

VOLUME NO. 2
2021

April, May, June 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,

This spring, we reached a sobering milestone. It has been one year since the COVID-19 pandemic shut down Thrive's social and recreation programs. When we abruptly canceled Thrive activities in mid-March of 2020, we would never have imagined that more than one year later we would still not be "back to normal." Instead, we have established a new normal by creating virtual activities to keep everyone connected until it is safe to gather in person once again.

A couple of the new Adult experiences we have for spring include DJ Krista's Dance Party on Friday nights and the Among Us gaming group. Our Youth initiatives include virtual activities and a handful of in-person gatherings. Thrive's Small Group Outings, happening on Wednesdays, bring participants to new outdoor location every week. See the next few pages for more on Thrive's Adult and Youth experiences!

On the vaccine front, I am happy to share that Thrive staff and residents are now fully vaccinated against COVID-19. Although this is an important safety milestone for our residents and staff, we realize that protocols must remain in place to keep our participants and families healthy. With more vaccines being administered daily and the state beginning to ease restrictions, we hope to see some sense of normalcy return to the organization as we move into spring and summer.



Thrive residents and staff are all fully vaccinated thanks to Bouvier Pharmacy in Marlborough.

I look forward to the day that we can all see each other face-to-face again rather than through a computer screen. Until then, please stay healthy, get vaccinated when you have the opportunity, and stay connected to Thrive, even if it is virtual.

Best,

A handwritten signature in black ink, appearing to read "Jim".

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

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.
Need-based scholarships are available. Contact Patty Carlson for more information.

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: \$5.00 per meeting

Adult Men's Group 25+ *

Day: 2nd & 4th Wed. each month
Time: 6:00 to 7:00 PM
Location: Virtual
Program fee: \$5.00 per meeting

LGBTQI Support Group

Day: 3rd Thurs. each month
Time: 6:45 to 7:45 PM
Location: Virtual
Program fee: \$5.00 per meeting

Dungeons & Dragons Social Group Age 25+ *

Day: 1st & 3rd Sun. each month
Time: 5:00 to 6:30 PM
Location: Virtual
Program fee: \$5.00 per meeting

Social Activities

Among Us Age 18+ *

Day: Tuesdays
Time: 6:00 to 7:00 PM
Location: Virtual
Program fee: \$5.00 per meeting

Virtual Karaoke & Trivia Age 25+ *

Day: Wednesdays
Time: 7:00 to 8:30 PM
Location: Virtual
Program fee: \$5.00 per meeting

Anime Age 25+ *

Day: Thursday
Time: 6:00 to 7:00 PM
Location: Virtual
Program fee: \$5.00 per meeting

DJ Krista's Dance Party Age 25+ *

Day: 1st & 3rd Friday each month
Time: 7:00 to 8:30 PM
Location: Virtual
Program fee: \$5.00 per meeting

Minecraft Gaming Group Age 25+ *

Day: Alternating Sat. begin April 10
Time: 4:00 to 6:00 PM
Location: Virtual
Program fee: \$5.00 per meeting

Sports Experiences

Yoga

Day: Thursdays
Time: 5:30 to 6:30 PM
Location: Virtual
Program fee: \$5.00 per meeting

Details are still being finalized for Thrive Support & Advocacy's Special Olympics Track & Field and Swimming teams. Check email and website event calendar for future updates www.icanthrive.org.

Learning Experiences

Healthy Food Choices

Day: Tuesday for six weeks beginning May 4
Time: 2:00 to 3:00 PM
Location: Virtual
FREE

Spanish for Beginners

Day: Thursdays for six weeks beginning May 6
Time: 2:00 to 3:00 PM
Location: Virtual
FREE

Sexuality, Relationships & Boundaries Age 18+

Day: Alternating Sundays for five weeks beginning April 18.
Time: 3:00 to 4:30 PM
Location: Virtual
FREE



Thriver resident creating crafts.

IMPORTANT NOTE ABOUT REGISTRATION

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


**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. Need-based scholarships are available. Contact Caitlin Devaney-Fortwengler for more information.

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

 **Virtual Ladies Group**
Ages 15-25*

Day: Mondays
Time: 5:00 to 6:00 PM
Location: Virtual
Program fee: \$5.00 per meeting

 **In-person ASD Men's Group**
Ages 15-25*

Day: Mondays
Time: 5:00 to 7:00 PM
Location: Thrive Youth Center
Program fee: \$15.00 per meeting
Registration: Online. Visit event page at www.icanthrive.org.

 **Virtual ASD Men's Group**
Ages 15-25*

Day: Fridays
Time: 5:00 to 7:00 PM
Location: Virtual
Program fee: \$5.00 per meeting
Registration: Online. Visit event page at www.icanthrive.org.


Social Activities


 **Small Group Hangout**
In-Person Ages 10-25*

Day: Wednesdays, See pg. 4 for details on destinations
Time: 3:00 to 5:00 PM
Location: Locations vary see website
Program fee: Prices vary see website


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

Sports Experiences

 **Fit Club Ages 10-25***
Starting in May keep an eye out for more information. This will be an in-person, outdoor activity, weather permitting.

 **Martial Arts with Kwon's**
Day: Thursdays
Time: 3:00-3:45 PM

Location: In-Person, 72 Jefferson St. Marlborough
Program fee: \$10.00 per class
Registration: Online. Visit event page at www.icanthrive.org.

 **Zumba, Strength, & Core**
Day: Thursdays
Time: 7:00-7:45 PM
Location: Virtual
Program fee: \$5.00 per class
Registration: Online. Visit event page at www.icanthrive.org.

IMPORTANT NOTE ABOUT REGISTRATION


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

Learning Experiences

LEAD LEAD/Marlborough—
Ages 16-25*

Day: Mondays
Time: 4:00 to 5:00 PM
Location: Virtual
Program fee: Free

Special Events

 **Movie Under the Stars**
Day: 5/22 & 6/26

Movie titles TBD
Time: 6:00-9:00 PM
Location: Thrive Marlboro Parking Lot
Program fee: \$15.00 per person
Registration: Online. Visit event page at www.icanthrive.org.

 **Boundless Adventures**
Zipline & Aerial Park

Day: 5/15 & 6/12
Time: TBD
Location: Berlin, MA
Program fee: \$65.00 per person
Registration: Online. Visit event page at www.icanthrive.org.



Youth Thrivers enjoying an outing at the Apex Entertainment Ctr, Marlborough.

Virtual Community Workshops

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

Coffee & Conversation—FREE

A monthly opportunity to meet and share virtually with other families and caregivers.

Day: Second Wed. each month

Time: 10:00–11:00 AM

Location: Virtual

Thriving for Knowledge—FREE

A monthly virtual 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: 10:00–11:00 AM

Location: Virtual

Thinking About Housing—Autism Housing Pathways Workshop

The Workshop introduces families to the range of public funds available to pay for housing and supportive services (including for those without DDS supports).

Day: Tues., April 6

Time: 7:00–9:00 PM

Location: Virtual

FREE

IEP Clinic

Cost: \$60 for 45 minute one-on-one session. By appt. only.

DDS Self-Directed Supports Workshop—FREE

A discussion with DDS Director about expanding choices and control in your life through Self-Directed Supports.

Day: Tues., May 4

Time: 6:00–7:30 PM

Guardianship & Alternatives Wrkshp.

Presented by Attorney Meredith Green, this Workshop is for parents and family of persons with an intellectual or developmental disability, to provide an overview of the legal consequences of reaching the age of emancipation at 18.

Day: Thurs., May 13

Time: 7:00–8:00 PM

Department of Mental Health 101 Workshop

Learn about who the Massachusetts Dept. of Mental Health is and who they are not, and what services are available.

Day: Tues., May 18

Time: 7:00–8:00 PM

IMPORTANT NOTE ABOUT REGISTRATION

All Community Workshops are virtual. Pre-registration is required. To register contact Patty Carlson at pcarlson@icanthrive.org or call 508-485-4227 x 1119.



Thrive Youth participant and staff performing a science experiment at TASC (Thrive After School Community).



On the road to returning to “normal.” Thrive resident receiving vaccination from Bouvier Pharmacy staff in phase one of the vaccine rollout.

Youth Small Group Outing Destinations

See Listing for Small Group Outings Program on page 3

4/7: Trombetta's Mini Golf & Ice Cream, Marlborough \$25

4/14: Hike & Field Games, Ghiloni Park, Marlborough \$10

4/21: Birthday dinner Uno's & ice cream at Friendly's, Marlborough \$35

4/28: Hike, Wood Park Hudson \$10

5/5: Art in the Park, Ellsworth McAfee Park, Northborough \$10

5/12: Apex Entertainment Center arcade and Mini Golf, Marlborough \$35

5/19: Ice Cream, Uhlman Farms, Westborough \$15

5/26: Birthday Party in the Park, Dean Park, Shrewsbury \$10

6/2: Field Day, Ghiloni Prk, Marlboro \$10



















6/9: Trombetta's Mini Golf & Ice Cream, Marlborough \$25

6/16: Purgatory Chasm, Hike and Explore, Sutton \$10

6/23: Playground & Lawn Games, Wood Park, Hudson \$10

6/30: Art in the Park, Ellsworth McAfee Park, Northborough \$10

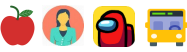



























April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>■ ADULT Experiences</p> <p>■ YOUTH and YOUNG ADULT Experiences</p> <p>■ Community Workshops</p>				<p>1</p> <p>Yoga</p> <p>Anime Age 25+</p> <p>TASC</p> <p>Martial Arts</p> <p>Zumba</p> 	<p>2</p> <p>No groups due to holiday.</p>	<p>3</p>
<p>4</p> <p>No groups due to holiday.</p>	<p>5</p> <p>TASC</p> <p>Virtual Ladies Group Age 15-25</p> <p>LEAD</p> <p>In-Person ASD Men's Group Age 15-25</p> 	<p>6</p> <p>Adult Ladies Group 25+</p> <p>Among Us 25+</p> <p>TASC</p> <p>Autism Housing Pathways Wrkshp.</p> 	<p>7</p> <p>Karaoke & Trivia</p> <p>Small Group Hangout Ages 10-25</p> 	<p>8</p> <p>Yoga</p> <p>Anime Age 25+</p> <p>TASC</p> <p>Martial Arts</p> <p>Zumba</p> 	<p>9</p> <p>TASC</p> <p>Virtual ASD Men's Group Age 15-25</p> 	<p>10</p> <p>Minecraft Gaming Group Age 25+</p> 
<p>11</p>	<p>12</p> <p>TASC</p> <p>Virtual Ladies Group Age 15-25</p> <p>LEAD</p> <p>In-Person ASD Men's Group Age 15-25</p> 	<p>13</p> <p>Adult Ladies Group 25+</p> <p>Virtual Self-Advocates</p> <p>Among Us 25+</p> <p>TASC</p> 	<p>14</p> <p>Adult Men Group. Ages 25+</p> <p>Karaoke & Trivia Age 25+</p> <p>Sm. Grp. Hangout Ages 10-25</p> <p>Coffee & Conv. Workshop</p> 	<p>15</p> <p>Yoga</p> <p>Anime Age 25+</p> <p>LGBTQI Group</p> <p>TASC</p> <p>Martial Arts</p> <p>Zumba</p> 	<p>16</p> <p>DJ Krista's Dance Party 25+</p> <p>TASC</p> <p>Virtual ASD Men's Group Age 15-25</p> 	<p>17</p>
<p>18</p> <p>Sexuality, Relationships, & Boundaries Age 18+</p> <p>Dungeons & Dragons Age 25+</p> 	<p>19</p> <p>Patriots Day</p>	<p>20</p> <p>Adult Ladies Group 25+</p> <p>Among Us 25+</p> <p>TASC</p> 	<p>21</p> <p>Karaoke & Trivia Age 25+</p> <p>Sm. Grp. Hangout Ages 10-25</p> <p>Thriving for Knowledge Workshop</p> 	<p>22</p> <p>Yoga</p> <p>Anime Age 25+</p> <p>TASC</p> <p>Martial Arts</p> <p>Zumba</p> 	<p>23</p> <p>TASC</p> <p>Virtual ASD Men's Group Age 15-25</p> 	<p>24</p> <p>Minecraft Gaming Group Age 25+</p> 
<p>25</p>	<p>26</p> <p>TASC</p> <p>Virtual Ladies Group Age 15-25</p> <p>LEAD</p> <p>In-Person ASD Men's Group Age 15-25</p> 	<p>27</p> <p>Adult Ladies Group 25+</p> <p>Among Us 25+</p> <p>TASC</p> 	<p>28</p> <p>Adult Men Group Ages 25+</p> <p>Karaoke & Trivia Age 25+</p> <p>Sm. Grp. Hangout Ages 10-25</p> 	<p>29</p> <p>Yoga</p> <p>Anime Age 25+</p> <p>TASC</p> <p>Martial Arts</p> <p>Zumba</p> 	<p>30</p> <p>TASC</p> <p>Virtual ASD Men's Group Age 15-25</p> 	<p>■ Adult Experiences</p> <p>■ Youth and Young Adult Experiences</p> <p>■ Community Workshops</p>

May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div>ADULT Experiences</div> <div>YOUTH and YOUNG ADULT Experiences</div> <div>Community Workshops</div> </div>						
2 Sexuality, Relationships, & Boundaries Age 18+ Dungeons & Dragons Age 25+	3 TASC Virtual Ladies Group Age 15-25 LEAD In-Person ASD Men's Group Age 15-25	4 Healthy Food Choices Adult Ladies Group 25+ Among Us 25+ TASC Self-Directed Supports Wrkshp.	5 Karaoke & Trivia Small Group Hangout Ages 10-25	6 Spanish for Beginners Yoga Anime Age 25+ TASC Martial Arts Zumba	7 DJ Krista's Dance Party 25+ TASC Virtual ASD Men's Group Age 15-25	8 Minecraft Gaming Group Age 25+
9	10 TASC Virtual Ladies Group Age 15-25 LEAD In-Person ASD Men's Group Age 15-25	11 Healthy Food Choices Virtual Self-Advocates Adult Ladies Group 25+ Among Us 25+ TASC	12 Adult Men Group Ages 25+ Karaoke & Trivia Age 25+ Sm. Grp. Hangout Ages 10-25 Coffee & Conv. Workshop	13 Spanish for Beg. Yoga Anime Age 25+ TASC Martial Arts Zumba Guardianship Wrkshp	14 TASC Virtual ASD Men's Group Age 15-25	15 Boundless Adventures Ages 7-25
16 Sexuality, Relationships, & Boundaries Age 18+ Dungeons & Dragons Age 25+	17 TASC Virtual Ladies Group Age 15-25 LEAD In-Person ASD Men's Group Age 15-25	18 Healthy Food Choices Adult Ladies Group 25+ Among Us 25+ TASC Dept. Mental Health Workshop.	19 Karaoke & Trivia Age 25+ Small Group Hangout Ages 10-25 Thriving for Knowledge Workshop	20 Spanish for Beg. Yoga Anime Age 25+ LGBTQI Support Group TASC Martial Arts Zumba	21 DJ Krista's Dance Party 25+ TASC Virtual ASD Men's Group Age 15-25	22 Minecraft Gaming Group Age 25+ Movie Under the Stars
23 30 & 31	24 TASC Virtual Ladies Group Age 15-25 LEAD In-Person ASD Men's Group Age 15-25	25 Healthy Food Choices Adult Ladies Group 25+ Among Us 25+ TASC	26 Adult Men Group Ages 25+ Karaoke & Trivia Age 25+ Small Group Hangout Ages 10-25	27 Spanish for Beginners Yoga Anime Age 25+ TASC Martial Arts Zumba	28 TASC Virtual ASD Men's Group Age 15-25	29

June 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Healthy Food Choices Adult Ladies Group 25+ Among Us 25+ TASC 	2 Karaoke & Trivia Small Group Hangout Ages 10-25 	3 Spanish for Beginners Yoga Anime Age 25+ TASC Martial Arts Zumba 	4 DJ Krista's Dance Party 25+ TASC Virtual ASD Men's Group Ages 15-25 	5 Minecraft Gaming Group Age 25+ 
6 Sexuality, Relationships, & Boundaries Age 18+ Dungeons & Dragons Age 25+ 	7 TASC Virtual Ladies Group Age 15-25 LEAD In-Person ASD Men's Group Age 15-25 	8 Healthy Food Choices Virtual Self-Advocates Adult Ladies Group 25+ Among Us 25+ TASC 	9 Adult Men Group Ages 25+ Karaoke & Trivia Age 25+ Sm. Grp. Hangout Ages 10-25 Coffee & Conv. Workshop 	10 Spanish for Beginners Yoga Anime Age 25+ TASC Martial Arts Zumba 	11 TASC Virtual ASD Men's Group Age 15-25 	12 Boundless Adventures 
13 	14 TASC Virtual Ladies Group Age 15-25 In-Person ASD Men's Group Age 15-25 	15 Adult Ladies Group 25+ Among Us 25+ TASC 	16 Karaoke & Trivia Age 25+ Small Group Hangout Ages 10-25 Thriving for Knowledge Workshop 	17 Yoga Anime Age 25+ LGBTQI Support Group TASC Martial Arts Zumba 	18 DJ Krista's Dance Party 25+ TASC Virtual ASD Men's Group Ages 15-25 	19 Minecraft Gaming Group Age 25+ 
20 Sexuality, Relationships, & Boundaries Age 18+ Dungeons & Dragons Age 25+ 	21 TASC Virtual Ladies Group Age 15-25 In-Person ASD Men's Group Age 15-25 	22 Adult Ladies Group 25+ Among Us 25+ TASC 	23 Adult Men Group Ages 25+ Karaoke & Trivia Age 25+ Small Group Hangout Ages 10-25 	24 Yoga Anime Age 25+ TASC Martial Arts Zumba 	25 TASC Virtual ASD Men's Group Age 15-25 	26 Movie Under the Stars 
27 	28 TASC Virtual Ladies Group Age 15-25 In-Person ASD Men's Group Age 15-25 	29 Adult Ladies Group 25+ Among Us 25+ TASC 	30 Karaoke & Trivia Age 25+ Small Group Hangout Ages 10-25 	~~~~~ ■ ADULT Experiences ■ YOUTH and YOUNG ADULT Experiences ■ Community Workshops		



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April Showers Bring May Flowers!
Looking forward to spring.

Thrive youth participant and staff getting ready for spring by making beautiful floral arrangements for our community homes.