

VOLUME NO. 3
2022

July, August, September



OUR GOAL

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

IN THIS ISSUE:

Good times ahead!

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

Thrive Community Bulletin

Ready or Not, Summer's Here!

Summer has arrived and Thrivers are on the move.
There's so much to look forward to!

Beach vacations. Pool time. Swimsuits. Ice cream. Long days. Short nights. Sunshine. Warm weather. It's no wonder that we associate the summer months with feeling happy and carefree. Inside this issue, you'll find some of our returning tried and true groups and activities, with a sprinkling of new community outings among the latest summer offerings. In July, we're going to Wallum Lake and Canobie Lake Park for some good times and summer sun. August trips include the Providence Children's Museum and Level 99. High tides and good vibes are in store for one last trip to the beach and boardwalk at Hampton Beach on September 8. At the end of September we're looking forward to visiting Mystic Seaport Museum. There will be pick-up at the Marlborough office for some WooSox games July 10 and September 25. See page 4 for more information.

The Special Olympics Massachusetts softball team will be practicing at Assabet Valley Regional Technical High School in Marlborough. Feel free to stop by and cheer on the team during one of their practice sessions on Tuesdays from 6:15–7:30PM during July and August.

If you're not the outdoorsy type, we've got some inside action too. Explore your creative side at Monday night's Art Club; all levels are welcome. The Providence Children's Museum and Level 99 are both indoor venues. Check them out!

We are offering workshops this summer on the WIC Program, Paratransit Services, Citizenship, Online Safety, and Identity Theft and Fraud Prevention. We're hosting a special workshop on Understanding Guardianship, presented by the Center for Guardianship Excellence on September 13th. Workshops are free and are conducted via Zoom. Read about these workshops and more on page 5.

Check out all the Adult Experiences beginning on page 2 and 3 for details about these and other programs. Join us, explore new interests and connect with friends. Don't miss out; register early to secure your spot!

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

Worcester 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.*



Adult Ladies' Group 18+*

Day: Wednesdays

Time: Off Season Break

Location: Virtual

Back in September. On summer break.



New! Photography Class

Day: Mondays

Time: 5:00–6:30PM

Location: Worcester Office

Program fee: \$15 /Woo Pass: Free

Love taking pictures? Please join us to further explore your creativity behind the camera.



Art Club with Nicole 18+

Day: Every Monday

Time: 5:00 to 6:30PM

Location: Worcester Area Office

Program fee: \$15 per meeting/Woo Pass: Free

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

Thrive Summer Programming (Marlborough)

Day & Time Mon 12–5PM, Tues 10–5PM Wed 10–5PM, Fri 12–5

Location: Marlborough Youth Center

Program Fee: \$50

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

Thrive Summer Programming (Worcester)

Day & Time Mon 12–4PM, Tues 10–5PM Wed 10–4PM, Fri 12–5PM

Location: Marlborough Youth Center

Program Fee: \$50/day

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



Thrive at the YMCA Ages 18+ –Worcester

Day: Wednesdays

Time: 11:30 to 3:30PM

Location: Meet at Worcester Office

Program fee: \$25 / Woo Pass: Free

Bring a bag lunch and a mask.

Transportation is provided.



Thrive at the YMCA Ages 18+ –Worcester

Day: Fridays

Time: 9:30 to 12:00 PM

Location: Meet at Worcester Office

Program fee: \$25 / Woo Pass: Free

Bring a bag lunch and a mask.

Transportation is provided.



Bowling Trip!

Thursday Mystery Out on the Town Ages 18+ Worcester & Marlborough

Day: Thursdays

Time: 10:00AM to 4:00PM

Location: Worcester & Marlboro Office

Program fee: \$40/ Woo Pass: 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 Ecotarium, Art Museum, YMCA, Library, Parks, Pools, Broadmeadow Brook and more.



Friday Out on the Town Ages 18+ Worcester

Day: Fridays

Time: 11:30 to 3:30PM

Location: Meet at Worcester Office.

Program fee: \$40/day Woo Pass: Free

All outings leave from Thrives Worcester Area Office. Bowling (3 strings, shoe rental & beverage). Alternating weeks of bowling (including rentals) and School Yahtzee.

Important!

If you are unable to attend an activity that you previously registered for, you must cancel 24 hours in advance or you will be charged, as spaces are limited.

Movie & Dinner Club NEW!

Day: Wednesdays

From: July through September

Time: 5:15PM–7:30PM

Location: Marlborough Youth Center

Program Fee: \$30

Enjoy a movie and light dinner with others. Nothing fancy, just fun!

Worcester 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.*

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 July 14, 2022 Wallum Lake Park, Douglas MA

Time: 10:00AM to 4:00PM
Location: Worcester/Marlboro Office
Program fee: \$50; Woo Pass: Free

Join us for a trip to Wallum Lake. Have fun sunning, hiking and playing games at the lake. Pack your lunch.



Thursday July 28, 2022 Canobie Lake Park, Salem NH

Day: Thursdays
Time: 10:00AM to 4:00PM
Location: Worcester/Marlboro Office
Program fee: \$ 50; Woo Pass: Free
This park offers more than 85 great attractions including their fantastic new Castaway Island Water Park and games. Canobie delivers the ultimate family fun experience! Pack your lunch.



Thursday August 11, 2022 Providence Childrens Museum,

Time: 10:00AM to 4:00PM
Location: Worcester/Marlboro Office
Program fee: \$50; Woo Pass: Free
Bring up your imagination to explore and play. Pack your lunch.

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

Thursday August 25, 2022 Level 99

Time: 10:00AM to 4:00PM
Location: Worcester/Marlboro Office
Program fee: \$50; Woo Pass: Free
A first-of-its-kind destination for challenge-based entertainment, craft drinks and elevated dining. Level 99 is made up of 3 different elements, rooms, arenas and hunts. We hope you'll join us! Pack your lunch.

Thursday September 8, 2022 Hampton Beach

Time: 10:00AM to 4:00PM
Location: Worcester/Marlboro Office
Program fee: \$50; Woo Pass: Free
Bring your swimwear and go sunning at the ones of the most beautiful beaches in the world! Or take a walk on the boardwalk and explore nature. Or do both! Pack your lunch.



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.

Thursday September 22, 2022 Mystic Seaport Museum

Time: 10:00AM to 4:00PM
Location: Worcester/Marlboro Office
Program fee: \$50; Woo Pass: Free

The Mystic Seaport Museum is well known for its collection of sailing ships!

Holidays! July 4 & September 5



Thrivers at Polar Park
Worcester

MetroWest Adult Experiences (Ages 18+)

Contact socialandrec@icanthrive.org for more information, unless otherwise stated.

Social Groups



SOMA Softball

Day: Tuesdays

From: July through August

Time: 6:15PM–7:30PM

Location: Assabet Valley Regional
Tech High School 215 Fitchburg
Street, Marlborough

Program fee: Free

Weekly softball practice

Register at:

socialandrec@icanthrive.org



Concerts at the Common

Day: Thursdays

From: July through August

Time: 7:00PM–9:00PM

Location: Marlboro Common, Main
Street, Marlboro

Transportation Fee: \$15

Register at:

socialandrec@icanthrive.org



Woo Sox –vs– Scranton Wilkes Barre Riders

Day: Sunday, July 10, 2022

Time: 1:05PM

Location: Pick Up/Drop Off:
Marlborough Office

Program Fee: \$55

Register at:

socialandrec@icanthrive.org



Indian Ranch

Day: Sunday, August 7,
2022

Time: 12:00PM–4:00PM

Location: 200 Gore Road, Webster
Program Fee: \$30 transportation
included.

Come and join us! Indian Ranch is
not just a country music venue and
entertainment resort; it's an expe-
rience! Lots of 80's music, live.
BBQ at 12:00 PM.

Register at:

socialandrec@icanthrive.org



Thrive Self-Advocates Group

Day: Second Tues. each month

Time: 5:00 to 6:00PM

Location: Virtual

Program fee: Free

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

Starting in September!



Southwick's Zoo MetroWest

Day: Saturday, August 27

Time: 1:00 PM

Location: Pick Up/Drop Off:
Marlborough Office

Program Fee: \$50

Southwick's Zoo is home to
hundreds of wild animals, featuring
more than 150 varied species.
Come and join us!

Register at:

socialandrec@icanthrive.org



Woo Sox –vs– Syracuse Mets

Day: Sunday, September 25

Time: 1:05PM

Location: Pick Up/Drop Off:
Marlborough Office

Program Fee: \$55

Register at:

socialandrec@icanthrive.org



Thrive Social Outing Club

Day: Thursdays

Time: 6:15–8:00PM

Location: Marlborough

Community—various locations

Program fee: Free

Transportation to location: \$10

Register at :

socialandrec@icanthrive.org

Join us! Be part of weekly com-
munity outings and socialization.

Once registered, you will receive
the schedule each week.

Experience different locations in
the greater Marlborough area while
meeting new people and making
friends. Bring your own spending
money!



Polar Park Trip



SOMA Softball State Tournament (Adults)

Date: Saturday,
August 20, 2022

Time: All Day Event

Location: Greater Marlborough

State Tournament will be con-
ducted simultaneously at vari-
ous locations in Marlborough,
Come and join us!

Register at:

socialandrec@icanthrive.org



Virtual Community Workshops

Community Workshops are FREE unless otherwise stated.

Workshops are virtual. Pre-registration is required by emailing 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

Let's Talk about WIC Program—Free

The WIC program aims to safeguard the health of low-income women, infants, and children up to age 5 who are at nutrition risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care. Join Us!

Day: July 28

Time: 10:00–11:00 AM

Paratransit Services– Free

Paratransit is a curb to curb service. Door to door service will be provided upon request, safety permitting. Learn how this service works and who qualifies!

Day: August 17

Time: 1:00–2:00 PM

Registration and Billing Process

Please email

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!



Citizenship Workshop—Free

Becoming a U.S. citizen protects you and your children from deportation. As a lawful permanent resident, certain criminal convictions could make you deportable, and some actions put LPRs (legal permanent resident) at risk for permanent consequences such as deportation.

Date: September 8

Time: 11:00–12:00PM

Understanding Guardianship

Date: September 13, 2022

Time: 6:00 PM

Learn what it is, who can be one, how to become one and more! This workshop is presented by Heather Connors, PhD, Executive Director from The Center for Guardianship Excellence. Heather will share stories that may help you answer many of your questions. These case scenarios will bring life to the work guardians do and how they make effective decisions for adults with intellectual, developmental or physical disabilities.



Online Safety – Free

Learn how to protect yourself from hackers or cyberbullies, this workshop will bring you tips to help you and your family safely navigate the digital world.

Date: September 14

Time: 11:00AM

IEP Clinic

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

Identity Theft & Fraud Prevention—Free

Identity (ID) theft happens when someone steals your personal information to commit fraud. Learn different ways to protect from identity thefts, learn how to identify when your personal information is misused.

Date: September 21

Time: 11:00 AM

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. Be 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.

Special Sessions for Thrivers



Healthy Relationships and Sexuality—Free 18+

Date: Wednesdays in July and August ~ 9 sessions

Time: 4:30–6:00PM

Program fee: Free

Healthy relationships and sexuality are fundamental human rights. This class will discuss and learn different types of relationships, communication, social media, knowing when a relationship has gone bad, caring for one's body, sexual feelings and acts, safe sex and becoming a self-advocate in human sexuality. The instructor is a certified Sexuality trainer.

Thrive's Prom For All Ages



Thrive's Prom for All Ages on Friday, May 27 at Polar Park

The home of the Worcester Red Sox. It was a night to remember, thanks to our generous sponsors and Thrive staff who helped put the event together.

This inclusive event had all the prom trappings, including photo shoots, a caricature artist, and TV interviews on the red carpet. Nearly two hundred participants danced the night away. For many in attendance, this was their first prom experience.

This fundraiser was the biggest in the nearly fifty-year history of Thrive Support & Advocacy and Greater Marlboro Programs Incorporated (GMPI). The support of our sponsors aided in celebrating a Prom for All Ages at Polar Park. Their contributions helped create future opportunities for Thrive participants, as our social and recreational programs are primarily funded through grants and donations.

Our aim in putting this fundraiser together was to ensure that the individuals we serve have a social network and a positive, uplifting life experience at the prom and beyond. We achieved this goal with a magical night for our community, and we ensured that we can continue providing premier social and recreational activities throughout the coming year.

We are very thankful to our sponsors, our world's-best staff, community partners, caregivers, and parents for all their contributions to prom night. We can't wait to see what next year's prom brings!





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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 if you have something to donate!



Check out the suits! All dressed up at Thrive's Prom for All Ages.

