

Walking Club

Wednesdays at 5:00 pm - join the team for the 9/22 CRC 5K/1 mile walk

All ages welcome!

Contact Sarah Ouellette!

Walking dates & meet-at locations:

July 10 Houghton's Pond

July 17 Upper Falls Greenway

July 24 Lake Waban

July 31 Charles River Peninsula

August 7 Cutler Park

August 14 Webster Conservation

August 21 Houghton's Pond

August 28 Upper Falls Greenway

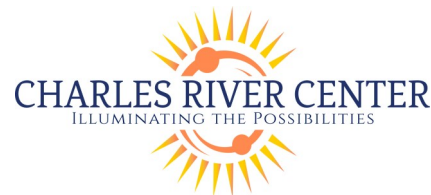
September 4 Lake Waban

September 11 Blue Hills Reservation

September 18 Cushing Memorial

Family Support Programs Summer 2019

Check our monthly newsletter for up-to-date activities and program offerings!



Kid's Break

Saturdays are meant for fun! At Kid's Break, the morning is spent being active, rotating Zumba, Yoga, CrossFit followed by an afternoon outing!

The cost of this program is funded for those who live in the Newton South Norfolk and Middlesex West areas.

Kid's Break runs in Natick with a 1:3 ratio. Ready to eat lunch is require for full day participants!

Contact Sarah Ouellette if interested!

July 6 Cushing Memorial

July 13 Golf at the Village Green

July 20 Taza Chocolate Tour

July 27 Patriots Place Museum Tour

Off for August!

September 7 Sunshine Farms

September 21 Discovery Museum

September 28 Lookout Farm

Sharon House

Friday 4:00 pm—Sunday 3:00 pm

An overnight respite program for ages 18+

Cost: \$400/weekend

July 12—14 Yoga class

August 2—4 Apex Entertainment

August 23—25 Lake Massapoag Beach

*Program requires intake interview prior to acceptance.

Contact Laura Caligiuri to learn more and schedule an intake!

Cooking Club

Those 18+ can join a skills group based around planning, preparing and eating a meal together. The program runs with a 1:5 ratio and costs \$10 per class.

Thursday nights, 6:00—7:30 pm

Merritt Center Cafeteria
Needham, MA

Summer dates: July 11, 18, 25

Contact Laura Caligiuri if interested!

Building Friendships Club

A monthly Friday night outing for teens ages 13—21 looking for social outlets.

The program runs out of Natick from 6:15—9:00 pm with a 1:5 ratio and costs \$20

Contact Sarah Ouellette!

July 26 Treetop Adventures

August 30 Fun & Games

September 27 Dave & Busters

October 25 Haunted Hayride

Check the Newsletter monthly, activities TBA:
October 25
November 22
December 20

Saturday Community Group

Individuals ages 18+, living in the Newton South Norfolk* areas are invited upon acceptance to join the group for lunch and an event/activity. The program runs out of Needham with a 1:5 ratio and costs \$20

Contact Laura Caligiuri!

July 6 Animal Adventure Zoo

July 13 Paint Your Own Pottery

July 20 Bumper Cars

July 27 Mary Poppins Musical

August 10 Capron Park Zoo

August 17 SkyZone

August 24 Bowling at Brighton Flatbread

August 31 Patriots Place

Check the Newsletter monthly, activities TBA:

September 7, 14, 21, 28

October 5, 12, 19, 26

November 2, 9, 16, 23, 30

December 7, 14, 21, 28

Dances

Check our newsletter monthly for dances announcements!

\$5/per person

Ages 16+

Friday Nights

Next dance: June 21, 2019 7:00 pm

Merritt Center Cafeteria, Needham

Snacks and drinks provided!

Everyone must come with a chaperone, if this is a hardship please let us know.

Please fill out the registration page and send to

→ FamilySupport@charlesrivercenter.org

or fax to 781-444-5146 or mail to

59 East Militia Heights Drive, Needham, MA

by the registration deadline: **Monday June 14**

SAVE THE DATE!

Ellie Bloom
Special Olympics
September 14, 2019



New this session:
Registration email!!

FAMILY SUPPORT PROGRAMS REGISTRATION FORM



- CHECK ALL PROGRAMS THAT YOU WOULD LIKE TO ATTEND (in order of preference)
- RETURN THIS REGISTRATION FORM TO FamilySupport@charlesrivercenter.org by **June 14, 2019**
- LOOK FOR CONFIRMATION EMAIL FROM THE PROGRAMS' COORDINATOR
- MARK ALL CONFIRMED PROGRAMS INTO YOUR CALENDAR!

Individuals Name: _____

Address: _____ Phone: (____) ____ - _____

Parent(s)/Guardian(s): _____ Email Address: _____

Child's Age: _____ D.O.B. _____ Primary/Secondary Disability: _____

**Please number each program in order of preference
1 being the highest!**

Saturday Community Group

Ages: 18+

July 6 ___

July 13 ___

July 20 ___

July 27 ___

August 10 ___

August 17 ___

August 24 ___

August 31 ___

Building Friendships Club

Ages: 13-22

July 26 ___

August 30 ___

September 27 ___

Please check here ___ if you have *not* completed a program intake

All programs require an intake interview. If you are newly interested in Family Support programs, please contact a program coordinator to schedule one.

Sarah Ouellette

781-343-3272 (cell)

781-972-1060 (office)

Souellette@charlesrivercenter.org

Laura Caligiuri

781-514-2235 (cell)

781-972-1082 (office)

Lcaligirui@charlesrivercenter.org

Cooking Club

Ages: 18+

July 11, 18, 25 ___

Kid's Break

Ages: 12-22

July 6 AM ___ PM ___

July 13 AM ___ PM ___

July 20 AM ___ PM ___

July 27 AM ___ PM ___

September 7 AM ___ PM ___

September 21 AM ___ PM ___

September 28 AM ___ PM ___

Sharon House

Ages: 18+

July 12 through 14 ___

August 2 through 4 ___

August 23 through 25 ___

Please fill out the registration page and send to FamilySupport@charlesrivercenter.org

or fax to 781-444-5146 or mail to 59 East Militia Heights Drive, Needham, MA by the registration deadline:

Monday June 14