

Get Involved with Thrive Support & Advocacy



This fall has been full of excitement at both our Marlborough and Worcester offices. In October, we held the first-ever “Unforgetta-Bowl Night,” a bowling fundraiser which drew over 75 participants, staff, and donors. It was a night to remember, with even a few strikes thrown! In Marlborough, we ran ten dance parties at Club Thrive, eight social nights all around the MetroWest area, and eight weekend special events, plus Special Olympics. Wow!! The Thrive Adult Afternoon Community and the TASC after-school club continue as well.

In Worcester, the social and recreation activities have been very well attended. These programs host 20 – 40 people per day! Activities such as Salem for Halloween, the Eco-Tarium, movie theaters, shopping, and even Foxwoods, have been exciting and engaging. Our bowling league has grown each week, with over fifty people attending some weeks. And don’t forget the opening of the NEW Flourish @ Thrive Food Pantry, which has already supported dozens of our Family Support clients. The Family Support Team distributed over 100 Thanksgiving meals as well.

Want to join us? Please take a look at the activity offerings in this newsletter, and we hope to see you soon!

Stacey Forrest
Chief Operating Officer
Thrive Support & Advocacy

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IMPORTANT

Regarding Worcester Adult Experiences: 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

In addition: Though these are labeled as 18+ Adult Experiences, the **age range for activities is a flexible** guideline, and those outside the range are considered on an individual basis.

Cancellations: Please check the email address you registered with for cancellation status. If the local school system is closed due to inclement weather, our programs will also be closed. cancellations may occur on short notice.

Holidays: (1/2, 1/16, 2/20)
Groups and Classes will not meet on these days.

The Thrive **Woo pass** is funded by the Worcester Area DDS office. Limited funding is currently available for DDS Worcester clients.

Contact Us:

Marlborough: 508-485-4227

Worcester: 774-703-3033



Use this QR code to visit our website or go to icanthrive.org



The Flourish at Thrive food pantry is now open for Thrive Participants

Marlborough Office: 65 Boston Post Rd W Suite 220, Marlborough, MA 01752

Worcester Office: 100 Grove St Suite 108, Worcester, MA 01605

Thrive Experiences

Any activity that does not have a specified age is 18+, however age restrictions are flexible, please read page 2

Clubs and Groups

LADIES' GROUP

Day(s): Tuesday
Time(s): 6:00 - 7:30PM



Dates: Starts 1/3

Location: Marlborough office

Fee: \$15

Description: Join us to discuss women's issues and interests! Please bring snacks or dinner.

If interested, email
fsactivities@icanthrive.org

TAAC

Day(s): Mon, Wed, Fri.
Time(s): 12:00 - 5:00PM

Dates: Starts 1/4, EXCEPT 1/2, 1/16, 2/20, 4/17

Location: Marlborough & Worcester

Fee: \$50

Description: The Thrive Adult Afternoon Community includes activities like cooking, crafts, community trips, social skills and more.

If interested, email
fsactivities@icanthrive.org

GAMING MONDAY W/ CJ

Day(s): Monday
Time(s): 5:00 - 6:30PM



Dates: Starts 1/9 EXCLUDES 1/2, 1/16, 2/20, 4/17

Location: Worcester Office

Fee: \$15 (free if you have WooPass)

Description: Love playing video games? This is an opportunity to be part of a gaming group experience!

If interested, email
fsactivities@icanthrive.org

CLUB THRIVE

Day(s): Wednesday
Time(s): 6:30 - 8:30PM

Dates: 1/4 - 3/29 EXCEPT 2/22

Location: Richer Elementary

Fee: \$10 (no transportation)

Description: An evening of socializing with friends and dancing. Note: food & drink will not be supplied during these winter months.

If interested, email
socialandrec@icanthrive.org

THRIVE BOWLING LEAGUE

Day(s): Tuesday
Time(s): 6:00 - 8:00PM



Dates: 1/3 - 3/28

Location: Bowlero 405 Boston turnpike Shrewsbury, MA

Fee: \$20

Description: Come enjoy three strings of bowling with fellow Thrivers.

If interested, email
fsactivities@icanthrive.org

ART CLUB

Day(s): Mondays
Time(s): 5:00 - 6:30PM



Dates: Starts 1/9, EXCEPT 1/2, 1/16, 2/20, 4/17

Location: Worcester Office

Fee: \$15 (free if you have WooPass)

Description: All levels welcome! Work with different forms of media to make one-of-a-kind keepsakes.

If interested, email
fsactivities@icanthrive.org

BASKETBALL PRACTICE

Day(s): Monday
Time(s): 7:00 - 9:00PM



Dates: Starts 1/9 EXCEPT 1/2, 1/16, 2/20, 4/17

Location: Whitcomb Middle School, Marlborough

Fee: \$20 (for transportation)

Description: Once a week practice before weekly tournaments leading up to a season ending tournament on April 2, 2023.

If interested, email
fsactivities@icanthrive.org

SOMA LEAGUE BASKETBALL TOURNAMENTS

Day(s): Saturday
Time(s): 9:00 - 5:00PM

Dates: 1/21 - 3/18

Location: Yawkey sports center

Fee: \$20 (for transportation)

Description: Weekly tournaments leading up to a season ending event on April 2, 2023.

If interested, email
socialandrec@icanthrive.org

SOMA STATE BASKETBALL TOURNAMENT

Day(s): Sunday
Time(s): 8:00 - 5:00PM

Date: 4/2

Location: Yawkey Sports Center

Fee: \$20 for transportation

Description: Season ending event for qualifying teams.

If interested, email
socialandrec@icanthrive.org

Thrive Experiences

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Clubs and Groups

THRIVE SELF ADVOCATES GROUP

Day(s): 2nd Tuesday of each month

Time(s): 5:30 - 6:30PM

Dates: 1/10, 2/14, 3/14

Location: Via Zoom

Fee: none

Description: Thrivers meet virtually to learn, discuss and participate in Advocacy.

If interested, email
fsactivities@icanthrive.org

AMERICAN SIGN LANGUAGE CLASSES

Day(s): Tuesday

Time(s): 10:30 - 11:30AM

Dates: 1/17 - 2/21

Location: Worcester Office

Fee: none

Description: Perfect for anyone looking to learn sign language.

If interested, email
fsactivities@icanthrive.org

Vacations

FEBRUARY VACATION ACTIVITIES 10+

(\$50 per day or free if you have Woo-pass)

Tuesday, 2/21:
Movies, Gaming & Popcorn
10 - 5PM, please bring a lunch.

Wednesday, 2/22:
Art Day at Thrive
12 - 5PM, please bring a lunch.

Thursday, 2/23:
Pizza and Dance party
10 - 5PM, lunch provided.

Friday, 2/24:
Bowling
12 - 5PM, lunch provided.

Email fsactivities@icanthrive.org

APRIL VACATION ACTIVITIES 10+

(\$50 per day or free if you have Woo-pass)

Monday, 4/17:
Cooking lunch and dessert bar
12 - 5PM, lunch provided.

Tuesday, 4/18:
Movies, Gaming & Popcorn
10 - 5PM, please bring a lunch.

Wednesday, 4/19:
Art Day at Thrive
12 - 5PM, please bring a lunch.

Thursday, 4/20:
Pizza and Dance party
10 - 5PM, lunch provided.

Friday, 4/21:
Bowling
12 - 5PM, lunch provided.

Email fsactivities@icanthrive.com

Workshops

SPECIAL NEEDS TRUSTS AND PROTECTING ENTITLEMENTS W/ GAYLE GREENE

Date: Wednesday, January 4th

Time(s): 6:30 - 8:00PM

Location: Virtual

Fee: none

Description: Learn about financial planning for families, special needs trusts, the kind of trusts, and more.

If interested, email
fsactivities@icanthrive.org

SEXUALITY AND HEALTHY RELATIONSHIPS 18+

Day(s): Tuesdays

Time(s): 1:00 - 2:30PM

Dates: 1/10 - 2/14

Location: Worcester Office

Fee: none

Description: Learn about types of relationships, communication, social media, caring for one's body, sexual feelings and acts, safe sex and more.

If interested, email
fsactivities@icanthrive.org

NATIONAL GRID WEBINAR

Date: Wednesday, January 11th

Time(s): 1:00 - 2:30PM

Location: Virtual and In-Person (Worcester)

Fee: none

Description: 1 - 1:30 Virtual Overview of offerings; 1:30 - 2:30 One-on-one in-person help (enroll customers into plans).

If interested, email
fsactivities@icanthrive.org

FINANCIAL PLANNING W/ LEO ROTMAN

Date: Wednesday, March 28th

Time(s): 6:00PM

Location: Virtual

Fee: none

Description: Take advantage of investment advisory services through the River Financial group.

If interested, email
fsactivities@icanthrive.org



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Events and Outings

THRIVE AT THE YMCA

Day(s): Wednesday

Time(s): 12:00 - 5:00PM

Dates: Starts 1/4

Pick-up/ drop-off: Worcester office

Fee: \$50 (free if you have WooPass)

Description: Please bring a lunch and a mask, transportation to The Y is provided.

If interested, email
fsactivities@icanthrive.org

BOWLING - ALL AGES

Day(s): Friday

Time(s): 11:00 - 5:00PM

Dates: 1/6 - 4/28

Pick-up/ drop-off: Worcester office

Fee: \$50 (free if you have WooPass)

Description: We welcome participants of all ages to join us for some fun bowling days.

If interested, email
fsactivities@icanthrive.org



SOCIAL NIGHT

Day(s): Thursday

Time(s): 6:15 - 8:00PM

Dates: 2/9 - 3/30

Locations: Variety of locations in the Marlborough area

Fee: \$15 for transportation

Description: A contact list will be created to keep everyone informed on the monthly line up.

If interested, email
socialandrec@icanthrive.org



Flexing some muscles at the Basketball Hall of Fame

INDOOR MINI GOLF

Date: Thursday, January 12th

Time(s): 10:00 - 5:00PM

Pick-up/ drop-off: Worcester and Marlborough offices

Fee: \$50 (free if you have WooPass)

Description: A fun-filled 18 holes of golf! Bring extra money for treats and pack a lunch.

If interested, email
fsactivities@icanthrive.org

DR. SUESS MUSEUM

Date: Thursday, January 26th

Time(s): 10:00 - 5:00PM

Pick-up/ Drop-off: Worcester and Marlborough offices

Fee: \$50 (free if you have WooPass)

Description: Learn about the life and story behind Dr.Suess and his books!

If interested, email
fsactivities@icanthrive.org

THRIVE TALENT SHOW

Date: Thursday, January 19th

Time(s): 10:00 - 5:00PM

Location: Worcester and Marlborough offices

Fee: \$50 (free if you have WooPass)

Description: Come show off your fun and unique talents to our Thrive community.

If interested, email
fsactivities@icanthrive.org

Thursday Outings

MOVIE DAYS

Day(s): Thursday

Time(s): 10:00 - 5:00PM

Dates: 1/5 and 2/2

Pick-up/ drop-off: Worcester and Marlborough offices

Fee: \$50 (free if you have WooPass)

Description: A fun day at the movies. Bring money for food!

If interested, email
fsactivities@icanthrive.org



BOSTON SPORTS MUSEUM

Date: Thursday, February 9th

Time(s): 10:00 - 5:00PM

Pick-up/ Drop-off: Worcester and Marlborough offices

Fee: \$50 (free if you have WooPass)

Description: Come learn about your favorite Massachusetts sports teams.

If interested, email
fsactivities@icanthrive.org

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Thursday Outings

VALENTINES' DAY PARTY



Date: Thursday, February 16th

Time(s): 10:00 - 5:00PM

Pick-up/ drop-off: Worcester and Marlborough offices

Fee: \$50 (free if you have WooPass)

Description: Join us for exciting activities like cupcake decorating and valentines games.

If interested, email
fsactivities@icanthrive.org

JFK LIBRARY



Date: Thursday, March 2nd

Time(s): 10:00 - 5:00PM

Pick-up/ drop-off: Worcester and Marlborough offices

Fee: \$50 (free if you have WooPass)

Description: This library is full of books and artifacts relating to JFK, the 35th president of the United States. Please bring a lunch.

If interested, email
fsactivities@icanthrive.org

FOXWOODS (21+ ONLY)

Date: Thursday, March 9th

Time(s): 9:00 - 5:00PM

Pick-up/ Drop-off: Worcester/ Marlborough offices

Fee: \$50 (free if you have WooPass)

Description: Test your luck on the Slot machines! Lunch is provided, bring money for gambling.

If interested, email
fsactivities@icanthrive.org

XTREME CRAZE

Date: Thursday, March 16th

Time(s): 10:00 - 5:00PM

Pick-up/ Drop-off: Worcester/ Marlborough offices

Fee: \$50 (free if you have WooPass)

Description: Laser tag and fun on inflatables! Please bring money.

If interested, email
fsactivities@icanthrive.org

MYSTIC AQUARIUM



Date: Thursday, March 23rd

Time(s): 9:00 - 5:00PM

Pick-up/ Drop-off: Worcester/ Marlborough offices

Fee: \$50 (free if you have WooPass)

Description: Love sea creatures? Mystic aquarium is a great place to see unique fish, dolphins, turtles, and more. Bring a lunch.

If interested, email
fsactivities@icanthrive.org

BOUNDLESS ADVENTURES ZIPLINE & AERIAL PARK

Date: Thursday, March 30th

Time(s): 10:00 - 5:00PM

Pick-up/ Drop-off: Worcester and Marlborough office

Fee: \$50 (free if you have WooPass)

Description: Feeling adventurous? Join in on a trip to boundless adventures! Please bring a lunch.

If interested, email
fsactivities@icanthrive.org

ISABELLA GARDENER MUSEUM

Date: Thursday, April 6th

Time(s): 10:00 - 5:00PM

Pick-up/ Drop-off: Worcester and Marlborough offices

Fee: \$50 (free if you have WooPass)

Description: This museum is home to a variety of paintings, sculptures, and other beautiful pieces of art.

If interested, email
fsactivities@icanthrive.org

BROAD MEADOW TRAIL



Date: Thursday, April 13th

Time(s): 10:00 - 5:00PM

Pick-up/ Drop-off: Worcester and Marlborough office

Fee: \$50 (free if you have WooPass)

Description: A great way to experience nature and get active! Please dress appropriately for the weather and bring a lunch.

If interested, email
fsactivities@icanthrive.org

OLD STURBRIDGE VILLAGE

Date: Thursday, April 27th

Time(s): 10:00 - 5:00PM

Pick-up/ Drop-off: Worcester and Marlborough office

Fee: \$50 (free if you have WooPass)

Description: Discover what Massachusetts was like in 1830. Please bring a lunch.

If interested, email
fsactivities@icanthrive.org