

VOLUME NO. 3
2019

September, October,
November 2019

OUR GOAL

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

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Social & Recreation Experiences Newsletter

*Jim Karami, Director of Transportation,
Social & Recreation*

Hello Thrivers and Families,

Let's start by congratulating all the amazing Thrive athletes who competed in Special Olympics Massachusetts Summer Games in June and the Tournament of Champions in August. Your hard work and determination showed in every competition. We are so proud!

Mark your calendars for September 22 and the 35th annual Forrest Memorial Road Race. If you haven't registered yet, go to www.icanthrive.org/forrest and get yourself signed up.

This year we are offering several sponsorship packages with some great promotional opportunities. If you are interested or know someone who might be interested in being a sponsor shoot me an email.



This summer was dedicated to planning for the fall. We have some new youth and young adult opportunities listed on page 5 and an expansive Community Workshop Series for caregivers listed on page 6. Because there is a short intake process for Youth Experiences, email Tia Houde at thoude@icanthrive.org if you're interested in any of the offerings. To sign up for the Adult Experiences and Community Workshops head to page 7 for the registration form.

Lastly, congratulations to the Thrive Spinners bike team who participated in the Bike the Beach ride this summer. They raised funds to support Thrive and rode either 25 or 60 miles to do so!

Happy fall to all!
Jim Karami,
jkarami@icanthrive.org

Check out the newsletter online at www.icanthrive.org/social&rec

Adult Experiences (Ages 18+)

Age recommendations are flexible depending on program and individual.



Social Experiences



Thrive Advocacy Group

Day: Tuesdays, Dates TBD

Time: 4:30 to 5:30 PM

Location: Thrive Headquarters

Transportation: N/A



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



Marlboro Eagles

Day: 9/17, 10/15, 11/19

Time: 6:00 to 9:00 PM

Location: 56 Florence St., Marlboro

Pickup begins: 4:45 PM

Program fee: \$5:00

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: Pay at event

Transportation: *See below.



Bowling

Day: Sat. (Check calendar)

Time: 4:30 to 6:00 PM

Location: Sawyers Bowladrome

Pickup begins: 2:30 PM

Program fee: \$7.00

Transportation: *See below.



Movies

Day: Sunday (Check calendar)

Time: 1:00 PM

Location: W. Boylston Cinema

Pickup begins: 10:30 AM

Program fee: Pay at event

Transportation: *See below.

Sports Experiences



Bocce

Day: Mondays until 10/7

Time: 6:00 to 7:30 PM

Location: Amer. Legion, Northboro

Pickup begins: 4:45 PM

Program fee: N/A

Transportation: *See below.



Thrive Adult/Youth Soccer

Day: TBD

Time: 5:30 to 7:00 PM

Location: Ghiloni Park

Pickup begins: 4:45 PM

Program fee: N/A

Transportation: *See below.



Soccer State Cup Qualifier

Day: Sunday, Oct. 6

Time: All Day

Location: Pingree School

Pickup begins: 7:00 AM

Transportation: *See below.



Senior Sports Classic

Day: Fri. & Sat. Oct 11 & 12

Time: All Day

Location: Locations Cape Cod

Pickup begins: 1:00 PM

Transportation: *See below.



Soccer State Cup

Day: Sunday, November 3

Time: All Day

Location: Governors Academy

Pickup begins: 7:00 AM



Special Events



Indian Ranch Concert

Yacht Rock Review

Day: Saturday, September 14

Time: 11 AM

Location: Indian Ranch

Pickup Begins: 10:00 AM

Program fee: \$5.00



Forrest Mem. Road Race

Day: Sunday, September 22

Time: 11:00 AM

Location: Wayside Athletic Club

Pickup begins: 9:00 AM

Program fee: \$25.00



Halloween Party

at Club Thrive

Day: Wednesday, Oct. 30

Time: 7:00-9:00 P.M.

Location: Marlboro Fish & Game

Pickup begins: 5:00 PM

Program fee: \$8.00. Dress up and music only. NO FOOD served.

Transportation: *See below.



Worcester Railers Hockey

Day: Sunday, Nov. 24

Time: 3:00 PM

Location: DCU Center Worcester










Pickup begins: 12:00 PM

Program fee: \$18.00

Transportation: *See below.

* Transportation costs \$15 per event. We service the following towns /Marlboro Hudson, Southboro, Northboro, Westboro.







September 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 					

October 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 	31 		

November 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

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 to avoid penalty.

Please Note – If monies are expended to secure a ticket/seat/admission etc. to an event, the participant 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.

Youth & Young Adult Experiences (Ages 6-12 and 13-30)

Age recommendations are flexible depending on program and individual.

There is a short intake process for all Youth & Young Adult Experiences so registration must be done directly with Youth Services Coordinator Tia Houde. Contact her at thoude@icanthrive.org or 508-485-4227 x1114. For more information on these experiences visit www.icanthrive.org.

Social Experiences



TASC (Thrive After School Community)

Ages 7-12 & 13-25

Day: Tues.-Thurs. Starting Sept. 17 through mid June

Time: 2:00 to 5:00 PM

Location: Algonquin Regional H.S.

Program fee: \$30.00 per day

Extra Activities Included: Art therapy, Knucklebones athletic class, cooking, boot camp/Zumba and more.



TLC (Thrive Ladies Choice)

Ages 10-25

Day: Mondays

Time: 2:00 to 5:00 PM

Location: Thrive Youth Center

Program fee: \$25.00 per meeting



NEW Fun Fridays

Ages 6-12 & 13-25

Day: Fridays

Time: 2:00 to 5:00 PM

Location: Thrive Youth Center

Program fee: \$25.00 per meeting



ASD Men's Group

Ages 18-30

Day: Fridays 9/6, 9/20, 10/4, 10/18, 11/1, 11/15

Time: 5:00 to 7:00 PM

Location: Thrive Youth Center

Program fee: \$15.00 per meeting



NEW SIBShop (Sibling Support) – Ages 10-19

Day: Saturdays Dates TBD this fall

Time: 10:00 AM to 1:00 PM

Location: Thrive Youth Center

Program fee: \$15.00 per meeting

Note: Providing young brothers and sisters peer support and information in a lively, dynamic setting.



Social Cooking Sat.

Ages 16-30

Day: Saturdays 10/5, 10/19, 11/2, 11/16

Time: 12:00 to 2:00 PM

Location: Thrive Headquarters

Program fee: \$25.00 per meeting



NEW LGBTQI

Support Group

Ages Teens and Young Adults

Day: TBD

Time: TBD

Location: Thrive Headquarters

Special Events



Haircuts—with Barber Fred Westbrooks – All Ages

Day: Monday Starting Sept. 6

Time: 4:00 to 7:00 PM

Location: Thrive Youth Center

Program fee: \$10 buzz cut, \$15 haircut with fade or taper, \$20 haircut and beard trim

Note: Safe, sensory friendly space with knowledgeable staff. We are looking for a hairdresser as well.



Parents Night Out: Friday Respite—Ages 6+

Day: Select Fridays, dates TBD

Time: 5:00 to 8:00 PM

Location: Thrive Youth Center

Program fee: \$30.00 per meeting

Sports Experiences



Thrive Boot Camp

Day: Tuesdays 9/10-10/29

Time: 7:00-7:45 PM

Location: TBD

Program fee: \$15.00 per class



NEW Fitness Fridays

Ages 18-30

Day: Friday Starting Sept. 6

Time: 10:00 AM to 1:00 PM

Location: YMCA Westborough

Program fee: \$15.00 per class

Note: Participants must be independent in a gym setting—staffing ratio is 1:6.

Learning Experiences

LEAD (Leadership Experience And Development)

Ages 16-25

Day: Mondays

Time: 4:00 to 5:00 PM

Location: Thrive Conference Room

Program fee: Free

Note: LEAD satellite program starting in January 2020 in Waltham. Wednesdays from 3:00-4:00.



Community Workshop Series

All Workshops are at Thrive Support & Advocacy, 65 Boston Post Road West, Suite 220, Marlboro, MA



Coffee & Conversation _____

This drop-in program connects parents and caregivers to share resources, ideas, and brainstorm solutions.

Day: Second Wed. each month

Time: 9:30–10:30 AM

Thriving for Knowledge _____

A monthly gathering for parents and caregivers to discuss services that may be available to your loved one and your family.

Day: Third Wed. each month

Time: 9:30–10:30 AM

MWRTA: What is it and How Does it Work _____

This workshop, run by an MWRTA rep, reviews how to get from point A to point B using the fixed route system. Q&A following.

Day: September 11

Time: 9:30–10:30 AM

Identity Theft and Fraud Prevention: Consumer Protection _____

Presented by the MA Office of Consumer Affairs learn how to prevent identity theft and what to do if your identity is compromised.

Day: September 24

Time: 5:00–6:00 PM



Basic Rights in Special Education _____

For participants and families. Learn about your special education rights from referral through the appeal process.

Day: September 26

Time: 6:00–8:00 PM

Planning a Life: Considerations for Your Child's Future _____

Learn about planning financially for your child's future. Presented by a financial advisor and estate attorney, experts in the field.

Day: October 3

Time: 6:00–8:00 PM

IEP Basics 101 _____

Learn the basics in IEP and 504 plans. The presenter will review section by section and explain the process of writing an IEP.

Day: October 17

Time: 6:00–8:00 PM

What Housing Options: Thoughts Pave the Way for Ideas _____

Are you or a loved one considering housing options? Get together to brainstorm ideas with other caregivers and Thrive staff.

Day: Sept. 12 and Sept. 24

Time: 4:00–5:00 PM

Comparing ABLE Accounts with 1st & 3rd Party Special Needs Trusts _____

Join us for a discussion on savings options for an individual who is dependent of SSI, MassHealth, SNAP, Section 8 or other sliding scale fee or needs based benefits.

Day: October 29

Time: 6:00–8:00 PM

*To register go to
page 7 or email
bjenness@*



Registration Form September, October, November 2019

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

Participant Name _____ Phone _____

Date _____ DOB _____

Address _____ City _____ State _____ Zip _____

Contact Person _____ Relationship _____ Email _____

Address _____ City _____ State _____ Zip _____

<i>Adult Experiences</i>	<i>Cost</i>	<i>Attending (circle one)</i>	<i>Transportation (circle one)</i>	<i>Comment</i>
Indian Ranch	\$5.00	Yes/No	Yes/No	
Forrest Memorial Road Race	\$25.00	Yes / No	Yes / No	
Worcester Railers Hockey	\$18.00	Yes/No	Yes/No	
Halloween Party Club Thrive	\$8.00	Yes/No	Yes/No	
Thrive Advocacy	Free	Yes / No	Not applicable	
Thrive Bocce	Free	Yes / No	Yes/No	
Club Thrive	\$8.00	Yes / No	Yes/No	
Marlboro Eagles	\$5.00	Yes/No	Yes/No	
Social Nights	Pay at event	Yes/No	Yes/No	
Thrive Adult/Youth Soccer	Free	Yes / No	Yes / No	
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 individual. I understand that I am financially responsible for all activities / programs selected.

Individual _____ Rep Payee _____

<i>Community Workshops</i>	<i>I Want to Attend (circle)</i>	<i>Comment</i>
Coffee & Conversation	Second Wed. Each Month	
Thriving for Knowledge	Third Wednesday Each Month	
MWRTA: What is it and How Does it Work?	September 11	
What Housing Options?	September 12 or September 24	
Identify Theft and Fraud Prevention	September 24	
Basic Rights in Special Education	September 26	
Planning a Life	October 3	
IEP Basics 101	October 17	
Comparing ABLE Accounts	October 29	



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icanthrive.org

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MAIL TO

00 Main Street, Town, MA 00000



Register TODAY!
Sunday, Sept. 22

35th Annual

Forrest Memorial Road Race

Wayside Athletic Club

80 Broadmeadow Street, Marlborough, MA, Race Start 11:00 am

To register go to www.icanthrive.org/forrest

Proceeds benefit Thrive Support & Advocacy's social and recreation experiences.

For more information contact Thrive Support & Advocacy
at 508-485-4227 or go to www.icanthrive.org.