

ASPIRE

Afterschool Program for Independence, Recreation, and Education

•*Have fun and make friends while we recognize and strengthen your abilities.*•

Choose the day or days that works best for you!

Monday-Friday 3:00-5:30

\$38 a day or

\$40 a day with a 1:1

Open to all students with developmental disabilities from ages 7-22. We will do things like music, exercise, cooking, outings, games, puzzles, and arts & crafts. We can help with homework too!

Mondays: Life Skills

Tuesdays: Music

Wednesdays: Cooking

Thursdays: Fitness

Fridays: Art

Begin the registration process today!

Set up an intake interview by contacting Kelly Atkins at 781-972-1060 or at katkins@charlesrivercenter.org



Program Registration due September 30th



59 East Militia Heights Dr.
Needham, MA 02492



CHARLES RIVER CENTER
ILLUMINATING THE POSSIBILITIES

Family Support

Social Recreation Programs, Trainings, and
Support Groups
Fall Session 1

What's special this session?

- ◆ Plan ahead for the fall and schedule an intake for ASPIRE, our after school program!
- ◆ Join our Special Olympics bowling team !
- ◆ Ellie Bloom Special Olympics will take place at Defazio Field in Needham on October 1st. Visit our website and register today!
- ◆ Visit <http://charles.kintera.org/2016/katkinscrc> to support Ellen Kilicarslan and Kelly Atkins as they ride 25 miles in the Rodman Ride to assist in funding our children's programs and Wings For Autism!
- ◆ A Social Sexuality Training for Parents with adolescents or young adults will be offered on October 13th!

Program Spotlight!

ASPIRE

Program Registration due September 30th

Support Groups

Transition Cafe

Join our parent support group that meets the second Tuesday of every month. During these meetings we will discuss various topics around transitioning and they will often be led by guest speakers. Refreshments will be served!

October 11th

November 8th

Location: 4 Strathmore Rd, Natick, MA

Time: 6:00-7:15

To RSVP contact Jill Dec at jdec@charlesrivercenter.org or at 508-651-5914

Parent Trainings

Financial Planning

Join us and Leo Rotman from River Financial Group, LLC for a training that will discuss personal and legal financial planning for families with loved ones with disabilities.

When? November 10th, 6:00-7:15

Where? 4 Strathmore Rd., Natick, MA

RSVP to Jill Dec at jdec@charlesrivercenter.org or at 508-651-5914

Social Sexuality Training

Join us for a training on social sexuality with Kate Robery. This will cover certain topics to discuss with your child and how to prepare them as they develop and progress into their young adult years.

When? October 13th at 6:30

Where? 59 East Militia Heights Dr., Needham, MA

RSVP to Kelly Atkins at katkins@charlesrivercenter.org or at 781-972-1060

Adult Programs

Needham

COMMUNITY GROUP

Ages 18 +

Saturdays, 12 pm –4 pm

October 15th: Belkin Farm in Natick
and lunch at Morse Tavern

October 29th: Blue Hills Trailside
Museum and lunch at Blue Hills
Grille

November 12th: Monster Mini Golf
and Lunch at Bertucci's

To enroll, please submit the
enclosed registration

Monthly Dances

Ages 18 +

Fridays, 7 pm—9 pm

October 28th
Halloween Dance and Costume
Contest

Admission: \$5

BINGO NIGHT

Ages 18+,

Fridays, 6pm-7:30
October 7th and November 4th
Cost is \$5 per week

Contact Kayla Condon at
781-972-1081 if you are interested
in attending

Natick

Candlepin Bowling

Ages 18+

Cost: \$5 per week

Wednesdays, 4:15-5:45 at Ryan Family
Amusement

Meet us at the alley for a fun filled night of
bowling and practice to compete later in
the year!

Unified Flag Football

Ages 15+

Cost: \$ 5 per week

Unified sports allows for people with and without disabilities to
play on a team together! Join our team this fall! Practice will be
held Tuesday evenings. Time and Place TBD

If interested in joining either team or you just want to find out
more, contact our coach, Nicole DeMarchena at
ndemarchena@charlesrivercenter.org or at 508-651-5911

Music Therapy

Ages 18+, Saturdays, 1:00-2:00
Cost is \$20

October 15th, October 22nd, and November 5th
To enroll, please submit the enclosed
registration

Adult Extended Day

We are now offering an adult
extended day in Natick. To find out
more contact Kelly at 781-972-1060

Registration Policies

- Programs are staffed at a 1:4 ratio (if your child requires 1:1 please contact Kelly Atkins to discuss possibilities)
- To run each program we need a minimum of 3 participants.
- To register please tear out paper registration in the middle, complete accordingly and send to Kelly Atkins at:

Email: katkins@charlesrivercenter.org

Fax: 781-444-5146

Mail: 59 East Militia Heights Dr.
Needham, Ma 02492

- There are limited spots for each activity and we may not be able to accept everyone who registers. It is not first come first serve basis. We staff according to how many people we expect to attend.
- Please be aware of the time and effort that goes into each program. We need to ensure that we have the right amount of staff and the right amount of supplies. Because of this, please sign up and RSVP to each program in accordance with the due date on the registration form.
- If there are spots open the week before the registration date, we will notify you and open it up to other participants.
- If you have to cancel, please give as much notice as possible. Without notice of cancellation, you will be billed for half of the program cost.
- If the program costs are a financial hardship please contact Kelly Atkins to discuss.
- If you register for Saturday Kids' Breaks you have the option to drop your child off in Needham or in Natick. However, if you only wish that they participate half of the day, then they would need to be picked up in Natick. If they partake in the whole day, then they can be picked up where they were dropped off at the end of the day.

Needham Site Information

Address: 59 East Militia Heights Dr.
Needham, MA 02492

Contact: Kelly Atkins
781-972-1060
katkins@charlesrivercenter.org

Natick Site Information

Address: 4 Strathmore Rd.
Natick, MA 01760

Contact: Kelly Atkins
781-972-1060
katkins@charlesrivercenter.org

Youth Needham ASPIRE

Join our after school program this fall! Open to all students with developmental disabilities ages 7—22., Mon-Fri 3:00-5:30. Contact Kelly Atkins at katkins@charlesrivercenter.org or at 781-972-1060 for more information

Natick

Building Friendships Social Skills Class

Ages 13-21, 1: 5 Ratio

Contact Kelly Atkins at 781-972-1060 or at katkins@charlesrivercenter.org to find out how to register for our 6 week social skills class. We teach friendship building skills and talk about social relationships. Our next session starts October 1st.

Teen Night

Ages 13+, 1:5 Ratio, 1st Friday of Every Month, Cost \$5
October 7th: Mall Scavenger Hunt and the Food court
November 4th: Movies and Kelly's Roast Beef
 To enroll, please submit the enclosed registration

Saturday's Kids Break: Fitness in the morning followed by an outing

Ages 10-18, Saturdays from 9:00-4:00, Ratio 1:3
October 8th: Zumba and Skyzone
October 15th: Kick Boxing and Belkin Lookout Farm
October 22nd: Yoga and Cardio Strength Ice Skating at Loring Arena
October 29th: Zumba and Blue Hills Trailside Museum
November 5th: Kick Boxing and Fun & Games
November 12th: Yoga and Cardio Strength and the Whimsy Art Studio

To enroll, please submit the enclosed registration.

Partial day registration is permitted and lunch is required for full day participants. No nuts or seafood.

The cost of this program is being funded by DDS for those who live in the Newton South Norfolk Area or the Middlesex West Area. We will no longer be able to accept individuals who attend with their own one to one staffing.

There will be a strict 1:3 ratio for this particular program.

Registration

Participant Name: _____ Date of Birth _____

Address: _____

Parent Name: _____ Email Address: _____

Home Phone: _____ Work Phone: _____ Cell Phone _____

Emergency Contact (if different than parent): _____ Phone: _____

Please indicate by checking the boxes which program you would like to register your child for. Please refer to registration policies in our program brochure.

Teen Night, Natick
Ages 13-21, Fridays, 6:00-8:30
Cost, \$5

October 7th: Mall Scavenger Hunt and the Food Court

November 4th: Movies and Kelly's Roast Beef

Music Therapy, Natick
Ages 18+, Saturdays 1:00-1:45
Cost is \$20 per week

October 15th

October 22nd

November 5th

Adult Community Group, Needham
Ages 18+, Saturdays 12:00-4:00

October 15th: Belkin Farm and Morse Tavern

October 29th: Blue Hills Trailside Museum and Blue Hills Grille

November 12th: Monster Mini Golf and Bertuccis

Kids Break
Ages 10-17, Saturdays 9:00-4:00, 9:00-12:00, or 1:00-4:00
Cost: Currently Funded Through DDS

October 8th

Full Day

Partial Day 9-12

Partial Day 1-4

October 15th

Full Day

Partial Day 9-12

Partial Day 1-4

October 22nd

Full Day

Partial Day 9-12

Partial Day 1-4

October 29th

Full Day

Partial Day 9-12

Partial Day 1-4

November 5th

Full Day

Partial Day 9-12

Partial Day 1-4

November 12th

Fully Day

Partial Day 9-12

Partial Day 1-4

Please return registration to Kelly Atkins via email at katkins@charlesrivercenter.org, via mail at 59 East Militia Heights Dr., Needham MA 02492 or by fax to 781-444-5146 by **September 30th**