

VOLUME NO. 2  
2022

April, May, June 2022



## OUR GOAL

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

## IN THIS ISSUE: Special announcement on



## FOLLOW US ON



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

## Thrive Community Bulletin

### New Programs Starting This Spring!

We've expanded our in-person program offerings in the Worcester area to include mornings, evenings and new activities. If you're a morning person, consider joining us at the Worcester office for the **Monday Morning Wake-up Walk** at 9AM. A little fresh air and exercise goes a long way for a successful day. Try it, you might like it!

Aspiring artists might be interested in the **Art Club** on Monday nights, beginning at 5:30pm. Held at the Worcester office, the group will explore various mediums and creative avenues. This all-levels art club will meet weekly to work with different forms of media to make one-of-a-kind pieces and keepsakes. The participants' freedom of expression will flourish with the guidance and encouragement of staff and peers. This club outlines art basics but our goal is for participants to learn a healthy form of expression while making new friends and gaining new experiences.

**Wednesday at the YMCA** was so popular, we've added another day! If Wednesday doesn't fit in your schedule, maybe Thursday works. Spend time at the **Boroughs Family Branch YMCA** shooting hoops, swimming, using the fitness equipment and/or lifting weights, then head back to Thrive offices for games and socializing. Bring a bag lunch and a mask. Transportation is provided with departure and return from the Worcester area office.

It's a mystery where we're going, but guaranteed to be an adventure: join us for **Thursday Mystery Out on the Town** field trips into the community. You will explore interesting sites in and around Worcester. Meet new friends and reconnect with old ones. All outings leave from Thrive's Worcester Area Office. Pack a lunch most days. We're thinking the Ecotarium, Art Museum, YMCA, Library, Parks, Pools, Broadmeadow Brook and more.

Looking for something to do on Thursday night? Check out our **Healthy Meals Cooking Class** with Nicole. Learn basic cooking skills, make healthy meals, and enjoy what you just made!

Check out all the Adult Experiences on **page 2** for details about these programs and others.

Online [www.icanthrive.org/about/social-recreation-newsletter](http://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](mailto:fsactivities@icanthrive.org)

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

## NEW! Guys Gaming & Lunch Club with Mark 18+

**Day:** Saturday April/May

**Time:** 10:00–1:15PM

**Location:** Worcester Area Office  
4/2, 4/16, 4/30, 5/14, 5/28.

Marlborough Youth Center 4/9,  
4/23, 5/7, 5/21.

**Program fee:** \$30 per meeting/  
WooPass:Free

Light lunch will be provided.



## Adult Men's Group 18+

**Day:** 2nd & 4th Tuesday each  
month

**Time:** 6:00 to 7:00PM

**Location:** Virtual

**Program fee:** \$5 per meeting



## Adult Ladies' Group 18+\*

**Day:** Wednesdays

**Time:** 5:30 to 6:45PM

**Location:** Virtual

**Program fee:** \$5 per meeting

Connect with friends old and new.  
Meet virtually to share experiences,  
ideas, recipes, and more.



## Thrive at the YMCA Ages 18+ –Worcester

**Day:** Wednesdays and Thursdays

**Time:** 12:00 to 3:30PM

**Location:** Meet at Worcester Office

**Program fee:** \$25 per meeting

Bring a bag lunch and a mask.

Transportation is provided.



## Friday Out on the Town Ages 18+ Worcester

**Day:** Fridays

**Time:** 11:30 to 3:30PM

**Location:** Meet at Worcester Office.

**Program fee:** \$40/ WooPass:Free

All outings leave from Thrive's  
Worcester Area Office. Bowling (3  
strings, shoe rental & beverage).  
Alternating weeks of bowling  
(including rentals) and School Yahd  
giant indoor games. (Bring lunch.)

## Thrive Adult Afternoon Community (TAAC) Ages 18+

**Day:** Mon, Tues, Wed, Fri.

**Time:** 12:00 to 5:00PM

**Location:** Marlborough Youth  
Center

**Program Fee:** \$40

High interest activities like  
cooking, yoga, Zumba, crafts,  
and community trips



## Karaoke & Trivia Age 18+ \*

**Day:** 1st & 3rd Thursday each  
month

**Time:** 7:00 to 8:30PM

**Location:** Virtual

**Program fee:** \$5 per meeting

Singing, trivia questions, and fun!

## NEW! Healthy Cooking with Nicole 18+

**Day:** Thursday

**Time:** 3:30–5:30PM

**Location:** Worcester Office

**Program Fee:** \$20/ WooPass:Free

The shopping has been done, now  
it's time to cook! Learn basic  
cooking skills, make healthy  
meals, and enjoy what you just  
made! Recipes will be shared.

## NEW! Movie & Lunch Club

**Day:** Saturday April/May

**Time:** 10–1:15PM

**Location:** Worcester Area Office  
4/2, 4/16, 4/30, 5/14, 5/28.

Marlborough Youth Center 4/9,  
4/23, 5/7, 5/21.

**Program fee:** \$30 per meeting/  
WooPass:Free

Light lunch will be provided or bring  
your own. Enjoy watching a movie

## New! Ladies Group In Person

**Day:** Tuesday

**Time:** 5:30–6:45PM

**Location:** Worcester Area Office

**Program fee:** \$15.00/WooPass:Free

Light snack will be provided.



## NEW! Art Club with Nicole 18+

**Day:** Every Monday

**Time:** 5:30 to 7:00PM

**Location:** Worcester Area Office

**Program fee:** \$15 per meeting/  
WooPass:Free

All levels of artists welcome! Work  
with different forms of media to  
make one-of-a-kind pieces and  
keepsakes. Learn a healthy form of  
expression while making new friends  
and gaining new experiences.



## NEW! Monday Morning Wake-up Walk Ages 18+

**Day:** Mondays

**Time:** 9:00–11AM

**Location:** Worcester Office

**Program fee:** \$5 / WooPass:Free

Start of your week on the right  
foot!! We'll head out from the  
Worcester area office to different  
locations for a walk and some  
conversation.

## NEW! Thursday Mystery Out on the Town Ages 18+ Worcester

**Day:** Thursdays

**Time:** 10:00AM to 3:00PM

**Location:** Worcester Office

**Program fee:** \$40/ WooPass: Free

Join us afternoons for field trips in  
the community. Explore interesting  
sites in and around Worcester.

Meet new friends and reconnect  
with old ones. Pack a lunch most  
days. We're thinking the Ecotari-  
um, Art Museum, YMCA, Library,  
Parks, Pools, Broadmeadow Brook  
and more. See next page for more  
details!

The Thrive WooPass is

funded by the

Worcester Area DDS.

Limited funding is currently

available for DDS clients.

First come, first served.

# 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](mailto:fsactivities@icanthrive.org)

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

## Oh the Places You'll Go!!

Below is a sampling of upcoming 'Thursday Mystery Out on the Town' activities.

### Please note:

Activity costs vary and additional fees may apply.

### Thursday May 12, 2022 Southwick's Zoo, Mendon

**Time:** 10:00AM to 3:00PM

**Location:** Worcester Office

**Program fee:** \$75/ WooPass: Free

Join us for a trip to Southwick Zoo, more than just a zoo, it's an adventure! Spanning over 200 acres, Southwick's Zoo is New England's largest zoological experience. Southwick's is home to over 850 animals in naturalistic habitats including lions, tigers, giraffes, chimpanzees, white rhinos, two-toed sloths, and more. Visitors can also enjoy a variety of attractions including the Skyfari Sky Ride, Woodland Express Train, Soaring Eagle Zip Line, 35-acre Deer Forest, petting zoo, walk-through aviary, presentations and keeper talks, the Rainforest Adventure Maze, the EARTH Discovery Center, and so much more!

### Thursday May 26, 2022

#### Kimball Farm, Westford

**Day:** Thursdays

**Time:** 10:00AM to 3:00PM

**Location:** Worcester Office

**Program fee:** \$50/ WooPass: Free

Offering 50 flavors of their famous homemade ice cream, outdoor Grill & Seafood Shack, and a cozy Country Store & Café, there is plenty to buy. 50 acres of fun activities provide plenty of activities like mini golf, driving range, batting cages, bumper boats, and arcade, among other attractions.

### Thursday June 23, 2022

#### Foxwood's Casino, Ledyard, CT

**Time:** 10:00AM to 3:00PM

**Location:** Worcester Office

**Program fee:** \$50/ WooPass: Free

Some people have all the luck! Are you one of them? For beginners and experts alike, a trip to Foxwoods is filled with flashing lights, lots of noise and the possibility of a windfall. Come check out the Foxwood Casino tag line—The Wonder of it All—and see if you agree! Not just a casino, there are activities and shopping opportunities here. Bring your own spending money.

Thrive Support & Advocacy will be sponsoring our first "Prom for All Ages," a first-of-its-kind, truly inclusive event.

Thrive's Prom for All Ages will be a night to remember! This incredible celebration will take place on May 27th at Worcester's Polar Park and is open to intellectually and developmentally disabled individuals who are 18 and over.

You, too, can be part of this event; you can help create a truly memorable night for this community through sponsorship.

Your support aids in the celebration of a Prom for All Ages at Polar Park, but it also helps create future opportunities for Thrive participants, as Social & Recreation programs at Thrive are primarily funded through grants and donations.

If you're interested in participating in this event, please contact Ellen Murphy at [emurphy@icanthrive.org](mailto:emurphy@icanthrive.org) or (508)485-4227 ext.1113

If you're interested in sponsoring this event, please contact Sean Rose at [srose@icanthrive.org](mailto:srose@icanthrive.org).



The Thrive WooPass is funded by the Worcester Area DDS. Limited funding is currently available for DDS clients. First come, first served.





# Adult Experiences (ages 18+ \*)

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## Club Thrive Dance Age 18+

**Day:** Wed biweekly 4/13, 4/27, 5/11, 5/25, 6/8, 6/22

**Time:** 7:00 to 8:30PM

**Location:** Richer Elementary School, 80 Foley Rd Marlborough

**Program fee:** \$10

**Register:** Email Jim Karami at [jkarami@icanthrive.org](mailto:jkarami@icanthrive.org)

Spend some time with friends dancing the night away to a variety of music spun up by our very own Thrive DJ!

Transportation to location: \$10



## Thrive Social Outing Club

**Day:** Thursdays

**Time:** 6:15–8:00PM

**Location:** Marlborough Community—various locations

**Program fee:** Free

**Register:** Email Jim Karami at [jkarami@icanthrive.org](mailto:jkarami@icanthrive.org)

Once registered, you will receive the schedule each week. Experience different locations in the greater Marlborough area while meeting new people and making new friends. Bring your own spending money!

Transportation to location: \$10



## Fab, Fit & Fun

**Day:** Wednesday

4/6, 4/20, 5/4, 5/18, 6/1, 6/15

**Time:** 6:30 to 7:15PM

**Location:** Richer Elementary School, 80 Foley Rd Marlborough

**Program fee:** \$10 per meeting

**Register:** Email Jim Karami at [jkarami@icanthrive.org](mailto:jkarami@icanthrive.org)

Enjoy a cardio workout to your favorite music, bodyweight strength and balance exercises, and finish with some yoga stretches. Weights are optional. All levels are welcome!



## Got Games?

If you have games you're no longer using...our Gaming Room is in need of –

Video Games and DVDs compatible with the following gaming systems: I– XBOX 1s, Wii and Nintendo Switch.

We are also in need of chargers for the iPads (the same as iPhone chargers). Please contact Nicole at: [nfrattasio@icanthrive.org](mailto:nfrattasio@icanthrive.org) if you have something to donate!

## Holidays!

May 30th & June 20th

Groups & classes will not meet on these Mondays.



Thrivers get up close and personal at Mystic Aquarium



## 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](mailto:gkent@icanthrive.org)

## Tapping into Government Benefits

### Virtual Workshop

Monday April 11, 2022

Theresa Varnet, a long time advocate for persons with disabilities and their families, will speak on the issues of Government Benefits your child may qualify for as a result of his/her disability. She will also discuss how paid employment may affect future eligibility and how an ABLE account can be used to preserve eligibility for Needs Based Benefits when a recipient is over income and resources.

Mrs. Varnet is a former educator, Licensed Clinical Social Worker and an Attorney with the law firm of Fletcher Tilton, P.C. in Worcester, MA. She is the mother of an adult daughter who is challenged with special needs who lives independently in Northborough, MA. Mrs. Varnet, a well known authority on Special Needs Life Planning, often shares what parents need to do to prepare for a time when they pass on or become too old or infirm to care for their disabled adult child.

Mrs. Varnet has conducted numerous workshops for Thrive Support & Advocacy. We hope you will join us for this free informative virtual workshop on Monday April 11 at 6PM.

Register today by sending an email to:

[fsactivities@icanthrive.org](mailto:fsactivities@icanthrive.org).

Please include 'April 11 workshop' in the subject line. See page 5 for additional information about this and other workshops.

# Youth & Young Adult Experiences (Ages 7-12 and 13-30)

Contact [fsactivities@icanthrive.org](mailto:fsactivities@icanthrive.org) for more information, unless otherwise stated.

## Social Groups

### NEW! April Spring Vacation Camp Ages 7-25

Spend your spring vacation with friends and trying new experiences. Each day will have a different theme and new activities geared to the participants' Interests. We're thinking Monday at the School Yard, Tuesday we're off to the Museum of Science in Boston, Wednesday we're going to the Roger Williams Park Zoo in Providence, RI. Monday through Wednesday, bring your own bag lunch. Friday we'll go bowling, this activity includes pizza on us. Space is limited so register early!

**Day:** Mon, Tues, Wed, Fri,  
April 18, 19, 20, 22

**Time:** 11:00 AM to 4:30 PM

**Location:** Marlborough Youth Center and Worcester Area Office  
**Program fee:** \$50 a day/ free WooPass

### Thrive After School Club (TASC) Ages 7+ Marlborough

**Day:** Mon, Tues, Wed, Fri.

**Time:** 2:30 to 5:00 PM

**Location:** Marlborough Youth Center

**Program fee:** \$30 per day

*No TASC Mondays May 30th and June 20th*

Space is limited so register early!

### The Pumppernickel Puppets visit Thrive's TASC/TAAC programs

**Day:** Tuesday May 24 & June 14

**Time:** 3:00PM

**Location:**

Marlborough Youth Center

**Program fee:** No charge for registered program participants

**Puppet show only:** \$10

Space is limited so register early!

Colorful characters, your participation and fast paced scripts stimulate the imagination!

## IMPORTANT NOTE ABOUT REGISTRATION

To register for TASC and April Spring Vacation email:

[fsactivities@icanthrive.org](mailto:fsactivities@icanthrive.org).

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

**NOTE: A minimum of 10 participants must be registered to run some activities.**

## Special Events

### A Prom for All Ages

**Day:** Friday May 27

**Time:** 4:45-8:00PM

**Location:** Polar Park in Worcester

**Program fee:** FREE

**Register:** by emailing Ellen Murphy at [emurphy@icanthrive.org](mailto:emurphy@icanthrive.org)  
Space may be limited.

Get your dancing shoes out of the closet and join us for a really good time! Music, dancing, food and fun...hope to see you there!



Thrive ladies working the slot machines at Foxwoods Casino



Out and About at a local Park



### Adult Swimming:

Saturdays 5:00-6:00PM

Location TBD

FULL

### Adult Track & Field:

Fridays

April 1-June 10, 2022

6:15-7:30PM

Location: Hudson High School Outdoor Track (Morgan Bowl)

Make sure you sign up for some high flying, disc throwing, hurdle jumping of a good time, with Special Olympics and Thrive!

Please email Jim Karami  
[jkarami@icanthrive.org](mailto:jkarami@icanthrive.org)  
for more info.

# Virtual Community Workshops

Community Workshops are FREE unless otherwise stated.

## 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.

## Review of Government Benefits and How Work Affects SSI, SSDI and Childhood Disability Benefits (CDB)

Theresa Varnet, a long time advocate for persons with disabilities and their families, will speak on the issues of Government Benefits your child may qualify for as a result of his/her disability. She will also discuss how paid employment may affect future eligibility and how an ABLE account can be used to preserve eligibility for Needs Based Benefits when a recipient is over income and resources.

**Day:** Monday, April 11

**Time:** 6–7:30PM

## IMPORTANT NOTE About Workshop Registration

Community Workshops are virtual. Pre-registration is required.

Please register at [fsactivities@icanthrive.org](mailto:fsactivities@icanthrive.org)

## Other Announcements

### 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 New England 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 May 30th and June 20th** – classes will not meet on these two Mondays.

### Registration and Billing Process

Please email [fsactivities@icanthrive.org](mailto:fsactivities@icanthrive.org) to register. Include the participant's 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!

### Attention Worcester Participants! Wait List for Worcester

If you're interested in participating in the same or similar activities as described for Marlborough, please join our waitlist! It's easy! Send an email to: [Factivities@icanthrive.org](mailto:Factivities@icanthrive.org). Put WORC WAITLIST in the subject line and tell us the days/programs you're interested in!

## WCAC– Community Resource

The Worcester Community Action Council will share information about home heating assistance and energy efficiency programs. The deadline to apply for fuel assistance has been extended until May 13. Join us to learn more!

**Day:** Monday May 2

**Time:** 6:00–7:00PM

## 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](mailto:pcarlson@icanthrive.org).



## Pride Month Workshop with Julie Nowak

**Day:** June 6

**Time:** 12 noon

**Location:** Virtual

### Program Fee: Free

Julie Nowak of Baypath Elder Services, is a strong LGBTQ advocate and supporter in central mass and out to Boston. Individuals, families, and community partners will learn about LGBTQ issues, with a focus on parenting/grandparenting LGBTQ individuals, and the changing lens for self-identity, such as different pronouns.





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**Ice cream Social & Art**



**Trip to the Park**



**A good time was had by all at the Bowling Alley!**



**TAAC**



**Bowling**



**Bowling**