



Hello Families,

Enclosed you will find the summer 2026 Forward Futures calendar, sample 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 for the summer. 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 June.

Please complete and return the registration form as soon as possible to ensure your spot. If you are a current Forward Futures member and none of your personal information has changed, please complete just the registration form. If your personal information has changed or you are a new member, you will also need 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 in order for your summer registration to be processed. **Completed registration forms, emergency cards, and member manual forms should be sent to Alexis Spektor [aspektor@frainc.org](mailto:aspektor@frainc.org) and Christy Boyd [cboyd@frainc.org](mailto:cboyd@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 Alexis Spektor [aspektor@frainc.org](mailto:aspektor@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

# 2025-2026 Program Calendar

September 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				

October 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	

November 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						

December 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			

January 2026						
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 2026						
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 2026						
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 2026						
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 2026						
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 2026						
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 2026						
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 2026						
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	1	2	3	4	5

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Forward Futures 2025-26	37 weeks	41 weeks	40 weeks	39 weeks	38 weeks
Forward Futures Summer 2026	9 weeks	9 weeks	9 weeks	9 weeks	No Program

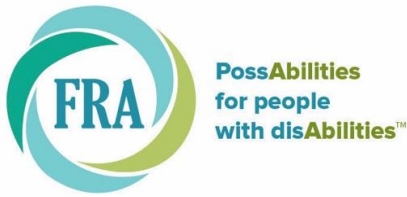
**FRA Forward Futures - Red Bank**  
 Summer 2026 Topic Schedule

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		Science		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

### Summer 2026 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		Science		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](http://frainc.org)

### **Book Club**

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

### **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.

### **Caring For My Community**

Participants learn ways to become involved with improving and supporting their local communities. Through volunteering, and social action. Offering participants the opportunity to grow social networks and become involved with like-minded people doing good.

### **Caring For My Space**

Life Skills focused activities on how to care for one's home environment including wiping surfaces, sweeping, mopping, making beds, laundry and much more. Participants will gain experience using a variety of electronic equipment including vacuums, washing machines, blenders, toasters, smoke detectors, etc. to promote and foster independence with these technologies. As well as basic safety practices and precautions for the home.

### **Cooking & Meal Planning**

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.*

### **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.

### **Engaging on the Internet**

Participants will explore ways to search and navigate the internet while being mindful of safety. Individuals will gain experience in a variety of internet sites to build upon their specific interests. Participants will also explore ways to use the internet to enrich their lives and make things easier. In addition, participants will explore the opportunities of various social media applications, such as Facebook, YouTube, Pinterest, and more. Individuals will learn about how to safely engage with others through social media and how to identify scams and how to navigate the ups and downs of messaging through these apps.

### **Everyday Math**

Through a variety of computer-based, hands on and worksheets participants will practice functional math skills. Skills include but are not limited to telling time, using a calendar, measurement, basic arithmetic and computation, geometry, patterns and more.

### **Excel/Google Sheets**

Participants will practice using *Microsoft Excel and Google Sheets*. This course will build upon a person's ability to follow directions, stay on task, while learning on the computer. Topics include basics of a spread sheet, tool bar functions, formulas, graphs, schedules, to-do lists and more.

### **Financial Literacy**

The goal is to provide participants with the knowledge and skills that will enable them to address money skills with independence. Participants will complete activities where they practice and learn about hourly wages, paychecks, time sheets, counting money, making change, budgeting, comparison shopping, reading receipts, and more.

### **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 and Floral Design**

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.

### **Graphic Design**

Participants will be introduced to the graphic design process while designing their own products. Participants will have opportunities to explore ways to make products using the principles of graphic design. Topics will include but are not limited to using web-based platforms, using a Cricut, screen printing, card making, and t-shirt design.

### **Jewelry Making**

Participants will explore different jewelry making techniques as well as create a variety of jewelry such as necklaces, bracelets, and earrings. Participants will also explore ideas for marketing, pricing, and selling these products online and at community events.

### **Know Your Rights**

Participants will demonstrate an understanding of self-advocacy skills through knowledge of one's abilities and preferences. Participants will learn the rights and responsibilities defined by federal law protecting people with disabilities. Participants will explore accommodations and supports across multiple settings appropriate to their individual needs. Individuals will gain knowledge about accessing appropriate community service and agencies based on individual needs. Participants will also learn about voting and civic responsibility.

### **Microsoft Word/Google Docs**

Through a variety of computer activities, participants will practice using *Microsoft Word and Google Doc*. This course will build upon individual abilities to follow directions, stay on task, and increase creative thinking skills while learning on the computer. Through various projects and activities, participants will practice copying and pasting, changing font size and color, inserting graphics, tool bar functions and much more.

### **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 will also attend performances and showings in the community.

### **Party Planning and Hospitality**

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**

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.

### **PowerPoint/Google Slides**

Through a variety of computer activities, participants will practice using *Microsoft PowerPoint and Google slides*. This course will build upon participants' abilities to follow directions, stay on task, and increase creative thinking skills while learning on the computer. Participants will create slide presentations on a variety of interest-based topics and research.

### **Social Skills**

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.

### **Taking Care of Me**

Living a healthy lifestyle is important for longevity and preventative care. Participants will explore the importance of healthcare and the various types of providers who help to keep one healthy. Participants will also discuss nutrition and the impact of a healthy diet and lifestyle. Participants will also learn about hygiene, grooming, dressing and appearance for social situations and general health and safety.

### **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.

### **Traveling the Community and Beyond**

Explore the latest technology available for travel. This class discusses how to use ride share apps, local transit options, GPS, travel planning, booking sites, travel research, how to read and understand schedules and times tables, technology and gadgets for travel. Planning for day trips and outings. Participants will discuss safety practices as well as documentation and identification needed for all forms of travel.

### **Videography**

Participants will practice writing, casting and filming short video projects. The group will also be exposed to basic digital effects including lighting, sound, filming and editing techniques using green screen technology. Participants will use a variety of subject matter to create a short film.

### **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.

### **Writing Essentials**

Have fun with writing! Participants will utilize computers, iPads, and pen and paper to gain stronger vocabulary, develop their writing skills, and increase their desire to communicate with others and express themselves. Writing for day-to-day use as well as self-expression will be addressed. Participants will also practice typing and keyboard skills for greater ease and comfort when writing.

**Forward Futures at FRA**  
June 29 - August 27, 2026  
Summer Day Habilitation Registration Form

Name \_\_\_\_\_

Please check off the days you wish to attend FRA Forward Futures from June 29 to August 27, 2026.

**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

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

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Misc. Information

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## Emergency Card

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

**EMERGENCY CONTACT INFORMATION:**

<i>RESIDENTIAL CONTACT:</i>	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:	
<i>LEGAL GUARDIAN NAME:</i>		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:			
<i>SUPPORT COORDINATOR:</i>			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: \_\_\_\_\_