

# December School Vacation Program

Join us for our 4 day school vacation program for fun at the center or for trips into the community!

Staffing ratio: 1:3 and limited 1:1 staffing available

Ages: 7-21

Time: 9am-3:00pm

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

Cost: \$86 per day or \$98 with a 1:1

## **December 27th: Art and Cooking**

Trip to whimsy art along or edible art projects, puzzle making, collages, and making play-doh at the center!

## **December 28th: Music and Movement**

Trip to Sky Zone or yoga and Zumba, active games, scavenger hunts, and musical chairs at the center!

## **December 29th: Nature and Animals**

Curious Creatures, animal charades, nature walk, and making dioramas at the center!

## **December 30th: New Year's Celebration**

Trip bowling or decorating hats, party dances, and a countdown to the New Year!

To register please submit the enclosed registration and submit to Kelly Atkins at [Katkins@charlesrivercenter.org](mailto:Katkins@charlesrivercenter.org), fax to 781-444-5146, or mail to 59 East Militia Heights Dr., Needham, MA 02492. by December 7th.

*\*Please note spaces are limited, placement is not guaranteed*

# Avenues to Adulthood

This 2 day vacation program will help young men and women transition into adulthood through discussions, skill building exercises, and fun activities.



Ages: 16-22 (approximately)

Time: 9 am to 3 pm

Where: 4 Strathmore Road, Natick

Cost: \$84/day

## **December 27th and 28th**

**\*\*Staffing will be provided at a 1:5 ratio\*\***

To sign up, please contact Jill Dec at

508-651-5914 or [jdec@charlesrivercenter.org](mailto:jdec@charlesrivercenter.org)



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?*

- ◆ Parents Evening Outs are back for the holiday season!
- ◆ Natick Art Class will begin again!
- ◆ Cooking class is happening in Needham on Thursday nights!
- ◆ Register for December vacation program and Avenues to Adulthood!
- ◆ Check out our parent trainings we will be offering in these upcoming months!
- ◆ To be considered for our programs, remember to register on time!
- ◆ Welcome Michaela and Renee, our new Family Support Program Coordinators!

**Program Spotlight!**

**December Vacation!**

Program Registration due November 21st

## 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!

**December 13th**

**January 10th**

**Location: 4 Strathmore Rd, Natick, MA**

**Time: 6:00-7:15**

**To RSVP contact Jill Dec at [jdec@charlesrivercenter.org](mailto:jdec@charlesrivercenter.org) or at**

**508-651-5914**

## Parent Trainings

### Holiday De-Stressing Workshop

Join Kesha Aridou and Ellen Kilicarslan as they share some stress relief and self-care tips to successfully get through the holidays.

**When? November 17th from 6:00-7:30**

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

**RSVP to Kesha Aridou at [karidou@charlesrivercenter.org](mailto:karidou@charlesrivercenter.org) or at 781-972-1082**

### Beyond Requesting

This training will illustrate methods used to promote communication in learners with autism for purposes beyond simple requesting.

**Trainer: Jennifer Abramson, M.S, CCC-SLP**

**When? December 5th from 6:00-8:00**

**Where? 4 Strathmore Rd, Natick**

**RSVP to Sally Black at [sblack@charlesrivercenter.org](mailto:sblack@charlesrivercenter.org)**

### Massachusetts Benefits and Entitlements

Join Kesha Aridou and Elizabeth Jasse for an informational session on Medicare, Medicaid, Social Security and other MA benefits.

**When? January 11th from 6:00-7:30**

**Where? 4 Strathmore Rd, Natick**

**RSVP to Kesha Aridou at [karidou@charlesrivercenter.org](mailto:karidou@charlesrivercenter.org) or at 781-972-1082**

# Adult Programs

## Needham

### COMMUNITY GROUP

Ages 18 +  
Saturdays, 12 pm –4 pm

December 3rd: Lunch at Budabing's and  
Bowling at Ryan Family Amusement

December 10th: Enchanted Village and  
lunch at Friday's

January 7th: Trip to Faneuil Hall Mar-  
ketplace

January 21st: Lunch at Cheesecake  
Factory and walk through Natick

Collection  
To enroll, please submit the  
enclosed registration

### Monthly Dances

Ages 18 +  
Fridays, 7 pm—9 pm

December 16th: Holiday Dance  
and Ugly Sweater Contest

Admission: \$5

### BINGO NIGHT

Ages 18+,  
Fridays, 6pm-7:30  
December 2nd and January 13th

Cost is \$5 per week

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

### Cooking Class

Ages 18 +  
Thursdays, 6:15-8:00

Cost, \$60 for 6 Sessions

December 1st	December 22nd
December 8th	December 29th
December 15th	January 4th

## Natick

### Artistic Afternoons

Ages 18 +  
Wednesdays, 4:00-6:00  
Cost is \$60 for 6 weeks

11/30: Painting I

12/7: Drawing I

12/14: Sculpture I

12/21: Painting Sculptures II

12/28: Drawing II

1/4: Art Show

To enroll, please submit the enclosed registration

### Music Therapy

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

December 10th, December 17th, January 21st

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, complete accordingly and send to Kelly Atkins at:  
  
Email: [katkins@charlesrivercenter.org](mailto: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 a 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](mailto:katkins@charlesrivercenter.org)

### Natick Site Information

Address: 4 Strathmore Rd.  
Natick, MA 01760  
Contact: Kelly Atkins  
781-972-1060  
[katkins@charlesrivercenter.org](mailto:katkins@charlesrivercenter.org)

# Youth Natick

## Building Friendships

Join us for a 6 week social skills program! This program is for teens with developmental disabilities. We will learn about relationships and will have opportunities to practice friendship-building skills.

Mondays, 6:30-7:30

November 28th: Introductions, Rules, and Self-Esteem

December 5th: Boundaries, Space, and Consent

December 12th: Types of Relationships

December 19th: Friendship Skills

January 9th: Bullying and Cyber Safety

January 16th: Personal Goals and Social-Fun Day Planning

Friday, January 21st: Social Fun Night! 6:00-8:30

To enroll, please contact Kelly Atkins at [katkins@charlesrivercenter.org](mailto:katkins@charlesrivercenter.org) or at

781-972-1060

## Teen Night

Ages 13+, 1:5 Ratio, 1st Friday of Every Month, Cost \$5

December 2nd: Tacos and Games at the Center

January 6th: TGI Fridays and Bowling

To enroll, please submit the enclosed registration

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

Ages 10-17, Saturdays from 9:00-4:00, Ratio 1:3

November 26th: Zumba and a Hayride and Pumpkin Picking

December 3rd: Kickboxing and Ryan's Family Amusement

December 10th: Cardio, Yoga and Whimsy Art Studio

December 17th: Zumba and the Enchanted Village

January 7th: Kickboxing and Patriots Place

January 21st: Cardio, Yoga and Fun and Games

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.

## Special Events: Parent Evening/Afternoon Night Out

Fun, free group respite opportunity for ages 6-22. The staffing to participant ratio is 1:4. Unfortunately there is no 1:1 ratio available. Siblings Welcome!

**Needham: 11/18 from 6:00-9:00 Natick: 12/10 from 4:00-8:00**

**Natick: 12/17 from 2:30-6:30 Needham: 1/6 from 6:00-9:00**

To enroll, please submit enclosed registration

# 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

- December 2nd: Tacos and Games at the Center
- January 6th: TGI Fridays and Bowling

### Music Therapy, Natick

Ages 18+, Saturdays 1:00-1:45

Cost is \$20 per week

- December 10th
- December 17th
- January 21st

### Adult Community Group, Needham

Ages 18+, Saturdays 12:00-4:00

- December 3rd: Budabing's and Bowling
- December 10th: Enchanted Village and Friday's
- January 7th: Faneuil Hall Marketplace
- January 21st: Cheesecake Factory and the Natick Collection

- Cooking Class, Needham, 18+, Thursdays from 6:15-8:00, Cost is \$60
- Artistic Afternoons, Natick, 18+ Wednesdays from 4:00-6:00, Cost is \$60

### Kids Break

Ages 10-17, Saturdays 9:00-4:00, 9:00-12:00, or 1:00-4:00

Cost: Currently Funded Through DDS

- November 26th
  - Full Day
  - Partial Day 9-12
  - Partial Day 1-4
- December 3rd
  - Full Day
  - Partial Day 9-12
  - Partial Day 1-4
- December 10th
  - Full Day
  - Partial Day 9-12
  - Partial Day 1-4
- December 17th
  - Full Day
  - Partial Day 9-12
  - Partial Day 1-4
- January 7th
  - Full Day
  - Partial Day 9-12
  - Partial Day 1-4
- January 21st
  - Full Day
  - Partial Day 9-12
  - Partial Day 1-4

Please return registration to Kelly Atkins via email at [katkins@charlesrivercenter.org](mailto:katkins@charlesrivercenter.org), via mail at 59 East Militia Heights Dr., Needham MA 02492 or by fax to 781-444-5146 by **November 21st**