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 Mondays, 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
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 Ongoing Events (cont.)

Thrive Live Studio IS BACK!
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
Program fee: $10

NEW–Thrive Cooking 18+
Day: Saturday 4/6, 4/20, 5/4, 5/18
Time: 10:00 AM
Location: Thrive Headquarters
Program fee: $15 per class
Transportation: N/A

NEW–18+ ASD Mens Group
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: 10:00 AM
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.

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.

* Transportation costs are $15 per event for all Thrive participants.
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 Cancellation
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
THrive SUPPORT & ADVOCACY

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

• Make speeches
• Act out skills
• 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

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

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

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

THRIVE SUPPORT & ADVOCACY

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

THRIVE SUPPORT & ADVOCACY

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 $500,000. This program offers 0% or 3% deferred payment loans and 3% amortizing loans depending on household income.

Thrive Headquarters, 65 Boston Post Road West, Suite 220, Marlborough, 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 Information**

- Participant Name __________________________
- Phone __________________________
- Date __________________________
- DOB __________________________
- Address __________________________
- City __________________________
- State _______ Zip __________
- Contact Person __________________________
- Relationship __________________________
- Email __________________________
- Address __________________________
- City __________________________
- State _______ Zip __________

---

**Activity Registration Table**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Cost</th>
<th>Attending (circle one)</th>
<th>Transportation (circle one)</th>
<th>Comment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Door Theater</td>
<td>$15.00</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td></td>
</tr>
<tr>
<td>Pirates Arena Football</td>
<td>$15.00</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td></td>
</tr>
<tr>
<td>Great Brook Farm</td>
<td>$5.00</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td></td>
</tr>
<tr>
<td>Thrive Aquatics</td>
<td>Free</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td></td>
</tr>
<tr>
<td>Thrive Advocacy Group</td>
<td>Free</td>
<td>Yes/No</td>
<td>Not applicable</td>
<td></td>
</tr>
<tr>
<td>Framingham Social Group</td>
<td>Pay at Event</td>
<td>Yes / No</td>
<td>Yes/No</td>
<td></td>
</tr>
<tr>
<td>Thrive Live Studio</td>
<td>$10/class</td>
<td>Yes/No</td>
<td>Not applicable</td>
<td></td>
</tr>
<tr>
<td>Thrive Boot Camp</td>
<td>$10/class</td>
<td>Yes / No</td>
<td>Not applicable</td>
<td></td>
</tr>
<tr>
<td>Marlboro Eagles</td>
<td>$5.00</td>
<td>Yes / No</td>
<td>Yes/No</td>
<td></td>
</tr>
<tr>
<td>Club Thrive</td>
<td>$8.00</td>
<td>Yes / No</td>
<td>Yes / No</td>
<td></td>
</tr>
<tr>
<td>Social Night</td>
<td>$5.00</td>
<td>Yes / No</td>
<td>Yes/No</td>
<td></td>
</tr>
<tr>
<td>18+ ASD Men’s Group</td>
<td>$10/group</td>
<td>Yes/No</td>
<td>Not applicable</td>
<td></td>
</tr>
<tr>
<td>Thrive Track &amp; Field</td>
<td>Free</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td></td>
</tr>
<tr>
<td>Thrive Cooking 18+</td>
<td>$15/class</td>
<td>Yes / No</td>
<td>Not applicable</td>
<td></td>
</tr>
<tr>
<td>Bowling</td>
<td>$7/week</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td></td>
</tr>
<tr>
<td>Movies</td>
<td>Pay at event</td>
<td>Yes/No</td>
<td>Yes/No</td>
<td></td>
</tr>
</tbody>
</table>

**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 __________________________
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