Meet GWArc’s Recreation Staff & Instructors

Recreation Staff

Michael Mullins
Recreation Manager

Tracy Wypych
Recreation Assistant

Kaitlyn Riley
Recreation Assistant

Tracy Flaherty
Recreation Assistant

Renee Emmonds
Recreation Assistant

Rob Zarbano
Recreation Assistant

Recreation Instructors

Annie Dulong Close
Zumba Instructor

Dan Dressler
Art 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~
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/Volunteer Coordinator, 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. We are not able to provide one-on-one assistance.

For more information, please contact:

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

Line Dancing

Cost: $20 Includes chaperones and professional instructor.

Dates: Monday, September 11th
       Monday, October 16th
       Monday, November 20th

Time: Drop off: 5:00 PM
       Pick up: 6:00 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

Healthy Cooking Club

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

Dates: Thursday, September 14th
       Thursday, November 30th

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, 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
Halloween Pet Parade

**Cost:** $35 Includes lunch, chaperones and transportation.
**Date:** Saturday, October 28th
**Time:** Drop off: 11:00 AM
Pick up: 4:00 PM
**Location:** Drop off & Pick Up: 31 Woodland Rd., Waltham MA
**Details:** There may be more fun than frights in this parade of adorable pets. Faneuil Hall will host its annual Halloween Pet Parade with lots of things to see and do. There will be musicians, artists and vendors to visit as we will have time to explore all the sights and sounds Faneuil Hall has to offer. Due to the popularity of this trip, please RSVP by phone or email before sending in your registration! Bring extra money if you plan on shopping.
**Minimum:** 5 people  **Maximum:** 9 people

Bentley Football

**Cost:** $25 Includes admission, snack, chaperones and transportation.
**Date:** Friday, September 8th
**Time:** Drop off: 6:00 PM
Pick up: 10:30 PM
**Location:** Drop off & Pick Up: 31 Woodland Rd., Waltham MA
**Details:** Support Bentley’s Falcon’s as they take on Saint Anselm’s Hawks in a great football showdown. There will be great running, blocking and passing as we start off the fall season under Friday Night Lights. Cheer for our friends at Bentley and make them our home team in a great night of football. Due to the popularity of this trip, please RSVP by phone or email before sending in your registration!
**Minimum:** 5 people  **Maximum:** 9 people

Art for All

**Cost:** $25 Includes professional instructor, chaperones and dinner.
**Dates:** Tuesday, November 21st
**Time:** Drop off: 5:00 PM
Pick up: 7:30 PM
**Location:** Drop off & Pick up: 31 Woodland Rd., Waltham, MA
**Details:** Escape the cold by warming up the hidden artist within yourself. In our art group we will explore new art forms and complete a piece to bring home and display for all. This will be hands on and designed to open up the world of art to the curious or delve deeper into technique for experienced artists. All needed materials will be provided. A light meal will be provided.
**Minimum:** 5 people  **Maximum:** 10 people
Kevin Driscoll, Ventriloquist

**Cost:** $20 Includes show, drinks, snack and chaperones.
**Date:** Wednesday, September 13th
**Time:** Drop off: 5:30 PM  
Pick up: 7:30 PM
**Location:** Drop off & Pick up: 31 Woodland Rd., Waltham MA
**Details:** Kevin Driscoll, musical ventriloquist, along with Jerry the mischievous joker and Dough the talking dog, will perform their world renowned act for GWArc. This show has been featured at Foxwoods Resort, Park Plaza Boston and the Comedy Studio. He will get us laughing with unpredictable antics with lots of surprises. Join us for a great show, make new friends and lots of fun. Drinks and snacks will be served.

**Minimum:** 10 people  
**Maximum:** 20 people

Zoo New England

**Cost:** $35 includes lunch, chaperones and transportation.
**Date:** Saturday, September 30th
**Time:** Drop off: 9:00 AM  
Pick up: 3:00 PM
**Location:** Drop off & Pick up: 31 Woodland Rd., Waltham MA
**Details:** See all your favorite animals live and up close. Zoo New England includes both Franklin Park Zoo and the Stone Zoo. We will choose which zoo based on special events held that day so we can have the best visit and see the most animals. Each zoo features both exotic animals in enclosures and animals that can be viewed close up. Due to the popularity of this trip, please RSVP by phone or email before sending in your registration!

**Minimum:** 5 people  
**Maximum:** 9 people
**Adolescent and Adult Recreation**

**Cost:** FREE Includes chaperones, lunch and activities.  
**Date:** Saturday, September 9th  (rain or shine)

**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 the event from 1PM to 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. **GWArc Recreation Plus** will share our enthusiasm for having a great time with all of Waltham by acting as greeters or running a fun activity during the festival. **You do not need to register for this event.**  
**Minimum:** 3 people  
**Maximum:** 20 People

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

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**BRANDEIS BUDDIES is Back!!**

**Cost:** FREE Includes chaperones and snack.  
**Dates:** Thursday, September 28th  
Thursday, October 19th & 26th  
Thursday, November 9th & 16th

**Time:** Drop off: 3:30  
Pick up: 5:00 PM  
**Location:** Ridgewood Common behind administrative building parking lot 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 guests 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 designed specifically for Brandeis Buddies, find out details first session!!**  
**Minimum:** 3 people  
**Maximum:** 20 People
Adolescent and Adult Recreation

Plimoth Plantation

Cost: $45 includes lunch, entrance, chaperones and transportation.
Date: Saturday, September 16th
Time: Drop off: 9:30 AM
       Pick up: 4:00 PM
Location: Drop off & Pick up: 31 Woodland Rd., Waltham MA
Details: Plimoth Plantation brings to life the earliest history of our country; this is done though recreating an English Colonial Village as well as a Native American Village. There you will be able to meet the people, animals and experience life as it was 400 years ago. This will be a fun and informative way to learn about the Pilgrims and you can share your experiences at Thanksgiving. At Plimoth Plantation you will experience life like it was on the first Thanksgiving. Due to the popularity of this trip, please RSVP by phone or email before sending in your registration!
Minimum: 5 people           Maximum: 9 people

ARTLAB

Cost: $20 Includes artLAB, chaperones and transportation.
Date: Monday, September 25th
Time: Drop off: 6:00 PM
       Pick up: 8:30 PM
Location: Drop off & Pick up: 31 Woodland Rd., Waltham, MA
Details: Bring out your creativity tonight at artLAB. The artLAB© is a drop-in expressive arts studio, self-directed and/or theme-based open expressive arts studio facilitated by ARTrelief™'s expressive arts therapists, students and/or artists. Come exchange ideas, make music, play and make art among other people of all ages, background and abilities.
Minimum: 5 people           Maximum: 9 people

Drama Night

Cost: $50 Includes professional instructor, chaperones, snack and use of costumes.
Dates: Monday, September 18th
       Monday, October 2nd
       Monday, November 6th
Time: Drop off: 5:30PM
       Pick up: 7:30PM
Location: Drop off & Pick up: 31 Woodland Rd., Waltham, MA
Details: Drama Night allows participants a nonjudgmental space to express themselves! This Fall we will work on a routine set to music and perform at the Halloween Dance. 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
Pizza and Karaoke

Cost: $15 Includes pizza, drink, chaperones and Karaoke Fun.
Date: Wednesday, November 29th
Time: Drop off: 5:00 PM
       Pick up: 7:30 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 of GWArc. We’ll also have
pizza, drinks and snacks as we turn Woodland Rd. into Center Stage.
Minimum: 5 people  Maximum: 20 people

Apple Picking

Cost: $35 Includes apples, snacks, chaperones and fun.
Date: Saturday, September 23rd
Time: Drop off: 12:30 PM
       Pick up: 5:00 PM
Location: Drop off & Pick up: 31 Woodland Rd., Waltham MA
Details: Today we will visit a family run orchard located in the heart of apple country. Berlin
Orchards will provide a chance to experience the true beauty of nature. We will go on a hay ride,
pick our own apples, snack on treats in the farm store and visit the country. Berlin Orchard is the
perfect environment for creating those priceless memories with family and friends that you’ll
remember for years to come! Due to the popularity of this trip, please RSVP by phone or email be-
fore sending in your registration!
Minimum: 5 people  Maximum: 9 people

Dinner & a Movie

Cost: $45 Includes admission, dinner, snack, chaperones and transportation.
Date: Friday, November 3rd
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 Waltham
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
Adolescent and Adult Recreation

Cost: $30 Includes pizza, drink, bowling, arcade, chaperones and transportation.

Date: Wednesday, September 20th

Time: Drop off: 4:30 PM
      Pick Up: 8:30 PM

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

Details: Experience the thrill and excitement of a night out at Boston Bowl. On our trip we will bowl and have tokens to use at the arcade. Boston Bowl has its own pizzeria, all you need to do is have fun while you test your skills! 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 7th
        Thursday, October 5th
        Thursday, November 2nd

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 Michael Mullins in advance and bring your dues the day of the meeting.

Disney Movie Night

Cost: $15 Includes dinner, chaperones and Disney Fun.

Date: Wednesday, November 1st

Time: Drop off: 5:00 PM
      Pick up: 7:30 PM

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

Details: By popular demand, join us for a night of experiencing the timeless magic that only Disney can provide. We will watch a classic movie with friends right at Woodland Road. You can dress as your favorite Disney character or just share what your favorite Disney moments are. Dinner will be served along with popcorn.

Minimum: 5 people    Maximum: 20 people
## GWArc, Inc.

**Recreation PLUS - Fall 2017 Registration Form**

Please complete both sides of this form. Thank you.

### Activity List: Please check off any activity you are registering for.

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<tbody>
<tr>
<td>Bentley Football</td>
<td>Brandeis Buddies</td>
<td>Dinner and Movie</td>
<td>Disney Movie</td>
<td>Bingo</td>
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<tr>
<td>Plimoth Plantation</td>
<td>Northeastern Soccer</td>
<td>Apple Picking</td>
<td>Boston Bowl</td>
<td>Artlab</td>
</tr>
<tr>
<td>Line Dancing</td>
<td>November Healthy Cooking</td>
<td>Karaoke</td>
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<tr>
<td>Art for All</td>
<td>September Healthy Cooking</td>
<td>Train Show</td>
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<tr>
<td>Drama</td>
<td>I Love Dance</td>
<td>Ventriloquist</td>
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### Participant Information:

<table>
<thead>
<tr>
<th>Name:</th>
<th>Address:</th>
<th>City &amp; Zip:</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Phone Number:</td>
<td>Date of Birth:</td>
</tr>
<tr>
<td></td>
<td>E-Mail Address:</td>
<td></td>
</tr>
</tbody>
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<tr>
<th>Sex</th>
<th>Race</th>
<th>Age</th>
<th>Height</th>
<th>Weight</th>
<th>Build</th>
<th>Hair Color</th>
<th>Eye Color</th>
</tr>
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### Distinguishing Marks, Scars, Etc.:

- If yes, please explain.

### Medical Information:

- Allergies; including food:
- Medications:
- Seizures:
- Physical Limitations:
- Visual Problems:
- Auditory Problems:
- Other:

### Emergency Contact Information: Please provide two contacts.

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<thead>
<tr>
<th>Person #1:</th>
<th>Person #2:</th>
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</thead>
<tbody>
<tr>
<td>Relationship:</td>
<td>Relationship:</td>
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<tr>
<td>Home Phone #:</td>
<td>Home Phone #:</td>
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<tr>
<td>Cell Phone #:</td>
<td>Cell Phone #:</td>
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<tr>
<td>Other Phone #:</td>
<td>Other Phone #:</td>
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</tbody>
</table>

### Activities for Daily Living:

<table>
<thead>
<tr>
<th>Toileting:</th>
<th>Eating:</th>
<th>Dressing:</th>
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<tbody>
<tr>
<td>Independent</td>
<td>Needs Assistance</td>
<td>Please explain.</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Signature:</th>
<th>Date:</th>
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Note: If you have a guardian, they **MUST** sign this form.
INCOME CERTIFICATION
FY 2017 (Effective April 20, 2017)

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

Participant Information:
Please check all that apply

☐ Single female head of household  ☐ Veteran Head of Household  ☐ Homeless

☐ Hispanic or Latino

Participant Race:
Please check only one

☐ White  ☐ American Indian/Alaskan Native and White
☐ Black/African American  ☐ Asian and White
☐ Asian and White  ☐ Black/African American and White
☐ American Indian/Alaska Native
☐ Native Hawaiian/Other Pacific Islander  ☐ Other Multi-Racial:

Head of Household Name: __________________________________________

Household Address: ________________________________________________

Address, City, State & Zip Code

Household Income Information

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

<table>
<thead>
<tr>
<th>FY 2017 Income Limit Category</th>
<th>Persons in Family</th>
</tr>
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<tbody>
<tr>
<td>Very Low (50%) Income Limits ($)</td>
<td>1</td>
</tr>
<tr>
<td>36,200</td>
<td>41,100</td>
</tr>
<tr>
<td>Extremely Low Income Limits ($)</td>
<td>21,700</td>
</tr>
<tr>
<td>Low (80%) Income Limits ($)</td>
<td>54,750</td>
</tr>
</tbody>
</table>

☐ Check box if your family size is over 8 people - 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 ___________________________ Date: ________________

Federal regulations require we obtain this information to document assistance is being provided to low and moderate-income households. The Grantee is required to retain this form for monthly reporting requirements as well as on-site monitoring visits.
Adolescent and Adult Recreation

Northeastern Soccer

Cost: $30 includes dinner, chaperones and transportation.
Date: Friday, September 15th
Time: Drop off: 4:30 PM
Pick up: 9:30 PM
Location: Drop off & Pick up: 31 Woodland Rd., Waltham MA
Details: Support the Huskies as they take the field against Dartmouth’s Big Green in an exciting women’s soccer match-up. Northeastern won CAA Division Title last year and will face the best competition including Ivy League’s Dartmouth. Don’t miss all the action with fast-paced defense, goals and skillful footwork. Due to the popularity of this trip, please RSVP by phone or email before sending in your registration!
Minimum: 5 people  Maximum: 9 people

GREENBERG TRAIN SHOW
&
HOLIDAY FESTIVAL

Cost: $30 includes lunch, chaperones and transportation.
Date: Saturday, November 18th
Time: Drop off: 10:00 AM
Pick up: 3:00 PM
Location: Drop off & Pick up: 31 Woodland Rd., Waltham MA
Details: Located at the Shriners Auditorium, we will see one of the largest exhibits of model trains in the world. The trains feature the sights and sounds of yesteryears. Collectors and gift buyers will be able to purchase railroad themed product or you can browse and see the displays. There will also be a fun filled holiday faire featuring crafts and colorful displays at the auditorium that we will also be able to visit. Please bring extra money for shopping if you plan on purchasing items. Due to the popularity of this trip, please RSVP by phone or email before sending in your registration!
Minimum: 5 people  Maximum: 9 people

BINGO!!!!

Cost: $20 Includes dinner, chaperones and Bingo fun.
Date: Tuesday, November 7th
Time: Drop off: 5:00 PM
Pick up: 7:00 PM
Location: Drop off & Pick up: 31 Woodland Rd., Waltham MA
Details: Tonight can be your lucky night. Spell out the word BINGO and you win. There will be bingo fun with great prizes along with good friends and music. Join in on the fun and tell your friends to join us!
Minimum: 5 people  Maximum: 15 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.

Adolescent and Adult Recreation

Halloween Dance

Cost: Suggested Donation $5.00, snack and soda provided.
Dates: Wednesday, October 25th
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! This will be a big night of dancing fun with performances set to music. Friends and family can join the fun, see how many dances you can move to.
Admission to first 125 people ONLY. Snacks and drinks will be provided.
You do not need to register for the dance.
Maximum: 125 people

~Greater Waltham Arc’s Recreation programming is supplemented by the former Wheels of Happiness donation, 2006~
Save the Date!
GWArc’s 47th Annual Harvest Breakfast
Sunday, October 22, 2017
8 am - Noon
Embassy Suites 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 Gift Bags

Adults-$24; Seniors/Special Needs Adults-$17; Children under 12-$12

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

All proceeds benefit GWArc programs and services for individuals with intellectual and developmental disabilities. GWArc is a 501(c)(3) nonprofit organization. Our tax id # is 04-2441728.
Save The Date!

GWArc’s 2017 Annual Meeting and Community Recognition Awards

Monday, November 13, 2017
From 6-8 P.M.
Embassy Suites Waltham
550 Winter Street, Waltham, MA

Special Guest Speaker
Kenneth Doucette, Director of Community Affairs
Middlesex County Sheriff’s Office