

Hello Families,

Enclosed you will find the 2025-26 FRA 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. 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 September

Please complete and return the registration form as soon as possible. All members registering for 2025-26 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 at the end of the manual in order for your registration for 2025-26 registration 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 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

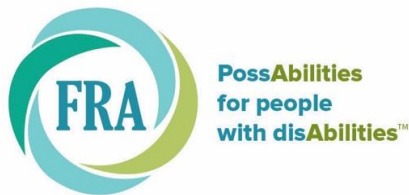
Sample Topic Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10-10:30AM	10-10:30AM	10-10:30AM	10-10:30AM	10-10:30AM
AM Check-In	AM Check-In	AM Check-In	AM Check-In	AM Check-In
10:30-12PM	10:30-12PM	10:30-12PM	10:30-12PM	10:30-12PM
Community Outing	Community Outing	Community Outing	Community Outing	Community Outing
Graphic Design	Party Planning	PowerPoint/Google Slides	Financial Literacy	Creative Crafts
Excel/Google Sheets	Videography	Jewelry Making	Photography	Caring For My Space
Book Club	Everyday Math	Gardening and Floral Design	Caring For My Community	Brain Fitness
12-1PM	12-1PM	12-1PM	12-1PM	12-1PM
Lunch and Leisure	Lunch and Leisure	Lunch and Leisure	Lunch and Leisure	Lunch and Leisure
1-2:30PM	1-2:30PM	1-2:30PM	1-2:30PM	1-2:30PM
Community Outing	Community Outing	Community Outing	Community Outing	Community Outing
Whats News	Microsoft Word/Google Docs	Engaging on the Internet	Music Appreciation	Now Showing
Time to Unwind	Visual Arts	Social Skills	Writing Essentials	Traveling the Community and Beyond
Cooking	Geography and World Cultures	Fitness	Taking Care of Me	Know your Rights
2:30-3PM	2:30-3PM	2:30-3PM	2:30-3PM	2:30-3PM
PM Check-In	PM Check-In	PM Check-In	PM Check-In	PM Check-In

FRA Forward Futures - Brick

Sample Topic Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-9:30AM	9-9:30AM	9-9:30AM	9-9:30AM	9-9:30AM
AM Check-In	AM Check-In	AM Check-In	AM Check-In	AM Check-In
9:30-11AM	9:30-11AM	9:30-11AM	9:30-11AM	9:30-11AM
Community Outing	Community Outing	Community Outing	Community Outing	Community Outing
Graphic Design	Party Planning	PowerPoint/Google Slides	Financial Literacy	Creative Crafts
Excel/Google Sheets	Videography	Jewelry Making	Photography	Caring For My Space
Book Club	Everyday Math	Gardening and Floral Design	Caring For My Community	Brain Fitness
11-12PM	11-12PM	11-12PM	11-12PM	11-12PM
Lunch and Leisure	Lunch and Leisure	Lunch and Leisure	Lunch and Leisure	Lunch and Leisure
12-1:30PM	12-1:30PM	12-1:30PM	12-1:30PM	12-1:30PM
Community Outing	Community Outing	Community Outing	Community Outing	Community Outing
Whats News	Microsoft Word/Google Docs	Engaging on the Internet	Music Appreciation	Now Showing
Time to Unwind	Visual Arts	Social Skills	Writing Essentials	Traveling the Community and Beyond
Cooking	Geography and World Cultures	Fitness	Taking Care of Me	Know your Rights
1:30-2PM	1:30-2PM	1:30-2PM	1:30-2PM	1:30-2PM
PM Check-In	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

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.

For FRA Staff Only

Date Rec'd

Time Rec'd

Forward Futures at FRA

September 2, 2025 - June 26, 2026

2025-26 Day Habilitation Registration Form

Name _____

Please check off the days you wish to attend Forward Futures at FRA from September 2, 2025 - June 26, 2026.

Red Bank Forward Futures

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	

Brick Forward Futures

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	

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: _____