Community Based Recreation Programs for People of All Ages with Developmental & Intellectual Disabilities Living in the Metro North Communities of Boston Massachusetts

Communitas Recreation, 60-D Audubon Road Wakefield MA, 01880
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SUMMER 2019
JUNE - SEPTEMBER
Communitas’ Mission

**Empowering People. Supporting Independence. Inspiring Dreams**

*Communitas welcomes, values, respects and supports people of all abilities. Our mission is to meet individual needs – whatever they are and however they change – while inspiring dreams. We advocate passionately while compassionately delivering services and programs that expand opportunities, empower people, support independence and enrich lives.*
March in This Year’s 4th of July Parade in Wakefield!

Did you know that the Wakefield 4th of July Parade is the oldest, and largest, 4th of July parade in the state of Massachusetts? Don’t miss out on your chance to be a part of it this year with Communitas.

So, if you are a Communitas athlete and want to march with us this July, please email the rec office to sign up! Details on meeting location/times for the day of the parade to follow. We are also looking for volunteers to march with our crew as well! The parade is very busy and so many people are in attendance, so some extra eyes to keep everyone together is a big help! Don’t forget to wear your red, white, and blue!

To Register, please contact Jess Viens by June 20th by phone or email to participate!

Welcome To The Team: Taylor Murphy!

Communitas is pleased to announce that we have hired Taylor Murphy to be the newest member of our recreation team! Taylor will be starting as the Program Specialist in May, so be sure to welcome her when you start seeing her at programs. Check out her bio below:

“My name is Taylor Murphy, I am a recent graduate from the University of New Hampshire where I studied Therapeutic Recreation. I was born and raised in Reading Massachusetts, but have recently moved to Atkinson New Hampshire. In my free time I enjoy hiking, cooking, and spending time with my family. I am looking forward to joining Communitas recreation department because I believe recreation is an important aspect in all individuals lives. I feel I will be an asset to Communitas and I am very excited to work with individuals to give them the greatest opportunities that life can offer. I am thrilled to start my new position and to be a part of this amazing team.”

Annual Communitas Sports Banquet Recap

We had another amazing banquet this year on Tuesday April 9th at Anthony’s of Malden. Every year we get together at the end of basketball season to highlight the accomplishments of all of our Special Olympic teams that compete with Communitas annually. Communitas had over 180 athletes compete across 7 different sports in 2018-2019, including swimming, track and field, tennis, softball, soccer, senior sports and basketball. We had just over 300 people in attendance this year, enjoying dinner, a dance, and of course our awards presentation. Check out who was honored below at this years banquet:

Community Partner of the Year: This award is presented to an individual, place of business, or community group that goes above and beyond in helping make our programs possible. This year we honored our DJ, Kevin Sullivan, for his relentless dedication to our community. Kevin DJs up to 6 events for us each year, free of charge, and always puts on an unforgettable dance.

Volunteer of the Year: This award goes to an individual who exemplifies what it means to be a volunteer with Communitas. This years recipient, Angel Sosa, has been working with our Sports programs for several years, ever since his son was old enough to participate. He helps coach our soccer and basketball programs and we couldn’t be more grateful for his help!

Coach of the Year: This award was presented in honor of one of our longtime coaches who passed away this past August. Coach Bob Greabell, who volunteered with our soccer and basketball programs for over a decade, was a true role model for what being a Special Olympic coach is all about. We were honored to present this year’s Coach of the Year Award to his family. Moving forward, this award will be presented in his name for years to come.

Robert “Bob” Addor Award: “Presented each year to an individual who embodies exactly what it means to be a Communitas athlete, including unwavering commitment, relentless positivity, and the unique ability to inspire all those dedicated to Special Olympics.” We had the privilege of presenting this award to an athlete who plays year round with Communitas, competing is soccer, basketball, track and field, and softball. He always give 100% and never quits, always inspiring his teammates and coaches. Be sure to congratulate David Pothier on winning this years Bob Addor Award.
The programs showcased on this page currently have an enrollment waitlist or are some of our more popular program offerings. We are always adding names to the list so if you are interested in getting involved or signing up for a program, please contact anyone in the recreation department!

Once your name is added to the waitlist someone in the recreation department will contact you when a spot becomes available. Please pay close attention to the age groups for each program listed. You will see these programs on our website, but will be restricted from registering. The only way to be added to the list is to speak with someone in the recreation department.

**L.E.A.P**

*Leisure Education Adventure Program*  
*(ages 13-21)*

Get out and get active on school vacation weeks! This leisure education program is for teens and young adults with developmental disabilities to come together for a week of learning, adventures and fun! Each week will offer participants opportunities to try out new recreation activities, plan outings, and practice with different kinds of transportation. You might find us one day at a bowling alley, the next making menus and at the grocery store, and the next canoeing on a beautiful lake! We’ll check out museums, mini golf courses, state parks, the beach, and other places in the community while developing friendships and having a great time.

Participants need to be able to walk 1/2 mile with assistance, be independent in personal care and be able to be successful in a staff/camper ratio of 1:4. Participants who need additional assistance, please call the Recreation Department to see if LEAP might be a good fit for you!

Please contact Jess Viens in the recreation department. After the summer season LEAP becomes open for any individual that fits the requirements on a first come first serve basis. Please keep a close eye on your email for future registration dates regarding LEAP.

**FAMILY SWIM**  
*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 Communitas and sign release form, including current YMCA members. This is not a drop-off program.

**Dates:** Three 12 week sessions per year (Fall, Winter, Spring)  
**Non-Malden families:** $60 per family for 10 weeks  
**Malden Residents:** No fee thanks to a grant from the City of Malden!  
**Location:** Malden YMCA therapy pool  
99 Dartmouth Street, Malden

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**AFTER DAY PROGRAM BOWLING**  
*(ages 22+)*

Love to bowl? Then ask us about our After Hours Bowling program! The bowling program currently has a waitlist for both Wakefield and Burlington Locations. Call us to be added to the waitlist or for more information on the program!

Whether it is your first time or you are a dedicated bowler, everyone can learn and have a great time each week! We will meet immediately after day services and drive to the Woburn Bowladrome where the adults purchase an afternoon snack and break up into teams to fit in two strings of bowling! Participants will be transported back to their day program site for pick up.
10am - 12pm
Saturday, July 27th
RAIN DATE: AUGUST 3RD

Community WALK 2019
START A TEAM OR DONATE TODAY!

Lake Quannapowitt, Wakefield

REGISTRATION: $20 (Includes FREE T-shirt)

Help us reach our goal to promote healthy living and
to raise funds & awareness for adults and children with
developmental disabilities.

REGISTER OR DONATE ONLINE AT COMMUNITASMA.ORG

Communitas is a local non-profit organization that delivers individualized, family-centered services, programs and support for people of all abilities, across their lifespan and in their communities.
Sibs United celebrate the many contributions made by brothers and sisters of kids with a developmental disability. Sibs United acknowledge that being the brother or sister of a person with a development disability 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. Sibs United programs are a mix of new games, new friends and discussion activities.

Communitas offers Sibs United for ages 4-7 and 8-13, for the most up to date schedule,
HIGH SCHOOL CLUB
(ages 13-21)

Do you like to hang out and have a good time? Want to meet friends from other towns? Then this is the club for you! We price our programs based on the ticket prices of activities, staff, gas, food if included, and a small percentage for administration time. Sign up for one event, or for them all!

Registration is due one week before each event.

ALL EVENTS MEET AT 30 Audubon Road, Wakefield

Laser Tag at Laser Quest
Friday, June 21st
6:00pm - 9:00pm
Fee: $40

Out to Eat: Polcaris in Woburn
Friday, July 12th
6:00pm - 9:00pm
Fee: $45

Mini Golf
Friday, August 2nd
6:00pm - 9:00pm
Fee: $35

Friday Night Lights: HS Football Game
Friday September 13th
6:00pm - 9:00pm
Fee: $35

RIVERHAWKS SOFTBALL
(ages 13+)

Our fantastic season for the Riverhawks is here! This is not a Special Olympics competition team, but an opportunity to get together with friends and volunteers to develop softball skills, have fun and get ready for our own big August game: Parents vs. the Riverhawks! Bring your glove, water and your energy and join us!

Where: Austin Prep High School: 101 Willow St, Reading, MA 01867

Time: 6:00pm - 7:30pm

Dates: Tuesdays July 9th - August 20th

Fee: $40 / 7 weeks

Min: 8 athletes Max: 20

FAMILY KICKBALL
(All Ages)

Looking for a great way to keep your family active this summer? This is a terrific opportunity to meet other families and get to know Communitas staff while having fun with a good old-fashioned game of kickball! We’ll split up into teams each week and have a lot of laughs! All ages and abilities welcome.

*This is not a drop-off program. Please bring your re-usable water bottles and wear appropriate shoes!

Time: Thursdays, 6:00pm - 7:30pm

Dates: June 20th - August 1st (Off July 4th)

*8/8 will be our rain date

Fee: $25 per family for the season

Location: Lincoln Elementary field, 80 West Wyoming Avenue, Melrose

*S.A.S.H. (Stoneham After School Hangout)
(ages 13-21)

We are thrilled to announce that SASH is back for it’s third year! SASH provides programming after ESY for the summer months. Each participant should bring a “bagged” lunch to be enjoyed at the beginning of the program and after lunch we will have a gym and art activity. Register online today!!

Dates/Times:
July 9—11 12:30pm-3:00pm
July 16—18 12:30pm-3:00pm
July 23—25 12:30pm-3:00pm

Location: Stoneham Colonial Park School—30 Avalon Rd, Stoneham

Fee: $225 / 9 days

Min: 8 Max: 10
YOUNG ADULT SOCIAL CLUB

Come and join us on a Friday night! Are you looking to get out of your house and hang out with your friends? Then join us for one (or all) of our outings! Call up your friends and get out of the house for the evening. We price our programs based on ticket prices of activities, staff, gas, food if included, and a small percentage for administrative time. Sign up for one event, or for them all! Registration is due one week before each event.

PLEASE NOTE: All trips require a minimum of 8 participants to run; pick up/drop off is at 30 Audubon Road Wakefield.

Lowell Spinners
Friday, June 14th
6:00pm - 10:00pm
Fee: $45

Hike the Fells
Saturday, July 13th
10:00am - 1:00pm
Fee: $35

PJ Party & Breakfast for Dinner
Friday, August 30th
6:00pm - 9:00pm
Fee: $35

Movies at Chunky’s
Friday, September 6th
6:00pm - 10:00pm
Fee: $50

YOUNG MEN’S GROUP
(ages 22-35)

Ready to get out with the guys for an evening of fun and adventure! Join Rec Director Joe Desjardins this summer for the Young Men’s Group. This group is geared towards young men who want to get out for the night and socialize with the guys. These “manly” trips will range from going to live sporting events to learning how to cook and prepare a dinner for family or friends. These events will usually take place once a month!

Patriot Place, Hall of Fame Tour
Saturday, June 15th
10:00am - 2:30pm
Fee: $45

Outdoor Mini Golf
Friday, July 19th
6:00pm - 9:00pm
Fee: $35

Beach Day & Tides
Saturday, August 17th
8:30am - 1:30pm
Fee: $50

Video Game Night!
Friday, September 27th
6:00pm - 9:00pm
Fee: $35

YOUNG WOMEN’S GROUP
(ages 22-35)

Formerly Groovy Girls, this group is for young women who want to meet new people, learn about the cool things that women can do, and just go out and enjoy being “one of the girls!” Hair, nails, shopping, hiking, you name it! We meet one weekend a month and have a blast. These trips fill up quickly!

Boston Duck Tour
Saturday, June 22nd
10:00am-1:00 p.m.
Fee: $45

Beach Day and Tides
Saturday July 20th
8:30am - 1:30pm
Fee: $50
Note: Don’t forget your towel and sunscreen!

Cool off at the Movies!
Saturday, August 10th
1:00pm - 4:00pm
Fee: $35

Out to eat: Brunch at Bobby C’s in Melrose
Sunday, September 15th
11:00am-2:00pm
Fee: $50

THEATER CLUB
(ages 22 and Up)

Do you love musical theatre? Become an Communitas season ticket holder for North Shore Music Theatre’s 2019 season! Our crew will meet here at Communitas and then head up to Beverly to the North Shore Music Theater to enjoy all 5 shows as part of the Summer 2019 series. Check out the summer line up below:

Oklahoma- June 15th
Freaky Friday - July 20th
Jersey Boys - August 17th
Sunset Boulevard - October 5th
The Body Guard- November 10th

Dates/Time: Saturdays, 12:45pm - 5:15pm
Location: Communitas, 30 Audubon Road Wakefield MA 01880
Fee: $250 for all five shows
Max: 10 participants
ADULTS/YOUNG ADULTS

SUMMER LUAU DANCE
(ages 22+)

Friday, July 12th
6:30pm - 9:00pm
$10 at the door
Most Blessed Sacrament Church,
1155 Main St. Wakefield

Come dance the night away with your friends and our
great DJ! We will have light refreshments available;
please eat dinner before you arrive. Supervision is pro-
vided; staff and personal care attendants are welcome!

RSVP REQUIRED!! CONTACT THE RECREATION
DEPARTMENT TO REGISTER! ALL ATTENDEES MUST
HAVE AN UP TO DATE COMMUNITAS EMERGENCY
FACT SHEET ON FILE TO PARTICIPATE!

BURLINGTON SOCIAL PROGRAMS!
(ages 22+)

Come socialize with your peers!! This group is geared for individuals ages 22+ looking to get out of the house
and participate in some great activities. These two groups provide an opportunity to get out into the commu-
nity with your friends all while relaxing and talking about current events. We anticipate this group filling fast
so please register today!!!

Burlington Walking Club
Mondays, May 6th—June 17th (off 5/27 MMD)
3:00pm-5:00pm
$40 / 6 week session
Communitas, 2 Ray Ave Burlington
Min: 6   Max: 10

Burlington Movie Madness
Mondays, 6/24, 7/29, 8/26, 9/23, 10/14
3:00pm-6:00pm
$100 / 5 events
Communitas, 2 Ray Ave Burlington
Min: 8   Max: 10
SPORTS/FAMILY PROGRAMS

SENIOR SPORTS
(ages 35+)

Are you over the age of 45 and looking to get more active? Train to compete in the Senior Sports Classic, which includes cornhole, bocce and race walking! The team practices each week near the lake in Wakefield, leading up to their end of the year tournament down the Cape!

Current Special Olympic medical forms and Communitas emergency fact sheets are required for this program.

Times: Tuesdays, 5:30pm - 6:30pm
Dates: August 6th - October 8th
Location: Outside next to the church at Lake Quannapowitt

*Weekend Competition: October 12th & 13th

OUTDOOR TENNIS
(ages 10 - adult)

Learn the basic skills of the game and increase hand-eye coordination while having fun! This program is good for new and experienced athletes, and can be an especially good fit for athletes who prefer small social situations to large team environments. Athletes will work with a volunteer throughout the program while getting expert instruction from Coach Alicia Hintlian! Athletes must be able to safely stay on assigned courts. All athletes must have up to date emergency forms PRIOR to participation, due one week before the program starts!

Times: Sundays, 4:00pm - 5:00pm
Dates: July 7th - August 11th
Location: Outside at the Parker Ellis Tennis Courts
72 Palmer St. Winchester, MA

Min: 6  Max: 12

COMMUNITAS SOCCER
(ages 13 - adult)

Come join Communitas this fall by being a part of our Revolution and Rockets soccer programs. Players participate in offensive and defensive skill building activities and scrimmage games each week. Players of all skill levels are welcome. The Junior, Senior and Masters level programs provide an opportunity for participation in Special Olympics. Teams participate in a qualifier and the State Tournament. SOMA medical forms are required. Volunteers from the community are needed to ensure the success of the program, call the office for details on how to volunteer!

REGISTRATION DUE AUGUST 1st

Times: Sundays, 3:00pm—4:30pm
Dates: September 8 - November 3 (Games TBD)
Location: Parker Middle School

SPECIAL OLYMPICS GOLF
(ages 13 - adult)

This Special Olympics program is for golfers interested in refining skills for tournament play. The format will be a kick-off meeting, several clinics run by our Pro at Hillview Golf Course in North Reading, and match play with other teams, but mostly just times that work for YOU to get out on the course. The coach will try to assign volunteer playing partners for alternating shot format play. Lesson costs and course fees covered by generous support from the non-profit Samantha’s Harvest and fundraisers organized by the coach. Come join this great team!

Dates: Starts in May, weather permitting, and runs through August.
Coordinator: Geof Simons (geof.simons@me.com)

Please Contact Jess Viens in the Recreation office to register for any of the above programs.

Or Visit us online to register at:
www.communitas.recdesk.com/community
We 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 input and questions!

REGISTRATION & PAYMENT:

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

- In person at the Recreation Department Office (cash accepted)
- By mail – complete your registration form and return it with full payment to:
  Communitas Recreation, 60-D Audubon Road Wakefield, MA 01880
- Online CC by visiting: https://communitas.recdesk.com/Community/Page?pageId=671
- By phone via credit card

PLEASE NOTE: REGISTRATION CANNOT BE PROCESSED WITHOUT PAYMENT.

Checks made payable to Communitas; 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. Refunds will not be granted for missed classes.

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

WAITING LISTS: You may request to 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.

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 planned absences. Refunds will not be granted 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.

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: 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. Any payment plans are due in full before the end of a program or future registrations may be prohibited until balance is paid.

If you are unable to attend a program due to transportation difficulties please contact us. We do not currently offer transportation but will work with you to try and make alternative arrangements including carpooling.
Looking for a fun night out during the week? Don’t want to cook? Join us for “Dine for a Cause” events. A percentage of your bill will be donated to Communitas’ Recreation Department. These are also great opportunities to see your friends from the Communitas family. Make sure to go to www.comunitasma.org to print out each restaurant’s coupon before you arrive!

Next DFAC is TBD! Keep an eye out for an update on our next online Newsletter!

*Keep an eye out for more locations to come! If you know of a restaurant that offers fundraising nights, please let us know! We are always looking for new places to try!

WHAT ELSE DOES COMMUNITAS HAVE TO OFFER?

Outside from the programs we offer in the Recreation Department, Communitas has an outstanding foundation of supports through its other services provided in the Metro North communities of Boston. Read below about what other happenings are available to our families at Communitas and who you can contact to get involved!

Residential: Communitas has been providing residential care for over 40 years and has a variety of support options!
Contact: Roger Plourde, rplourde@communitasma.org

Day Services: Communitas has three locations for day services in Wakefield, Burlington, and Beverly! Different program offerings including Life Choices, Career Services, and specialized services are available.
Contact: Neil Wyatt, nwyatt@communitasma.org

Family Support: Contact our family support team for all informational and referral assistance for topics including education, medical, behavior, and other areas of support.
Contact: Judy Santa Maria, jsantamaria@communitasma.org

LOOKING TO GIVE BACK?
We are always looking for people to help out in programs, in the office, or visit the communities we serve to get the word out about our services. Here are just some of the ways you can help!

-Coach a team
-Help teach a class
-Chaperone an event
-Basic office assistance
-Data entry
-Deliver outreach materials
-Organize the resource library

Please contact Maureen O’Brien, Volunteer Coordinator at mobrien@communitasma.org or 781-

DINE FOR A CAUSE (DFC)
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Communitas
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