



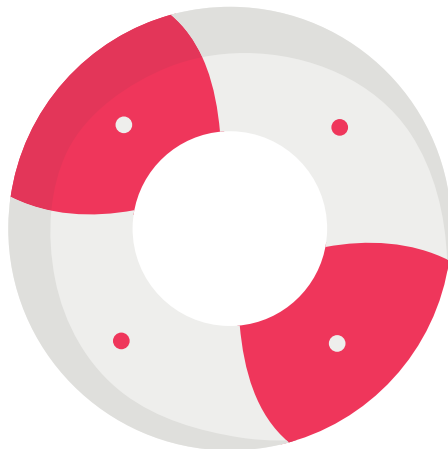
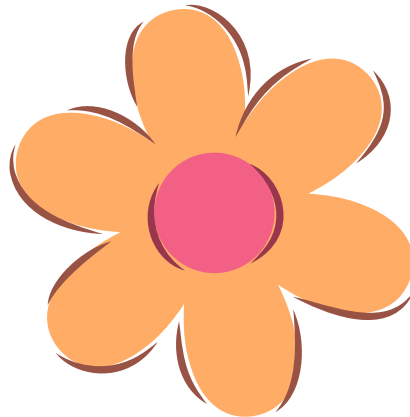
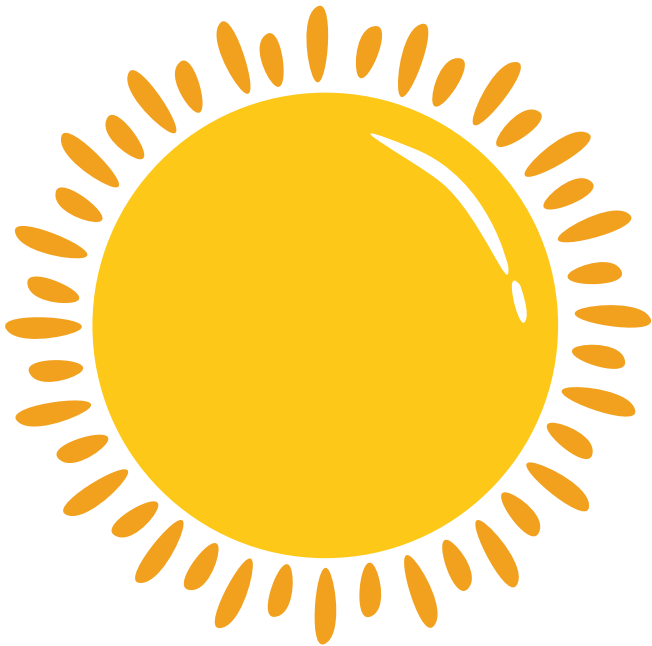
TEAM

TEENS
ENGAGED
as MENTORS

AN INITIATIVE OF THE AUTISM PROGRAM AT BOSTON MEDICAL CENTER

Summer Activities

Your friends at TEAM want you to stay busy and have fun this summer. Here are a some exciting summer activities that are similar to our TEAM events this past year. You might enjoy the activities listed under your favorite events!



We hope to see you back at TEAM for 2023-2024!

EVENT 2: BMC ROOFTOP FARM



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Waltham Fields Community Farm

📞 781 899-2403

✉️ volunteer@communityfarms.org

📍 240 Beaver St, Waltham, MA 02452

A community farm open for drop-in volunteers from May-October. You will have the opportunity to get hands-on experience helping out in the community farm.

Dates & Times: Fridays, 9am-12pm (ages 18+) & Saturdays, 9am-12pm (all ages - ages 15 and under must have a parent/guardian present)

Website: <https://communityfarms.org/involved/volunteer-service>



Drumlin Farms Accessible Programming

📞 781-259-2255

✉️ drumlinfarm@massaudubon.org

📍 208 S Great Rd, Lincoln, MA 01773

Leaders in Environmental Access For all (LEAF) offers educational programming for people with special needs. One opportunity is vocational internships i.e., as a farmhand, ecological studies intern or wildlife care intern. Students will be educated on environmental knowledge by certified naturalists. They also offer free seasonal sensory friendly days.

Flyer: https://www.massaudubon.org/content/download/21738/305704/file/LEAF-Accessible-programs_2017.pdf

Website: <https://www.massaudubon.org/get-outdoors/wildlife-sanctuaries/drumlin-farm/about/accessibility/accessible-programming>



Other volunteer opportunities

Mass Audubon Society Website:

<https://www.massaudubon.org/get-involved/volunteer/opportunities?>

[job_tags%5B%5D=63&job_tags%5B%5D=62&job_search=&btn=](https://www.massaudubon.org/get-involved/volunteer/opportunities?job_tags%5B%5D=63&job_tags%5B%5D=62&job_search=&btn=)

Easterseals MA

Horsemanship Enrichment Weeks

☎ 617-226-2640
617-737-6658

✉ info@eastersealsma.org
tbc@eastersealsma.org

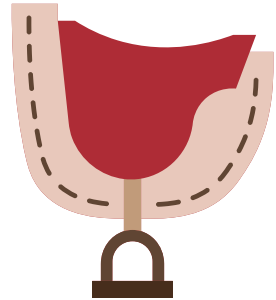
📍 470 Pine Street
Bridgewater, MA 02324

Participants (ages 7-16) will get the chance to feed, groom, ride, and bathe the horses, caring for the horses in an immersive, hands-on experience. There is a lot of fun to be had riding horses indoors and outdoors with peers in the horsemanship enrichment weeks!

Dates & Times: 3 day, 2 hours sessions - various summer dates

Cost: \$240 per 3-day session

Website: <https://www.easterseals.com/ma/programs-and-services/the-bridge-center/equestrian-center/>



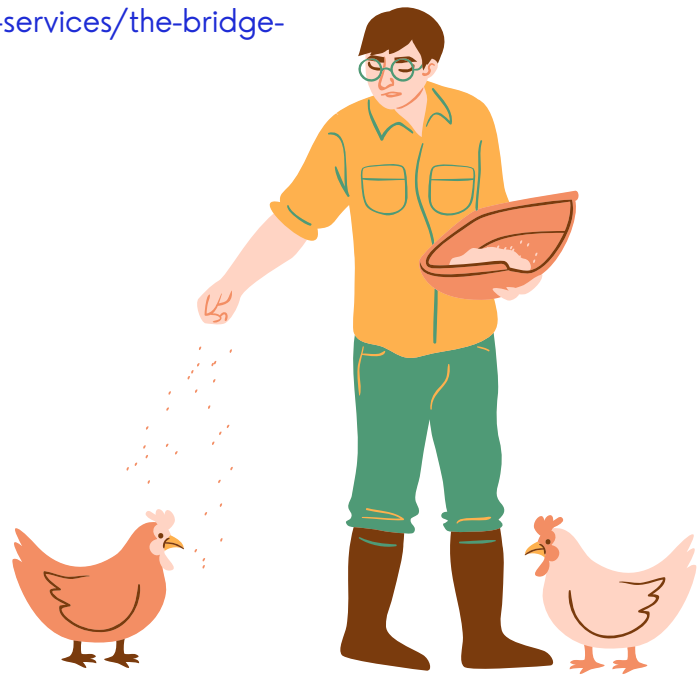
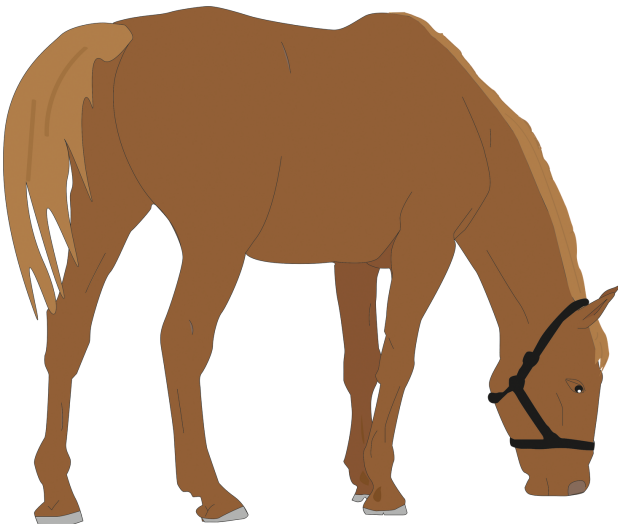
Weekly Riding and Horsemanship

Adaptive and inclusive lessons that teach riding and horsemanship skills, at the same time as fostering cognitive, emotional, physical, and social development in each individual rider.

Dates & Times: Saturday, June 24 - Sunday, August 27

Cost: Private lessons (\$70-\$90) or 8-9 week group sessions (various costs)

Website: <https://www.easterseals.com/ma/programs-and-services/the-bridge-center/equestrian-center/>



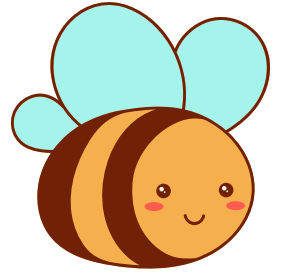
Information About BMC's Rooftop Farm

Videos

BMC Bees on the Rooftop Farm: <https://www.youtube.com/watch?v=riZOcMUlxtU>

Rooftop Farm: BeeMC Honey Harvest: <https://www.youtube.com/watch?v=A3sWDrwpVDA>

Container Gardening - Herb and Vegetable Gardening in a Small Outdoor Space: <https://www.youtube.com/watch?v=vDFsmky9jA0>



Farmers Market

 farm@bmc.org

 Shapiro Lobby, 725 Albany Street, Boston, MA 02118

Check out the weekly farmers market, where all the produce sold is harvested fresh from BMC's rooftop farm and offered at an affordable subsidized price.

Dates & Times: Every Tuesday from 12-1 PM, June through October.

Website: <https://www.bmc.org/nourishing-our-community/rooftop-farm/farmers-market>



Farm Tours & Volunteer Opportunities

 farm@bmc.org

 Shapiro Lobby, 725 Albany Street, Boston, MA 02118

Help harvest, seed, and care for plants in BMC's rooftop farm by volunteering on a one-off or regular basis. If you would just like to take a look around the farm and hear more about the work done there, you can schedule a tour!



EVENT 3: ROLLER SKATING



Chez-Vous Roller Skating Rink

☎ 617-825-6877

📍 11 Rhoades St, Dorchester, MA, 02124

A fun, family day out at the skating rink! You can skate during open skate times at Chez-Vous roller skating rink.

Dates & Times: Tuesday (6pm-9pm), Friday (6pm-11pm), Saturday (12pm-3pm, 4pm-7pm and 8pm-11pm) & Sunday (12pm-3pm, 4pm-7pm).

Cost: \$10-\$15 per person

Skating lessons for all skating levels are available:

Dates & Times: Wednesdays 6pm-7pm & Saturdays 10am-11am.

Cost: 4 weeks of lessons for \$100 in total

Website: <https://chezvousrollerrink.com/schedule>



Rollerworld

☎ 781-233-9507

✉ rolloerworldsk8r@aol.com

📍 425R Broadway,
Saugus, MA 01906

A large roller skating rink, open to all ages with lights and music. They also have a smaller rink for beginner skaters.

Dates & Times: Friday (4pm-11pm), Saturday (12pm-11pm), Sunday (12pm-7pm)

Cost: \$9 per person

Website: <https://roller-world.com/schedule-pricing/>



EVENT 4: MIND & BODY RESET



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Meditation for Kids

☎ 617-237-0511

✉ info@meditationinboston.org

A free guided outdoor meditation for all ages at the Boston Public Garden.

Dates & Times: June 2nd, July 14th & August 18th

Cost: Free

Website: <https://meditationinboston.org/events/free-outdoor-meditation-2023/>



Yoga & Dance Class

☎ 413-585-8010 ✉ jane.pronovost@pathlightgroup.org

📍 11 Village Hill Rd,
Northampton, MA 01060

Recreational activities for children of all abilities. One activity offered is for 16+ year olds to practice yoga & dance moves.

Dates & Times: July 10- August 19

Website: <https://wholechildren.org/class-schedule/>



Inclusive Yoga

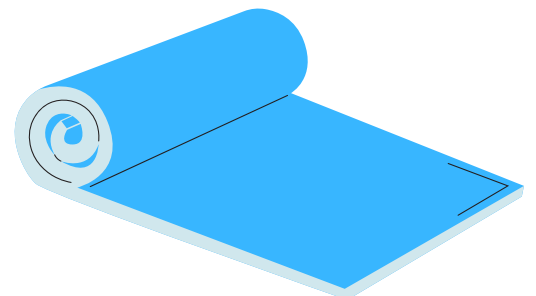
☎ 508-395-9033 ✉ jquill@artandrecma.com

A yoga class focused on basic yoga poses and fun flow sequences.

Dates & Times: May 15- June 26

Cost: contact email or phone number for more information

Website: <https://www.spedchildmass.com/event/inclusive-yoga-for-all-abilities-hanover/>



EVENT 5: POTTERY






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The Clayroom

 617-566-7575  clayroombrookline@gmail.com  1408 Beacon St,
Brookline, MA 02446

Paint your own pottery at the Clayroom in Brookline! There are also classes available.

Dates & Times: Various times available - 2 hour sessions

Cost: \$10 per person studio fee + cost of pottery piece

Website: <https://clayroom.com/clay-days-kids-program/>



Clay Dreams

 781-641-3000  183 Massachusetts Ave, Arlington, MA 02474

Another pottery studio where you can select a piece of pottery to purchase and paint!

Dates & Times: Wed & Sat 10am-5pm, Thu & Fri 11am-6pm and Sun 12pm-5pm

Cost: \$8 studio fee + \$8+ for pottery pieces

Website: <http://claydreams.com/pricing/>



EVENT 6: ROCK CLIMBING



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Adaptive Climbing Group

617-623--6700 massachusetts@adaptiveclimbinggroup.org

12A Tyler St,
Somerville, MA 02143

The rock climbing program offers a youth program for ages 5-17. Climbers of all abilities can experience indoor rock climbing!

Dates & Times: Next upcoming session is June 18th, 10:30am-12:30pm

Cost: \$11

Website: <https://www.adaptiveclimbinggroup.org/>



Adaptive Outdoor Climbing: Hammond Pond

massachusetts@adaptiveclimbinggroup.org Hammond Pond, Chestnut Hill

An opportunity for individuals ages 6 and up with special needs to join the Adaptive Climbing Group New England on a day trip to Hammond Pond.

Dates & Times: June 25th, 8:30am-1pm

Registration: https://docs.google.com/forms/d/e/1FAIpQLSeKaNie38wAGLnL5gQtb_rlSTNJq4mfmOnDwLzB4gcysHnUYg/viewform

Rock Spot Climbing

617-269-2084 questions@rockspotclimbing.com 30 Old Colony Ave,

A rock climbing facility offering various youth rock climbing programs. You can also get a day pass which allows you to boulder and use the auto-belay walls after an orientation.

Dates & Times: Mon-Fri 6:30am-11pm; Sat-Sun 8am-11pm

Cost: \$32-34 for a day pass w/shoe rentals

Website: <https://southboston.rockspotclimbing.com/>

Boston, MA 02127
(Additional locations in
Dedham, Brookline and
Malden)

AMC Movie Theaters

 5 participating movie theaters in MA

Movie theaters offering sensory friendly movie showings to individuals with autism and their families. Lights are turned up, sound is turned down, and viewers can walk around, dance and shout during the showings.

Dates & Times: 2nd and 4th Saturday each month (various times)

Cost: \$8-\$15 per ticket

Website: <https://www.amctheatres.com/programs/sensory-friendly-films>



O'Neill Cinema

 978-506-5089  1208 Constitution Ave, Littleton, MA 01460

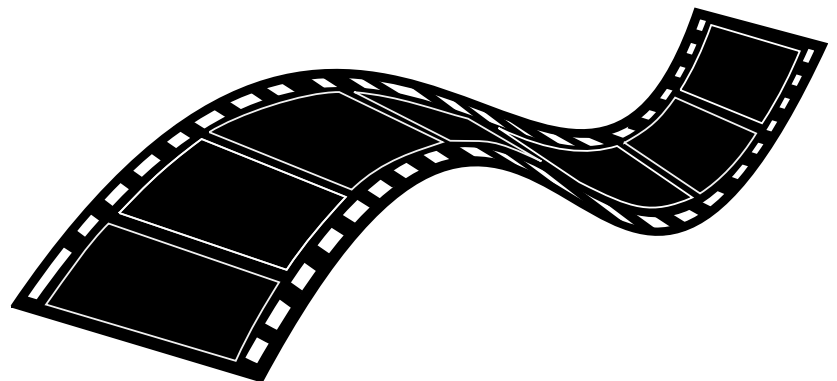
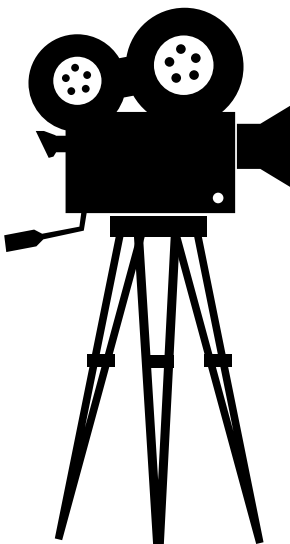


Some upcoming sensory friendly movies include Spiderman, Elemental and Teenage Mutant Ninja Turtles.

Dates & Times: Various Saturdays at 10am

Cost: \$10-\$14

Website: <https://oneilcinemas.com/littleton-ma/programs/sensory-friendly/>



Inclusive Special Art Classes for Youth: Lexington

📞 781-325-8025

✉️ info@snaps.org

📍 Lexington MA Community Center

A fun opportunity for individuals with autism to create art projects with peers!

Inquire for more information.

Dates & Times: July 8, 2023 – July 29, 2023

Website: https://www.spedchildmass.com/event/inclusive-special-art-classes-for-youth-lexington/?instance_id=21918



MFA's Boston Beyond the Spectrum

📞 617-267-9300

✉️ artfulhealing@mfa.org

📍 465 Huntington Avenue,
Boston, MA 02115

An art program for children and teenagers ages 8-18 with autism and their families. Students will engage in creative art workshops, producing their own pieces and discussing their art. There are classes for ages 8-12 and 13-18.

Dates & Times: Upcoming class: June 17, 2023 10:30am–12pm (ages 13-18)




Cost: \$9-\$11 per person

Website: <https://www.mfa.org/programs/community-programs/beyond-the-spectrum>





Boston Bowl

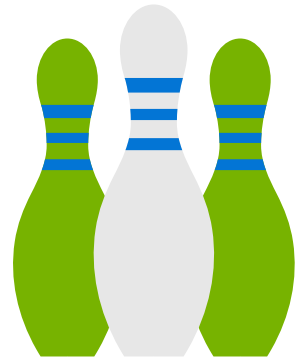
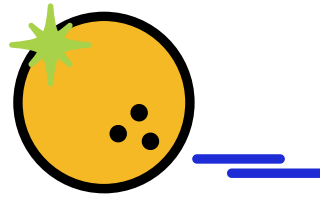
 617-825-3800  AaronB@bostonbowl.com  820 Morrissey Blvd,
Dorchester, MA 02122

If you love to bowl and play in arcades, Boston Bowl has both! They have ten-pin and candle-pin bowling alleys & lot's of games to offer in the arcade.

Dates & Times: Open 7 days a week

Cost: \$6-\$9.50 per person per game (varies with times) + shoes (Adults: \$5.49/pair
Children 12 & under: \$3.99/pair)

Website: <https://www.bostonbowl.com/bowling>



Outdoor Batting Cages

In addition to bowling, Boston Bowl has outdoor batting cages, where you can practice your home run swings with baseballs and/or softballs.

Cost: 20 pitches \$3, 40 pitches \$5, 100 pitches \$10

Website: <https://www.bostonbowl.com/batting-cages>



Kids Bowl Free

Kids Bowl Free is an organization that offers free bowling sessions for kids during the Spring & Summer. Sign up to get free bowling tickets for kids ages 2-18 at Boston Bowl. Coupons will be available 48 hours after registration: https://www.kidsbowlfree.com/center.php?alley_id=5574t

Have a great summer!