

VOLUME NO. 4
2021

October, November,
December 2021

OUR GOAL

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

IN THIS ISSUE

Page 2.....Adult Experiences

Page 3.....Youth Experiences

Page 4.....Workshops

Page 5,6,7Calendar

FOLLOW US ON



CONTACT

HEADQUARTERS
65 Boston Post Road West,
Suite 220
Marlborough, MA 01752
p (508) 485-4227
f (508) 485-6274
info@icanthrive.org
www.icanthrive.org

WORCESTER AREA OFFICE
100 Grove Street
Suite 104
Worcester, MA 01605
p (774) 703-3033



Social & Recreational Experiences Newsletter

A Message From the Director

Hello Thrivers, Families, and Friends,

I am excited to share breaking news about happenings at Thrive. As a result of an on-going assessment of our social and recreational offerings – including examining attendance, participant needs and requests, COVID guidelines, and financial costs – there are some updates that you will see reflected in this newsletter and in future planning. We have adjusted activity fees, set minimum attendance guidelines, and altered our typical fall offerings.

With safety as a top priority, we continue to offer COVID safe virtual activities for both youth and adults. There are also in-person opportunities in both Metrowest and Worcester that follow safety guidelines. Details on bringing back our most popular activities will be forthcoming as we review next steps.

Don't forget, Thrive's Forrest Memorial Road Race is back and in person. Join us on Sunday, Sept. 26, for our biggest fundraiser of the year. All funds raised go directly to Thrive's Social & Recreation programs and Special Olympics teams. This year your support is pivotal in bringing back important programming. Please consider running/walking/wheeling or donating by visiting www.icanthrive.org/event/forrest.

Moving on, as we expand our services to families in the Worcester area, we have an exciting volunteer opportunity to announce. Thrive is assembling an Advisory Council to give input on the Family Support Center's services, guidance, and programming as it applies to families. For more information or to apply, please contact Patty Carlson at pcarlson@icanthrive.org.

As you see from the sidebar, the newsletter is going paperless starting next quarter. See page 3 for more details to make sure you continue receiving this information.

I realize that change can be difficult, but it can also bring about exciting growth and new opportunities. Our goal is to make these transitions as seamless as possible for our participants and families. If you have any questions, concerns, or suggestions, feel free to reach out.

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

**Thrive's
Social & Recreation
Newsletter
is going
Paperless
Starting
Q1 2022**

SEE PAGE 3 INSIDE FOR DETAILS

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

Adult Experiences (ages 18+ *)

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

Need-based scholarships are available. Contact fsactivities@icanthrive.org for more information.

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

Social Groups

Thrive Self-Advocates Group

Day: Second Tues. each month

Time: 5:00 to 6:00 PM

Location: Virtual

Program fee: Free

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



Dungeons & Dragons and Pizza Age 18+ *-Worc.

Day: Tues., starting Oct. 5

Time: 5:00 to 6:30 PM

Location: Worcester Area Office

Program fee: \$10.00 per meeting



Adult Men's Group 18+ *

Day: Tues., starting Oct. 12

Time: 6:00 to 7:00 PM

Location: Virtual

Program fee: \$5.00 per meeting



Adult Ladies' Group 18+ *

Day: Wednesdays

Time: 5:30 to 6:45 PM

Location: Virtual

Program fee: \$5.00 per meeting

Social Activities



On the Town Ages 18-25*- Worcester

Day: Tues. starting Oct. 19

Time: 2:00 to 4:30 PM

Location: Meet at Worcester Office.
See website for more details.

Program fee: Varies.



Thrive at the YMCA Ages 18-25*-Worcester

Day: Wednesdays

Time: 11:00 to 3:30 PM

Location: Meet at Worcester Office

Program fee: \$10 per meeting



Among Us Age 18+ *

Day: Wed., starting Oct. 6

Time: 6:00 to 7:00 PM

Location: Virtual

Program fee: \$5.00 per meeting



Out 'n About Autism Only Age 18+*-Worcester

Day: Thurs., Fri,

Time: 11:00 AM to 3:30 PM

Location: Meet at Worcester Area Of-
fice. Oct.-Dec. activities are TBD.

See website calendar for updates.

Program fee: Varies.



Karaoke & Trivia Age 25+ *

Day: Wednesdays

Time: 7:00 to 8:30 PM

Location: Virtual

Program fee: \$5.00 per meeting



DJ Krista's Dance Party Age 18+ *

Day: 1st & 3rd Friday each month
starting Oct. 1

Time: 7:00 to 8:30 PM

Location: Virtual

Program fee: \$5.00 per meeting

Special Events



Cupcake Decorating- Worcester

Day: Mon., Oct. 25, Nov. 15, Dec.13

Time: 2:00 to 4:00 PM

Location: Worcester Area Office

Program fee: \$15.00 per meeting



Wreath Decorating- Worcester

Day: Wed., Dec. 1

Time: 2:00 to 4:00 PM

Location: Worcester Area Office

Program fee: \$20.00



Holiday Carols

Day: Fri., Dec. 10

Time: 7:00 to 8:00 PM

Location: Virtual

Program fee: \$5.00 per meeting



Best Costume Dance Party

Day: Fri., Oct. 15

Time: 7:00 to 8:30 PM

Location: Virtual

Program fee: \$5.00

IMPORTANT NOTE ABOUT REGISTRATION

Unless otherwise indicated,
register for all ADULT experi-
ences and workshops by email-
ing fsactivities@icanthrive.org.

For online registrations go to
www.icanthrive.org/event and
choose the event. Minimum of 6
participants must be registered
to run an activity.

Learning Experiences

ID Sexuality—Beginner with ID

Day: Tuesday Oct. 7 & 14

Time: 5:00 to 6:00 PM

Location: Worcester Area Office

Program Fee: FREE

Registration: Online. Visit website.

Sexuality—Beginner with No ID

Day: Tuesday Oct. 7 & 14

Time: 6:00 to 7:00 PM

Location: Worcester Area Office

Program Fee: FREE

Registration: Online. Visit website.



Virtual Vacation Tours

Day: Wed. starting Oct. 6

Time: 11:00 AM to 12:00 PM

Location: Virtual

Program Fee: FREE

Registration: Online. Visit website.

Wellness



Yoga

Day: Thursdays

Time: 6:00 to 7:00 PM

Location: Virtual

Program fee: \$5.00 per meeting

Experiences continued on pg. 4

Youth & Young Adult Experiences (Ages 7-12 and 13-18)

Need-based scholarships are available. Contact fsactivities@icanthrive.org for more information.

Social Groups

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

Day: Mon.–Thurs.

Time: 2:30 to 5:00 PM

Location: Thrive Youth Center

Program fee: \$30.00 per day

Youth Ladies' Group Hybrid Ages 15–25*–Marlborough

Day: Wednesdays

Time: 5:00 to 6:00 PM

Location: Thrive Youth Center and virtual simultaneously

Program fee: \$15.00 per meeting

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



TASC on the Town – Ages 7–25*–Marlborough

Day: Fridays

Time: 3:00 to 5:00 PM

Location: Varies. See website for details. Participants responsible for their own transportation.

Program fee: \$30.00 per day

Registration: Online. Visit website.

IMPORTANT NOTE ABOUT REGISTRATION

Register for TASC by emailing fsactivities@icanthrive.org. All other activities are online registration access by visiting www.icanthrive.org/events.

NOTE: A minimum of ten participants must be registered to run an activity.

Special Events



Apple Picking–Marlborough Ages 7–18*

Day: Fri., Oct. 8

Time: 3:00 to 5:00 PM

Location: Tougas Family Farm

Program fee: \$35

Registration: Online. Visit website.



Pumpkin Painting–Marlborough Ages 7–18*

Day: Fri., Oct. 15

Time: 2:30 to 5:00 PM

Location: Thrive Youth Center

Program fee: \$35

Registration: Online. Visit website.



Paint Night–Marlborough Ages 7–18*

Day: Mon., Nov. 1 & Dec. 6

Time: 5:00 to 6:30 PM

Location: Thrive Youth Center

Program fee: \$35

Registration: Online. Visit website.



Wreath Making–Marlborough Ages 7–18*

Day: Fri., Dec. 3

Time: 2:30 to 5:00 PM

Location: Thrive Youth Center

Program fee: \$35

Registration: Online. Visit website.



Winter Vacation Camp Ages 7–18*–Marlborough

Day: Mon.–Wed., Dec. 27–29

Time: 11:00 AM to 4:30 PM

Location: Thrive Youth Center

Program fee: \$125 for 3 days

Registration: Online. Visit website.

Social & Recreation Newsletter is Going Paperless

In an effort to be environmentally conscious, reduce spending, and reach our participants and families more efficiently **Thrive's Newsletters are going paperless beginning in Q1 2022.**

Every Thriver and their family that we have valid email addresses for, will receive the newsletters via email.

For those that absolutely need a paper copy or do not receive an emailed copy and wish to, please email Vanessa Skaza at vskaza@icanthrive.org specifying your full name, mailing address and/or email address.



Thrive Youth staff and participant enjoying a summer outing.

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

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

NEW! Home Modification Loan Program (HMLP) Workshop—FREE

Learn more about how HMLP works, who is eligible and what services are covered.

Day: Thurs., October 7

Time: 6:00–7:00 PM

NEW! Understanding Post Traumatic Stress Disorder (PTSD)—FREE

Understand the causes of trauma and learn how to recognize the signs of PTSD and how to manage it.

Day: Wed., November 10

Time: 5:00–6:00 PM

NEW! Using Sensory Tools at Home and in the Community—FREE

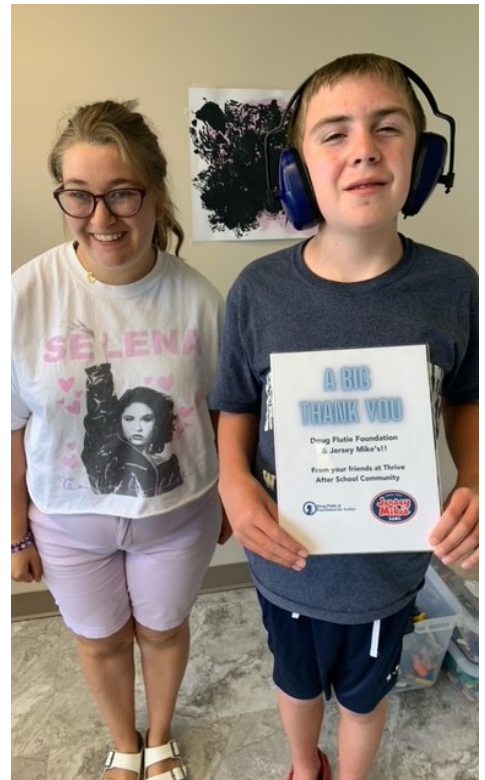
Learn about what sensory tools are and how they can help our bodies.

Day: Wed., December 1

Time: 1:00 –2:00 PM

IEP Clinic

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



Thank you to the Flutie Foundation and Jersey Mike's of Marlborough for partnering to bring lunch to Thrive's youth Beat the Heat program. There were full bellies and smiles all around after the delicious lunch!

IMPORTANT NOTE About Workshop Registration

Community Workshops are virtual. Pre-registration is required. Registration for all Workshops is online. To register, visit our website at www.icanthrive.org/event and choose the Workshop to attend. If you have questions, email fsactivities@icanthrive.org.

Adult Experiences continued from pg. 2

Special Olympics MA Opportunities—FREE

SOMA Worcester area sports: soccer, track & field, bowling, basketball, swimming, flag football, bocce, corn hole, and walking.

Contact Matt Vaghi at matt.vaghi@specialolympicsma.org

Marlborough

Sports Skills Center – Soccer, Sat., Sept. 18–Oct. 30, 9:00–11:00 am, ages 6–12 and 13 +

Walking Club, Tues., Sept. 7–Oct. 26, 5:00–6:00 pm

Worcester

Worcester State Skills Center – Flag football 13+ & Cheerleading 8+, Sun., Sept. 19, 26, Oct. 3 & 17, 3:00–4:00 pm

Walking Club, Wed. Sept. 15–Nov. 3, 4:00–5:00 pm

Other Announcements

Thrive Art Contest

Calling all artists to show off their creative side. Keep an eye out for more information on our website and social media. Final artwork is due mid-November and winners will be announced after Thanksgiving. Prizes will be awarded. Questions? Contact fsactivities@icanthrive.org.

Thrive Support & Advocacy Family Support Advisory Council Worcester

We are looking for family members and caregivers to join the Advisory Council for Thrive's Worcester Area Family Support Center. Members are asked to volunteer 6–8 hours per year and commit to one year of service. If you have questions or want to learn more email Patty Carlson at pcarlson@icanthrive.org.


























































Thrive Newsletter is Going Paperless

Over the past year Thrive has been mailing and emailing the newsletter to our constituents. In an effort to be environmentally conscious and keep funds directed at programming, starting next quarter the newsletter will go paperless. All constituents with a valid email address on file will only receive the newsletter via email. If you have questions or need to continue receiving the information by mail, please reach out to Vanessa Skaza at vskaza@icanthrive.org.























Holiday Donations

Follow our social media pages and visit our website for more details on Thrive Holiday Drives this year!


































October 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> <div> Location of Activity (M) – Marlborough (V) – Virtual (W) – Worcester </div>						
3	4 TASC (M) 	5 Dungeons & Dragons (W) TASC (M)  	6 Thrive YMCA (W) Vacation Tours (V) Karakoe & Triv (V) Among Us (V) Adult Lady Grp (V) TASC (M)  Yth Ladies Grp. (MV)   	7 Out 'n About (W)–Mini Golf Sexuality w/ ID (W) Yoga (V) Sexuality No ID (W) TASC (M) Home Modification Workshop (V) 	8 Out 'n About (W)–Pumpkins Apple Picking (M)  	9
10	11 Holiday	12 Self-Advocate (V) Dungeons & Dragons (W) Adult Men's Group (V) TASC (M)    	13 Thrive YMCA (W) Vacation Tours (V) Karakoe & Triv (V) Among Us (V) Adult Lady Grp (V) TASC (M)   Yth Ladies(MV)  Coffee & Conv.  	14 Out 'n About (W)–Tower Hill Sexuality w/ ID (W) Yoga (V) Sexuality No ID(W) TASC (M) ID     	15 Out 'n About (W)–Apple Picking Best Costume Dance Party (V) Pumpkin Painting (M)   	16
17	18 TASC (M) 	19 On the Town (W) Dungeons & Dragons (W) Adult Men's Group (V) TASC (M)    	20 Thrive YMCA (W) Vacation Tours (V) Karakoe & Triv (V) Among Us (V) Adult Lady Grp (V) TASC (M)   Yth Ladies (MV)  Thrive for Know.  	21 Out 'n About (W)–Ecotarium Yoga (V) TASC (M)   	22 Out 'n About (W)–Bowling TASC on the Town (M)  	23
24 31	25 Cupcake Decorating (W) TASC (M)  	26 On the Town (W) Dungeons & Dragons (W) Adult Men's Group (V) TASC (M)    	27 Thrive YMCA (W) Vacation Tours (V) Karakoe & Triv (V) Among Us (V) Adult Lady Grp (V) TASC (M)  Yth Ladies Grp. (MV)   	28 Out 'n About (W)–Halloween Movie Yoga (V) TASC (M)   	29 Out 'n About (W)–Halloween TASC on the Town (M)  	30

November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 TASC (M) Youth Paint Night (M)  	2 On the Town (W) Dungeons & Dragons (W) Adult Men's Group (V) TASC (M)    	3 Thrive YMCA (W) Vacation Tours (V) Karaoke & Triv (V) Among Us (V) Adult Lady Grp (V) TASC (M) Yth Ladies (MV)    	4 Out 'n About (W) – Animal Adventures Yoga (V) TASC (M)   	5 Out 'n About (W) – Escape Room DJ Krista's Dance Party (V)    	6
7	8 TASC (M) 	9 On the Tocote (V) Dungeons & Dragons wn (W) Self-Advo(W) Adult Men's Group (V) TASC (M)     	10 Thrive YMCA (W) Vacation Tours (V) Karaoke & Triv (V) Among Us (V) Adult Lady Grp (V) TASC (M) Yth Ladies (MV) Coffee & Conv. PTSD Wkshp.    	11 Holiday	12 Out 'n About (W) – Broad Meadow TASC on the Town (M)  	13
14	15 Cupcake Decorating (W) TASC (M)  	16 On the Town (W) Dungeons & Dragons (W) Adult Men's Group (V) TASC (M)    	17 Thrive YMCA (W) Vacation Tours (V) Karaoke & Triv (V) Among Us (V) Adult Lady Grp (V) TASC (M) Yth Ladies (MV) Thrive for Know.    	18 Out 'n About (W) – Museum Yoga (V) TASC (M)   	19 Out 'n About (W) – Bowling DJ Krista's Dance Party (V)    	20
21	22 TASC (M) 	23 On the Town (W) Dungeons & Dragons (W) Adult Men's Group (V) TASC (M)    	24 Holiday	25 Holiday	26 Holiday	27
28	29 TASC (M) 	30 On the Town (W) Dungeons & Dragons (W) Adult Men's Group (V) TASC (M)    			<div> <div> <div></div> ADULT Experiences <div></div> YOUTH and YOUNG ADULT Experiences <div></div> Community Workshops </div> <div> Location of Activity (M) – Marlborough (V) – Virtual (W) – Worcester </div> </div>	

December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Thrive YMCA (W) Vacation Tours (V) Wreath Dec. (W) Karaoke & Triv (V) Among Us (V) Adult Lady Grp (V) TASC (M)  Yth Lady Grp. (MV)  Sensory Wkshp. 	2 Out 'n About (W) – Bowling Yoga (V) TASC (M) 	3 Out 'n About (W) –Movies DJ Krista's Dance Party (V) 	4
5	6 TASC (M)  Youth Paint Night (M) 	7 On the Town (W) Dungeons & Dragons (V) Adult Men's Grp. (V) TASC (M) 	8 Thrive YMCA (W) Vacation Tours (V) Karaoke & Triv (V) Among Us (V) Adult Lady Grp (V) TASC (M)  Yth Ladies (MV)  Coffee & Conv. 	9 Out 'n About (W) – Holiday Movies Yoga (V) TASC (M) 	10 Out 'n About (W) –Gaming Holiday Carols (V) 	11
12	13 Cupcake Decorating (W) TASC (M) 	14 Self-Advocates (V) On the Town (W) Dungeons & Dragons (W) Adult Men's Grp. (V) TASC (M) 	15 Thrive YMCA (W) Vacation Tours (V) Karaoke & Triv (V) Among Us (V) Adult Lady Grp (V) TASC (M)  Yth Ladies (MV)  Thrive for Know. 	16 Out 'n About (W) – Art Museum Yoga (V) TASC (M) 	17 Out 'n About (W) –Bowling DJ Krista's Dance Party (V) 	18
19	20 TASC (M) 	21 On the Town (W) Dungeons & Dragons (W) Adult Men's Grp. (V) TASC (M) 	22 Thrive YMCA (W) Vacation Tours (V) Karaoke & Triv (V) Among Us (V) Adult Lady Grp (V) TASC (M)  Yth Ladies Grp. (MV) 	23 Yoga (V) TASC (M) 	24 Holiday	25
26	27 Winter Vacation Camp (M) 	28 On the Town (W) Dungeons & Dragons (W) Adult Men's Grp. (V) Winter Vacation Camp (M) 	29 Thrive YMCA (W) Vacation Tours (V) Karaoke & Triv. (V) Among Us (V) Adult Lady Grp (V) Winter Vacation Camp (M)  Yth. Ladies (MV) 	30 Yoga (V) 	<div>  ADULT Experiences  YOUTH and YOUNG ADULT Experiences  Community Workshops </div> <div> Location of Activity (M) – Marlborough (V) – Virtual (W) – Worcester </div>	



Headquarters
65 Boston Post Road West,
Suite 220
Marlborough, MA 01752
P (508) 485-4227

Worcester Area Office
100 Grove Street, Suite 104
Worcester, MA 01605
P (774) 703-3033

www.icanthrive.org

WHO TO CONTACT

Sean Rose
President & CEO
x1001
srose@icanthrive.org

Stacey Forrest
Chief Operating Officer
x 3056
sforrest@icanthrive.org

Denise Vojackova-Karami
Senior Vice President x1002
dvkarami@icanthrive.org

Mike Diggins
Director of Family Support x1004
mdiggins@icanthrive.org

Nanette Goldstein
Director of Individual Support
x1008
ngoldstein@icanthrive.org

Jim Karami, Director of Social /
Recreation & Transportation x1006
jkarami@icanthrive.org

PRSRT STD
US POSTAGE
PAID
CITY, MA
PERMIT ##

MAIL TO

00 Main Street, Town, MA 00000



Thrive participants enjoying a summer concert at Indian Ranch.