

VOLUME NO. 1
2021

February, March 2021

OUR GOAL

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

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Social & Recreational Experiences Newsletter

A Message From the Director

Hello Thrivers, Families, and Friends,

Times have been challenging since I last sent this newsletter. I genuinely hope that you and your families have remained safe. When we suspended our activities last March, who would have imagined that ten months later, we would still not be "back to normal."

The mission of Thrive's Social & Recreation programs is to bring people together and create a sense of community. This year's events have undoubtedly taught us that being physically together does not define a community. Through virtual experiences, staff connecting individually to participants and families, drive-by parades, monthly Thrive updates, and more, we have shown each other what it means to be Thrive Strong and maintain our sense of community.

As we begin 2021, we realize that meeting virtually is still the safest option. In the spirit of bringing our community together in the new year, we are offering several youth and adult virtual experiences to keep you and your family connected. I hope you find something that interests you.

Lastly, I am excited to share that Thrive is now running the Worcester-area Family Support Center at 100 Grove Street, Worcester. We are excited to welcome these new families into the Thrive community. If any new families have questions about our Social & Recreational experiences, please reach out to me.

I look forward to the day when we can all

meet in person. Until then, stay safe, active, healthy, and Happy New Year!

Best,

Jim Karami
Director of Social/Recreation & Transportation
jkarami@icanthrive.org



Thrivers enjoying fall foliage at Wachusett Mountain.

Online www.icanthrive.org/about/social-recreation-newsletter

Adult Experiences (ages 25+ *)

See Location in Listing for In-Person or Virtual Experiences.

Pre-registration is required and a Zoom link will be sent prior to each meeting.

Social Groups

Thrive Self-Advocates Group

Day: Second Tues. each month

Time: 5:00 to 6:00 PM

Location: Virtual

Program fee: Free

Register for this group with Nicole Dunlop at ndunlop@icanthrive.org.



Adult Ladies Group 25+ *

Day: Tuesdays

Time: 5:30 to 6:30 PM

Location: Virtual

Program fee: \$10.00 per meeting



Adult Men's Group 25+ *

Day: Wednesday

Time: 6:00 to 7:00 PM

Location: Virtual

Program fee: \$10.00 per meeting



Virtual Karaoke & Trivia Age 25+ *

Day: Wednesdays

Time: 7:15 to 8:15 PM

Location: Virtual

Program fee: \$10.00 per meeting



LGBTQI Support Group

Day: Third Thurs. each month

Time: 6:45 to 7:45 PM

Location: Virtual

Program fee: \$5.00 per meeting



Minecraft Gaming Group Age 18+ *

Day: Saturday

Time: 4:00 to 6:00 PM

Location: Virtual

Program fee: \$10.00 per meeting



Dungeons & Dragons Social Group Age 18+ *

Day: Alternating Sundays

Time: 5:00 to 6:30 PM

Location: Virtual

Program fee: \$10.00 per meeting

Sports Experiences



Thrive Ski Team

Day: Mondays

Time: 6:00 to 8:00 PM

Location: Ski Ward

Program fee: Lift tkt cost reimbursed

Register for this group with Jim Karami at jkarami@icanthrive.org.



Yoga

Day: Thursdays

Time: 5:30 to 6:30 PM

Location: Virtual

Program fee: \$5.00 per meeting

Learning Experiences



Healthy Food Choices

Day: Wednesdays for six weeks beginning Feb. 3

Time: 2:00 to 3:00 PM

Location: Virtual

Program fee: \$10.00 per meeting



Spanish for Beginners

Day: Thursdays for six weeks beginning Feb. 11

Time: 2:00 to 3:00 PM

Location: Virtual

Program fee: \$10.00 per meeting

IMPORTANT NOTE ABOUT REGISTRATION

Unless otherwise indicated register for all ADULT experiences and Workshops by contacting Patty Carlson at pcarlson@icanthrive.org.

Virtual Community Workshops

For more information on Workshops visit our website at www.icanthrive.org/events

Coffee & Conversation—FREE

Day: Second Wed. each month

Time: 10:00–11:00 AM

Adult Family Care—FREE

Day: Tues., March 9

Time: 7:00–8:00 PM

Thriving for Knowledge—FREE

Day: Third Wed. each month

Time: 10:00–11:00 AM

IEP Clinic

Cost: \$50 for 45 minute one-on-one session. By appt. only.

Planning a Life—FREE

Day: Thurs., Feb. 11

Time: 7:00–8:30 PM

IEP 101—FREE

Day: Thurs., Feb. 18

Time: 6:45–7:45 PM

Basic Rights in Special Ed.—FREE

Day: Thurs., Feb. 25

Time: 6:45–8:45 PM



*The age range for activities is a flexible guideline, and those outside the range are considered on an individual basis.

Youth & Young Adult Experiences (Ages 7-12 and 13-25 *)

See Location in Listing for In-Person or Virtual Experiences.

Pre-registration is required and a Zoom link will be sent prior to each meeting for virtual experiences.

Social Groups

TASC (Thrive After School Community) – In-Person

Ages 7-12 & 13-25*

Day: Mon., Tues., & Thurs., Fri.

Time: 2:30 to 5:00 PM

Location: Thrive Youth Center

Program fee: \$30.00 per day

Ladies Group Ages 16-25*

Day: Mondays

Time: 5:00 to 6:00 PM

Location: Virtual

Program fee: \$10.00 per meeting

TASC Topics

Day: Tuesdays

Time: 3:30 to 4:30 PM

Location: Virtual

Program fee: \$10.00 per meeting

ASD Men's Group **Ages 16-25***

Day: Fridays

Time: 5:00 to 7:00 PM

Location: Virtual

Program fee: \$10.00 per meeting

Registration: Online. Visit event

page at www.icanthrive.org.

Bruins Viewing Group **Ages 15-25***

Day: See calendar pages 4-5

Time: Varied times see website

Location: Virtual

Program fee: \$10.00 per meeting

Social Activities

STEM LEGO Challenge **Age 8-22***

Day: Wednesdays

Time: 2:30-3:30 PM

Location: Virtual

Program fee: \$10.00 per meeting

Registration: Online. Visit event

page at www.icanthrive.org.

Sports Experiences



Webcam Workouts

Day: Mondays & Fridays

Time: Mon. 11:00AM-12:00PM

Fri. 4:00-5:00 PM

Location: Virtual

Program fee: \$10.00 per class



Zumba, Strength, & Core

Day: Thursdays

Time: 7:00-7:45 PM

Location: Virtual

Program fee: \$10.00 per class

Registration: Online. Visit event

page at www.icanthrive.org.

Learning Experiences

LEAD LEAD/Marlborough— **Ages 16-25***

Day: Mondays

Time: 4:00 to 5:00 PM

Location: Virtual

Program fee: Free

IMPORTANT NOTE ABOUT REGISTRATION









































































Unless otherwise indicated register for all YOUTH experiences by contacting Caitlin Devaney-Fortwengler at cdfortwengler@icanthrive.org.











































































Thrive Youth participant challenging himself on the Boundless Adventures ropes course.

**The age range for activities is a flexible guideline, and those outside the range are considered on an individual basis.*

February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Ski Team TASC Ladies Group Age 16-25 Webcam Workout LEAD   	2 Adult Ladies Group 25+ TASC TASC Topics   	3 Healthy Food Choices Adult Men's Group 25+ Karaoke & Trivia STEM LEGO Ages 8-22    	4 Yoga TASC Zumba   	5 TASC Webcam Workout ASD Men's Group Ages 16-25   	6 Minecraft Gaming Group Age 18+ Boston Bruins Viewing Group Ages 15-25  
7	8 Ski Team TASC Ladies Group Age 16-25 Webcam Workout LEAD   	9 Self-Advocates Group Adult Ladies Group 25+ TASC TASC Topics   	10 Healthy Food Choices Adult Men's Group 25+ Karaoke & Trivia STEM LEGO Ages 8-22    	11 Spanish Yoga TASC Zumba Workshop: Planning a Life    	12 TASC Webcam Workout ASD Men's Group Ages 16-25   	13 Minecraft Gaming Group Age 18+ 
14 Dungeons & Dragons Age 18+ 	15 Presidents Day 	16 Adult Ladies Group 25+ TASC TASC Topics   	17 Healthy Food Choices Adult Men's Group 25+ Karaoke & Trivia STEM LEGO Ages 8-22    	18 Spanish Yoga LGBTQI TASC Zumba Workshop: IEP 101     	19 TASC Webcam Workout ASD Men's Group Ages 16-25   	20 Minecraft Gaming Group Age 18+ 
21 Boston Bruins Viewing Group Ages 15-25 	22 Ski Team TASC Ladies Group Age 16-25 Webcam Workout LEAD   	23 Adult Ladies Group 25+ TASC TASC Topics   	24 Healthy Food Choices Adult Men's Group 25+ Karaoke & Trivia STEM LEGO Ages 8-22    	25 Spanish Yoga TASC Zumba Workshop: Basic Rights in Sp. Ed.    	26 TASC Webcam Workout ASD Men's Group Ages 16-25   	27 Minecraft Gaming Group Age 18+ 
28 Dungeons & Dragons Age 18+ 					■ Adult Experiences ■ YOUTH and YOUNG ADULT Experiences ■ Community Workshops	

March 2021

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7 Boston Bruins Viewing Group Ages 15-25 	8 Ski Team TASC Ladies Group Age 16-25 Webcam Workout LEAD  	9 Self-Advocates Adult Ladies Group 25+ TASC TASC Topics Workshop: Adult Family Care    	10 Healthy Food Ch Adult Men's Group 25+ Karaoke & Trivia STEM LEGO Ages 8-22 Workshop: Coffee & Conv.    	11 Spanish Yoga TASC Zumba    	12 TASC Webcam Workout ASD Men's Group Ages 16-25  	13 Minecraft Gaming Group Age 18+ 
14 Dungeons & Dragons Age 18+ 	15 TASC Ladies Group Age 16-25 Webcam Workout LEAD 	16 Adult Ladies Group 25+ TASC TASC Topics   	17 Adult Men's Group 25+ Karaoke & Trivia Workshop: Thriving for Knowledge  	18 Spanish Yoga LGBTQI TASC Zumba     	19 TASC Webcam Workout ASD Men's Group Ages 16-25  	20 Minecraft Gaming Group Age 18+ 
21 	22 TASC Ladies Group Age 16-25 Webcam Workout LEAD 	23 Adult Ladies Group 25+ TASC TASC Topics   	24 Adult Men's Group 25+ Karaoke & Trivia STEM LEGO Ages 8-22   	25 Yoga TASC Zumba   	26 TASC Webcam Workout ASD Men's Group Ages 16-25  	27 Minecraft Gaming Group Age 18+ 
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WELCOME
Worcester Area Families
to the Thrive Support & Advocacy
Community.