



Hello Families,

Enclosed you will find the 2025 FRA Forward Futures summer calendar, topic schedule, topic descriptions, registration form, and emergency card.

Please read through this information carefully. When registering for Forward Futures you will select the days of the week you wish to attend. Each day that you come in to Forward Futures, you will pick your activities for the day during morning check-in.

A schedule of community outings will be sent out prior to the start of the summer session. We are excited to offer longer community outings over the summer and plan to visit places such as local parks, boardwalks, bowling, recreation centers, mini golf, movies, and more.

Please complete and return the registration form as soon as possible. If this is your first time enrolling in Forward Futures, you will also need to complete the emergency card at the end of this packet as well as read through the Forward Futures Member Manual, sign and return all consent forms and related waivers at the end of the manual in order for your registration for summer 2025 to be processed. Completed registration forms, emergency cards, and member manual forms should be sent to Alexa DellaMonica-Hassel adellamonica@frainc.org.

Once your registration is processed, you will receive an email confirming your enrollment. Please share this confirmation with your support coordinator. FRA requires that support coordinators share all draft SDRs prior to submitting for DDD budget approval, so be sure your support coordinator sends draft SDRs to adellamonica@frainc.org.

Forward Futures members cannot begin the summer program until their budget paperwork is approved and on file at FRA.

Thank you,
Alexis Spektor

2024-2025 Adult Program Calendar

September 2024						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October 2024						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November 2024						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 2024						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January 2025						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February 2025						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March 2025						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April 2025						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May 2025						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June 2025						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July 2025						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August 2025						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
FALL	15 weeks	15 weeks	15 weeks	14 weeks	14 weeks
WINTER/SPRING	21 weeks	24 weeks	24 weeks	24 weeks	25 weeks
SUMMER	8 weeks	8 weeks	8 weeks	8 weeks	No Program

FRA Forward Futures - Red Bank

July and August Topic Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
10-10:30AM		10-10:30AM		10-10:30AM		10-10:30AM	
AM Check In		AM Check In		AM Check In		AM Check In	
10:30-12PM	10:30-2:30PM	10:30-12PM	10:30-2:30PM	10:30-12PM	10:30-2:30PM	10:30-12PM	10:30-2:30PM
Geography and World Cultures	Community Outing	Woodworking	Community Outing	Social Skills and Games	Community Outing	Fitness	Community Outing
Visual Arts		Whats News		Gardening		Now Showing	
12-1PM		12-1PM		12-1PM		12-1PM	
Lunch and Leisure		Lunch and Leisure		Lunch and Leisure		Lunch and Leisure	
1-2:30PM		1-2:30PM		1-2:30PM		1-2:30PM	
Grill and Chill		Photography and Videography		Listen to Learn: Audiobooks and Podcasts		Party Planning	
Brain Fitness		Music Appreciation		Time to Unwind		Creative Crafts	
2:30-3PM		2:30-3PM		2:30-3PM		2:30-3PM	
PM Check In		PM Check In		PM Check In		PM Check In	

FRA Forward Futures - Brick

July and August Topic Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
9-9:30AM		9-9:30AM		9-9:30AM		9-9:30AM	
AM Check In		AM Check In		AM Check In		AM Check In	
9:30-11AM	9:30-1:30PM	9:30-11AM	9:30-1:30PM	9:30-11AM	9:30-1:30PM	9:30-11AM	9:30-1:30PM
Geography and World Cultures	Community Outing	Woodworking	Community Outing	Social Skills and Games	Community Outing	Fitness	Community Outing
Visual Arts		Whats News		Gardening		Now Showing	
11-12PM		11-12PM		11-12PM		11-12PM	
Lunch and Leisure		Lunch and Leisure		Lunch and Leisure		Lunch and Leisure	
12-1:30PM		12-1:30PM		12-1:30PM		12-1:30PM	
Grill and Chill		Photography and Videography		Listen to Learn: Audiobooks and Podcasts		Party Planning	
Brain Fitness		Music Appreciation		Time to Unwind		Creative Crafts	
1:30-2PM		1:30-2PM		1:30-2PM		1:30-2PM	
PM Check In		PM Check In		PM Check In		PM Check In	



Family Resource Associates

Forward Futures

Topic Descriptions

210 Newman Springs Road, Red Bank, NJ 07701
P 732.747.5310 F 732.747.1896

Early Childhood | Family Support
TECHConnection | EmployAbility | Wellness

frainc.org

Brain Fitness

Activities include a variety of web-based exercises and apps to engage and strengthen memory, learning style, thinking, neuroplasticity, reasoning skills, and more. All while learning functions of the brain and how to keep the brain healthy and strong.

Creative Crafts

Participants will explore a variety of ideas and materials to create products that may be used as gifts or items to sell. Participants will be exposed to woodworking, paper making, candle making, and other crafts to create useful, functional, and attractive products. Participants will engage in activities that practice following directions, decision making, and understanding the worth and value of a product.

Fitness

Participants will engage in activities to promote physical fitness. Participants will learn about the benefits of routine exercise as well as safety practices when engaging in physical activity. Participants will try a variety of exercises both in the center and in the community.

Gardening

Participants will learn skills necessary for cultivating a successful garden or greenhouse. Participants will practice seeding, plant care, cultivation, and use. Participants will also learn end use of flower care and handling, floral design and arranging, by creating floral arrangements. Participants may also spend time with local florists to better understand the floral design and the floral industry.

Geography and World Cultures

Acknowledging a diverse and vibrant world participants will learn about countries and cultures that span the globe. Participants will take virtual tours, be exposed to history, sample foods and even practice basic greetings in different languages. Participants will have a chance to share their cultures with others and learn about and from each other.

Grill and Chill

Participants will be exposed to basic culinary skills, including a high standard of sanitary practices. Participants will engage in meal planning practices, preparation and storage.

Snack-sized portions will be served, please bring lunch if you are attending for a full day. FRA will not be able to accommodate all allergies and dietary restrictions with every meal, families may be asked to substitute for allergies.

Listen to Learn: Audiobooks and Podcasts

Designed to help participants maintain and improve upon basic literacy and audio processing skills through small group activities. By accessing literacy in a variety of formats such as audio books, video books and podcasts, participants will improve upon vocabulary and comprehension.

Music Appreciation

Expand your appreciation for music with a class that explores all of the latest technologies, for listening, streaming, and creating playlists. Participants will learn about different genres of music and try out the latest apps and games for learning music and making music. Participants will also investigate places to hear live music in the community.

Now Showing

Participants watch and review performing arts from the past and present. This includes movies, television, dance, plays and musicals. After watching a performance each participant will formulate an opinion and write a short review that can be shared with the group. Participants may also attend performances and shows in the community.

Party Planning

Participants will explore the party planning process. Participants will practice creating invitations, decorations, preparing and serving food, and planning appropriate party activities. Participants will practice manners and etiquette around hosting. At the end of the semester, the group will plan and host an event for their peers.

Photography and Videography

Individuals will practice taking pictures on a variety of devices including iPhones, tablets, and digital cameras. Participants will explore the skills necessary for composition, cropping, and lighting. Using photos taken in class, participants will then practice sharing photos on social media, storing photos on the computer, and creating digital photo books. Individuals will also be exposed to basic digital effects including lighting, sound, filming and editing techniques when recording videos. Participants will use a variety of subject matter to create a short film.

Social Skills and Games

Individuals practice the basics of interpersonal communication including introducing themselves to others as well as ways to introduce other individuals to one another in a social setting. Participants will explore the strategies and skills needed to navigate social and interpersonal relationships and situations. Participants will practice ways to demonstrate their ability to communicate personal needs, wants, give and receive compliments and pose questions and solve conflict within a group. These skills will be addressed across a variety of settings from in person, to online and over text.

Time to Unwind

Explore mindfulness activities to facilitate relaxation and self-regulation such as: meditation, yoga, sound healing, calming apps, coloring, affirmations and self-talk, and assistive technology: weighted clothing, fidgets, sensory tools and more. Participants will also talk about mental health to remove stigmas and to encourage support.

Visual Arts

Participants will cultivate their talents and skills in the world of visual arts. Participants will explore and practice making art through different modalities such as clay sculpture, drawing, printmaking, painting and more. Self-expression is encouraged!

What's News?

Participants will utilize the internet and other news outlets to research current events involving world, community, environmental, political, sports, leisure, and entertainment news. Participants will engage in discussion on the topics of the day and learn how to discern fact from opinion and how to find reliable sources of news.

Woodworking

Participants will explore ways to make products from wood pallets. They will be exposed to the steps of the woodworking process while creating useful, functional, and attractive products.

Forward Futures at FRA
June 30 - August 21, 2025
Summer Day Habilitation Registration Form

Name _____

Please check off the days you wish to attend Forward Futures at FRA from June 30 - August 21, 2025.

Red Bank Forward Futures

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	

Brick Forward Futures

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	

Please indicate any additional info you wish to share with FRA that is not included in your ISP, PCPT, or emergency card.

Food Sensitivities

Medical or Physical Concerns (i.e. cardiac, seizures, diabetes, mobility, etc.)

Misc. Information

Emergency Card

LAST NAME:	FIRST:	DATE OF BIRTH:	AGE:	PHONE:
ADDRESS:			DDD ID#:	

EMERGENCY CONTACT INFORMATION:

RESIDENTIAL CONTACT:	NAME:	<input type="checkbox"/> PARENT <input type="checkbox"/> OTHER FAMILY <input type="checkbox"/> RESIDENTIAL PROGRAM STAFF <input type="checkbox"/> SPONSOR <input type="checkbox"/> OTHER		
HOME PHONE:	CELL PHONE:	WORK PHONE:	OTHER PHONE:	
LEGAL GUARDIAN NAME:		ADDRESS:		
HOME PHONE:	CELL PHONE:	WORK PHONE:	OTHER PHONE:	

Other persons who are authorized to act in an emergency and are authorized to pick up or receive drop off of individual.

NAME:	ADDRESS:	RELATIONSHIP TO INDIVIDUAL:	
HOME PHONE:	CELL PHONE:	WORK PHONE:	OTHER PHONE:
NAME:	ADDRESS:	RELATIONSHIP TO INDIVIDUAL:	
HOME PHONE:	CELL PHONE:	WORK PHONE:	OTHER PHONE:
RELATIONSHIP TO INDIVIDUAL:			
SUPPORT COORDINATOR:		PHONE:	

BACKGROUND INFORMATION:

DIAGNOSIS:	SEIZURES: <input type="checkbox"/> NO <input type="checkbox"/> YES	ALLERGIES: <input type="checkbox"/> NO <input type="checkbox"/> YES Specify:
PRIMARY CARE PHYSICIAN NAME:	ADDRESS:	PHONE:
SPECIAL INSTRUCTIONS/INDIVIDUAL MEDICAL RESTRICTION (IF APPLICABLE)		
PREFERRED HOSPITAL:	LAST TETANUS IMMUNIZATION DATE:	

INSURANCE INFORMATION:

MEDICAID NUMBER:	MEDICAID HMO (IF APPLICABLE):	
MEDICARE NUMBER:	MEDICARE HMO (IF APPLICABLE):	
MANAGED CARE ORGANIZATION (MCO)		
OTHER MEDICAL INSURANCE CARRIER:	ID#:	GROUP #:
PRESCRIPTION DRUG INSURANCE COMPANY:	ID#:	
ADMINISTRATIVE SERVICES ORGANIZATION (ASO IF APPLICABLE):	PRIVATE INSURANCE (IF APPLICABLE):	

HOME REPRESENTATIVE SIGNATURE: _____

DATE: _____

MEDICATION INFORMATION: AS OF (DATE):

MEDICATION NAME	DOSE	MEDICATION NAME	DOSE	MEDICATION NAME	DOSE

MEDICATION INFORMATION: AS OF (DATE):

MEDICATION NAME	DOSE	MEDICATION NAME	DOSE	MEDICATION NAME	DOSE

MEDICATION INFORMATION: AS OF (DATE):

MEDICATION NAME	DOSE	MEDICATION NAME	DOSE	MEDICATION NAME	DOSE

MEDICATION INFORMATION: AS OF (DATE):

MEDICATION NAME	DOSE	MEDICATION NAME	DOSE	MEDICATION NAME	DOSE

MEDICATION INFORMATION: AS OF (DATE):

MEDICATION NAME	DOSE	MEDICATION NAME	DOSE	MEDICATION NAME	DOSE

MEDICATION INFORMATION: AS OF (DATE):

MEDICATION NAME	DOSE	MEDICATION NAME	DOSE	MEDICATION NAME	DOSE

HOME REPRESENTATIVE SIGNATURE: _____

DATE: _____