Hello Thrivers, Families, and Friends,

Spring is just around the corner, and we are excited about the offerings this quarter. In the spirit of simplifying things for our participants and their families, we are introducing an enhanced newsletter layout. The improvements include incorporating all Youth and Adult Experiences onto one calendar each month while expanding the calendar layout to full pages, plus we’ve added a Registration Form for Youth Experiences.

As many of you know, space is limited for our programs, so get your registration form in early. If a program is at capacity when we receive your registration form, you will be informed and put on a waitlist. New registrants for Thrive’s Youth Experiences must complete an intake process initiated by Thrive upon receiving a registration form. Lastly, if you are registering for an event that runs multiple weeks, please specify on the Registration Form which meetings/classes you will be attending. We hope you like the improvements and welcome feedback.

Check the calendar for the new Adult Experiences, Movie & Lunch Club, Social Cooking now on Thursdays, and ClayTime Paint Your Own Pottery. Also, best of luck to the Thrive sports teams competing in Special Olympics Massachusetts Winter Games in March. You make us proud!

Exciting things are happening with Youth and Young Adult Experiences. Fantastic activities are planned for April vacation week, and Monday Field Trips is a new program for participants age 18–30. Check them out on page 3. Also, Thrive is excited to partner with Special Olympics to bring you the Young Athletes sports program for ages 2–7. Keep an eye out for more details on that!

Have a wonderful spring and enjoy the warmer weather heading our way!

Thrive youth participants enjoying ClayTime paint your own pottery.
## Social Activities

### Marlboro Eagles
- **Day:** Tuesdays, 3/17, 4/21, 5/19
- **Time:** 6:00 to 9:00 PM
- **Location:** 56 Florence St., Marlboro
- **Pickup begins:** 4:45 PM
- **Program fee:** $5.00
- **Transportation:** *See below.

### Club Thrive
- **Day:** Wednesdays
- **Time:** 6:30 to 8:30 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
- **Program fee:** Pay at event
- **Transportation:** *See below.

### Social Cooking 18+
- **Day:** Thursdays, 3/12, 3/19, 4/2, 4/9, 4/16
- **Time:** 4:30 to 6:30 PM
- **Location:** Thrive Headquarters
- **Program fee:** $25 per class
- **Transportation:** N/A

### Social Cooking 18+
- **Day:** Saturday, March 14
- **Time:** 11:00 AM to 3:00 PM
- **Location:** Thrive Youth Center, 1:5 staff ratio
- **Program fee:** $40.00
- **Transportation:** N/A

### Open Door Theater:
- **Title:** Into the Woods
- **Day:** Sunday, March 29
- **Time:** 1:00 PM
- **Location:** R.J. Grey Jr. High School
- **Pickup Begins:** 10:00 AM
- **Program fee:** $15.00
- **Transportation:** *See below.

### ClayTime: PYO Pottery 18+
- **Day:** Saturday, March 14
- **Time:** 11:00 AM to 3:00 PM
- **Location:** Thrive Youth Center, 1:5 staff ratio
- **Program fee:** N/A
- **Transportation:** N/A

### Great Brook Farm
- **Day:** Sunday, May 17
- **Time:** 1:00 AM
- **Location:** Carlisle
- **Pickup begins:** 11:00 AM
- **Program fee:** $5.00
- **Transportation:** *See below.

### Special Olympics Polar Plunge
- **Day:** Saturday March 28
- **Time:** 10:00 AM
- **Location:** Revere Beach
- **Program fee:** N/A
- **Transportation:** N/A

### Special Olympics
- **Basketball Tournament**
- **Day:** Sunday, March 1
- **Time:** All Day
- **Location:** Southborough, MA

### Sports Experiences

### Thrive Aquatics
- **Day:** Sundays, Beginning 2/23
- **Time:** 10:00 to 11:00 AM
- **Location:** Westboro Tennis & Swim
- **Pickup begins:** 8:30 AM
- **Program fee:** N/A
- **Transportation:** *See below.

### Special Olympics—Youth Basketball Tournament
- **Day:** Sunday, March 1
- **Time:** All Day
- **Location:** Southborough, MA

### Special Olympics—Winter Games
- **Day:** Saturday & Sunday, March 7, 8
- **Time:** All Day
- **Location:** Various Locations

### Special Olympics Alpine Ski Season Ending Competition
- **Day:** Sat.–Sun., March 14 & 15
- **Time:** All Day
- **Location:** Berkshire East Mountain

### Special Olympics Track & Field Qualifier
- **Day:** Saturday, May 2
- **Time:** All Day
- **Location:** Chicopee Comp. H.S.

### Thrive Track and Field
- **Day:** Fridays beginning 4/10
- **Time:** 6:15 to 7:30 PM
- **Location:** Hudson High School
- **Program fee:** N/A
- **Transportation:** *See below.

###-Thrive Self–Advocacy Group
- **Day:** Second Tues. each month
- **Time:** 4:30 to 6:00 PM
- **Location:** Thrive Headquarters
- **Program fee:** N/A
- **Transportation:** N/A

### LGBTQI Support Group
- **Day:** Tuesdays, 3/24, 4/7, 4/21, 5/5, 5/19
- **Time:** 5:00 to 6:00 PM
- **Location:** Thrive Headquarters
- **Program fee:** $15.00
- **Transportation:** N/A

### Movie & Lunch Club Age 18–30
- **Day:** Saturdays 3/7, 3/21, 4/4, 4/18
- **Time:** 1:5 staff ratio
- **Location:** Thrive Headquarters
- **Program fee:** $40 per meeting
- **Transportation:** N/A

### Movies
- **Day:** Sundays 4/5, 5/3
- **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.
Youth & Young Adult Experiences (Ages 7-12 and 13-30)

Age recommendations are flexible depending on program and individual.

NOTE: There are a selection of experiences for those age 18+ on the ADULT page (2).

Special Events

April Vacation Camp
Ages 7–12 & 13–25
Date: 4/21 RECESS—$40
4/22 Day at Thrive—$35
4/23 Altitude Trampoline Park—$40
Time: 4/21 10:00 AM to 4:00 PM
4/22 10:00 AM to 3:00 PM
4/23 10:00 AM to 4:00 PM
Location: Drop–off and pick–up at Thrive Youth Center.

Young Athletes
Young Athletes is a sport and play program for children with and without intellectual disabilities, ages 2 to 7 years old.
Young Athletes introduces basic sport skills, like running, kicking and throwing.

Each week of the eight–week session focuses on a different skill while building on what has already been learned.

Week 1—Foundational Skills
Week 2—Walking & Running
Week 3—Balance and Jumping
Week 4—Trapping & Catching
Week 5—Throwing
Week 6—Striking
Week 7—Kicking
Week 8—Advance Sports Skills

Watch for more details this spring. A tentative June start date is planned.

Social Groups

TASC (Thrive After School Community)
Ages 7–12 & 13–25
Day: Tues.–Thurs. Sept.–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.

Mystery Mondays
Ages 10–25
Day: Mondays
Time: 2:00 to 5:00 PM
Location: Thrive Youth Center
Program fee: $30.00 per meeting

Ladies Group 16+
Day: Thursday
Time: 5:00 to 6:30 PM
Location: Thrive Youth Center
Program fee: $15.00 per meeting

Fun Fridays
Ages 7–12 & 13–25
Day: Fridays
Time: 2:00 to 5:00 PM
Location: Thrive Youth Center
Program fee: $30.00 per meeting

ASD Men’s Group
Ages 16+
Day: Fridays
Time: 5:00 to 7:00 PM
Location: Thrive Youth Center
Program fee: $15.00 per meeting

Sports Experiences

Adaptive Martial Arts
Ages 7–25
Day: Tuesdays
Time: 3:00 to 4:00 PM
Location: Algonquin Regional H.S.
Program fee: $20.00 per class

Adaptive Boot Camp
Day: Tuesdays (except 3/24)
Time: 7:00–7:45 PM
Location: Everybody Balance
Program fee: $15.00 per class

Fitness Fridays
Ages 18–30
Day: Fridays
Time: 10:00 AM to 1:00 PM
Location: YMCA Westborough
Program fee: $15.00 per class
Note: Must be independent in a gym setting—staffing ratio is 1:6.

Learning Experiences

LEAD LEAD/Marlborough—Ages 16–25
Day: Mondays
Time: 4:00 to 5:00 PM
Location: Thrive Conference Room
Program fee: Free
Volunteer opportunity 3rd Saturday of each month. See calendar page.

LEAD LEAD/Waltham—Ages 16–25
Day: Wednesdays
Time: 3:00 to 4:00 PM
Location: Jewish Family & Children’s Services, 1430 Main St. Waltham.
Program fee: Free
Volunteer opportunity 3rd Saturday of each month. See calendar page.

Social Activities

Monday Field Trip 18–30
Day: Mondays
Time: 9:00 AM to 1:00 PM
Location: Field trips to various locations but all activities will be departing from Thrive Youth Center
Program fee: $40.00 per meeting

Special Events

Coming Soon
Thrive Support & Advocacy and Special Olympics Massachusetts are partnering to bring you …

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**Adult Experiences**

**YOUTH and YOUNG ADULT Experiences**

**Community Workshops**
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<td>29 Track &amp; Field Practice</td>
<td>30 Bowling</td>
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<td>Boot Camp</td>
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ADULT Experiences
YOUTH and YOUNG
ADULT Experiences
Community Workshops
Community Workshop Series
All Workshops are at Thrive Support & Advocacy, 65 Boston Post Road West, Suite 220, Marlboro, MA

Coffee & Conversation—FREE
Drop-in and connect with parents and caregivers to share resources, ideas, and brainstorm solutions.
Day: Second Wed. each month
Time: 9:30–10:30 AM

Thriving for Knowledge—FREE
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

IEP Clinic—$50
Four families will get a one hour one-on-one meeting with educational advocate Gayle Greene. Registration is first-come, first-served.
Day: Sat. March 7
Time: 10:00 AM–2:00 PM

Planning a Life: Considerations for Your Child’s Future—FREE
This workshop offers a holistic perspective on benefit programs, ways to bridge funding gaps, and legal considerations.
Day: March 26
Time: 6:00–7:30 PM

Dual Workshop—FREE
Adult Family Care: Learn about Opportunities for Inclusion’s Adult Family Care (AFC) program—provides training, professional support and financial compensation to people who require assistance with their daily activities like bathing, eating, and dressing.
Day: March 28
Time: 11:00–12:00 PM

Sexual Assault Support: Sexual Assault Response Unit will provide confidential information and support to victims and families.
Day: March 28
Time: 12:15–1:15 PM

Guardianship Academy—FREE
Learn all there is to know about guardianship at this workshop.
Day: Wed., April 29
Time: 11:00 AM–1:00 PM

AgingWell Adult Day Health Center
Lori Imparto, Program Director

Applied Behavioral Associates
Wanja Kiraguri

Massachusetts Department of Developmental Services
Gwen Johnson, ASD Coordinator
Karen Poutre, Assistant Area Director

MetroWest Center for Independent Living
Heidi Bishay, TAP Coordinator

MetroWest Regional Transit Authority (MWRTA)
Ieshia Price, Director of Travel Training and Senior Relations

Nonotuck Family Resources—Adult Family Care
Kerrie Paradis, Program Director

To register for Workshops go to registration page or email pcarlson@icanthrive.org.

Social & Recreation Cancellation Policy

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 experiences must cancel 48 hours in advance 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.
to join the Plunge Team, donate, or cheer email jkarami@icanthrive.org
For more details