

VOLUME NO. 1  
2020

March, April, May 2020

## OUR GOAL

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

## IN THIS ISSUE

Page 2.....Adult Experiences

Page 3.....Youth Experiences

Page 4-6 ·Calendar

Page 7.....Community Workshops

Page 8.....Polar Plunge

## FOLLOW US ON



## CONTACT

65 Boston Post Road West,  
Suite 220  
Marlborough, MA 01752  
p (508) 485-4227  
f (508) 485-6274  
info@icanthrive.org  
www.icanthrive.org



## Social & Recreational Experiences Newsletter

### *A Message From Thrive*

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 com-

plete 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.



*Thrive youth participants enjoying ClayTime paint your own pottery.*

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!

Online [www.icanthrive.org/about/social-recreation-newsletter](http://www.icanthrive.org/about/social-recreation-newsletter)

# Adult Experiences (ages 18+)

## Special Events



### Open Door Theater: 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:** \$40.00  
**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

## Social Groups



### 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

## 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  
**Pickup begins:** 5:00 PM  
**Program fee:** Pay at event  
**Transportation:** \*See below.



### Social Cooking 18+

**Day:** Thursdays, 3/12, 3/19,  
4/2, 4/9, 4/16 1:5 staff ratio  
**Time:** 4:30–6:30 PM  
**Location:** Thrive Headquarters  
**Program fee:** \$25 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.



### Movie & Lunch Club Age18–30

**Day:** Saturdays 3/7, 3/21,  
4/4, 4/18 1:5 staff ratio  
**Time:** 11:00 AM to 4:00 PM  
**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.



### 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



### 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.



### Special Olympics Swim Qualifier

**Day:** Sunday, April 26  
**Time:** All Day  
**Location:** Milford High School  
**Pickup begins:**  
**Transportation:** See below



### Special Olympics Track & Field Qualifier

**Day:** Saturday, May 2  
**Time:** All Day  
**Location:** Chicopee Comp. H.S.

\* 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.

## Coming Soon

Thrive Support & Advocacy and Special Olympics Massachusetts are partnering to bring you ...



## 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.

- Week1—Foundational Skills
- Week 2—Walking & Running
- Week 3—Balance and Jumping
- Week4—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

## 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

## 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



### Knucklebones—Ages 7-25

**Day:** First Wed. each month

**Time:** 3:00 to 4:00 PM

**Location:** Algonquin Regional H.S.

**Program fee:** \$20.00 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.

# March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>SOMA Youth Basketball Season Ending Tournament</p> <p>Thrive Aquatics Practice</p>  	<p>2</p> <p>Monday Field Trip</p> <p>Mystery Mondays</p> <p>LEAD/Marlboro</p>   	<p>3</p> <p>TASC</p> <p>Adaptive Martial Arts</p> <p>Boot Camp</p>   	<p>4</p> <p>Club Thrive</p> <p>TASC</p> <p>Knucklebones</p> <p>LEAD/Waltham</p>   	<p>5</p> <p>Social Night</p> <p>TASC</p> <p>Ladies Group</p>   	<p>6</p> <p>Fitness Fridays</p> <p>Fun Fridays</p> <p>ASD Men's Group</p>   	<p>7</p> <p>SOMA Winter Games</p> <p>Movie &amp; Lunch Club</p> <p>Workshop: IEP Clinic</p>  
<p>8</p> <p>SOMA Winter Games</p> 	<p>9</p> <p>Monday Field Trip</p> <p>Mystery Mondays</p> <p>LEAD/Marlboro</p>   	<p>10</p> <p>Advocacy Group</p> <p>TASC</p> <p>Adaptive Martial Arts</p> <p>Boot Camp</p>    	<p>11</p> <p>Club Thrive</p> <p>TASC</p> <p>LEAD/Waltham</p> <p>Workshop: Coffee &amp; Conversation</p>   	<p>12</p> <p>Social Cooking</p> <p>Social Night</p> <p>TASC</p> <p>Ladies Group</p>    	<p>13</p> <p>Fitness Fridays</p> <p>Fun Fridays</p> <p>ASD Men's Group</p>   	<p>14</p> <p>ClayTime: Paint Your Own Pottery</p> <p>SOMA Alpine Skiing</p>  
<p>15</p> <p>Thrive Aquatics Practice</p> <p>SOMA Alpine Skiing</p>  	<p>16</p> <p>Monday Field Trip</p> <p>Mystery Mondays</p> <p>LEAD/Marlboro</p>   	<p>17</p> <p>Marlboro Eagles</p> <p>TASC</p> <p>Adaptive Martial Arts</p> <p>Boot Camp</p>    	<p>18</p> <p>Club Thrive</p> <p>TASC</p> <p>LEAD/Waltham</p> <p>Workshop: Thriving for Knowledge</p>   	<p>19</p> <p>Social Cooking</p> <p>Social Night</p> <p>TASC</p> <p>Ladies Group</p>    	<p>20</p> <p>Fitness Fridays</p> <p>Fun Fridays</p> <p>ASD Men's Group</p>   	<p>21</p> <p>Movie &amp; Lunch Club</p> <p>LEAD Volunteer Opportunity</p> 
<p>22</p> <p>Thrive Aquatics Practice</p> 	<p>23</p> <p>Monday Field Trip</p> <p>Mystery Mondays</p> <p>LEAD/Marlboro</p>   	<p>24</p> <p>LGBTQI Support Group</p> <p>TASC</p>  	<p>25</p> <p>Club Thrive</p> <p>TASC</p> <p>LEAD/Waltham</p>   	<p>26</p> <p>Social Night</p> <p>TASC</p> <p>Ladies Group</p> <p>Workshop: Planning a Life</p>   	<p>27</p> <p>Fitness Fridays</p> <p>Fun Fridays</p> <p>ASD Men's Group</p>   	<p>28</p> <p>Bowling</p> <p>Polar Plunge</p> <p>Workshop: Adult Family Care</p> <p>Workshop: Sexual Assault Support</p>   
<p>29</p> <p>Thrive Aquatics Practice</p> <p>Open Door Theater: Into the Woods</p>  	<p>30</p> <p>Monday Field Trip</p> <p>Mystery Mondays</p> <p>LEAD/Marlboro</p>   	<p>31</p> <p>TASC</p> <p>Adaptive Martial Arts</p> <p>Boot Camp</p>   			<p>■ Adult Experiences</p> <p>■ YOUTH and YOUNG ADULT Experiences</p> <p>■ Community Workshops</p>	

# April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Club Thrive  TASC Knucklebones LEAD/Waltham 	2 Social Cooking Social Night  TASC Ladies Group 	3 Fitness Fridays Fun Fridays ASD Men's Group 	4 Bowling Movie & Lunch Club 
5 Thrive Aquatics Practice Movies  	6 Monday Field Trip Mystery Mondays LEAD/Marlboro 	7 LGBTQI Support Group  TASC Adaptive Martial Arts Boot Camp 	8 Club Thrive  TASC LEAD/Waltham Workshop: Coffee & Conversation 	9 Social Cooking Social Night  TASC Ladies Group 	10 Track & Field Practice  Fitness Fridays Fun Fridays ASD Men's Group 	11 Bowling  
12 Thrive Aquatics Practice  	13 Monday Field Trip Mystery Mondays LEAD/Marlboro 	14 Advocacy Group  TASC Adaptive Martial Arts Boot Camp 	15 Club Thrive  TASC LEAD/Waltham Workshop: Thriving for Knowledge 	16 Social Cooking Social Night  TASC Ladies Group 	17 Track & Field Practice  Fitness Fridays Fun Fridays ASD Men's Group 	18 Bowling Movie & Lunch Club LEAD Volunteer Opportunity 
19 Thrive Aquatics Practice  	20 Patriots Day  	21 LGBTQI Support Group Marlboro Eagles April Vacation Camp RECESS Boot Camp 	22 Club Thrive  April Vacation Camp: Day at Thrive LEAD/Waltham 	23 Social Night  April Vacation Camp: APEX Center Ladies Group 	24 Track & Field Practice  Fitness Fridays ASD Men's Group 	25 Bowling  
26 SOMA Swim Qualifier  	27 Monday Field Trip Mystery Mondays LEAD/Marlboro 	28 TASC Adaptive Martial Arts Boot Camp 	29 Club Thrive  TASC LEAD/Waltham Workshop: Guardianship Academy 	30 Social Night  TASC Ladies Group 	<div> <div></div> ADULT Experiences                         <div></div> YOUTH and YOUNG ADULT Experiences                         <div></div> Community Workshops                     </div>	

# May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div>ADULT Experiences</div> <div>YOUTH and YOUNG ADULT Experiences</div> <div>Community Workshops</div> </div>					1 Track & Field Practice  Fitness Fridays Fun Fridays ASD Men's Group 	2 Special Olympics Track & Field Qualifier  
3 Thrive Aquatics Practice Movies  	4 Monday Field Trip Mystery Mondays LEAD/Marlboro   	5 LGBTQI Support Group  TASC Adaptive Martial Arts Boot Camp 	6 Club Thrive  TASC Knucklebones LEAD/Waltham 	7 Social Night  TASC Ladies Group 	8 Track & Field Practice  Fitness Fridays Fun Fridays ASD Men's Group 	9 Bowling  
10 Thrive Aquatics Practice  	11 Monday Field Trip Mystery Mondays LEAD/Marlboro   	12 Advocacy Group  TASC Adaptive Martial Arts Boot Camp 	13 Club Thrive  TASC LEAD/Waltham Workshop: Coffee & Conversation 	14 Social Night  TASC Ladies Group 	15 Track & Field Practice  Fitness Fridays Fun Fridays ASD Men's Group 	16 Bowling  LEAD Volunteer Opportunity  
17 Thrive Aquatics Practice Great Brook Farm  	18 Monday Field Trip Mystery Mondays LEAD/Marlboro   	19 LGBTQI Support Group Marlboro Eagles  TASC Adaptive Martial Arts Boot Camp 	20 Club Thrive  TASC LEAD/Waltham Workshop: Thriving for Knowledge 	21 Social Night  TASC Ladies Group 	22 Track & Field Practice  Fitness Fridays 	23  
24 31 Thrive Aquatics Practice 	25 Memorial Day 	26 TASC Boot Camp 	27 Club Thrive  TASC LEAD/Waltham 	28 Social Night  TASC Ladies Group 	29 Track & Field Practice  Fitness Fridays Fun Fridays ASD Men's Group 	30 Bowling 

# 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



**THRIVE**  
SUPPORT & ADVOCACY

## Vendor Fair

**Saturday, May 14**

**10 AM to 2 PM**

**Thrive Support & Advocacy**

*Meet representatives from the following organizations. Additional vendors may be added prior to the event.*

### 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](mailto: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.



65 Boston Post Road West, Suite  
220,  
Marlborough, MA 01752  
P (508) 485-4227

*[icanthrive.org](http://icanthrive.org)*

#### WHO TO CONTACT

**Denise Vojackova-Karami**, Interim  
President & CEO and VP of  
Developmental Services x1002  
[dvkarami@icanthrive.org](mailto:dvkarami@icanthrive.org)

**Caitlin Devaney-Fortwengler**,  
Director of Youth Services x1009  
[cdfortwengler@icanthrive.org](mailto:cdfortwengler@icanthrive.org)

**Michael Diggins**, Director of Family  
Support x1004  
[mdiggins@icanthrive.org](mailto:mdiggins@icanthrive.org)

**Nanette Goldstein**, Director of  
Individual Support x1008  
[ngoldstein@icanthrive.org](mailto:ngoldstein@icanthrive.org)

**Jim Karami**, Director of Social /  
Recreation & Transportation x1006  
[jkarami@icanthrive.org](mailto:jkarami@icanthrive.org)

PRSRT STD  
US POSTAGE  
PAID  
CITY, MA  
PERMIT ##

#### MAIL TO

00 Main Street, Town, MA 00000

A group of five people (three men and two women) are standing on a sandy beach. They are all smiling and looking towards the camera. The man on the far left is shirtless and wearing swim trunks. 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 a green towel. The woman on the far right is wearing a white jacket and a black beanie. The background shows a beach with some equipment and a cloudy sky.

Support Thrive Sports Teams  
at the Special Olympics Polar Plunge  
Saturday, March 28, 2020.

Revere Beach

to join the Plunge Team, donate, or cheer email

[jkarami@icanthrive.org](mailto:jkarami@icanthrive.org)

For more details