



**ATHLETES
UNLIMITED
NEWTON**

Ruthanne Fuller, Mayor
Nicole Banks, Commissioner Parks, Recreation & Culture



Mark Kelly, Special Needs Director
Miranda Morse, Special Needs Recreation Program Manager

Newton Parks, Recreation & Culture • 246 Dudley Road, Newton MA 02459 • 617-796-1538

Bright Future with New Recreation Manager on Board

The Newton Parks, Recreation & Cultural Department and Athletes Unlimited have been thrilled to welcome our new Special Needs Recreation Manager, Miranda Morse, to our program. She has a bachelor's and master's degree in Sports Management and comes to the program with a strong background in both Special Education and Therapeutic Recreation. Miranda has been a Behavioral Therapist in Wellesley Public Schools as well as other nearby agencies. She has also served as a Field Services Manager for Special Olympics New Hampshire.

Miranda has enjoyed meeting and getting to know so many of our athletes, volunteers, parents, and Board Members at our programs and events this fall. She is a consummate professional with outstanding leadership and organizational skills as well as budding "killer hockey" skills thanks to the Newton Tigers. If you haven't met Miranda yet, please reach out to welcome her at mmorse@newtonma.gov or at one of our programs this winter.

Speaking of winter, we are excited to ring in 2025 with our annual AU New Year's Eve Dance party on Zoom. To give our athletes more evening programming this winter we have also added in zoom fitness and zoom yoga programs to complement Karen's art classes online. Our winter line-up also includes four basketball programs, cheerleading, ice skating, swim lessons, and floor hockey. We added in a new Crafting Corner program, are hosting youth and adult bowling and pizza parties, and brought back the popular bingo night and Valentine's Dance.

We have planned trips to see Peter Pan at the Citizen's Bank Opera House and to ski at Loon Mountain. In March, we are excited to launch our new "Legend's" program, which serves athletes ages 45 and older. We will cap off the winter season with our 36th Annual Kevin Clancy Basketball Tournament on Saturday, March 15th.

Finally, I would be remiss to not mention and highlight this year's record-breaking Paddy's Road Race. It was the largest single event and fundraiser in our program's history and would not be possible without the O'Hara family, the City of Newton, our race committee, volunteers and sponsors. It is a magical and inclusive celebration, highlighting our athletes and our program. Please head into Paddy's or O'Hara's restaurants this winter and thank them for all they do for the race and our athletes.

Wishing everyone a safe, healthy and joyous holiday season.



Dale Lichtenstein (left) and Katie Devellis (right) are two of the many athletes who welcomed Miranda Morse to the program this fall.



Dorothy Long (foreground) and Ben Majewski (background) were two of our over 125 AU athletes who participated in Paddy's Road Race in October.

FIND US AT:

Mark Kelly
Miranda Morse
Website:
Volunteer Information:
Facebook Page:
Instagram:
YouTube:
Online Registration:

mkelly@newtonma.gov • 617-796-1527
mmorse@newtonma.gov • 617-796-1538
newtonathletesunlimited.org
athletesunlimited.volunteerhub.com
www.facebook.com/NewtonAthletesUnlimited
NewtonAthletesUnlimited
NewtonAthletesUnlimited
newtonma.myrec.com

FALL FUN



Camp Echo Bridge



Summer Fun!

**RECREATION
& LEISURE
ACTIVITIES**



**ACADEMIC
ENRICHMENT
ACTIVITIES**

An inclusive summer program that bridges recreation and academics in the summertime.

Day Camp: Monday, June 30 – Friday, August 8
Overnight Trip: Monday, August 12 – Friday, August 15

REGISTRATION BEGINS ONLINE
Wednesday, January 29, 2024 at 5:30pm

New Year's Dance • Fitness • Yoga • Art



Welcome To 2025

Zoom Dance Party

The New Year is upon us, so you know we have to say goodbye to 2024. Let's raise a glass and boogie down and say welcome to 2025 together at our favorite Zoom Dance party. Everyone is welcome to join the Squad for a fun night of music and dancing welcoming the New Year!

When: Monday, December 30, 7:00pm-8:00pm

Location: ZOOM LINK

<https://us02web.zoom.us/j/5554321212?pwd=NkFGRk1OUe9lVkrRkQ0hUZGg2Z3pQQT09>

Ages: All Ages

Cost: Free

Monday Fitness Club

Start the week off right with a zoom fitness class! Join AU friend and adaptive fitness instructor Angela Rubin from your homes to do a variety of fun workouts.

When: Monday, 7:00pm-7:45pm

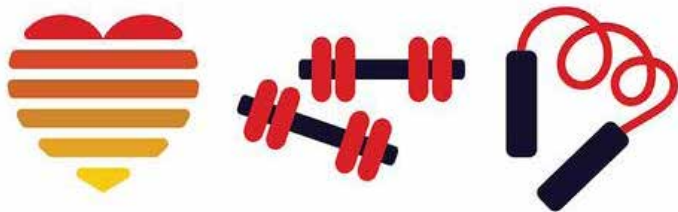
Dates: January 6, 13, 27 (No class 1/20)
February 3, 10

Location: ZOOM LINK

<https://us02web.zoom.us/j/5554321212?pwd=NkFGRk1OUe9lVkrRkQ0hUZGg2Z3pQQT09>

Ages: 13 & Up

Cost: \$10



Yoga in your Living Room!

We are thrilled to be adding a 6-week Zoom Yoga session this winter! Sarah will be joining us on zoom to lead us in various poses all from the comforts of our homes.

When:

Tuesdays, 7:00pm-7:45pm

Dates:

January 7, 14, 21, 28

February 4, 11

Location: ZOOM LINK

<https://us02web.zoom.us/j/554321212?pwd=NkFGRk1OUe9lVkrRkQ0hUZGg2Z3pQQT09>

[554321212?pwd=NkFGRk1OUe9lVkrRkQ0hUZGg2Z3pQQT09](https://us02web.zoom.us/j/554321212?pwd=NkFGRk1OUe9lVkrRkQ0hUZGg2Z3pQQT09)

Ages: 13 & Up

Cost: \$10



Zoom Art



Zoom art with Karen is back once again! This is such a fun event, right from the comfort of your home. All you will need are crayons, colored pencils or markers and paper. Anyone can join and follow the art instruction or work on your own creation during the class. Please arrive on time so we can all begin the project together.

When: Sundays, 1:00pm-2:00pm

Dates: January 5 (Hot Air Balloon),
February 9 (Volcano),
March 23 (Birthday Cake)

Location: ZOOM LINK

<https://us02web.zoom.us/j/5554321212?pwd=NkFGRk1OUe9lVkrRkQ0hUZGg2Z3pQQT09>

Ages: 13 & Up

Cost: \$10



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To view all programs go to:
newtonmarec.com

Cheerleading • Basketball

Cheerleading

Bring it on! Cheer season is here. Time to meet new friends, learn new cheers/dances and show off your spirit! You will even get to cheer for the Tigers and Pointsetters basketball teams and compete in the Kevin Clancy Cheer Competition. Bring a water bottle and wear sneakers.



When: Wednesdays, 6:30pm-7:30pm
Dates: January 8, 15, 22, 29
February 5, 12, 26 (No practice 2/19)
March 5, 12
Saturday, March 15th Kevin Clancy Basketball Tournament time TBA
Location: Emerson Community Center,
45 Pettee Street, Newton Upper Falls
Ages: 16 & Up
Cost: \$50 Newton Resident/\$60 Non-Resident

Youth Basketball

Basketball is back! Get ready to learn all the essential basketball skills: dribbling, shooting, and passing and put those skills to use during a game each week. We will end the season with a bang, playing in the Kevin Clancy Basketball Tournament Saturday, March 15th at Newton North High School!

When: Wednesdays, 6:30pm-7:30pm
Dates: January 8, 15, 22, 29
February 5, 12, 26 (No practice 2/19)
March 5, 12
Saturday, March 15th Kevin Clancy Basketball Tournament time TBA
Location: Emerson Community Center,
45 Pettee Street, Newton Upper Falls
Ages: 7-12 & 13-17 Teams will be split by age.
Cost: \$50 Newton Resident/\$60 Non-Resident

Tigers, Pointsetters and Celtics Basketball

All will take place at the Mackenzie Center, Sacred Heart Parish Hall, 1337 Centre St. Enter from the parking lot in the rear and use the door on the left. All players should bring a water bottle (with your name on it) and wear sneakers. Athletes may only play on one team.

All teams will play on Saturday, March 15th at the Kevin Clancy Tournament (Times TBA).

PROGRAM DATES

January 8, 15, 22, 29
February 5, 12, 26 (No practice 2/19)
March 5, 12

Tigers Basketball

When: Wednesdays, 6:00pm-7:00pm;
(Saturday 1/25 @ Cotting 10:30am-11:30am)
Ages: 23-38
Cost: \$50 Newton Resident/\$60 Non-Resident

Pointsetters Basketball

When: Wednesdays, 7:00pm-8:00pm
Ages: 18 & Up
Cost: \$50 Newton Resident/\$60 Non-Resident

Celtics Basketball

The inclusive co-ed structure of pick-up ball will be offered again for the Celtics. We are looking for players as well as coaches, friends and family members who want to come out and play pick up ball with the Celtics! High school and college basketball teams are welcome to join us. Each week we will have a brief warm up before splitting into unified teams to play two or three games together.

When: Wednesdays, 8:00pm-9:00pm
Ages: 21 & Up
Cost: \$50 Newton Resident/\$60 Non-Resident



Ski • Peter Pan • Valentine Dance



Family Ski Day

New England Disabled Sports at Loon Mountain

It's time to hit the slopes! Join us as we travel by an accessible coach bus to Loon Mountain in New Hampshire for a fun day of skiing with New England Disabled Sports. Athletes will have a ski lesson in the morning, we'll eat lunch, and then have another lesson in the afternoon. Opportunities are available whether you're a beginner, intermediate, or expert skier, with coaches who make skiing accessible for all. Parents, siblings, volunteers and friends of the program are welcome to join us on the trip, however the \$125/\$135 rate is for the AU Athletes only. More information will be sent upon registration. PROGRAM LIMITED TO 15 SKIERS.

When: Sunday, February 23rd, 7:30am–6:00pm

Location: Loon Mountain, Lincoln, NH

Ages: 5 & Up

Cost: \$125.00 Newton Resident/\$135 Non-Resident (Includes transportation, rental, lift ticket and 4 hours of lessons)

REGISTRATION IS IMPORTANT

Please register prior to coming to programs or call to find out if space is available. Programs fill quickly and we do not want you to miss out!

Register by mail or online at:
newtonmarec.com

Enjoy a Show in Boston!

We're off to Neverland! Join us for a trip into Boston to see the musical, Peter Pan at the Citizens Opera House, Boston, MA on January 26th. We'll take a bus into the city and enjoy a fun night of musical entertainment with friends! PROGRAM LIMITED TO 20 ATHLETES so sign up as soon as possible.

When: Sunday, January 26

Time: Show starts at 6:30pm and will end around 9:00pm. We will be meeting at 70 Crescent St at 4:45pm, with the bus leaving at 5:00pm. Please eat an early dinner and bring a snack if you wish for the bus. We will be back around 10:00pm.

Location: Citizens Opera House, Boston

Ages: 18 & Up

Cost: \$100

(Includes ticket, food, and transportation)



Valentine's Eve Dance

It's time to celebrate love and friendship! Join us in your festive attire for a night of dancing and Valentine's-themed arts and crafts. Dessert and drinks will be served.

When: Thursday, February 13, 6:30-8:00pm

Location: American Legion Post 440,
295 California St., Newton

Ages: 13 & up

Cost: \$10

Bingo • Bowling • Legends



Bingo is Back

We are once again having a friends and family Bingo night at the American Legion Post 440 during February School Vacation! Everyone is welcome, but registration is required. We will have Cabot's ice cream to enjoy, as well as prizes for the Bingo winners.

When: Tuesday, February 18, 6:30pm-8:00pm

Location: American Legion Post 440,
295 California Street, Newton

Ages: 6 & up

Cost: \$10

Bowling in Brighton

Bowling is back! We will be going to American Flatbread for a fun afternoon of bowling. Candlepin bowling & pizza...who can ask for more?

When: Sunday, January 12th

Times: Youth – 3:00pm-4:30pm

Adult – 4:30pm-6:00pm

Location: American Flatbread, Brighton Bowl,

76 Guest Street, Brighton

Ages: Youth 8-17; Adult 18 & Up

Cost: \$35 Newton Resident/\$45 Non-Resident



Dining with Legends

Calling all Legends!! To kick off our new program for athletes ages 45+, we will be going to dinner at the Cheesecake Factory in Newton. Bring your appetite, and ideas for programming you want us to provide for this new adventure!



When: Sunday, March 2nd, 4:00pm-6:00pm

Location: Cheesecake Factory,
199 Boylston Street, Chestnut Hill

Ages: 45 & Up

Cost: \$25 Newton Resident/\$35 Non-Resident



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SCHOLARSHIPS AVAILABLE

No one will be denied access to programs if they are unable to pay. Scholarships are available from Newton Athletes Unlimited. Call or email Mark or Miranda with any questions.

617.796.1538

Medical Information Sheet

(Please write clearly in pen)

Medical Diagnosis _____

Primary Care Physician _____

Known allergies to food _____

Known allergies to medicine _____

Does Participant have seizures? Yes ____ No ____ If yes, how often? _____

What type? _____

Date of last seizure _____

Emergency Contact Name _____

Telephone _____

List all medications participant is taking below:

Please note: Data provided on this form is for information purposes only. In the event of an emergency this form will be given to medical personnel. Newton Parks, Recreation & Culture Department is **not authorized** to administer any medications.

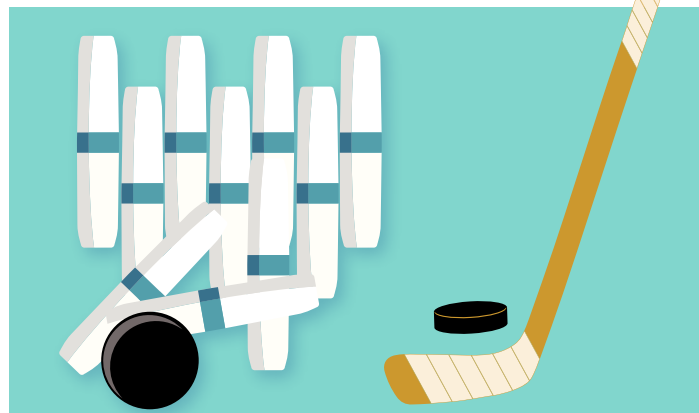
Medication	Time	Dosage

Tigers Sports • Crafting

Tigers Floor Hockey & Bowling

Tigers are taking over the gym to show off their floor hockey skills this winter. Who will win the battle of parents vs. athletes? Come on down for some friendly competition, fun, and exercise! After the Kevin Clancy Basketball Tournament they will switch to bowling.

- When:** Saturdays, 10:00am-11:30am
Dates: January 4, 11 (No session 1/18 and 1/25)
February 1, 8, 15, 22
March 1, 8
March 22, 29 (bowling)
Location: Emerson Community Center,
45 Pettee Street, Newton Upper Falls
Ages: 23-38
Cost: \$50 Newton Resident/\$60 Non-Resident



Crafting Corner

NEW PROGRAM ALERT! We are so excited to partner with Knot & Purl to bring you four Saturdays of crafting. Each week will be a different craft (mandalas, bubble art, melted crayon art, tape art).

- When:** Saturdays, 9:30am-10:30am
Dates: January 11, 25
February 1, 8
Location: Emerson Community Center, 45 Pettee Street, Newton Upper Falls
Ages: 13-25
Cost: \$60 Newton Resident
\$70 Non-Resident



The holidays came early for Athletes Unlimited!
The City of Newton gave our program and the department a new van for Camp Echo Bridge, our programs and other big events.

Newton Athletes Unlimited would like to thank and recognize



Title Sponsor of Paddy's Road Race

For your long-standing commitment to our athletes and our program, and for making Newton a stronger, more inclusive community.

Winter 2025 Calendar

January

S	M	T	W	T	F	S
29	30 Zoom New Year's Eve Dance	31	1	2	3	4 Tigers Floor Hockey
5 Swim Lessons Zoom Art	6 Zoom Fitness	7 Zoom Yoga	8 Youth Basketball Cheerleading Tigers Basketball Pointsetters Basketball Celtics Basketball	9 Ice Skating	10	11 Crafting Corner Tigers Floor Hockey
12 Swim Lessons Youth Bowling Adult Bowling	13 Zoom Fitness	14 Zoom Yoga	15 Youth Basketball Cheerleading Tigers Basketball Pointsetters Basketball Celtics Basketball	16 Ice Skating	17	18
19	20 MLK Day	21 Zoom Yoga	22 Youth Basketball Cheerleading Tigers Basketball Pointsetters Basketball Celtics Basketball	23 Ice Skating	24	25 Crafting Corner Tigers Basketball at Cotting: 10:30 & 11:30
26 Swim Lessons – Session 2 Begins Peter Pan in Boston	27 Zoom Fitness	28 Zoom Yoga	29 Youth Basketball Cheerleading Tigers Basketball Pointsetters Basketball Celtics Basketball	30 Ice Skating	31	

February

S	M	T	W	T	F	S
						1 Crafting Corner Tigers Floor Hockey
2 Swim Lessons	3 Zoom Fitness	4 Zoom Yoga	5 Youth Basketball Cheerleading Tigers Basketball Pointsetters Basketball Celtics Basketball	6 Ice Skating	7	8 Crafting Corner Tigers Floor Hockey
9 Swim Lessons Zoom Art	10 Zoom Fitness	11 Zoom Yoga	12 Youth Basketball Cheerleading Tigers Basketball Pointsetters Basketball Celtics Basketball	13 Valentine's Eve Dance	14	15 Tigers Floor Hockey
16	17 President's Day	18 Bingo Night	19	20	21	22 Tigers Floor Hockey
23 Swim Lessons Family Ski Day @ Loon Mountain	24	25	26 Youth Basketball Cheerleading Tigers Basketball Pointsetters Basketball Celtics Basketball	27	28	

Winter 2025 Calendar

March

S	M	T	W	T	F	S
						1 Tigers Floor Hockey
2 Swim Lessons Dining with Legends	3	4	5 Youth Basketball Cheerleading Tigers Basketball Pointsetters Basketball Celtics Basketball	6	7	8 Tigers Floor Hockey
9 Swim Lessons	10	11 AU Board Meeting	12 Youth Basketball Cheerleading Tigers Basketball Pointsetters Basketball Celtics Basketball Andrea Josephson Game	13	14	15 Kevin Clancy Basketball Tournament
16	17	18	19	20	21	22 Tigers Bowling
23 Zoom Art	24 Spring programs will start this week	25	26	27	28	29 Tigers Bowling



Spring programs will begin at the end of March.
For more information and to register online go to: newtonmarec.com



SPONSOR AN ATHLETE

- \$25 Friend of the program
- \$50 Program Scholarship for one athlete
- \$100 Two uniforms for athletes
- \$400 Camp Echo Bridge Day Camp Scholarship
- _____ Other Amount



SPONSOR AN EVENT

2025 Kevin Clancy Basketball Tournament Sponsorship (March 15)

- \$100 Friend, includes name recognition in Event Program Book
- \$250 Signature Sponsor, includes Quarter Page recognition in Event Program Book
- \$500 Gold Sponsor, includes Half Page recognition in Event Program Book
- \$1,000 Platinum Sponsor, includes Full Page recognition in the Event Program Book
- \$5,000 Presenting Sponsor, name included in event title



2025 Awards Ceremony Sponsorship (May 7)

- \$100 Friend, includes name recognition in Event Program Book
- \$250 Signature Sponsor, includes Quarter Page recognition in Event Program Book
- \$500 Gold Sponsor, includes Half Page recognition in Event Program Book
- \$1,000 Platinum Sponsor, includes Full Page recognition in the Event Program Book
- \$5,000 Presenting Sponsor, name included in event title



DREAM BUILDER SPONSORSHIP PACKAGES

- \$500 – Friend Includes Friend Sponsorship and name recognition in all Event Program Books
- \$1,000 – Signature Includes Signature Sponsorship and Quarter Page recognition in all Event Program Books
- \$2,000 – Gold Includes Gold Sponsorship and Half Page recognition in all Event Program Books
- \$3,000 – Platinum Includes Platinum Sponsorship and Full Page recognition in all Event Program Books
- \$5,000 – Premier Includes Platinum Sponsorship in all events and commemorative stone thank you plaque
- \$10,000 – Benefactor Includes Presenting Sponsorship of the Kevin Clancy Basketball Tournament and the Awards Celebration



DONATE ONLINE

www.NewtonAthletesUnlimited.org/donate



- Yes! I would like to support Athletes Unlimited!**
- Yes! My Company would like to support Athletes Unlimited!**

Name _____

Company _____

Address _____

City, State, Zip _____

Level of Support _____

Donation Amount _____



Contributions should be made payable to Athletes Unlimited Newton and mailed to P.O. Box 66163, Newton MA 02466

All Annual Fund donations are tax-deductible.

Athletes Unlimited Newton MA Inc. is a 501c3 organization.