The Arc
For people with intellectual and developmental disabilities

May 2026

Your Mental Health is a Priority

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2 Renaissance Fair 10am-4pm **$60**
3	4	5 Cinco de Mayo	6	7	8	9 Monster Jam Trucks 10am - 6pm **$80**
10 Happy Mother's Day	11	12 Self Advocacy Lunch/Kitchen 10am-11am 5pm-6pm	13	14	15	16 Discovery Center and Planetarium 10am-6pm **$65**
17	18	19 **Woo Sox's Game 5pm-10pm $65**	20	21	22	23 Glass Blowing and Fused Glass 10am-6pm **$70**
24	25 MEMORIAL DAY Closed	26	27	28	29 **Kick-off To Summer Dance 6:30pm-8:30pm**	30 Pottery and Painting 11am-5pm **$50**
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Notes:

The Arc of Opportunity in North Central Massachusetts Family Supports and Recreation Calender

Self-Advocacy -
Second Tuesday of the month
10am - 11am

Healthy Relationships Group Interest Form

Bowling - Every Thursday
4:00pm-6:00pm
@Launch $4 shoes/$4 per game /$10 per hour

CONTACT US FOR INFORMATION ON:

- **General questions/concerns**
- **Healthy Relationships**
- **Self-Advocacy**
- **Saturday REC and Bowling**
- **Dances**

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To register for an event scan the QR code or click the event