
RECREATION



Helping people build better lives since 1954

EMARC

20 Gould Street
Reading, MA 01867
Phone: 781-942-4888 x4036
Fax: 781-439-6437
Email: Rec@theemarc.org
www.theemarc.org



FALL 2010

September - December

Meet the Recreation Staff!

To contact a staff member, call 781-942-4888 followed by the extension below



Chenine Johnson, CTRS
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Rec@themarc.org



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Specialists



Mary Beth
 Trapeni
 Movement
 Therapist



Meredith
 Pizzi
 Music
 Therapist



Holly
 Rand
 Music
 Therapist



Linda
 Nelson
 Art
 Instructor



Taryn
 Faro
 Nursing



Nicole
 Underwood
 Yoga
 Instructor

Lead Staff and Recreation Assistants

Gina
 Shulimson



Cara
 Sanderson

Carole
 Regan



Jeannette
 Sarmanian

Eric
 Peloquin



Noah
 Rodman

Lianne
 O'Day



Lindsey
 Kelly

Sam
 Stark



Marlies
 Nasella

Rob
 Masiello



Adelle
 Brophy

Laura Micheli
 Music Therapy
 Intern



Our Mission

We seek to provide recreation and leisure experiences to people of all ages and abilities which promote independence, build life skills, maximize community inclusion and social interaction, encourage an active lifestyle and enhance quality of life.

Special thanks to Malden, Medford, Melrose, Reading, Stoneham, & Wakefield for their support of our Recreation programs!

POLICIES & PROCEDURES

***Our programs welcome people of all abilities to participate! Experienced staff will work with families to understand the needs of each participant and develop safe and effective adaptations. We will make every effort to help ensure your successful participation and welcome your suggestions on making our programs better for all participants!

REGISTRATION & PAYMENT: Participants must be a member of EMARC. Annual membership is \$40 per family.

Registration is due one week before the program starts. Registration is accepted:

- In person at the Recreation Department Office (cash accepted)
- By mail - complete your registration form and return it with full payment to:
Recreation Department, 20 Gould Street, Reading, MA 01867
- Online at <http://emarc.recdesk.com/recdeskportal> via credit card
- By phone via credit card

Read Me!

Please note: Registration cannot be completed until full payment is received.

Checks made payable to EMARC; online registration requires a credit card. Full payment must accompany registration unless otherwise stated. We cannot register you for a program until full payment is received. For payment plan information, please contact the Recreation Department. There will be a \$35 fee assessed on all returned checks.

Once registered, please make the commitment to attend class whenever possible since preparation of program material is dependent upon the number of participants.

EMERGENCY FACT SHEETS: All participants must have an annual Emergency Fact Sheet on file. Individuals may not participate in Recreation Programs without an up-to-date form. Fact Sheets can be found on our website or in the office.

WAITING LISTS: You will automatically be placed on the waiting list without payment should your class choice be full. The Recreation Department will contact those on the waiting list, in order of placement, should an opening occur. Being placed on the waiting list does not guarantee enrollment in the program.

SCHOLARSHIPS: Scholarships are available on a case-by-case basis and may be updated annually. Contact the office for details and to request an application. Income verification may be requested.

REFUNDS/CANCELLATIONS: You must notify the Recreation Department at least two (2) days in advance of your cancellation in order to receive a refund. Refunds will not be granted for missed classes or for special events requiring advance purchase of tickets unless a replacement is found. Partial refunds are available if notice is given prior to the second week of a program. Credit or refunds will be granted if Recreation changes the location, time, or date of the program which prohibits attendance or if the department cancels the program due to insufficient registration. All participants will be notified at least two (2) days prior to a program if there has been a cancellation, except in cases of inclement weather. Credit or refunds will be granted if the Recreation Department cancels a program.

Program schedules, fees, instructors, policies and procedures are subject to change. Occasionally, there may be an error in the day, times, fees or location in the brochure or online. If so, we will do everything possible to correct the situation promptly! Thank you for your patience and understanding should these situations arise.

PROGRAM POLICIES: Please note the START and FINISH times of each program and plan accordingly. Please do not drop off participants more than 5 minutes early or pick them up late. NO participant can be dropped off at a program without the activity leader present. A fee will be charged for any participant who is not picked up within the 5 minute limit.

SPECIAL CONSIDERATIONS:

If you are unable to attend a program due to transportation difficulties please contact us. We will work with you to try and make alternative arrangements. Please note that this may require a fee.

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MUSIC THERAPY (ages 3-7)

Are you ready to make some music? We will use the fun and motivation of music to address the social, behavioral and sensory goals of participants. Children will be singing, playing a variety of instruments and moving to the music as they engage in supportive and therapeutic music making. Goals may include increasing communication skills, turn taking, joint attention and learning songs that can carry-over into the home. Parent participation is required - This is not a drop off program.

Dates: Thursdays

Session I : Sept. 16—Oct. 21

Session II : Oct. 28—Dec. 9 (not on Nov. 25)

Time: 3:45—4:35 p.m.

Location: 20 Gould Street, Reading
(EMARC main building)

Fee: \$150 / 6 weeks

Class will be led by Holly Rand, MT-BC

Min: 4 Max: 8

**Flexible payment schedules available*

SOCIAL SKILLS MUSIC THERAPY (Ages 7-12)



Join us for fun and engaging music activities including group instrument play, singing new and familiar songs, and movement to music. This music therapy group is for children who are verbal to learn and practice social skills through shared musical experiences. Group goals will be developing awareness of self and others and engaging in appropriate interactions with peers in a supportive musical environment. Parent participation is required - This is not a drop off program.

Dates: Thursdays

Min: 4 Max: 8

Session I : Sept. 16—Oct. 21

Session II : Oct. 28—Dec. 9 (not on Nov. 25)

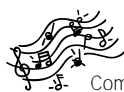
Time: 4:45—5:35 p.m.

Location: 20 Gould Street, Reading

Fee: \$150 / 6 weeks

**Flexible payment schedules available*

Classes will be led by Music Therapist Holly Rand



MUSIC THERAPY TALKS (Ages 5-13)

Come sing along with new friends in this music therapy group which focuses on language and communication skills. Designed for children with emerging and developing verbal skills, these groups will involve singing songs with functional themes and simple conversations. We'll use drums, maracas, tambourines and the guitar to help facilitate conversation skills and build friendships. Parent Participation is required - This is not a drop off program. Class will be led by Music Therapist Meredith Pizzi.

Dates: Wednesdays, Time: 4:45-5:35 p.m.

Min: 4 Max: 8

Session I : Sept. 15—Oct. 20

Session II : Nov. 3—Dec. 15 (not on Nov. 24)

Location: Anthony's of Malden, 105 Canal Street, Malden

Fee: \$150 / 6 week Session **Flexible payment schedules available*

FITNESS FUN (ages 7-13)

Please join Movement Therapist Mary Beth Trapeni in this class to get us active and moving. This class starts with a daily warm-up that will become familiar to all participants. After the warm up, we will explore a motor activity of the day. These activities focus on balance skills, flexibility, strength-building, ball skills, eye hand coordination, team skills and good old-fashioned gross motor fun. Come exercise for fun!!

Dates: Wednesday, Oct. 20—Nov. 17

Min: 6 Max: 8

Time: 4:05—4:50 p.m.

Fee: \$75 / 5 weeks

Location: 25 Woburn St. Reading—Chapel Room



SENSORY-MOVEMENT THERAPY (ages 3-7)

This small group (no more than 4) will allow children to explore movement in a trusting environment. A love for music and moving is all that is required. More individual attention will be provided. The therapeutic goals for this group include social interaction, movement repertoire, body awareness and sensory integration through movement. Let's move it, move it! Group is run by Movement Therapist Mary Beth Trapeni, MA, ADTR.

Dates: Mondays, Oct. 18—Nov. 15

Time: 3:45—4:30 p.m.

Location: 20 Gould Street, Reading

Fee: \$75 / 5 weeks

Min: 2 Max: 4



EXPRESSIVE MOVEMENT

This group will allow children to express themselves through movement in a relaxed and creative atmosphere; bring your energy and creativity! Movement repertoire will develop and movement confidence will shine. The therapeutic goals for the group will be on improving body image and body awareness, motor skills, social skills, and stress management. Show us what you can do! Group is run by Movement Therapist Mary Beth Trapeni, MA, ADTR.

Ages 3-7

Wednesdays, Oct. 20—Nov. 17

Min: 6 Max: 12

Time: 3:15—4:00 p.m.

Fee: \$75 / 5 weeks

Location: 25 Woburn St. Reading—Chapel Room



MUSIC THERAPY for Kids who are Non-Verbal

Let's make some music! Music making and instrument play is a fun and natural way to communicate. Using instruments, our bodies and our voices, we will create music as a group to support the development of verbal and non-verbal communication skills. Goals for the group will include increasing communication skills, imitating sounds, choice making and successful participation in a group activity. Music Therapy songs will be used to assist in carry-over to the home. Parent Participation is required - This is not a drop off program.

Dates: Wednesdays

Min: 4 Max: 8

Session I : Sept. 15—Oct. 20

Session II : Nov. 3—Dec. 15 (not on Nov. 24)

Ages 3-7: 3:50—4:40pm

Ages 8-14: 5:40—6:30pm

Location: Anthony's of Malden, 105 Canal Street, Malden

Fee: \$150 / 6 weeks

Class will be led by Music Therapist Meredith Pizzi.

CHILDREN / YOUTH

RECREATION

TOTALLY TEEN GIRLS (ages 10-15)



This group is a great opportunity for your teen to meet new friends, learn about the challenges and great things about growing up, and to participate in fun activities while discovering their independence!

We will be discussing issues that are important for girls at this age such as nutrition, exercise, social skills and personal safety. We will also be focusing on learning independence skills while building lasting friendships with other girls!

Dates: First Friday of each month (10/1, 11/5, 12/3, 1/7)

Time: 4:00—5:30 p.m.

Fee: \$10 each month

Location: 20 Gould St. Reading

Contact Chenine Johnson at Rec@theemarc.org to be put on the e-mail list

UNIFIED BULLS BASKETBALL (ages 10-14)



If you want to compete and be part of a team, try our Special Olympics Unified Team, the Bulls! Unified Sports pair people with and without disabilities as equal team members to compete. Space on the Bulls may be limited as this team competes at the Winter Games.

Same age siblings and community volunteers needed as Unified Partners! Bulls participation requires completed SOMA medical forms, attendance at a February assessment event and attendance at the March 12th-13th Winter Games in Worcester.

Dates: Sundays, December 12—March 20 (not on Dec. 26 or Jan. 2))

Time: 2:00—3:00 p.m.

Location: Malden YMCA, 99 Dartmouth St. Malden

Fee: \$60 / season

YOUTH CLUB TRIPS (8-13)

Do you like to meet new friends and have a good time just being a kid? Want a little time to be independent from Mom and Dad? We have a 1:3 staffing ratio and are transported in a 12 passenger van. Come play with us! Same age siblings are welcome to attend at half price. ALL TRIPS PICK UP & DROP OFF AT 20 Gould Street, Reading. Minimum of 4 youth to run each program! *All bag lunches must be peanut free!*



Rain plan for all events: Monkey Joe's indoor playground.

Date: Saturday, September 11—Butterfly Place & Pizza at Zesty's in Chelmsford

Time: 9:30 a.m.—1:30 p.m. Fee: \$40

Date: Saturday, October 16—Smolak Farms

Time: 9:30 a.m.—1:30 p.m. Fee: \$40

Hayrides, pumpkins and a petting zoo! Please bring a bag lunch.

Date: Saturday, November 13—Chuck E. Cheese

Time: 10:00 a.m.—2:00 p.m. Fee: \$40

Each child will receive \$10 in tokens, you are welcome to bring extra money for games! Includes lunch.

Date: Saturday, December 13—Chunky's Cinema

Time: 10:00 a.m.—2:00 p.m. Fee: \$40

Time might change slightly depending on showtimes

MIX IT UP KIDS COOKING (ages 10-14)

Join Katya Farrell and get your hands into some great cooking projects as we explore fun, healthy and interesting recipes you can make. Learn how to be safe and more independent in the kitchen and try some new foods! Hand-over-hand assistance available. Siblings & community members welcome.

Dates: TBA

Time: 3:00—4:00 p.m.

Fee: \$40 / 4 weeks

Location: EMARC Café
20 Gould Street, Reading

Min: 4 Max: 8



ADAPTED AQUATICS

(Ages 3-11)

Designed to meet the individual needs of each child, this program provides a 1:1 staffing ratio thanks to our great volunteers! Classes available at the Malden or Reading YMCA. There is a 10 child maximum in Reading, 8 in Malden and there may be a waiting list. Classes fill up fast, so call soon!

Malden

Dates: Mondays

Oct. 18—Dec. 13

(not on Nov. 22)

Time: 4:45—5:30 p.m.

Location: Malden YMCA,

99 Dartmouth Street, Malden

Fee: \$160 / 8 week session

Dates: Thursdays

Oct. 14—Dec. 16

(not on Nov. 11 and Nov. 25)

Time: 4:45—5:30 p.m.

Location: Malden YMCA,

99 Dartmouth Street, Malden

Fee: \$160 / 8 week session

Reading

Dates: Tuesdays

Oct. 12—Dec. 7

(not on Nov. 23)

Time: 4:45—5:30 p.m.

Location: Reading YMCA,

26 Arthur B. Lord Dr. Reading

Fee: \$160 / 8 week session

Dates: Fridays

Oct. 15—Dec. 10

(not on Nov. 26)

Time: 4:45—5:30 p.m.

Location: Reading YMCA,

26 Arthur B. Lord Dr. Reading

Fee: \$160 / 8 week session



TEENS / YOUNG ADULTS (13-22)

TEEN SOCIAL SKILLS Music Therapy (ages 13-18)



Want to jam with your friends and make some new ones?

The focus of this program will be group songwriting and recording original songs to form a compilation CD, which each member will receive at the end of the program. This group is designed specifically for teens with advanced verbal skills to learn, develop, and practice social skills through shared musical songwriting experiences.

Dates: Thursdays Groups are led by Music Therapist Holly Rand

Session I: Sept. 16—Oct. 21

Session II: Oct. 28—Dec. 9 (not on Nov. 25)

Time: 5:45—6:35 p.m.

Locations: 20 Gould Street, Reading

Fee: \$150 / 6 weeks

GROOVY GIRLS (ages 16-24)

Ages 10-15 see "Totally Teen", page 5

If you are a girl between the ages of 16 and 24 and want to meet other girls, learn about the cool things that women can do, and just go

out and enjoy being "one of the girls," this group is for you. We even have sleepovers! We meet one weekend a month and have a blast. All program specifics will be sent out via email so get on the list!!

Location: 20 Gould Street, Reading

Contact Chenine Johnson at Rec@theemarc.org

to be put on the e-mail list!



SPECIAL OLYMPICS BASKETBALL



The Celtics, Magic and Hornets are slam-dunking it into gear again this year! Coaches Bob Greabell and Mark Mulvanity will lead you to learning new skills, teamwork, and the thrill of competition and having a great time! Juniors (12-15), Seniors (16-22) and Masters (22+) available. This program is getting bigger each year, if you are interested in coaching, contact Chenine!

Medical/Release Forms: Must be completed and received before participating in the program.

Attire/Equipment: Basketball or gym shorts or sweatpants/warm-up suit and basketball sneakers to prevent injury. Those that do not have the appropriate attire will not be allowed to participate. Jerseys will be checked out and returned to the Recreation Department.

Communication: Information & communications between the coaches, parents and participants will be through email. It is imperative that we have your email address & keep us informed if it changes. If you do not have email, let us know!

The focus of December sessions will be conditioning, individual skill development and preparation for Special Olympics Individual & Team Evaluation. Participants will be informed of their team placement around Jan. 17th. January—March practices will focus on team development and Olympic Games preparation.

The Magic will play a scrimmage game against Cotting School on Friday night, TBA. The **Celtics will play in the "Doc's Day Tournament"** in Wakefield, date TBD.

Qualifier dates will be announced when they are received from Special Olympics. Winter Games in Worcester: March 12-13, 2011

Dates: Sundays, December 5—March 20 (not on 12/26 or 1/2)

December practices: 1:00—3:30 p.m.

Jan-March: Magic/Hornets 1:00—2:45, Celtics 2:45—4:45

Location: Dolbeare Elementary, 340 Lowell St. Wakefield

Fee: \$60 for the season

All forms must be completed by the end of December practices! Qualifier attendance required to compete at State.

M.A.S.H.

Malden After School Hangout

The M.A.S.H. program is entering into its third year of dependable, consistent, enriching weekly programming for ages 14-22 this year and is now open to students from all cities and towns! M.A.S.H. provides opportunities for teens and young adults to participate in health and fitness, personal and social development and community involvement. This is a community based program, teens and young adults will spend time hanging out with friends, and will have an opportunity to develop self advocacy skills and friendships. M.A.S.H. will be open Tuesdays, Wednesdays and Thursdays from 2:15-5:30 and meet at the Ferry St. Entrance of Malden High School. We will have a 1:4 staff to student ratio. Prior registration is required to attend. The program cost will be \$20 a day for Teens and Young Adults outside of Malden and \$10 a week for students in Malden. This special accommodation is due to grant funding. For more information, contact Christine Arruda at 781-942-4888 ext. 4030 or CArruda@theemarc.org.



WILD WEEKDAYS (Ages 13-21)



Need a little something to do on a school night?

We're teaming up with several area high schools

including North Reading, Reading, Malden and Austin

Prep to plan fun social activities, whether it's playing

games, having an open gym night, bowling, or heading

to a high school sporting event! One activity per month and more as we get things rolling. Locations and cost will vary depending on the activity. *EVENTS WILL BE SENT OUT VIA EMAIL. No email available? Call us!*

These are late entry dates planned as the year goes along! Please call Chenine or email rec@theemarc.org to be put on the mailing list!



Halloween Dance

(Ages 13-22)

Date: Friday, October 29 Time: 7:00—10:00 p.m.

Location: WS Parker Middle School

45 Temple Street, Reading

\$10 per person



RSVP by Wednesday,
October 21st

We're celebrating the Fall with our annual costume dance! This dance is an integrated function with students from Reading Memorial High School, North Reading High School. What will your costume be this year? Attendants are invited and welcome; Supervision is provided.

Please RSVP online, make sure you **"check out"** of the system so your name is added to the list.

Payment is accepted at the door or online!

TEEN SIBLING GROUP

Why do YOU come to the teen sibs group?

- ◆ *"Because it's great to hang out with other people who understand what my life is like and I don't have to explain anything."*
- ◆ *"Because it's a chance to get out of the house and do fun stuff."*
- ◆ *"Because I want to be able to ask questions about what it's going to be like as my brother and I get older."*
- ◆ *"Because pizza is better than my mom's meatloaf."*



No matter what your reason, join our Teen Sibling Group and meet other teens who "just get" what it's like to have a sibling with special needs. We'll hang out, play pool and air hockey, eat pizza, and perhaps watch movies and have guest speakers on topics we decide together. We'll also go on trips some Friday or Saturday nights just for fun!

For more information contact Chenine Johnson at Rec@theemarc.org or 781-942-4888 x4036

Wednesdays, every other week, 6:00—8:00 p.m.

Sept. 1, 15, 29, Oct. 13, 27,

Nov. 10 (Not on 11/24), Dec. 1, 15, 29

Fee: \$5 per night

Location: West Medford Community Center
111 Arlington Street, Medford

Transportation will be available to and from our Reading office, 5:30—8:30 p.m. at no extra charge. Transportation will require a weekly RSVP so we don't leave without you! Please be prompt!



HIGH SCHOOL CLUB

Ages 14-21

All drop off / pick up at 20 Gould Street, Reading

Do you like to meet new friends and have a good time? Well this is the club for you! Come and join us on Friday night and try something new! We price our programs based on ticket prices of activities, staff, gas, food if included, and a small percentage for administration time.

PLEASE NOTE: All trips require a minimum of 6 participants to run.

Hayride & Bonfire at Smolak Farms

Friday, September 17 Time: 7:00—10:00 p.m.

Fee: \$30

NOTE: Please eat dinner before you come, we'll roast s'mores! Dress appropriately for cold weather.

Out to Dinner at Not Your Average Joe's

Friday, October 22 Time: 6:00—9:00 p.m.

Fee: \$40

No School Mall, Make your own Root Beer at

Incredibrew & Lunch at Friendly's

Thursday, November 11 Time: 9:30am—3:30 p.m.

Fee: \$50

NOTE: Please bring money for shopping. Fee includes staff, transportation, lunch and rootbeer.

Chunky's Movie and Lunch: Megamind

SUNDAY, November 21 Time: 12:00—4:00 p.m.

Fee: \$50

NOTE: Includes ticket, pizza and sundae for lunch.

LaserQuest

Friday, December 10 Time: 6:00—10:00 p.m.

Fee: \$45

NOTE: Please eat dinner before you come. You may bring money for a snack or video games if you like!



ADULTS/YOUNG ADULTS

WINTER BALL

Ages 22 and up



Date: Friday, January 7th

Time: 6:30—9:30 p.m.

Fee: \$5 at the door

SPACE IS LIMITED,

RSVP BY DECEMBER 29th

Come and dance the night away at our third annual semi-formal Winter Ball! Bring your friends and make some new ones as well. Our fantastic DJ Paul Liberty will **have you movin' and groovin' to all your favorite songs!**

*Pre-registration and current EMARC Emergency Fact Sheets required.

Location: Knight of Columbus
570 North Ave, Wakefield

Call 781-942-4888 x5034 to RSVP!

WARRIORS BASKETBALL (22 and up)

This Special Olympics Team is headed into its fifth season! Dribble, pass and shoot your way to the Winter Games March 12—13th and be part of a team. The Warriors participate in a qualifying event and a mini-tournament in Wakefield as well. Special Olympics Medical forms are required for participation.

Dates: Sundays, 3:00—4:00 p.m.

December 12—March 20 (not on Dec. 26 or Jan 2)

Winter Games: March 12-13, 2011

Fee: \$60 / season

Location: Malden YMCA, 99 Dartmouth St. Malden



Stretch & Relaxation Ages 22 & up



Join instructor Nicole Underwood to stretch and relax your body with basic yoga movements! Yoga is one way to help every person explore movement and breath in your own body, and to learn how to better manage your breath, body, and emotions. Everyone can succeed in yoga, and it gives you a chance to stretch, tone and strengthen while socializing in a fun activity that will benefit you through your entire life! All abilities welcome, including people who use assistive mobility devices. Instructor is fluent in ASL. Please note:

- Mats will be provided
- All participants must bring a bag with loose, comfortable clothing, a water bottle, and a small towel with them each week. Time will be allowed to change between day Services and the yoga class. If you need assistance changing, please call the Recreation Department.
- Participants will need to be picked up by caregivers at 4:00

Dates: TBA, Call for details

Location: 20 Gould Street, Reading MA
We are not able to offer transportation home after class at this time. Flexible payment schedules and scholarships are available on an individual basis. Please call the Recreation Department for more information.

YOUNG ADULT MUSIC THERAPY (ages 19-35)

Do you like making music? Listening to your favorite bands? Talking with others about music? Come see what music therapy is all about! In this group, the participants will work together to determine the direction and goals for this group. Sessions may include making music with a variety of instruments, writing new songs, or listening to our favorite music. We can even make our own CD! Come and bring a friend!



Dates: Thursdays,

Classes are led by Holly Rand

Session I : Sept. 16—Oct. 21

Session II : Oct. 28—Dec. 9 (not on Nov. 25)

Time: 2:45—3:35 p.m.

Locations: 20 Gould Street, Reading

Fee: \$150 / 6 weeks

Min: 4 Max: 8

BROADWAY BABES-Movement

Expressive Movement has gone Broadway! A desire to learn and explore is all that is necessary, no prior dance experience needed. We will discuss the story, listen and move to the music and complete a routine adapted from the show of the week. The musicals will be chosen by the group but may include Grease, Hairspray, Phantom, and Sound of Music to name a few! The therapeutic goals for this group will center on social interaction, increasing movement repertoire, body awareness, creative expression and fun!!



Dates: Mondays, October 18—November 15

Ages 18-30

Time: 2:55—3:40 p.m.

Location: EMARC, 20 Gould St, Reading

Fee: \$75 / 5 weeks

Min: 4 Max: 8

LET'S PAINT ART CLASS

Would you like to transform a piece of paper into a work of art? Each week you will paint not only with brushes, but also sponges, Q-tips, string and more! We will also explore and learn about a new artist every week. Come and create a masterpiece for your handmade portfolio! Class will be taught by Linda Nelson.



Dates: Thursdays, 6:00—7:00 p.m.

Min 8 / Max 10

Session I : September 23—October 28

Session II : November 4—December 16 (not on Nov. 25)

Location: 20 Gould St. Reading, in the Café

Fee: \$90 / 6 week sessions

GET CRAFTY ART CLASS

Crafters and artists wanted! This class will make creative and fun projects including decoupage, paper maché, nature crafts, holiday art, and much more!

Come and we'll have lots of fun while we enjoy a creative art experience. Class will be taught by Linda Nelson.



Dates: Tuesdays, 6:00—7:00 p.m.

Min 8 / Max 10

Session I : September 21—October 26

Session II : November 2—December 14 (not on Nov. 23)

Location: 20 Gould St. Reading, in the Café

Fee: \$90 / 6 week session

ADULTS/YOUNG ADULTS

RECREATION

We price our programs based on ticket prices of activities, hours for our wonderful staff, gas, food if included, and a small percentage for administration time. Financial assistance is available on an individual basis, call for details. We have 1:5 staff: participant ratio; if you require additional assistance, please contact us to ensure your needs are met! Wheelchair accessible van available: please register in advance so that we can get the van and staff!

****PLEASE NOTE: ALL TRIPS REQUIRE A MINIMUM OF SIX PARTICIPANTS TO RUN.**

All drop off / pick up at 20 Gould Street, Reading

YOUNG ADULT SOCIAL CLUB (20-35)

Hayride & Bonfire at Smolak Farms

Friday, September 17 Time: 7:00—10:00 p.m.

Fee: \$30

NOTE: Please eat dinner before you come, we'll roast s'mores! Dress appropriately for cold weather.

Out to Dinner at Flatbread Pizza Company

Friday, October 15 Time: 6:00—9:00 p.m.

Fee: \$40

Quesadilla Making and Movie at the Arc

Friday, November 19 Time: 6:00—9:30 p.m.

Fee: \$25

Cosmic Bowling at Woburn Bowladrome

Friday, December 3 Time: 6:00—9:30 p.m.

Fee: \$30

Note: Please bring money for snacks if you would like.

Seizure precaution: Strobe lights

WATER AEROBICS (Ages 22 & up)

This class will focus on getting your body moving with fun low-impact exercises in the water. The fully accessible therapy pool allows everyone to participate! Classes will be taught by certified instructor, Michele Sanphy. Join us and get fit today! Please let us know if you will need some assistance changing after class.



NEW CLASS TIME ADDED!

Dates: Mondays, 5:30—6:15 or 6:20—7:05 p.m.

Sept. 27—Nov. 22 (not on Oct. 11)

Location: Reading YMCA, 26 Arthur B. Lord Dr. Reading

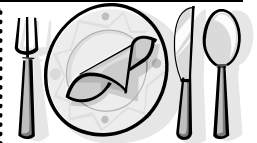
Fee: \$100 / 8 weeks Min: 5 Max: 9

MEN'S GROUP (ages 22 & up)



Eric Peloquin will be back with this great program in the Winter.

FINE DINING CLUB (22 and up)



Do you like getting dressed up and going out? Come with us **and experience the culinary delights of the area's finest** restaurants! Staff will help in the selection and purchase of a meal. Bring \$25-\$35 for each dining experience. Participants will have the opportunity to improve social, communication, and etiquette skills. \$15 registration fee for each event due 1 week in advance. Min. 6 to run each event. ALL EVENTS MEET AT 20 GOULD STREET, READING

On the Border

Saturday, September 25 Time: 11:00 a.m.—2:00 p.m.

Cheesecake Factory

Saturday, October 16 Time: 11:00 a.m.—2:00 p.m.

Kowloon Asian Cuisine

Saturday, November 13 Time: 11:00 a.m.—2:00 p.m.

The Horseshoe Grille

Saturday, December 11 Time: 11:00 a.m.—2:00 p.m.

AFTER-HOURS BOWLING

For Life Choices
Reading Participants!

Come and join us after Life Choices for hang out time at the bowling alley! Whether it is your first time or you are a dedicated bowler, everyone can learn and have a great time each week! Each week we will pick up immediately after Life Choices from 20 Gould Street and drive to Candlewood Lanes. Participants will be transported back to the Arc for pick-up.

Dates: Wednesdays, 2:45—5:15 p.m.

Session I: September 1—October 13

Session II: October 20—December 8 (not on Nov. 24)

NEW GROUP ON MONDAYS!

Session I: October 18—December 6 (not on Nov. 29)

Location: 20 Gould St pick up and drop off

Please note this program currently has a wait list, please call for more information

Fee: \$15 per week / 7 week session

\$90 when paid in full (one week free!)



Remember! Registration is due at least one week before the program starts!



FAMILY PROGRAMS / EVENTS/SPORTS

FAMILY SWIM—Malden YMCA

—FREE for Malden Families!—



This unique program offers the entire family the opportunity to swim together where everyone else in the pool just "gets it!" This fully accessible, therapeutic temperature

pool with its own fountain will have your whole family smiling! Thanks to a grant from the City of Malden, Malden residents may use this program for no fee! All families must pre-register with EMARC and sign release form, including current YMCA members. This is not a drop-off program.

Dates: Sundays, 2:30—3:30 p.m.

Session I : September 12—November 28

Session II : December 5—February 20

Non-Malden families: \$50 per family for 12 weeks

Malden Residents: No fee thanks to the City of Malden!

Location: Malden YMCA Therapy pool, 99 Dartmouth St.



Sibshops are pedal-to-the-metal celebrations of the many contributions made by brothers and sisters of kids with special needs. Sibshops acknowledge that being the brother or sister of a person with special needs is for some a good thing, others a not-so-good thing, and for many, somewhere in between. They reflect a belief that brothers and sisters have much to offer one another — if they are given a chance. Sibshops are a spirited mix of new games (designed to be unique, off-beat, and appealing to a wide ability range), new friends, and discussion activities.

8-13 Year Olds: TBA

4-7 Year Olds: TBA TEENS: See page 7

For more information on dates please Contact:

Laura Morabito

781 942-4888 x 5034

email at LMorabito@thearc.org

The Arc of East Middlesex runs Sibshops in collaboration with the Autism Support Center, Beverly School for the Deaf, Family Resource Center at the North Shore Children's Hospital, North Shore Educational Consortium, and the National Alliance for Mental Illness.

8th annual

Fall Family Festival at Smolak Farms

This accessible farm is a great place for the **whole family! It's an easy drive up Rt. 93!** Games & Activities, Pumpkin Decorating, Scarecrow Stuffing, Treats, Hayrides, Face Painting, Farm Animals, Pictures in the Pumpkin Patch, Cider & Donuts

Date: Sunday, October 24

Time: 1:00—4:00 p.m.

Location: Smolak Farms

(315 South Bradford St., North Andover, MA)

Cost: \$10 per family

RSVP to Christine Arruda by October

E-mail CArruda@thearc.org or call x4030



TENNIS (ages 7 and up)



Ever wanted to give tennis a try? Learn the basic skills of the game and become a team player. Special Olympics Training is offered for those athletes interested in competing in the summer games. Cindy DiVincenzo coaches this team for athletes both new and experienced athletes! All athletes must register with EMARC Recreation Department and have up to date emergency forms PRI OR to participation. Volunteers needed, please contact Christine Arruda!

Dates: Sundays, October 3—November 7

Time: 1:00—2:00 p.m.

Location: Woburn Racquet Club, 9 Webster St. Woburn

Fee: \$10 / week or \$50 / 6 weeks when paid in full

SPECIAL OLYMPICS SOCCER (ages 7-13, 14 and up)



This Soccer program is offered through the Reading Recreation Department and the Reading United Soccer Club. Players participate in offensive and defensive skill building activities and scrimmage games each week. All skill levels welcome! This is not a drop-off program. Special Olympics competition available, competition Nov. 8th and an assessment rounds event (date TBD) Volunteers from the community are needed to ensure the success of the program.

Dates: Sundays, Sept. 12—Oct. 24 Time: 3:30 PM—5:00 PM

Where: All players come to Sturges Park for the first practice on Sept. 12.

After Sept. 12: Sturges Park (ages 7-13), Longwood Place Field (14 and up)

Number of Participants: 10 Min. / 25 Max. per age group.

Fee: \$40 (incl. shirt, shorts, shin guards & socks) Payable to Town of Reading

Contact: Reading Recreation, 781-942-9075

Coaches Bob Greabell (978-664-4906) & Ralph D'Amico (781-944-9411)

With your support, we can...

... continue to provide Recreation programs for over 500 individuals with intellectual disabilities living in our community!

Running quality programs is expensive! We receive no state funding and rely on program fees, grants and fundraising to cover our costs. We know that times are tough, and recreation activities are often the first thing to go in a family's budget. This has a devastating impact on the quality of life for the children and adults with intellectual disabilities who desperately need a place to go where they are not only understood, but celebrated!

FOR EXAMPLE, IT COSTS:

\$2,000 to send 21 adults over age 35 to the Senior Sports Classic Competition

\$3,500 to rent the gyms for six basketball teams, ensuring 65 athletes the critical exercise they need to stay healthy and to build the skills they need to compete

\$4,500 to provide 6 seasonal dances to nearly 200 adults, young adults and teens

\$6,500 to get pool space for a year of adapted aquatics so 43 or more children can learn how to swim

\$16,000 to provide recreation scholarships to nearly 200 individuals with financial need since July 2007, and the need is rising!

HOW YOU CAN HELP:

- ♥ Do you know a business or organization that would help sponsor a program?
- ♥ Do you have family members or friends who would like to sponsor a Recreation program or participant scholarship?
- ♥ Contribute to the scholarship fund
- ♥ Join our fundraising committee and help the EMARC by using your time and energy to help ensure the future of Recreation programs.
- ♥ Make a personal donation—any donation would make a tremendous and lasting difference in the lives of children and adults with intellectual disabilities
- ♥ Find out if your company offers matching donations at www.matchinggifts.com

EMARC Recreation Department is pleased to acknowledge gifts from the following donors:

- ♥ First Baptist Church Choir; Carolyn W. Dooman; The Harpley Family Foundation; and James L. Robinson



Yes! I am pleased to support your work providing recreation to individuals with disabilities!

Enclosed is my gift of: \$1,000 \$500 \$250 \$100 \$50 \$25 Other Amount \$ _____

Name: _____ Phone: _____ Email: _____

Address: _____ City, State, Zip: _____

Please make your gift payable to EMARC

Your gift is tax deductible to the extent provided by law.

Payment Method: Check Visa MasterCard Discover American Express

Card# _____ Exp. Date _____ Signature _____

My employer, _____, offers a matching gift program.

(Enclosed is the form)

Would you like to visit a Recreation Program? _____

I would like my gift to be anonymous.

Mail to: EMARC
Attn: Recreation
20 Gould Street
Reading, MA 01867

NEW SELF-AWARENESS GROUPS BEING OFFERED IN READING

Options: Tuesdays, 5:30–6:15 p.m. Starting September 21

This group with focus on the transitions in a young adult's life including friendships, self-advocacy, future planning and sexuality. This group will be for young men ages 18-22

Possibilities: Tuesdays, 6:30–7:15 p.m. Starting September 21

A group for young women ages 23-32 to increase self-advocacy skills and discuss friendships, sexuality and other issues young women are facing.

Group will be based on interest ages maybe flexible. Registration is required by September 15th.



Where: 34 Gould St. Reading in the Wakefield Room

Cost: Blue Cross Blue Shield, Tufts, Mass Health, Fallon Community Health Plan, and other health plans currently pending, private pay also available.

For more information: Please contact Paula Thompson LI CSW at 781-454-7824 or paula_thompson@hotmail.com

Please note that this not an EMARC program and is the sole responsibility of Paula Thompson LI CSW, Individual Proprietor.



Volunteer!

If you would like to share your talents, skills and time, get involved as a Recreation Volunteer! Call Pat Simons at 781-942-4888 x4032 or email volunteers@themarc.org!



Ever wanted to fundraise, but not sure how? Join our team and it's easy to support our athletes!

When: A Saturday morning in January or February! TBA

Where: Revere Beach

Are you brave enough to take the plunge? EMARC is looking for members to join its 2011 Passion Plunge Team! The money that we raise supports all of our Special Olympic Programs throughout the year with equipment, gym rentals, uniforms and tournament fees! If you would like to join our team or make a donation, check out www.passionplunge.org and find the r"EMARC"ables in the North Section!

For more information, contact Laura Morabito 781-942-4888 x5034 or LMorabito@themarc.org

Team r"EMARC"ables!!

Recreation Programs Fall 2010



RECREATION

EMARC
20 Gould Street
Reading, MA 01867

Phone: 781-942-4888 Ext. 4036
E-mail: rec@themarc.org
www.themarc.org



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