

VOLUME NO. 3
2021

July, August,
September 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,

Summer is on our doorstep, and I am sure you are excited to get outside and enjoy the weather, like me. Now that many are vaccinated, and the state mandates are lifted, we can reconnect with friends and family. It finally feels like things are “getting back to normal.”

At Thrive, we are also working on “getting back to normal” with our Social & Recreation experiences. Please bear with us as we navigate which activities to offer and review how to get everyone to and from the activities safely following CDC (Centers for Disease Control) and Massachusetts DDS (Department of Developmental Services) guidelines. As you can imagine, this is a detailed process, and our primary focus remains the safety of all.

On that front, I am happy to share that Thrive has just brought on Stacey Forrest as the organization’s first Chief Operating Officer. Stacey will assist me in creating a thorough plan for the return of social and recreational activities. Currently, the intention is to reintroduce a small number of activities this summer to test our process, then, if all goes as well, roll out more programming in the fall. Of course, this is all contingent on state and DDS COVID safety guidelines. Watch your email and check our website for more details over the next month.

Lastly, I want to thank everyone for supporting Thrive throughout the pandemic. I know the past year has been challenging, but there were also bright moments. I saw our community come together, pitch in, and help one another. We proved to ourselves and the community that together, we are Thrive Strong! I look forward to bringing everybody back together soon. Until then, stay healthy and savor the start of summer!

Best,

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



Thrive FitClub youth participants showing off their muscles.

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: Tues., Sept. 14.

Time: 5:00 to 6:00 PM

Location: Virtual

Program fee: Free

Registration: Email George Kent at gkent@icanthrive.org.

Adult Ladies' Group 25+ *

Day: Tuesdays starting Sept. 7

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 starting Sept. 8

Time: 6:00 to 7:00 PM

Location: Virtual

Program fee: \$5.00 per meeting

Dungeons & Dragons Social Group Age 25+ *

Day: 1st & 3rd Wed. each month starting Sept. 15

Time: 5:00 to 6:30 PM

Location: Virtual

Program fee: \$5.00 per meeting

Social Activities

Out 'n About for ASD (no ID) Age 18+

Day: Fridays, July & Aug. Except 8/20. See pg. 4 for activities.

Time: 11:00 AM to 2:30 PM

Location: Vary. See website.

Program fee: Varies. See pg. 4

Registration: Email Mollie O'Leary at moleary@icanthrive.org.

Virtual Karaoke & Trivia Age 25+ *

Day: Wednesdays, July–Sept.

Time: 7:00 to 8:30 PM

Location: Virtual

Program fee: \$5.00 per meeting

Among Us Age 18+ *

Day: Tuesdays starting Sept. 7

Time: 6:00 to 7:00 PM

Location: Virtual

Program fee: \$5.00 per meeting

Anime Age 25+ *

Day: Thursdays starting Sept. 9

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, starting Sept. 17

Time: 7:00 to 8:30 PM

Location: Virtual

Program fee: \$5.00 per meeting

Sports Experiences

Yoga

Day: Thursdays starting Sept. 2

Time: 5:30 to 6:30 PM

Location: Virtual

Program fee: \$5.00 per meeting

Learning Experiences

Basic Budgeting

Day: Wed. Aug. 11, 25

Time: 2:00 to 3:00 PM

Location: Virtual

Program Fee: FREE

Registration: Online. See above.

Healthy Food Choices

Day: Tuesday for six weeks beginning Sept. 7

Time: 2:00 to 3:00 PM

Location: Virtual

Program Fee: FREE

Registration: Online. See above.

IMPORTANT NOTE ABOUT REGISTRATION

Unless otherwise indicated, register for all ADULT experiences and workshops by contacting Patty Carlson at pcarlson@icanthrive.org. For online registrations go to www.icanthrive.org/event and choose the event.



Thriver residents creating stepping stones to decorate their garden.

Spanish for Beginners

Day: Thursdays for six weeks

starting Sept. 9

Time: 2:00 to 3:00 PM

Location: Virtual

Program Fee: FREE

Registration: Online. See above.

Citizenship Process

Day: Thurs. Sept. 17

Time: 3:00 to 4:00 PM

Location: Virtual

Program Fee: FREE

Registration: Online. See above.

**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.

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

Social Groups



Beat the Heat Ages 7-25*

Day: Mon-Thurs. 7/12-9/2

Time: 1:00 to 4:30 PM starting

Location: Thrive Youth Center

Program fee: \$30 per day



Virtual Youth Ladies' Group Ages 15-25*

Day: Mondays through Aug. 30

Time: 5:00 to 6:00 PM

Location: Virtual

Program fee: \$5.00 per meeting

Registration: Online. See above.



Youth Ladies' Group Ages 15-25*

Day: Wednesdays starting Sept. 8

Time: 5:00 to 6:00 PM

Location: Thrive Youth Center

Program fee: \$10.00 per meeting

Registration: Online. See above.



Youth ASD Men's Group Ages 15-25*

Day: Mondays July 12, 26, Aug. 9,
23 and Sept. 13, 20, 27

Time: 5:00 to 7:00 PM

Location: Thrive Youth Center

Program fee: \$10.00 per meeting

Registration: Online. See above



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

Day: Fridays, July, Aug. & Sept.

Time: 5:00 to 7:00 PM

Location: Virtual

Program fee: \$5.00 per meeting

Registration: Online. See above.



TASC (Thrive After School Community) – Ages 7-25**

Day: Mon.-Fri. starting Sept. 7.

Time: 2:30 to 5:00 PM

Location: Thrive Youth Center

Program fee: \$30.00 per day

Sports Experiences



Martial Arts with Kwon's 4-Week Session

Day: Wed. starting July 14

Time: 3:00 to 4:00 PM

Location: In-Person, 72 Jefferson
St. Marlborough

Program fee: \$65 for 4-wk. session

Registration: Online. See above.



Martial Arts with Kwon's Mini Camp

Day: Wed.-Fri. Aug. 11-13

Time: 9:00 to 11:00 AM, 5-11 yo

12:00 to 2:00 PM 12-22 yo

Location: 72 Jefferson St. Marlboro

Program fee: \$50 for week

Registration: Online. See above.



Zumba/Boot Camp

Day: Tues. July 13 & Aug. 10

Time: 7:00 to 7:45 PM

Location: Thrive Headquarters

Program fee: \$10.00 per class

Registration: Online. See above.



Worcester Thrive FitClub Ages 10-25*

Day: Tues. 6-week starting Sept. 7

Time: 4:00 to 5:30 PM

Location: Institute Park, Worcester

Program fee: Free

Registration: Online. See above.



Boot Camp/Strength Training

Day: Thurs. starting Sept. 16

Time: 7:00 to 7:45 PM

Location: Everybody Balance, 120
Turnpike Rd. Southborough

Program fee: \$15.00 per class

Registration: Online. See above.

**The age range for activities is flexible
and those outside the range are consid-
ered on an individual basis.*

IMPORTANT NOTE ABOUT REGISTRATION

Unless otherwise indicated,
register for all Youth experi-
ences by contacting Caitlin
Devaney-Fortwengler at
cdfortwengler@icanthrive.org.
For online registrations go to
www.icanthrive.org/event and
choose the event.



Thrive Youth participant testing art skills.

Social Activities



Fun Fridays Ages 10-25*

Day: Fridays, July 16-Sept. 3.

See pg. 4 for list of activities

Time: 11:00 AM to 2:30 PM

Location: Vary see website

See pg. 4 for listing of activities and
program fees.

Special Events



Worcester Central Rock Gym

Day: Tues., Sept. 14 & 21

Time: 3:00 to 4:30 PM

Location: 299 Barber Ave., Worcester

Program fee: \$25

Registration: Online. See above.



Worcester Knucklebones

Day: Mon. Aug. 30

Time: 3:00 to 4:00 PM

Location: Institute Park Worcester

Program fee: \$25

Registration: Online. See above.

Youth Experiences continued on page 4

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: Wed. Sept. 8

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: Wed. Sept. 15

Time: 10:00–11:00 AM

Location: Virtual

WRTA Paratransit Services Workshop

Learn more about the complementary paratransit service in Worcester for individuals with a disability that prevents them from using the accessible fixed bus routes.

Day: Mon., September 13

Time: 1:00–1:45 PM

Location: Virtual

Cost: FREE

Registration: Online. See event page at www.icanthrive.org/event

Planning a Life Workshop

Learn how to plan for your child's future incorporating government benefits, estate planning, and how to make the most of your financial resources.

Day: Thurs., September 23

Time: 12:00–1:00 PM and 6:00–7:00 PM

Location: Virtual

Cost: FREE

Registration: Online. See event page at www.icanthrive.org/event

IEP 101 in Spanish Workshop

Learn the strategies to be more effective and better support your child at their IEP meeting.

Day: Thurs., Sept. 16

Time: 10:00 AM–12:00 PM

Location: Virtual

Cost: FREE

Registration: Online. See event page at www.icanthrive.org/event

IEP Clinic

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

IMPORTANT NOTE ABOUT REGISTRATION

Community Workshops are virtual. Pre-registration is required. To register visit www.icanthrive.org and go to Workshop page, or email pcarlson@icanthrive.org.

Out 'n About For Participants 18+ with ASD (no ID)

See Listing for Around Town Fridays Program on page 2. Go to www.icanthrive.org for more details on activities.

6/18: Worcester Art Museum, \$15

6/25: Purgatory Chasm, \$20

7/9: Claytime, \$25

7/16: Tower Hill Botanical Garden, \$15

7/23: Ecotarium, \$15

7/30: Broad Meadow Brook Wildlife Sanctuary, \$15

8/6: Gaming at Thrive, \$15

8/13: Green Hill Park Lawn Games, \$15

8/27: Kimball Farm, \$40

Youth continued

Learning Experiences

LEAD LEAD/Marlborough—Ages 16–25*

Day: Mondays, starting Sept. 20

Time: 3:30 to 4:30 PM

Location: Thrive Headquarters, 65 Boston Post Rd. West, Marlborough

Program fee: Free

LEAD LEAD/Worcester—Ages 16–25*

Day: Tuesdays, starting Sept. 21

Time: 3:30 to 4:30 PM

Location: Thrive Worcester, 100 Grove Street, Suite 108, Worcester

Program fee: Free

Fun Fridays Destinations

See Listing for Fun Fridays Program on page 3. Go to www.icanthrive.org for more details on activities.

7/16: Ghiloni Park, Marlborough \$10

7/23: Green Hill Park, Worcester \$10

7/30: Dean Park, Shrewsbury \$10

8/6: Wood Park, Hudson \$10

8/13: Ellsworth McAfee Park, Hudson \$10

8/20: Ecotarium, Worcester cost TBD

8/27: Purgatory Chasm, Sutton \$10

9/3: Norcross Park, Grafton \$10



Thrive resident getting pampered with a “professional” shave from Thrive staff.



























July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div></div> ADULT Experiences <div></div> YOUTH and YOUNG ADULT Experiences <div></div> Community Workshops </div>		Inde		1	2	3
4 Independence Day Holiday	5 Independence Day Holiday recognized	6	7 Karaoke & Trivia Age 25+ 	8	9 Out 'n About 18+ Virtual Youth ASD Men's Group Age 15-25  	10
11	12 Beat the Heat Virtual Youth Ladies' Group Age 15-25 Youth ASD Men's Group Age 15-25   	13 Beat the Heat Zumba/Boot Camp  	14 Karaoke & Trivia Age 25+ Beat the Heat Thrive Martial Arts 4-week session   	15 Beat the Heat 	16 Out 'n About 18+ Fun Fridays Virtual Youth ASD Men's Group Age 15-25   	17
18	19 Beat the Heat Virtual Youth Ladies' Group Age 15-25  	20 Beat the Heat 	21 Karaoke & Trivia Age 25+ Beat the Heat Thrive Martial Arts 4-week session   	22 Beat the Heat 	23 Out 'n About 18+ Fun Fridays Virtual Youth ASD Men's Group Age 15-25   	24
25	26 Beat the Heat Virtual Youth Ladies' Group Age 15-25 Youth ASD Men's Group Age 15-25   	27 Beat the Heat 	28 Karaoke & Trivia Age 25+ Beat the Heat Thrive Martial Arts 4-week session   	29 Beat the Heat 	30 Out 'n About 18+ Fun Fridays Virtual Youth ASD Men's Group Age 15-25   	31

August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Beat the Heat Virtual Youth Ladies' Group Age 15-25  	3 Beat the Heat 	4 Karaoke & Trivia Age 25+ Beat the Heat Thrive Martial Arts 4-week session   	5 Beat the Heat 	6 Out 'n About 18+ Fun Fridays Virtual Youth ASD Men's Group Age 15-25   	7
8	9 Beat the Heat Virtual Youth Ladies' Group Age 15-25 Youth ASD Men's Group Age 15-25   	10 Beat the Heat Zumba/Boot Camp  	11 Karaoke & Trivia Age 25+ Basic Budgeting Beat the Heat Thrive Martial Arts with Kwon's Mini Camp    	12 Beat the Heat Thrive Martial Arts with Kwon's Mini Camp  	13 Out 'n About 18+ Thrive Martial Arts with Kwon's Mini Camp Fun Fridays Virtual Youth ASD Men's Group    	14
15	16 Beat the Heat Virtual Youth Ladies' Group  	17 Beat the Heat 	18 Karaoke & Trivia Age 25+ Beat the Heat  	19 Beat the Heat 	20 Fun Fridays Virtual Youth ASD Men's Group Age 15-25  	21
22	23 Beat the Heat Virtual Youth Ladies' Group Age 15-25 Youth ASD Men's Group Age 15-25   	24 Beat the Heat 	25 Karaoke & Trivia Age 25+ Basic Budgeting Beat the Heat   	26 Beat the Heat 	27 Out 'n About 18+ Fun Fridays Virtual Youth ASD Men's Group Age 15-25   	28
29	30 Beat the Heat Worcester Knucklebones Virtual Youth Ladies' Group Age 15-25   	31 Beat the Heat 			<div>  ADULT Experiences  YOUTH and YOUNG ADULT Experiences  Community Workshops </div>	

September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Karaoke & Trivia Age 25+ Beat the Heat 	2 Yoga Beat the Heat 	3 Fun Fridays 	4
5	6 Labor Day Holiday	7 Healthy Food Choices Adult Ladies' Group 25+ Among Us 18+ TASC Worcester Thrive FitClub  	8 Adult Men's Group Ages 25+ Karaoke & Trivia Age 25+ TASC Youth Ladies' Grp. Coffee & Conv. Workshop 	9 Spanish for Beginners Yoga Anime Age 25+ TASC 	10 TASC Virtual ASD Men's Group Age 15-25 	11
12	13 TASC Youth ASD Men's Grp. Age 15-25 MWRTA Para- transit Services Workshop 	14 Self-Advocates Group Healthy Food Adult Ladies' Grp. Among Us 25+ TASC Worcester Rock Climbing Thrive FitClub  	15 Karaoke & Trivia Age 25+ Dungeons & Drag- ons Age 25+ TASC Youth Ladies' Grp. Thriving for Knowledge 	16 Spanish for Beg. Yoga Anime Age 25+ TASC Boot Camp IEP 101 Spanish 	17 Citizenship Process DJ Krista's Dance Party 25+ TASC Virtual Youth ASD Men's Group Ages 15-25 	18 Bike to the Beach NE Fundraiser
19	20 TASC LEAD-Marlboro Youth ASD Men's Group Age 15-25 	21 Healthy Food Adult Ladies' Grp. Among Us 25+ TASC LEAD/Worcester Worcester Rock Climbing Thrive FitClub  	22 Adult Men's Group Ages 25+ Karaoke & Trivia Age 25+ TASC Youth Ladies' Grp. 	23 Spanish for Beginners Yoga Anime Age 25+ TASC Boot Camp Planning a Life Workshop  	24 TASC Virtual ASD Men's Group Age 15-25 	25
26 Forrest Memorial Road Race Fundraiser	27 TASC LEAD-Marlboro Youth ASD Men's Group Age 15-25 	28 Healthy Food Adult Ladies' Grp. Among Us 25+ TASC LEAD/Worcester Thrive FitClub  	29 Karaoke & Trivia Age 25+ TASC Youth Ladies' Group 	30 Spanish for Beginners Yoga Anime Age 25+ TASC Boot Camp 	<div> <div></div> ADULT Experiences <div></div> YOUTH and YOUNG ADULT Experiences <div></div> Community Workshops </div>	



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Thrive Youth participants challenging themselves at Boundless Adventures zipline and ropes course in Berlin, MA