.

Date: Sunday, October 4th

Time: Drop off: 11:00 AM

Pick up: 5:00 PM

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

Details: Best known for the witch trials that took place in 1692, Salem, MA is sure to bewitch you with its seaside charm, its maritime history and spellbinding beauty. We will spend the day exploring, dining, shopping and examining the eerie history of Salem! Included in the trip will be entrance into a museum to learn and understand the history of Salem that has made the town a world wide attraction. Don't miss out on a fun filled fall day! **Due to the popularity of this trip, please RSVP by phone or email before sending in your registration!**

Minimum: 5 people

Maximum: 9 people

Honey Pot Hill Orchards

Cost: \$25 Includes admission, snacks, chaperones and transportation.

Date: Saturday, October 3rd

Time: Drop off: 12:30 PM

Pick Up: 4:30 PM

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

Details: It's apple picking season!! Join us on a trip to Honey Pot Hill Farm, Stow, MA where we will pick apples, go on a hay wagon ride, travel through the Green Monster Hedge Maze and snack on a caramel apple, cider donut and a 16 oz. cider guzzler! Everyone will leave with a 7 pound bag of apples to bring home!! It's going to be a delicious day so don't miss out! **Due to the popularity of this trip, 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, November, 20th

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. Theatre location and restaurant may be subject to change to accommodate movie schedule. **Due to the popularity of this trip, please RSVP by phone or email before sending in your registration!**

Minimum: 5 people

Maximum: 9 people





Greater Waltham Arc's 45th Annual Harvest Breakfast Cheers to 45 Years!!



Save the Date!

**GWArc's 45th Annual
Harvest Breakfast**

Join us for this Milestone Event!

Sunday, October 18, 2015 8 am - Noon
Embassy Suites Boston/Waltham
550 Winter Street, Waltham, MA

Food/Entertainment

- ~Bountiful Breakfast Buffet ~Music by DJ Rich Profita ~Photo Booth
- ~Line Dancing ~Magician ~Balloon Animals ~Face Painting
- ~Silent Auction ~Mystery Gifts

For tickets and more information, contact GWArc:
781-899-1344, gwarc@gwarc.org
or visit www.gwarc.org

GWArc's 2015 Annual Meeting and Staff Longevity & Community Recognition Awards

Monday, November 9, 2015 6 PM - 8 PM
Embassy Suites Boston/Waltham, 550 Winter Street, Waltham
~More Details to Follow~

For Ride to Event Please use Registration



Waltham Neighborhoods FALL FESTIVAL!

Cost: FREE Includes chaperones, lunch and activities.

Date: Saturday, September, 26th

Rain date is Sunday, September, 27th

Time: Drop off: 1:00 PM or later

Pick up: by 4:00 PM

Location: Waltham Public Library, 735 Main St. Waltham, MA

Details: Family-friendly, & fun! Enjoy getting to know your neighbors and connecting with your community. Food, music, games and crafts will be filling the Autumn day on the grounds of Waltham Public Library from 1 PM till 4 PM. It is not necessary to attend entire Festival, chaperones will be at event from 1PM and 4PM, participants can attend at any time until end of Festival. We will also be giving back to the community by volunteering at this event through the **Jones Partnership Grant** for community service. **GWArc Recreation Plus** will share our enthusiasm for having a great time with all of Waltham by running a fun activity during the festival. **More details to follow for registrants to this event.**

Minimum: 3 people

Maximum: 20 People

Sponsored by REACH Beyond Domestic Violence and the Friends of the Waltham Public Library.



BRANDEIS BUDDIES is Back!!

Cost: FREE Includes chaperones and snack.

Dates: Thursday, October 8th, 22nd

Thursday, November 12th, 19th

Thursday, December TBD

Time: Drop off: 3:30

Pick up: 5:00 PM

Location: Ridgewood Common at Brandeis University, Waltham, MA

Details: Come hang out with Brandeis Students and enjoy music, dancing, arts, crafts, games, cooking, baking, exercise and good conversation! Special guest will also join us bringing dance, music and arts to demonstrate and share. This group is open to the entire GWArc community, all ages and interests are welcomed. We'll join together to celebrate all of your favorite holidays, plan activities together, have a lot of fun and create lasting friendships. **This semester there will be additional activities made specifically for Brandeis Buddies, find out details first session!!**

Minimum: 3 people

Maximum: 20 People



King Richard's Faire



Cost: \$50 Includes admission, lunch, chaperones and transportation.

Date: Saturday, October 24th

Time: Drop off: 1:00 PM

Pick up: 7:30 PM

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

Details: Come and escape YOUR reality at King Richard's Faire!

Entertainment, exciting rides and skilled games abound on the Faire's enchanting 80 acre wooded site.

You'll be dazzled by acrobats, aerialists, and jugglers, captivated with our minstrels, dancers and puppeteers and instantly enthralled by fire eaters, exotic tigers and the majestic white lion. Hundreds of talented performers perform non-stop for you throughout the day when visiting any one of our eight vibrant stages. Lunch is included, bring spending money if you'd like to buy gifts or play games that aren't included in admission ticket. Dressing in Medieval costume is encouraged!

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

Minimum: 5 people

Maximum: 9 people

Halloween Wagon Rides

Cost: \$15 Includes admission, snacks, chaperones and transportation.

Date: Sunday, October 25th

Time: Drop off: 12:00 PM

Pick up: 2:30 PM

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

Details: Get ready to travel the grounds of historic Gore Place in a Halloween themed Wagon. There, you will see a Federalist style house built in 1805 and the animals of a working farm including sheep and llama's while we journey back in time. Our fun filled afternoon will also include Festive games, music and refreshment. **Due to the popularity of this trip, please RSVP by phone or email before sending in your registration!**

Minimum: 5 people

Maximum: 9 people



Museum of Science

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

Dates: Friday, November 6th

Time: Drop off: 4:30 PM

Pick up: 9:30 PM

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

Details: By popular request, come spend an evening exploring science in a fun and interactive museum that has a wide array of exhibitions. You'll see the animal world, both prehistoric fossils and living creatures from around the world are on view. Learn how electricity works in a fun and informative display of science that will light up the night! **Due to the popularity of this trip, please RSVP by phone or email before sending in your registration!**

Minimum: 5 people

Maximum: 9 people



Pizza and Karaoke



Cost: \$15 Includes pizza, drink, chaperones and Karaoke Fun.

Date: Monday, November, 23th

Time: Drop off: 5:00 PM

Pick up: 8:00 PM

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

Details: Put your inhibitions away and spend a night in the limelight singing and dancing to songs you choose. Dress as the next American Idol, or come as you are. You can sing solo or have friends accompany you. This will be a fun filled no pressure environment for all **GWArc**. We'll also have Pizza, drinks and snacks as we turn Woodland Rd. into Center Stage.

Minimum: 5 people

Maximum: 20 people

Weston Friendly Society of Performing Arts

Presents,



Cost: \$25 Includes admission, chaperones and transportation.

Dates: Sunday, November, 22nd

Time: Drop off: 1:00 PM

Pick up: 5:00 PM

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

Details: Bye Bye Birdie is a Tony Award winning musical comedy set in the Golden Age of Rock & Roll. It features hit songs including; "The Telephone Hour," "How Lovely to be a Woman," "Put on a Happy Face," and "Kids." The music will have you dancing in your seat and the story will have you laughing in the aisles! **Due to the popularity of this trip, please RSVP by phone or email before sending in your registration!**

Minimum: 5 people

Maximum: 9 people

Healthy Cooking Club

Cost: \$20 per class Includes dinner, chaperones and professional instructor.

Dates: Thursday, September 17th

Thursday, October 29th

Time: Drop off: 4:30

Pick up: 6:30 PM

Location: 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. **Due to the popularity of this trip, please RSVP by phone or email before sending in your registration!**

Minimum: 5 people

Maximum: 10 people



Adolescent and Adult Recreation

Boston College Football Game



Cost: \$40 Includes admission, chaperones, transportation and hotdog.

Date: Saturday, September 12th

Time: Drop off: 11:30AM

Pick up: 5:30PM

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

Details: Come watch the Boston College Eagles take on the Howard University Bison's in a Football game that is sure to be action packed!! Join us at Alumni Stadium in Boston and root for the Eagles! The Eagles are gearing up for another successful season and another Bowl appearance. There's no better way to enjoy the fall weather then to take in a football game, have a hotdog and cheer real loud, so make sure you're there! **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, September 3rd

Thursday, October 1st

Thursday, November 5th

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

Location: 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.**



Halloween Dance

Cost: FREE Admission, snack and soda.

Dates: Wednesday, October 21st

Time: 6:00-8:00 PM

Location: French American Victory Club, 193 Elm St., Waltham, MA

Details: Come out for a SPOOKtacular evening of dancing, mingling, face painting and fun!! Wear your favorite Halloween costume! Guest judges will vote on the funniest, scariest and most unique costume for prizes! **Admission to first 125 people ONLY.** Snacks and drinks will be provided. You do not need to register for the dance.

Maximum: 125 people



GWArc, Inc. Recreation PLUS - Fall 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"/> BC Football	<input type="checkbox"/> Brandeis Buddies	<input type="checkbox"/> Monster Golf	<input type="checkbox"/> Honey Pot Hill Orchards
<input type="checkbox"/> Zumba	<input type="checkbox"/> September Healthy Cooking	<input type="checkbox"/> Science Museum	<input type="checkbox"/> Bye Bye Birdie
<input type="checkbox"/> Line Dancing	<input type="checkbox"/> October Healthy Cooking	<input type="checkbox"/> Karaoke	<input type="checkbox"/> King Richard's Faire
<input type="checkbox"/> Fall Festival	<input type="checkbox"/> Assembly Row Music	<input type="checkbox"/> Trip to Salem	<input type="checkbox"/> BU Soccer
<input type="checkbox"/> Charles River	<input type="checkbox"/> Dinner and a Movie	<input type="checkbox"/> Wagon Ride	<input type="checkbox"/> Drama Club
<input type="checkbox"/> Ride to Annual Meeting			

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:			

Emergency Contact Information: Please 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):

- | | |
|--|--|
| <input type="checkbox"/> White | <input type="checkbox"/> American Indian/Alaskan Native <i>and</i> White |
| <input type="checkbox"/> Black/African American | <input type="checkbox"/> Asian <i>and</i> White |
| <input type="checkbox"/> Asian | <input type="checkbox"/> Black/African American <i>and</i> White |
| <input type="checkbox"/> American Indian/Alaska Native
Black/African American | <input type="checkbox"/> American Indian/Alaskan Native <i>and</i> |
| <input type="checkbox"/> Native Hawaiian/Other Pacific Islander | <input type="checkbox"/> 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

Sunset at Charles River

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

Dates: Friday, September 18th

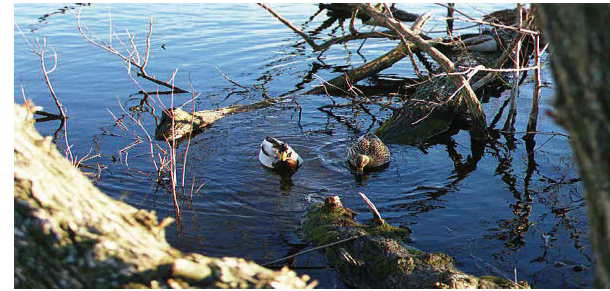
Time: Drop off: 4:30 PM

Pick up: 7:30 PM

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

Details: Join us for or a fun walk along the Charles River. In a few steps we'll leave the city sounds and hear wildlife in the water, on the ground and in the air. We'll feed the ducks as we watch the sunset and appreciate the nature in our own backyard. After our exercise, we'll picnic outside (weather permitting) or we'll go to a restaurant and have a casual dinner together.

Minimum: 5 people



Maximum: 9 people

ASSEMBLY ROW MUSIC NIGHT

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

Date: Thursday, September 10th

Time: Drop off: 5:00 PM

Pick up: 8:30 PM

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

Details: Enjoy live music at the new Assembly Row Park, located on the Mystic River in Somerville. Tonight will feature the Blues and Rock & Roll sounds of Erin Harper & The Delta Swingers. Hear both original and classic songs from a band touring the United States in support of their new album. The area offers a perfect setting to see and listen to a live band as the riverside setting will transport us to the Mississippi Delta. We'll also see parklands and trails along the river, then we'll dine on Ernesto's Famous North End Pizza.

Minimum: 5 people

Maximum: 9 people



DRAMA CLUB

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

Dates: Wednesday September 16th, 23rd, and 30th

Wednesday October 7th, 14th and 28th

Time: Drop off: 5:30 PM

Pick up: 6:30 PM

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

Details: Drama Club allows participants a nonjudgmental space to express themselves! Explore your creative side through warm up games, music and movement, scene study and character exploration. Spend some time exploring the many personalities within you, or pretend to be someone completely different for a change. In each session we will use both sound and non-verbal means of expression. 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



Adolescent and Adult Recreation

Boston University Soccer

Cost: \$25 Includes admission, lunch, chaperones and transportation.

Date: Sunday, September 20th

Time: Drop off: 12:00 PM

Pick up: 5:00 PM

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

Details: Join us on a trip to historic Nickerson Field for a day of Boston University Terrier's Women's Soccer. Here you'll see future Olympic heroes and World Cup Stars show us their moves with exciting goals and skillful defense. It will be a fast paced, action packed event as one of the most competitive college soccer programs in the county takes on Bucknell University. **Due to the popularity of this trip, please RSVP by phone or email before sending in your registration!**

Minimum: 5 people

Maximum: 9 people



Children's Recreation



SPECTRUM



Cost: FREE

Date: Playgroup: Sundays, Tutoring/Mentoring: Privately arranged.

Time: Playgroup: 1:00-3:00 PM, Tutoring/Mentoring: Privately arranged.

Location: Brandeis University

Ages: Playgroup: 5-10, Tutoring/Mentoring: All Ages/Young Adult

Details: Brandeis University's student run SPECTRUM provides an inclusive playgroup for children promoting social skills, community and fun! Additionally Spectrum will match student volunteer tutors and mentors with children, adolescents and young adults with developmental disabilities, thus providing them with social, emotional, and educational supports. Don't miss out on this wonderful and free opportunity!

Contact: spectrumbrandeis@gmail.com for more information.

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

GWArc Recreation Suggestions



Tell your GWArc Ideas Dog

Do you have any suggestions or ideas for Recreation Plus?

Are there activities you would like to attend that haven't been offered?

Do you have any suggestions of how we could improve Recreation Programs?

Do you like the time and dates of Recreation Events, or are the time and dates not convenient?

If you answered any of these questions, please share them with us. You can call, e-mail or list suggestions below and mail to Michael Mullins, GWArc Recreation Manager.

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

←----->

Recreation Ideas and Suggestions:





The change of season is in the air.

Don't be afraid just get out there!

Let's dance, cook, see the world, learn about science and go back in time!

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!!

