

Get Involved with Thrive Support & Advocacy



Event Spotlight

This past month our Thrive Self-Advocates group took over Worcester City Hall! It was an educational experience learning about municipal government and the rich history of the city of Worcester. This is one of three trips the group will embark on as they will soon tour Marlborough City Hall and then the State House and will be setting up meetings with members of our state delegation in Middlesex County as part of their state house tour. This group is fantastic in sharing their advocacy and experience, and they are also very eager to learn more about how they can impact our communities. Thrive's mission is to empower, and this group is empowering and amplifying the voices of our Thrivers and others with disabilities through their advocacy, education, and action.

Sean Rose
President and CEO
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.

Contact Us:

Marlborough: 508-485-4227

Worcester: 774-703-3033



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

Holidays: 5/29 and 6/19.

No programs, events or outings will be held on these days.

Come visit Flourish @ Thrive, our very own food pantry:

Monday: 1:00 - 4:00

Thursday: 10:00 - 1:00

Saturday: 10:00 - 1:00

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

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: Now- June

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, Tues, Wed, Fri.
Time(s): 12:00 - 5:00PM on M, W, F and 10:00 - 5:00PM on Tuesday.

Dates: Now - June (except 4/17, 5/29, 6/19)

Location: Marlborough & Worcester

Fee: \$50

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

If interested, email
fsactivities@icanthrive.org

TASC AFTER SCHOOL PROGRAM (AGES 7 - 21)

Day(s): Mon, Tues, Wed, Fri
Time(s): 2:30 - 5:00PM

Dates: Now - June (except 4/17, 5/29, 6/19)

Location: Worcester Office

Fee: none

Description: This program has a range of fun activities for everyone!

If interested, email
fsactivities@icanthrive.org

GAMING MONDAY W/ CJ

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



Dates: Now - June (except 4/17, 5/29, 6/19)

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

PAINT NIGHT

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



Dates: Now - June (except 4/17, 5/29, 6/19)

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

STRENGTH & CONDITIONING WORKOUT CLASSES

Day(s): Monday
Time(s): 11:30 - 1:30PM

Dates: Now - June (except 4/17, 5/29, 6/19)

Location: Marlborough & Worcester Office

Fee: \$15

Description: Break a sweat with fellow Thrivers and learn some fun exercises.

If interested, email
fsactivities@icanthrive.org

SWIM PRACTICE

Day(s): Sunday
Time(s): 5:00 - 6:00PM

Dates: 4/2, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 5/28, 6/4

Location: Westboro Tennis and Swim Club

Fee: N/A

Description: This event is at capacity due to pool size and lane availability.

If interested, email
socialandrec@icanthrive.org

THRIVE SELF ADVOCATES GROUP

Day(s): 2nd Tuesday of each month
Time(s): 4:30 - 5:30PM

Dates: 4/11, 5/9, 6/13

Location: Via Zoom

Fee: none

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

If interested, email
gkent@icanthrive.org

CLUB THRIVE

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

Dates: 4/12, 4/26, 5/10, 5/24, 6/7, 6/21

Location: Amvets Post 1980-17 Fitchburg Street, Marlboro

Fee: \$10 (no transportation)

Description: Socializing with friends and dancing! Food & drink will be served at a subsidized rate.

If interested, email
socialandrec@icanthrive.org

Thrive Experiences

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Clubs and Groups

TRACK AND FIELD PRACTICE

Day(s): Friday

Time(s): 6:15 - 7:30PM

Dates: 4/7, 4/14, 4/21, 4/28, 5/5, 5/12, 5/19, 5/26, 6/2

Location: Hudson High School
Outdoor Track

Fee: TBD

Description: Track & Field practice with weekly tournaments leading up to a qualifying event and season final tournament.

If interested, email
socialandrec@icanthrive.org

SOMA TRACK & FIELD QUALIFIER

Day(s): Saturday

Time(s): All Day

Dates: 5/2

Location: Assabet Regional Tech

Fee: TBD

Description: SOMA qualifiers to advance to summer games.

If interested, email
socialandrec@icanthrive.org

SOMA TRACK & FIELD SUMMER GAMES

Day(s): Friday - Sunday

Time(s): All Day

Dates: 6/9 - 6/11

Location: BU and Harvard

Fee: TBD

Description: Season ending event for qualifying teams.

If interested, email
socialandrec@icanthrive.org



SOCIAL NIGHT

Day(s): Thursday

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

Dates: 4/6, 4/13, 4/20, 4/27 & 5/4, 5/11, 5/18, 5/25, 6/1, 6/8, 6/15, 6/22, 6/29

Location: Variety of locations in Marlborough

Fee: \$15 (for transportation)

Description: Variety of social outings in the Marlborough area. A contact list will be created to keep everyone informed of the line up.

If interested, email
socialandrec@icanthrive.org

MONTHLY MOVIE

Day(s): Sunday

Time(s): TBD

Dates: TBD

Location: TBD

Fee: \$20 for transportation

Description: Monthly movie at various locations. A contact list will be created for all registered participants.

If interested, email
socialandrec@icanthrive.org



WORKSHOP: FINANCIAL PLANNING W/ LEO ROTMAN

Date: May 24th

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



April Vacation (10+)

(\$50 per day or free with 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

Events and Outings

THRIVE AT THE YMCA

Day(s): Wednesday

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

Dates: 4/5 - June

Pick-up/ drop-off: Worcester office

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

Description: Bring a lunch and a mask, transportation is provided.

If interested, email
fsactivities@icanthrive.org

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Events and Outings

MORNING YMCA

Day(s): Friday

Time(s): 10:00 - 11:30AM

Dates: Now - June

Pick-up/ drop-off: Worcester office

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

Description: Bring a lunch and a mask, transportation is provided.

If interested, email
fsactivities@icanthrive.org

BOWLING - ALL AGES

Day(s): Friday

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

Dates: 4/7 - 6/30

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



ART DAY AT THRIVE

Date: Wednesday, April 19th

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

Location: Worcester and Marlborough offices

Fee: \$50

Description: We invite people of all ages to this day full of art projects.

If interested, email
fsactivities@icanthrive.org



PIZZA & DANCE PARTY

Date: Thursday, April 20th

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

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

Fee: \$50

Description: Eat delicious pizza and dance with your friends!

If interested, email
fsactivities@icanthrive.org

SOUTHWICK'S ZOO

Date: Sunday, May 21st

Time(s): 9:00 - 2:00PM

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

Fee: \$35 with transportation

Description: Please pre-register in advance as tickets are becoming limited.

If interested, email
socialandrec@icanthrive.org

FOXWOODS (21+)

Date: Sunday, June 25th

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

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

Fee: \$35 with transportation

Description: Test your luck at Mohegan Sun

If interested, email:
socialandrec@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: A museum home to a variety of beautiful art pieces.

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: 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

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Thursday Outings

BASKETBALL HALL OF FAME

Date: Thursday, May 4th

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 best basketball players in the history of the NBA.

If interested, email
fsactivities@icanthrive.org

ECOTARIUM

Date: Thursday, May 11th

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

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

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

Description: Engage in indoor/ outdoor experiences to learn about nature and animals. Pack a lunch!

If interested, email
fsactivities@icanthrive.org

DR. SUESS MUSEUM

Date: Thursday, May 18th

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

BOTANICAL GARDEN

Date: Thursday, May 25th

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

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

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

Description: Be sure to bring a lunch.

If interested, email
fsactivities@icanthrive.org



HAMPTON BEACH TRIP

Date: Thursday, June 1st

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

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

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

Description: Fun in the sun! Bring a lunch, sunscreen and extra money for activities.

If interested, email
fsactivities@icanthrive.org



SOUTHWICK'S ZOO

Date: Thursday, June 8th

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

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

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

Description: Spend a day at New England's largest zoo that is home to 850 animals!

If interested, email
fsactivities@icanthrive.org



CANOIE LAKE PARK

Date: Thursday, June 15th

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

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

Fee: \$55 (free if you have WooPass)

Description: Come to Canobie for roller coasters, games and food! Bring extra money.

If interested, email
fsactivities@icanthrive.org

PUMPERNICKEL PUPPET SHOW

Date: Thursday, June 22nd

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

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

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

Description: An entertaining and interactive show, please bring a lunch.

If interested, email
fsactivities@icanthrive.org

MYSTIC SEAPORT MUSEUM

Date: Thursday, June 29th

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

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

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

Description: Look at and learn about all things boats! Please bring a lunch.

If interested, email
fsactivities@icanthrive.org

