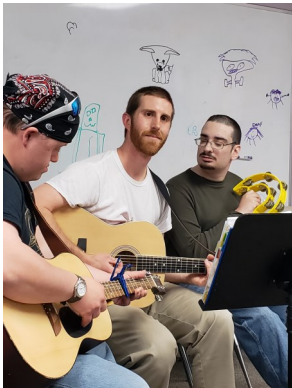


# Opportunity Networks Activities Schedule

## Mondays

Cooking Group  
 Shopping for Cooking Group  
 Photography Club  
 Health & Wellness Opportunities  
 Script Writing  
 Opportunity Networks Band  
 Bowling  
 Mail Delivery  
 Arts + Crafts  
 Talking Aloud with Alexis  
 Various Job + Volunteer Sites



## Tuesdays

Cooking Group  
 Shopping for Cooking Group  
 Bowling  
 Woodworking Group  
 Reading Group at Barnes and Noble  
 Mail Delivery  
 Yoga  
 Sewing, Arts + Crafts  
 Nashua Community School  
 of Music  
 Health & Wellness Opportunities  
 Movie at Opportunity Networks  
 Horseback Riding at UpReach  
 Various Job + Volunteer Sites

## Wednesdays

Speech Pathology Group  
 Woodworking Group  
 Mail Delivery  
 Yoga  
 Bowling  
 Health & Wellness Opportunities  
 Cooking Group  
 Art, Photography + Scrapbooking  
 Amherst Garden Club  
 Recycling  
 ASL Group  
 Gaming Group  
 Driver's Ed Study Group  
 Various Job + Volunteer Sites



## Thursdays

Pottery/Art  
 Mail Delivery  
 Wrestling Group  
 Dance Group at Boys & Girls Club  
 Health & Wellness Opportunities  
 Video Crew/Video Editing Group  
 Cooking Group  
 Computer Class  
 Dance at Amherst Dance Company  
 News Crew  
 ASL Social Group  
 Arts + Crafts  
 Yoga  
 Bowling  
 Drumming Group  
 Various Job + Volunteer Sites

## Fridays

Opportunity Networks Family Band  
 Woodworking  
 Cooking Group  
 Mail Delivery  
 Health & Wellness Opportunities  
 Arts + Crafts  
 Gaming Group (Cards)  
 Drumming Group  
 Health & Wellness at the Nashua  
 Sports Academy  
 Various Job + Volunteer Sites



# Activity Details

## **Amherst Garden Club**

This group goes to the center of Amherst to assist the Amherst Garden Club to maintain the Amherst Town Library garden. With instruction from a member of the Garden Club, our participants are able to “get their hands dirty” planting new plants, pulling weeds, picking up sticks, mulching, etc. Gardening tools are provided, and clients are taught how to use them to complete the job.



## **Arts and Crafts**

Many of our individuals enjoy some type of arts and crafts, so we offer many artistic outlets for those passions, including painting and drawing, sewing, weaving, pottery, and a monthly outing to Art Happens in Milford, where individuals learn from an instructor how to complete a wide range of different artistic ventures.

## **ASL Social Group**

At Opportunity Networks, we have worked hard to build an extensive deaf/hard of hearing (D/HOH) program. We have many staff and individuals that we serve who are D/HOH, and providing them with social outlets with others who communicate in the same way is extremely helpful. This has afforded us the opportunity to take advantage of sign language classes for our hearing staff (to help aid in communication with our D/HOH staff), and has shaped a culture of inclusion at Opportunity Networks!

## **Bowling**

Individuals bowl at Leda Lanes with peers, and enjoy cheering each other on, socializing, and even getting a bit competitive!

## **Computer Classes**

Our computer classes focus on the skill with which each individual can navigate a computer and its software. Some individuals help others to gain skill in navigating different computer programs or the internet, so this is a great opportunity for peer socialization and instruction.

## **Cooking Classes**

Groups of 3-6 individuals plan out a meal, follow a recipe, and follow staff directions through completion of the dish. Clients are able to take final dish home with them to share with family, or eat the dish for lunch. Recipes vary depending on individuals participating in program and tastes/choices of the participants.

## **Dance Groups**

Our Dance Groups occur at the Boys & Girls Club of Nashua and at the Amherst Dance Company, as well as in our facility in Amherst. Staff lead

the group, and get individual input for dance moves to practice and use while dancing to different music options. Some props are used to provide visual stimuli for clients, as well as provide additional exercise. This group helps individuals to come out of their shell, and open up to the group by utilizing an inclusive atmosphere where any movement is acceptable.

## **Driver's Ed Study Group**

This group started because a couple of our individuals were interested in getting their driver's licenses, and has grown due to an increased desire in many of our individuals to be as independent as possible, and hopefully someday drive their own vehicle.

## **Gaming Group**

This group is for all the gamers out there who want some social time to spend with friends who love gaming! We offer board games, card games, video games (Nintendo Wii, Xbox, and Playstation 3), and lawn games (Baggo, horseshoes, etc.) for individuals who prefer to spend their social time playing games!

# Activity Details



## Health and Wellness Groups

Individuals are offered a wide range of options around staying healthy, fit and active. Those activities include access to the YMCA for swimming, walking, weight lifting, and playing basketball, among other exercise options. We also offer walking groups, kickball, baseball, obstacle courses, and other exercise options at local parks. On Fridays, many of our clients attend the Nashua Sports Academy, where they learn and play team-building games, compete in obstacle courses, and are provided social opportunities with peers. We are always seeking out new opportunities to keep our individuals healthy and making good choices about their personal lifestyle.

## Mail Run

This group builds on social, organizational and marketable skills, where individuals in our program provide a courier service to the Nashua Center, Gateways, TILL, and ISN. Our individuals travel to each vendor agency, and make sure each agencies mail gets into the right hands.

## Movie at Opportunity Networks

Some individuals need a social outlet that is familiar, and who doesn't love a good movie?! This group watches movies in our theater, typically on days when the weather is not so great (although some individuals have Movie day as a regular part of their schedule). Movies range from Frozen to Star Wars, and everything in between!

## Nashua Community School of Music

Individuals attend a music class at the Nashua Community School of Music in Nashua, where a music instructor helps individuals to create a song, record music individually or as a group, and plays many popular music songs by request from the group. Individuals have access to a piano, drum kit, maracas, tambourines, drums, and more.

## Nashua Sports Academy

Opportunity Networks rents out space at the Nashua Sports Academy on Friday afternoons for a large health and wellness group with team-building, exercise, and direction-following objectives. Activities and sports included in the group are basketball, walking, obstacle courses, freeze tag, shipwreck (game), among other fun and team activities.

## News Crew

Our News Crew creates our quarterly newsletter for Opportunity Networks, and is extremely involved. News Crew participants are constantly brainstorming story ideas, interviewing people at Opportunity Networks or in the community, writing and editing their stories for the final print newsletter, and are using Microsoft Publisher to access the newsletter and manipulate it to make it fit their needs (depending on



articles, included photos, new columns, etc.). They cover any special events which Opportunity Networks holds, and recently covered our Golf Classic to raise money for crucial programs which benefit individuals served by Opportunity Networks.

## Opportunity Networks

### Family Band

Individuals are given the opportunity to find their inner rock star, and learn rhythm and get sensory input from playing different instruments. Individuals are able to express themselves through sound, and with an instructor, play many popular music songs using drums, maracas, guitars, keyboards, egg shakers, and many other instruments.

### Photography Club

Individuals choose a community location (park, hiking trails, Merrimack Outlets, etc.) to take photos at. Staff teaches individuals how to photograph from different perspectives, angles, pick a focus, and experiment with different options.



# Activity Details



## Reading Groups

Individuals take part in group or independent leisure reading at Barnes and Noble, area libraries, or parks. Those who require assistance to read are offered that assistance, while those who love to read can take some quiet time to continue reading their favorite book, magazine or newspaper.

## Recycling

Our Recycling group brings all of the recyclables collected during the week to the local transfer station, sorts and gets the recyclables to their final resting place. This builds good character and makes individuals feel good about themselves for taking care of our environment. The individuals in this group get the opportunity to meet people at the Transfer Station as well.

## Script Writing

Individuals meet once weekly to work on writing screenplays or scripts for movie ideas or plays. Topics vary depending on client interests. The ultimate goal with this group is to incorporate different groups into creating plays which Opportunity Networks clients will act out. Groups involved will be our woodworking crew for sets, art groups for set design and props, and sewing and weaving groups for wardrobe. This group also gets together to write reviews of popular movies.

## Shopping for Cooking Group

Typically food does not just appear out of thin air! Therefore, we have individuals who shop for our cooking group ingredients, and learn ADLs of reading ingredients, making a list, finding the food in the store, and purchasing it for use in cooking group. Typically those same individuals who purchase the ingredients also take part in the cooking group to see their dish to completion.

## Speech Pathology Group

Individuals work with a Speech Pathologist on communication and social skills. In this group, our Speech Pathologist assesses client interests, communication styles, and needs for more effective communication (verbal practice, assistive technology, other communication options, etc.). Many individuals in this group are given the opportunity to speak for themselves for the first time. One individual was finally able to order his own food at a restaurant, which he was never able to do before!



## Video News Crew/ Video Editing Group

This group goes into the community and interviews our employment partners, social activity partners, and other local businesses or individuals of interest, and edit the videos into a News-type broadcast. They are actively

engaging the community, learning editing techniques on the computer, and creating final products to be shared on our Facebook page and website. They cover any special events which Opportunity Networks holds, and recently covered our Golf Classic to raise money for crucial programs which benefit individuals served by Opportunity Networks.

## Woodworking Club

Individuals work with staff to create woodworking projects. They learn how to operate hand and power tools safely and use recycled pallet to create original pieces of art. The woodworking club has worked with the Boys and Girls Club, has sold some of their pieces to local vendors and at Tractor Pulls/Fairs and at our annual golf fundraiser.



# Activity Details

## **Wrestling Group**

A group for wrestling fans! Once weekly, individuals who have a love for WWE wrestling get together to watch the latest wrestling matchup, or discuss their favorite wrestlers. Some special trips are taken with this group to wrestling events in the area, when applicable. Recently, our individuals have been supported to attend SmackDown after hours, and fun was had by all who attended.

## **Yoga**

Calm music plays while individuals practice each stretch, become one with themselves, and work on calming techniques. Some individuals teach the classes, while others simply take part. Individuals leave the group feeling centered, relaxed and with more flexibility. This group is typically lead by one of our program participants, so there is a sense of pride and independence for these individuals.