

VOLUME NO. 1
2019

March, April, May 2019

OUR GOAL

Thrive empowers individuals to focus on ability and find opportunities to shine.

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Social and Recreation Newsletter

Jim Karami, Director of Transportation, Social & Recreation

Hello Thrivers, Families, and Friends,

Spring is in the air ... oops no, not yet, but it is just around the corner. We know that March in New England is still winter but we keep our fingers crossed that April showers will bring May flowers. That being said, we are wrapping up Thrive winter events and looking forward to getting outside for spring.

This season, we have NEW groups that might be of interest, and an oldie but goodie is returning. Back by popular demand, is Thrive Live Studio. Meeting on select Mon-days, participants speak out and act out in a dynamic and welcoming environment. Thrive's Social Cooking Group, for ages 16+, meets select Saturdays to learn the art of cooking while creating



lasting friendships in the process. Lastly, is Thrive's 18+ ASD Men's Group. Geared to men with high functioning autism and Asperger's, the group provides a space to build social networks in a safe, friendly, and supportive environment. We are excited about these new offerings and all the activities running this spring. See page 2 for a listing of activities and experiences.

And MARK YOUR CALENDARS for March 16 for the 2019 Special Olympics Polar Plunge at Revere Beach. All money raised by the Thrive plunge team will directly support Thrive's Special Olympics athletes. To donate, join the team, or simply cheer them on contact jkarami@icanthrive.org.

Enjoy the rest of winter with fingers crossed for an early spring!
Jim

Online www.icanthrive.org/about/social-recreation-newsletter

Social and Recreational Activities

Special Events



Open Door Theater: The Little Mermaid

Day: Saturday, March 30
Time: 1:00 PM
Location: R.J. Grey Jr. High School
Pickup Begins: 10:00 AM
Program fee: \$15.00
Transportation: * See below.



Pirates Arena Football

Day: TBD
Time: TBD
Location: DCU Center Worcester
Pickup begins: TBD
Program fee: \$15.00
Transportation: *See below.



Great Brook Farm

Day: Saturday, May 11
Time: 11:00 AM
Location: Carlisle
Pickup begins: 9:00 AM
Program fee: \$5.00
Transportation: *See below.

Weekly Events



Thrive Aquatics

Day: Sundays, March & April
Time: 10:00 to 11:00 AM
Location: Westboro Tennis & Swim
Pickup begins: 8:30 AM
Program fee: N/A
Transportation: *See below.



Thrive Advocacy Group

Day: Mondays Dates TBD
Time: 4:30 to 5:30 PM
Location: Thrive Headquarters
Transportation: N/A

Weekly Ongoing Events (cont.)



Thrive Live Studio IS BACK!

Day: Mondays, 4/15, 4/29, 5/13, 5/20
Time: 4:30 to 5:30 PM
Location: Thrive Headquarters
Program fee: \$10.00
Transportation: N/A



Framingham Social Group

Day: Tuesdays
Time: 7:00 to 9:00 PM
Location: Activity varies weekly
Pickup begins: 5:00 PM
Transportation: *See below.



Thrive Boot Camp

Day: Tuesdays 3/5, 3/12, 3/19, 3/26, 4/2, 4/9 Additional dates TBD
Time: 6:30–7:15 PM
Location: Southboro
Program fee: \$10



Marlboro Eagles

Day: Tues. 3/19, 4/16, 5/21
Time: 6:00 to 9:00 PM
Location: 56 Florence St., Marlboro
Pickup begins: 4:45 PM
Program fee: \$5:00
Transportation: *See below.



Club Thrive

Day: Wednesdays
Time: 7:00 to 9:00 PM
Location: Marlboro Fish & Game
Program fee: \$8.00
Pickup begins: 5:00 PM
Transportation: *See below



Social Nights

Day: Thursdays
Time: 6:30 to 8:30 PM
Location: Activities vary weekly
Pickup begins: 5:00 PM
Program fee: \$5.00
Transportation: *See below.



NEW–18+ ASD Mens Group

Day: Friday 3/1, 3/15, 3/29, 4/5, 4/19, 5/3, 5/17, 5/31
Time: 4:00 to 6:00 PM
Location: Thrive Headquarters
Program fee: \$10 per meeting
Transportation: N/A



Thrive Track and Field

Day: Fridays beginning 4/5
Time: 6:15 to 7:30 PM
Location: Hudson High School
Program fee: N/A
Transportation: *See below.



NEW–Thrive Cooking 18+

Day: Saturday 4/6, 4/20, 5/4, 5/18
Time: 12:00 to 4:00 PM
Location: Thrive Headquarters
Program fee: \$15 per class
Transportation: N/A

Bowling

Day: Sat. (Check calendar)
Time: 4:30 to 6:00 PM
Location: Sawyer's Bowladrome
Pickup begins: 2:30 PM
Program fee: \$7.00
Transportation: *See below.




































Movies




































Day: Sunday 3/3, 4/7, 5/5
Time: 1:00 PM
Location: W. Boylston Cinema
Pickup begins: 10:30 AM
Program fee: Pay at door
Transportation: *See below.

* Transportation costs are \$15 per event for all Thrive participants.




























March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 	2 
3   	4	5  	6 	7 	8	9 
10  	11	12  	13 	14 	15 	16 
17  	18	19  	20 	21 	22	23 
24  31 	25	26  	27 	28 	29 	30 

April 2019

	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 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			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 	

Social and Recreation Cancellation

Weather Cancellation

The Social and Recreation Director makes final decisions in canceling events due to inclement weather. The director will call or email you if the activity is canceled. The driver's input weighs heavily.

Participant Cancellation

Any participant who has registered for a Thrive Social and Recreation event must cancel 48 hours in advance of the event without penalty.

Please Note – If monies are expended to secure a ticket/seat/admission etc. to an event, the client is responsible for the cost of their ticket/seat/admission etc. Every effort will be made to secure the participant a refund, but a refund cannot be guaranteed.

Transportation Cancellation

Any participant who has registered for Thrive Transportation may cancel transportation 48 hours in advance of the event without penalty.

Transportation for an event that happens weekly such as bowling may be cancelled 24 hours in advance of these events without penalty.

Social and Recreation

All participants are expected to adhere to the following:

- Respect each other
- Respect the driver, staff and community members
- Appropriate behavior is expected at all times
- No eating or drinking while riding in Thrive vehicles
- Seatbelts are to be worn at all times in vehicles
- Treat others how you would want to be treated

Failure to adhere to the above, will result in the following:

1st offense

One week suspension from all Thrive activities

2nd offense

Two week suspension from all Thrive activities

3rd offense

Indefinite suspension from all Thrive activities

I have read the policy and will adhere to the above expectations:

Name: _____

Date: _____

Please fill out and return to Jim Karami at Thrive



Special Olympics Youth Player Development—Basketball Season Ending Tournament

Date: Sunday, March 3, 2019

Time: All day

Location: St. Mark's / Fay School
Southborough



Special Olympics Winter Games

Date: March 9–10, 2019 (Adult Basketball)
Location: Greater Marlborough Area

Date: March 16–17, 2019 (Alpine Skiing)
Location: Wachusett Mountain

Time: All day



Special Olympics Track and Field Qualifier

Date: Saturday, May 4, 2019

Time: All day

Location: Chicopee Comprehensive HS



Special Olympics Aquatics Qualifier

Date: Saturday, May 4, 2019

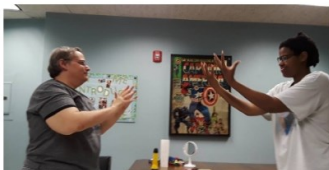
Time: All day

Location: Chicopee Comprehensive HS



Join theater and speaker's time with Thrive Live Studio.

Speak out and act out! Be an actor, speech-maker, poetry reader, or stand-up comic. Group facilitator, Val will share fun theater games, and everyone will all have a chance to share their creativity and talent.



To Register:
Cdfortwengler@icanthrive.org

THRIVE LIVE STUDIO 16+

Thrive Support & Advocacy
65 Boston Post Road West
Suite 220

Mondays from
4:30 PM-5:30 PM
\$10.00 per class

4/15, 4/29, 5/13, 5/20

- Make speeches
- Act out skits
- Do stand-up comedy telling jokes and short stories
- Act out a poem or something you write
- Theater games and funny word games
- Guessing games like charades



Fletcher Tilton
Attorneys at law

Government Benefits for Persons with Disabilities

A workshop for Families

Everything You Always Wanted to Know About Government Benefits for Persons with Disabilities But Didn't Know Who to Ask:

- An overview of the basic federal and state safety net
- Supplemental Security income
- Medicaid
- Social Security Disability Insurance
- Disabled Adult Child benefits
- Medicare
- State community-based services & Supports



Presented By:
Attorney Meredith H. Greene
Officer | Chair, Special Needs Practice Group

Tuesday, March 5, 2019
6:00 PM - 8:00 PM
Thrive Support & Advocacy
65 Boston Post Road, West
Suite 220
Marlborough, MA

Meredith is an Officer with the firm's Trust & Estate Department, and chair of the Special Needs Practice Group. Her practice focuses on special needs planning, estate planning, guardianship & conservatorship, elder law, adult services advocacy, and government benefits advocacy.

To Register, contact: Mike Diggins
Mdiggins@icanthrive.org
508-485-4227 Ext 1004



SOCIAL COOKING SATURDAYS

Making Meals With Friends!

Learn the art of cooking and make friends at this Saturday life skills group. Each class, participants start with a menu board and end with a delicious, healthy meal. While food is cooking, participants will engage in activities geared toward fostering friendships, self-esteem, and social skills. \$15.00 per class.

Space is Limited, Register Today!
Contact Cdfortwengler@icanthrive.org
or call 508-485-4227 Ext. 1009

Ages: 16+

Thrive Support & Advocacy
65 Boston Post Road W
Suite 220
Marlborough, MA

12:00 AM - 4:00 PM

4/6, 4/20, 5/4, 5/18,
6/1, 6/15



HOME MODIFICATION LOAN PROGRAM

March 27, 2019
6:00PM-8:00PM

PRESENTED BY:
SUSAN GILLAM
MASS REHAB COMMISSION

RSVP To Mike Diggins
Mdiggins@icanthrive.org
508-485-4227 Ext 1004

FIND OUT MORE ABOUT
THE LOAN PROGRAM,
ELIGIBILITY, TYPES OF
LOANS AVAILABLE AND
THE APPLICATION
PROCESS.

Based on income guidelines, you may qualify for a loan of \$1,000 up to \$50,000!
This program offers 0% or 5% deferred payment loans and 5% amortizing loans depending on household income.

Thrive Headquarters, 65 Boston Post Road West, Suite 220, Marlboro, MA 01752
www.icanthrive.org



Activity Registration Form March, April, May 2019

To register: Complete this form and return to: Thrive Support & Advocacy, 65 Boston Post Road West, Suite 220, Marlborough, MA 01752

Change my Newsletter Status

☐ Please send me the email version only Email Address _____

☐ I no longer want to receive the newsletter Name _____

Participant Name _____ Phone _____

Date _____ DOB _____

Address _____ City _____ State _____ Zip _____

Contact Person _____ Relationship _____ Email _____

Address _____ City _____ State _____ Zip _____

Activity	Cost	Attending (circle one)	Transportation (circle one)	Comment
Open Door Theater	\$15.00	Yes/No	Yes/No	
Pirates Arena Football	\$15.00	Yes / No	Yes / No	
Great Brook Farm	\$5.00	Yes/No	Yes/No	
Thrive Aquatics	Free	Yes/No	Yes/No	
Thrive Advocacy Group	Free	Yes / No	Not applicable	
Framingham Social Group	Pay at Event	Yes / No	Yes/No	
Thrive Live Studio	\$10/class	Yes/No	Not applicable	
Thrive Boot Camp	\$10/class	Yes / No	Not applicable	
Marlboro Eagles	\$5.00	Yes / No	Yes/No	
Club Thrive	\$8.00	Yes / No	Yes / No	
Social Night	\$5.00	Yes / No	Yes/No	
18+ ASD Men's Group	\$10/group	Yes/No	Not applicable	
Thrive Track & Field	Free	Yes/No	Yes/No	
Thrive Cooking 18+	\$15/class	Yes / No	Not applicable	
Bowling	\$7/week	Yes/No	Yes/No	
Movies	Pay at event	Yes/No	Yes/No	
AMOUNT TO BE BILLED	\$			

I, _____ understand that by signing below, I approve the activities selected by, or for the above participant. I understand that I am financially responsible for all activities / programs selected.

Individual _____ Rep Payee _____

Pictures may be taken at each Thrive event. I give my consent to Thrive for release of such pictures for use on their website, newsletters or for any advertising.

Signature _____ Date _____



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icanthrive.org

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A group of five people (four men and one woman) are standing on a sandy beach. The man on the far left is shirtless and holding a colorful towel. The man next to him is wearing a blue and white striped towel. The man in the center is wearing a dark jacket. The woman next to him is wearing a dark jacket and holding a green towel. The man on the far right is wearing a white jacket and a black beanie. They are all smiling and looking at the camera. The background shows a beach with some equipment and a cloudy sky.

Support Thrive Sports Teams at the Special Olympics Polar Plunge Saturday, March 16, 2019 Revere Beach

to join the Plunge Team, donate, or cheer email

jkarami@icanthrive.org

For more details