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
**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.

- **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.

- **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.

- **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

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**Age recommendations are flexible depending on program and individual.**

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**Social Experiences**

**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.

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Time: 1:00 PM
Location: W. Boylston Cinema
Pickup begins: 10:30 AM
Program fee: Pay at event
Transportation: *See below.

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*Transportation costs $15 per event. We service the following towns Marlboro, Hudson, Southboro, Northboro, Westboro.*
### September 2019

<table>
<thead>
<tr>
<th>Sun</th>
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### October 2019

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**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.

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**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.
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

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

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Day: TBD
Time: TBD
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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.

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.

Learning Experiences

Haircuts—with Barber Fred Westbrooks – All Ages
Day: Monday Starting Sept. 6
Time: 4:00 to 7:00 PM
Location: Thrive Conference Room
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
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 ____________________________ ____________________________ City ____________________________ State _____ Zip __________

Address ____________________________________________________________ City ____________________________ State _____ Zip __________

Contact Person __________________________________________________________ Relationship ____________________________ Email ____________________________

Contact Person __________________________________________________________ Relationship ____________________________ Email ____________________________

Address ____________________________________________________________ City ____________________________ State _____ Zip __________

**Adult Experiences**

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<th>Transportation (circle one)</th>
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<td>Forrest Memorial Road Race</td>
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<td>Worcester Railers Hockey</td>
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<td>Thrive Adult/Youth Soccer</td>
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<td>Pay at event</td>
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**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 ____________________________

**Community Workshops**

<table>
<thead>
<tr>
<th>Workshop</th>
<th>Date</th>
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<tbody>
<tr>
<td>Coffee &amp; Conversation</td>
<td>Second Wed. Each Month</td>
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<td>Thriving for Knowledge</td>
<td>Third Wednesday Each Month</td>
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<td>MWRTA: What is it and How Does it Work?</td>
<td>September 11</td>
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<td>What Housing Options?</td>
<td>September 12 or September 24</td>
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<tr>
<td>Identify Theft and Fraud Prevention</td>
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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.