

# The Arc of South Norfolk

September-November 2019

Social and Recreation

## Hip Hop Café

**Join Our Club on  
Friday, October 25<sup>th</sup> for a  
Spooky Hip Hop Café!**

**Time:** 7:00PM-9:00PM

**Location:** Norwood VFW

**Admission:** \$6.00 per person

**Theme:** Halloween

**Not a drop off event.**

## Registration & Payment

**To register for an event  
please call or email  
Courtney Maynard. Some  
events have limited  
attendance and  
participation is not  
guaranteed.**

Payments for some events  
will be required in advance  
of participation. For  
questions regarding  
payment please contact  
Courtney Maynard.

## Arc Closures

**Closures-** 09/02/19, 10/14/19,  
11/28/19,11/29/19

**Weather Cancellations-** For  
weather cancellations or  
program updates please  
call: 781-762-4001 ext.443

## Announcements

**Computer Class-** A basic computer skills course.

**Instructor-** David Foulk

**Date/Time-** 09/26/19-10/24/19, 5:30PM-6:30PM

**Location-** The Arc of South Norfolk Computer Lab

**Cost-** \$45.00

**Registration-** Pre-registration and payment due 09/23/19.

**Millis Bowling-** Low impact and skills focused.

**Coach-** Selena Hasenfuss

**Location-** Ryan Family Amusements, Millis

**Cost-** \$5.00 per session

**Registration-** Pre-registration due 09/25/19.

**Nature Walks-** Low impact and sensory focused.

**Instructor-** Diana Martucci

**Date/Time-** 10/05/19-10/26/19, 10:30AM-11:30AM

**Location-** Hale Reservation: Cat Rock parking lot.

**Cost-** \$30.00

**Registration-** Pre-registration and payment due 10/01/19.

**Social Club-** Leisure activities with community engagement.

**Instructor-** Kate Kalinoski

**Location-** The First Parish of Westwood (new location!)

**Cost-** \$5.00 per session, payment accepted at event.

**Registration-** Pre-registration due 10/09/19.

**Norwood Bowling-** Low impact and skills focused.

**Coach-** Natalie Woodward

**Location-** Norwood Sports Center

**Cost-** \$6.00 per session

**Registration-** Pre-registration due 10/11/19.

**Basketball-** High impact and skills focused.

**Coach-** Kevin Murphy

**Location-** Norwood Civic Center

**Cost-** \$35.00

**Registration-** Pre-registration and payment due 11/18/19.

# The Arc of South Norfolk

September 2019 Social and Recreation Courtney Maynard • 781-762-4001 ext.308 • cmaynard@arcsouthnorfolk.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>Labor Day</b> <b>CLOSED</b>	3	4 <b>Softball</b> 6:00PM-8:00PM	5	6	7
8	9	10	11 <b>Softball</b> 6:00PM-8:00PM	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 <b>Computer Class</b> 5:30PM-6:30PM	27	28
29	30					

# The Arc of South Norfolk

October 2019 Social and Recreation Courtney Maynard • 781-762-4001 ext.308 • cmaynard@arcsouthnorfolk.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 <b>Millis Bowling</b> 5:15PM-6:30PM	3 <b>Computer Class</b> 5:30PM-6:30PM	4	5 <b>Nature Walk</b> 10:30AM-11:30AM
6	7	8	9 <b>Millis Bowling</b> 5:15PM-6:30PM <b>Our Club</b> 6:30P-8:00PM	10 <b>Computer Class</b> 5:30PM-6:30PM	11	12 <b>Nature Walk</b> 10:30AM-11:30AM
13	14 <b>Columbus Day</b> <b>CLOSED</b>	15 <b>Social Club</b> Game Night 6:00PM-8:00PM	16 <b>Millis Bowling</b> 5:15PM-6:30PM <b>Our Club</b> 6:30P-8:00PM	17 <b>Computer Class</b> 5:30PM-6:30PM	18	19 <b>Nature Walk</b> 10:30AM-11:30AM
20 <b>Norwood Bowling</b> 5:00PM-6:30PM	21	22	23 <b>Millis Bowling</b> 5:15PM-6:30PM <b>Our Club</b> 6:30P-8:00PM	24 <b>Computer Class</b> 5:30PM-6:30PM	25 <b>Hip Hop Café</b> <b>7:00PM-9:00PM</b>	26 <b>Nature Walk</b> 10:30AM-11:30AM
27 <b>Norwood Bowling</b> 5:00PM-6:30PM	28	29 <b>Social Club</b> Halloween Party 6:00PM-8:00PM	30 <b>Millis Bowling</b> 5:15PM-6:30PM <b>Our Club</b> 6:30P-8:00PM	31		

# The Arc of South Norfolk

November 2019 Social and Recreation Courtney Maynard • 781-762-4001 ext.308 • cmaynard@arcsouthnorfolk.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 <b>Norwood Bowling</b> 5:00PM-6:30PM	4	5	6 <b>Millis Bowling</b> 5:15PM-6:30PM <b>Our Club</b> 6:30P-8:00PM	7	8	9
10	11	12 <b>Social Club</b> 6:00PM-8:00PM	13 <b>Millis Bowling</b> 5:15PM-6:30PM <b>Our Club</b> 6:30P-8:00PM	14	15	16
17 <b>Norwood Bowling</b> 5:00PM-6:30PM	18	19	20 <b>Millis Bowling</b> 5:15PM-6:30PM <b>Our Club</b> 6:30P-8:00PM	21	22	23
24 <b>Norwood Bowling</b> 5:00PM-6:30PM	25 <b>Basketball</b> 6:45PM-8:30PM	26	27	28 <b>Thanksgiving</b> <b>CLOSED</b>	29 <b>CLOSED</b>	30