

VOLUME NO. 1
2022

January, February,
March 2022

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 4Announcements

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Remember to follow us on
Facebook for changes,
updates, and pictures!



Social & Recreational Experiences Newsletter

A Message From the CEO

Hello Thrivers, Families, and Friends,

I genuinely hope that you and your families continue to be safe as we continue to tolerate COVID-19. Sadly, we face the new year with many of the same concerns we carried last year. Despite this, we have learned a great deal in the past year about how to keep our participants, residents, staff, and families safe. We remain committed to providing high-quality services to those we support.

As you may have read, we are modifying our social and recreational offerings to avoid the worst of the post-holiday infection concerns. We opted to send this newsletter a bit late so that we could have the most up-to-date information to share. Please read our special bulletin on **Page 2**, as well as a note on Special Olympics on **Page 3**.

The mission of Thrive's Social & Recreation programs is to bring people together and create a sense of community. We plan to continue in-person and virtual events as soon as it is safe to do so, as we know that being physically together is critical to our mission. Still, we are committed to safety and will always make decisions with this in mind. We've spent a lot of time creating programming based on the feedback of our internal Thrivers and those Thrivers in the community. We are excited to provide continued offerings between the MetroWest and Worcester Regions. This year, we enthusiastically welcome nearly 500 new families into the Thrive community from the Worcester area.

We are not where we were, but you can count on us to continue to aspire to where we were before Covid-19. Now more than ever, we need to bring our community together. We renew our commitment to getting there safely and collaboratively.

Sean Rose, M.Ed., President & CEO

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. Unless otherwise indicated, register for all experiences and workshops by emailing fsactivities@icanthrive.org

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

Thrive Self-Advocates Group

Day: Second Tues. each month starting 2/8/22
Time: 5:00 to 6:00 PM
Location: Virtual
Program fee: Free



Adult Men's Group 18+

Day: Tuesdays starting 1/11/22
Time: 6:00 to 7:00 PM
Location: Virtual
Program fee: \$5 per meeting
Led by Thriver Chris Dunn—
Connect with friends old and new



Adult Ladies' Group 18+*

Day: Wednesdays starting 1/5/22
Time: 5:30 to 6:45 PM
Location: Virtual
Program fee: \$5 per meeting
Connect with friends old and new.
Meet virtually to share experiences,

Thrive at the YMCA Ages 18+ –Worcester

Day: Wednesdays starting 2/2/22
Time: 11:00 to 3:30 PM
Location: Meet at Worcester Office
Program fee: \$20 per meeting



Thrive Social Club

Day: Thursdays—ON HOLD
Time: Usually 6:00pm
Location: Community—alternates locations; **Program fee:** \$10
Register: jkarami@icanthrive.org
Once registered, participants will receive the schedule each week



Dances Age 18+

Day: Wed biweekly —ON HOLD
Feb 2, 16; Mar 2, 16, 30
Time: 7:00 to 8:30 PM
Location: Richer Elementary School, Marlborough; **Program fee:** \$10
Register: jkarami@icanthrive.org

Day Support Program Ages 18+

Day: Mon, Tues, Wed, Fri. starting 2/1/22
Time: 12:00 to 5:00pm
Location: Marlborough Youth Center
Program Fee: \$40
High interest activities like cooking, yoga, Zumba, crafts, and



Karaoke & Trivia Age 18+ *

Day: Wednesdays starting 2/2/22
Time: 7:00 to 8:30 PM
Location: Virtual
Program fee: \$5 per meeting
Singing, trivia questions, and fun!



DJ Krista's Dance Party Age 18+ *

Day: 1st & 3rd Friday each month, starting 1/7/22
Time: 7:00 to 8:30 PM
Location: Virtual
Program fee: Free

Bowling and School Yahd with Nicole

Day: Fridays starting 2/4/22
Time: 11:00AM to 4:30 PM
Location: Worcester Office
Program fee: \$40
Alternating weeks of bowling (including rentals) and pizza; and School Yahd giant indoor games. (Bring lunch.)



Drawing Exploratory Art Class with Jeanne 18+

Day: 2nd and 4th Thursday starting 2/10/22
Time: 4:30 to 6:00 PM
Location: Worcester Area Office
Program fee: \$20 per meeting
Students will learn different drawing techniques and concepts laying the groundwork for further development.

SPECIAL BULLETIN:

Due to COVID19 , social and recreation activities will not be held 1/1/22—1/31/22. We hope to resume activities on 2/1/22. If that is not possible, more information will be provided via email and social media.

This does NOT include Special Olympics.



Friday Out on the Town Ages 18+ Worcester

Day: Fri., starting 2/4/22
Time: 11:30 to 3:30 PM
Location: Meet at Worcester Office.
Program fee: \$28
Explore interesting sites and activities in and around Worcester



ID LGBTQIA+ Social Group with Jordan Evans

Day: TBD bi-monthly
Time: 5:00 to 6:00 PM
Location: Worcester Area Office
Program Fee: TBD
Safe environment for our participants to be themselves in a community of friends and allies
More info coming soon



Virtual Vacation Tours

Day: Wed.
Time: 11:00 AM to 12:00 PM
Location: Virtual
Program Fee: FREE



Strength and Conditioning

Day: Wed bi-weekly: Feb 9, 23; Mar 9, 23
Time: 7:00PM to 7:45PM
Location: Richer Elementary School, Marlborough
Program fee: \$10 per meeting

Holidays – Mondays January 17th and February 21st – classes will not meet on these two Mondays.

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

Contact fsactivities@icanthrive.org for more information.

Social Groups

Thrive After School Club – Ages 7 –18+ Marlborough

Day: Mon,Tues.Wed,Fri. starting 2/1/22

Time: 2:30 to 5:00 PM

Location: Marlborough Youth Center

Program fee: \$30.00 per day

No TASC Monday Jan. 17 or Feb. 21–Feb. 25

Program fee: \$10

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



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This does NOT include Special Olympics.

IMPORTANT NOTE ABOUT REGISTRATION

Register for TASC by emailing

fsactivities@icanthrive.org.

Individuals not pre-registered may not be accepted, pending staffing.



Special Events

February Winter Vacation Camp Ages 7-25



Spend your winter vacation with friends and trying new experiences. Tuesday we'll head over to the Stitcher's

Academy for some hands on experience with sewing or painting on fabric. Bring your lunch.

Wednesday is bowling day—pizza included! Friday we plan to see movies at the West Boylston theater. Join us for some winter fun! Space is limited so register early. There must be enrollment of 10 participants for the program to take place

Day: Tues, Wed, Fri, Feb 22,23,25

Time: 11:00 AM to 5:00 PM

Location: Worcester and Marlborough Youth Center

Program fee: \$50 a day



At this time, we **do** plan to hold Special Olympics activities including Ski, Basketball, and Swim.

These activities may be modified due to COVID19. Changes may include less practices, smaller teams, or other health and safety guidelines. Please email jkarami@icanthrive.org if you are interested or would like more info.



Virtual Community Workshops

Please register at fsactivities@icanthrive.org

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

IEP Clinic

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

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., January 19

Time: 12:00 PM

Tomemos un Café y Conversemos

Gran oportunidad para compartir idea, recursos y posibles soluciones con familiares y cuidadores de algun miembro de la familia con alguna discapacidad intelectual o del desarrollo

Day: Jueves Enero 6 y 20

Time: 10– 11 AM

Hybrido o en persona
malvarado@icanthrive.org



For November, residents chose to honor U.S. Army veteran Joseph Coutu with a special dinner. He worked at Pleasant Street for many years before retiring from Thrive.

IMPORTANT NOTE About Workshop Registration

Community Workshops are virtual. Pre-registration is required.

Other Announcements

Thrive Support & Advocacy Family Support Advisory Council Worcester

We seek family members, caregivers, and interested participants to join the Advisory Council for Thrive's Worcester Area Family Support Center. Contribute your ideas for programs and opportunities to better help our participants. Members are asked to volunteer 6–8 hours per year and commit to one year of service. To learn more email Patty Carlson at pcarlson@icanthrive.org.

Registration and Billing Process

Please email fsactivities@icanthrive.org to register. Include child/participant name and the day/activity they will be attending. Participants who join without registering in advance may be declined due to staffing or transportation. So be sure to register!

Wait List for Worcester

Worcester participants! If you're interested in participating in the same or similar activities as described for Marlborough, please join our waitlist! Send an email to Factivities@icanthrive.org. Put WORC WAITLIST in the subject line and tell us the days/programs you're interested in!

Cancellations

Please check your email address (the one you registered with) for cancellation status. In general, if the local school system is closed due to inclement weather, our programs will also be closed. Mindful that winter weather can quickly change, cancellations may occur later in the day and will be communicated via email. Thank you for your cooperation and understanding.

Holidays – Mondays January 17th and February 21st – classes will not meet on these two Mondays.



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**Left top and bottom: Thrivers and Staff enjoy a holiday dance at Richer Elementary School
Right top: Thanksgiving at Pleasant St.; bottom: Individuals in our Youth Center decorate wreaths**



Our MetroWest youth Thrive After School Community hosted a Halloween party at the Youth Center and visited a wonderful Halloween party