

VOLUME NO. 4  
2022

October, November,  
December



## OUR GOAL

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

### Worcester Family Support Team

- Mike Diggins, Sr. Director of Family Support and Programming
- Mollie O'Leary, Family Support Coordinator
- Merari Alvarado, Bilingual Family Support Coordinator
- Rose Santillo, Individual Support Specialist
- Susan Kibe, ASL Family Support Coordinator
- Angela Pereira, ASD Autism Support Coordinator
- Amber Cannalunga, Family Support Coordinator
- Nicole Frattasio, Program Specialist
- Jeanne Costello, DESE Coordinator

If you have questions please contact Family Support at 774-703-3033

### FOLLOW US ON



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## Thrive Community Bulletin

### Goodbye Heat Waves, Hello Fall!

It was a busy and successful summer at Thrive. Participants had fun and were kept active and engaged. Hopefully we're done with those very hot days for a while!

We're looking forward to our new after-school program in Worcester for children ages 7-21. We are pleased to be able to offer this program free of charge thanks to the generosity of the United Way. The in-house activity center will follow a daily structure Monday-Thursday from 2:30-4:30. The program agenda includes a healthy snack, homework review and assistance, enrichment activities, physical activities, social skills practice, daily living skills practice, learning and using regulation skills and sensory tools. Each week will observe a theme or focus, such as healthy eating, music appreciation, theater, and more. Registrations are limited, enroll early!

Recently we heard from a parent of an adult child who is unable to participate in the activities offered by Thrive due to some limitations, such as speech/communication, mobility, and independence. The parent is interested in connecting with other parents of similar age and circumstance. As she stated, "Even with a great family unit to support you, it can be rewarding to share experiences with others at the same stage in life."

If you are 60+, caring for your adult child who is medically complex and interested in connecting with other parents of adult children who are similarly impacted by their disability, please contact Patty by email: [pcarlson@icanthrive.org](mailto:pcarlson@icanthrive.org)

We're going bowling this fall ... check out our new Bowling League on page 3 and Bowling special event on page 7.

We hope to see you soon at one of our fun activities, groups or informative workshops!

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

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



## Ladies' Group In-Person 18+

**Day:** Tuesday

**Time:** 6:00–7:30PM

**Location:** Marlborough office

**Program Fee:** \$15

Please bring snacks/dinner



## New! Photography Class

**Day:** Monday

**Time:** 5:00–6:30PM

**Location:** Worcester

**Fee:** \$15/WooPass: Free

Love taking pictures? Explore your creativity behind the camera.



## Art Club with Nicole 18+

**Day:** Monday

**Time:** 5:00–6:30PM

**Location:** Worcester

**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.



## TAAC

### Marlborough & Worcester

**Day & Time**

Mon, Wed, Friday 12–5:00PM,

Tuesday 10:00–5:00

**Fee:** \$50

**Location:** Marlborough & Worcester offices

Join us for high interest activities like cooking, yoga, Zumba, crafts, community trips and more.

## 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.



## Bowling

**Day:** Friday

**Time:** 11:30–5:00PM

**Location:** Worcester—Suite 108

**Program fee:** \$50/Woo pass: Free

Bring extra cash for ice-cream.

Includes food and two games.



## Gaming Monday with CJ

**Day:** Monday

**Time:** 5:00–6:30PM

**Location:** 100 Grove St Suite 108 Worcester

**Program Fee:** \$15/ **Woo Pass:** Free  
Love playing games? This is your opportunity to be part of the Worcester Gaming Group experience.



Canobie Lake Park trip!

## Thursday Mystery Out on the Town Ages 18+

**Day:** Thursday

**Time:** 10:00–4:00PM

**Location:** Worcester & Marlborough Office

**Program fee:** \$50/ Woo Pass &

**\*New-Boro Pass** Free

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



## Thrive at the YMCA Ages 18+ –Worcester

**Day:** Wednesday

**Time:** 12:00–3:30PM

**Location:** Meet at Worcester Office

**Program fee:** \$25 / **Woo Pass:** Free

Bring a bag lunch and a mask.

Transportation to the Y is provided.



## Thrive at the YMCA Ages 18+ –Worcester

**Day:** Friday

**Time:** 9:00–12:00PM

**Location:** Meet at Worcester Office

**Program fee:** \$25 / **Woo Pass:** Free

Bring a bag lunch and a mask.

Transportation to the Y is provided.

The Thrive Boro Pass is funded by the MetroWest Area DDS. Limited funding is currently available for DDS clients. First come, first served. **GOOD FOR USE on 'Thursday Mystery on the Town' ONLY**

# 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](mailto:fsactivities@icanthrive.org)

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



*League action starts  
October 18, 2022*

## Thrive's Weekly Bowling League

**Day:** Tuesday

**Time:** 6:00–8:00PM

**Location:** Bowlero 405 Boston Turnpike, Shrewsbury, MA

**Program fee:** \$20

Includes shoe rental and 3 strings of bowling

**Billing:** will be sent out each month

**Register at:**

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

**Prerequisites apply:** including independence in handling money, bathroom and accessing areas of interest, etc.

*"Thursday Mystery Out on the Town" activities follow.*

*Activity costs vary and additional fees may apply.*



**October 6, 2022**

## Stowe Farm Apple Picking & Dessert Baking

**Time:** 10:00–4:00PM

**Location:** Worcester/Marlborough

**Program fee:** \$50; **Woo Pass:** Free

Explore wagon rides, petting zoo, apple picking, and bake delicious desserts with the apples we pick!

**October 13, 2022**

## Day Trip to Salem, MA

**Time:** 10:00–4:00PM

**Location:** Worcester/Marlborough

**Program fee:** \$50/**Woo Pass:** Free

Salem is known for its rich maritime history and for the infamous witchcraft trials. Pack a lunch!



**October 20, 2022**

## Pumpkin Picking & Painting

**Time:** 10:00–4:00PM

**Location:** Worcester/Marlborough

**Program fee:** \$50; **Woo Pass:** Free

Enjoy the barnyard and playgrounds! Additionally you will have the opportunity to pick a pumpkin, decorate and paint. Pack a lunch.

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



**October 27, 2022**

## Halloween Party & Cupcake Decoration

**Time:** 10:00–4:00PM

**Location:** Worcester/Marlborough

**Program fee:** \$50; **Woo Pass:** Free

Be creative and dress in costumes. You will have the opportunity to decorate a cupcake Halloween style. Pack your lunch.



**November 3, 2022**

## Basketball Hall of Fame

**Time:** 10:00–4:00PM

**Location:** Worcester/Marlborough

**Program fee:** \$50/**Woo Pass:** Free

There's history behind the game of basketball and the players. Lots to see and do on this trip.

Holidays!

Oct 10, Nov 11, Nov 24,  
And Dec 26

Groups & classes will not meet on these days.

**Thursday November 10, 2022**

## Pumpnickel Puppets Visit

**Time:** 10:00–4:00PM

**Location:** Worcester/Marlborough

**Program fee:** \$50; **Woo Pass:** Free

Spend the day with us and enjoy a visit from the puppets. Be part of the show, meet colorful characters, dance and sing. It's a fun entertainment experience.

**November 17, 2022**

## EcoTarium

**Time:** 10:00–4:00PM

**Location:** Worcester/Marlborough

**Program fee:** \$50/**Woo Pass:** Free

Enjoy the rides and the narrow-gauge train pulled by a scale model of an 1860 steam engine. Learn about wild life, science and nature. Indoors and out, dress for the weather and pack a lunch.

**December 1, 2022**

## New England Botanic Garden

**Time:** 10:00–4:00PM

**Location:** Worcester/Marlborough

**Program fee:** \$50/**Woo Pass:** Free

This is an opportunity to explore and discover a 171 acre Botanic Garden just outside of Worcester. Dress for the weather and pack a lunch.

## 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.



# 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](mailto:fsactivities@icanthrive.org)

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

*"Thursday Mystery Out on the Town"*  
*continued*



**December 8, 2022**  
**Southwick Zoo**

**Time:** 10:00–4:00PM

**Location:** Worcester/Marlborough

**Program fee:** \$55/**Woo Pass:** Free

It's an adventure! Bundle up to explore winter wonderland with the animals at Southwick Zoo. Pack a lunch.



**December 15, 2022**  
**Worcester Art Museum & Ice Cream Social**

**Time:** 10:00–4:00PM

**Location:** Worcester/Marlborough

**Program fee:** \$50/ **Woo Pass:** Free  
Also known as WAM, the museum houses over 38,000 works of art dating from antiquity to the present day and representing cultures from all over the world.



**December 22, 2022**  
**Holiday Party & Cupcake Decorating**

**Time:** 10:00–4:00PM

**Location:** Worcester/Marlborough

**Program fee:** \$50/**Woo Pass:** Free

Come celebrate the Holidays with us and decorate a cupcake. Pack a lunch.

**Thursday December 29, 2022**  
**Foxwood's Casino**

**Time:** 10:00–4:00PM

**Age:** 21+



**Location:** Worcester/Marlborough

**Program fee:** \$50/**Woo Pass:**

Free

Try your luck and explore a wide variety of entertainment attractions and shopping.

*End of listing for "Thursday Mystery Out on the Town" activities.*

## Special Session for Thrivers



**Healthy Relationships and Sexuality–Free 18+**

**Dates:** 10/5, 10/12, 10/19, 10/26, 11/9, 11/16, 11/30, 12/14, 12/21

**Time:** 4:00–5:30PM

**Location:** Worcester

**Program fee:** Free

Healthy relationships and sexuality are fundamental human rights. This class will discuss and learn about 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. It is expected that participants are able to attend all sections as each week builds on the previous week.

## Young People Experiences (Ages vary)

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

**(TASC) Thrive After–School Club (Worcester) Ages 7–21**

**Days:** Monday through Thursday

**Time:** 2:30–4:30PM

**Location:** 100 Grove Street Suite 108 Worcester

**Program Fee:** Free

High interest activities like cooking, community trips, homework help: review, assistance and more.

### 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.

**Winter Vacation Camp Ages 12+ Day/Time:**

**Mon** 12/26 10:00AM–5:00PM

**Tue** 12/27 10:00AM–5:00PM

**Wed** 12/28 10:00AM–5:00PM

**Thu** 12/29 9:15AM–3:00PM

**Location:** Marlborough & Worcester offices

**Program Fee:** \$50/day

**Mon:** Art Day at Thrive

**Tue:** Movie Day

**Wed:** School Yahd

**Thu:** Bowling

# MetroWest Adult Experiences (Ages 18+)

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

## Social Groups



### Fall SOMA Soccer

**Days:** Saturdays 9/17, 9/24, 10/1, 10/15, 10/29  
**Time:** 8:30–12:30PM

**Ages:** 22+

**Location:** ForeKicks

219 Foster Street Marlborough

Please sign up to be a part of “Thrive Mustangs” no later than 9/10. No transportation will be provided for this event.

**Soccer Practice:** This will be held at Whitcomb Middle School in Marlboro on Tuesdays 9/13, 9/20, 9/27, from 6:15–7:15PM. No transportation will be provided for this event.

**Register at:**

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

### Social Night

**Ages:** 22+

**Day:** Thursdays

The first Thursday of the month will be at Thrive Office Rec Center in Marlboro.

10/6, 10/13, 10/20, 10/27

11/3, 11/10, 11/17, 12/1, 12/8, 12/15, 12/22, 12/29

The rest of the month’s schedule will be decided at the first–Thursday meetings

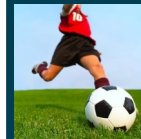
**Time:** 6:15–8:00PM

**Location:** Variety of locations in the Marlborough area

**Program Fee:** \$20

This outing is a way to share experiences at different locations. Please make sure to bring money for goods and activities.

*Sign up Friday prior to next week’s event.*



### Fall SOMA Soccer Tournament

**Ages:** 22+

**Date:** Sunday, November 6, 2022

**Time:** 8:30–2:30PM

**Location:** Governor’s Academy  
1 Elm Street Byfield, MA

All Thrive Mustangs are allowed to play as long as you participate in every practice/game. No transportation will be provided for this event.

**Register at:**

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

## Club Thrive

**Ages:** 18+

**Day:** Wednesdays

10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/23, 11/30, 12/7, 12/14, 12/21, 12/28

**Time:** 6:00–8:00PM

**Location:** Richer School

**Fee:** \$20 food included

Come and join us for a dance party every Wednesday night. Food is back! We will have a Halloween themed dance on 10/26, Holiday Party on 12/21, and New Year’s Eve Party on 12/28. An additional charge of \$5 will apply on these dates.

*Sign up Friday prior to next week’s event.*

**Register at:**

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

WE ALSO NEED VOLUNTEERS FOR THIS EVENT. IF INTERESTED PLEASE REACH OUT TO ELLEN AT: [emurphy@icanthrive.org](mailto:emurphy@icanthrive.org)



ANY TRANSPORTATION CHANGES OR UPDATES WILL BE POSTED ON THRIVE’S FACEBOOK PAGE AT:  
Thrive Support & Advocacy | Facebook

## Thrive Self-Advocates Group

**Day’s:** 9/12, 10/11, 11/8, 12/13

**Time:** 5:00 to 6:00PM

**Location:** Virtual

**Program fee:** Free

**Registration:** Email George Kent at [gkent@icanthrive.org](mailto:gkent@icanthrive.org).

Starting September 12!

## 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).

## Other Announcements

Workshops are virtual. Pre-registration is required by emailing [fsactivities@icanthrive.org](mailto:fsactivities@icanthrive.org)



### 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!



### Thanksgiving Basket Donation

Thrive is organizing and collecting non-perishable food to put together Thanksgiving baskets. Each basket will be donated to a family in need. We are calling on your generosity to join us. Your donation can be delivered to the Marlborough or Worcester office before November 16th.

Holidays!  
Oct 10, Nov 11, Nov 24,  
And Dec 26

Groups & classes will not  
meet on these days.

### Holiday Toy Drive

Imagine a child without a toy at Christmas!

Last year Thrive secured toys for 244 children ages 0–13; this year we hope to deliver the same happiness to children served. We hope you will join in our efforts to collect enough toys to deliver something to each child. If you are able to help us make dreams come true this Christmas, donations will be accepted until December 16, 2022 at our office locations in Marlborough and Worcester.

### Flu Clinic

October 21, 2022 from 2–4 PM

Provided by UMass Memorial Health

Location: 100 Grove St Worcester

Register by Oct. 14 at:  
[fsactivities@icanthrive.org](mailto:fsactivities@icanthrive.org)

It is free, but please bring insurance information if you have it.

### 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.

## FLOURISH

### FLOURISH at Thrive ... a new Food Pantry!

This fall, Thrive will open a new and much needed food pantry in our Worcester office. With pandemic aid mostly ending, and with the rising price of food, more and more Thrive individuals and families are having difficulty purchasing enough healthy food. Did you know that people with developmental disabilities are more likely to have food allergies and sensitivities? Allergen-free foods and special diets are often even more expensive than typical grocery items.

When we saw this growing need, we decided we had to do something to help! We have dedicated a space in our new Worcester Community Center for a specialized food pantry called "Flourish @ Thrive." We are partnering with a number of organizations, including Worcester Polytechnic Institute, to make this dream a reality. We plan to offer some delivery as well as pop-ups in the Marlborough office. Follow us on social media for more information as it becomes available!



# Bowl-A-Thon Special Event

We are thrilled to announce a NEW recreational and fundraising opportunity!

The first annual “Unforgetta-Bowl Night,” an inclusive bowling event, will take place on Thursday, October 27, 2022, from 4:00pm – 7:00pm at Apex Entertainment in Marlborough, MA. Whether you’re a long-time bowler or have never bowled before, this activity is for you. This event has a unique twist – sponsors get the opportunity to play alongside and keep score for our attendees, creating an event perfect for families, groups, individuals, and sponsors. It’s also a great team building activity! Food will be provided, and our attendees with disabilities are always free.

Interested in bowling for yourself or your group?

Or, considering sponsoring a lane to cover our individuals’ costs and support our year-round recreation program?

Email Sean: [srose@icanthrive.org](mailto:srose@icanthrive.org).

## THRIVE STORE



\$10.00



\$ 5.00



\$20.00



Logos and Color's Available  
Sizes: S/M/L/XL/2XL/3XL

**Thrive Store Shopping  
is by Cash or Invoice Only!**

**For more information  
or special request please  
contact:  
[apereira@icanthrive.org](mailto:apereira@icanthrive.org)**



\$7.00





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



Day Program Worcester



Check out the fun! And the smiles!

