

# Get Involved with Thrive Support & Advocacy



## Event Spotlight

This past quarter saw the continuation of our Thrivers' and community partners' generosity in many ways! We also saw the creation of one new advocacy group and a refocus on an existing advocacy group, aligned with our Thrive mission.

Thrive met our goal of providing Thanksgiving meals for the third consecutive year. We fed 1,204 individuals this year through our Flourish at Thrive Food Pantry. Special thanks to our Thrive staff and volunteers, the Jack and Kathy Shields Foundation, Buds Goods & Provisions, Worcester Union Athletics, Bank of America, Table Talk Pies, Inc., UMass Chan Medical School, and the WooSox Foundation for their generosity and support to this initiative.

We are also thankful for our newly created "Thrive Family Forever" group, which did its part in providing food to benefit our food pantry. This is one of many endeavors this group has in store to help support vulnerable populations in the coming year.

Thrive also revamped its long-standing "Self-Advocates Group" to "Thrive Advocates Group," aka "TAG," with an intentional focus on bettering Thrive's internal practices while amplifying the voice of our Thrivers through legislation and in the community.

"We make a living by what we get, but we make a life by what we give" - Winston Churchill. Our Thrivers embraced this approach through their actions and commitment this past quarter. We are all very proud and hope to continue our commitment to self-reflection and altruism throughout this coming year.

Happy New Year from all of us at Thrive Support & Advocacy!

Sean Rose  
President and CEO  
Thrive Support & Advocacy

## Table of Contents

Cover page.....	1
Policies and info.....	2
Clubs and Groups.....	3
February Vacation.....	4
Thursday Outings.....	4+

# 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](mailto: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](http://icanthrive.org)

**Holidays:** 1/1, 1/15 and 2/19.  
**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 - 7:00PM

**Dates:** 1/2024 -3/2024

**Location:** Marlborough office

**Fee:** \$15

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

**If interested, email**  
[fsactivities@icanthrive.org](mailto:fsactivities@icanthrive.org)

### TAAC DAY PROGRAM

**Day(s):** Mon, Tues, Wed, Fri.

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

**Dates:** 1/2024 -3/2024 (excluding 1/1/24, 1/15/24, 2/19/24)

**Location:** Marlborough & Worcester

**Fee:** \$50

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

**If interested, email**  
[fsactivities@icanthrive.org](mailto:fsactivities@icanthrive.org)

### THRIVE FAMILY FOREVER GROUP

**Day(s):** Tuesdays

**Time(s):** 4:00pm -5:00pm

**Dates:** 1/16, 02/13, 03/12

**Location:** Zoom meeting

**Fee:** N/A

**Description:** Thrive Family Together is a new group focused on community service to others. They hold monthly meetings to discuss ideas for service, planning and implementation. If you would like to join, please contact Nanette.

**If interested, email**  
[ngoldstein@icanthrive.org](mailto:ngoldstein@icanthrive.org)

### NIGHTTIME DROP-IN RESPITE

**Day(s):** Mon, Tue, Wed, Thurs, Fri, Sat

**Time(s):** Mon-Fri 6:00-9:00pm; Sat 9:00-1:00pm

**Dates:** Monthly 1/2024 - 3/2024 (excluding 1/1/24, 1/15/24, 2/19/24)

**Location:** Worcester Office

**Fee:** Free

**Description:** Come make new friends and participate in many fun activities together! There are 10 spots available per day.

**If interested, email**  
[apereira@icanthrive.org](mailto:apereira@icanthrive.org)

### THRIVE ADVOCACY GROUP

**Day(s):** Wednesday

**Time(s):** 4:30 - 6:00PM

**Dates:** 1/10, 2/21, 3/20

**Location:** Marlborough office

**Fee:** none

**Description:** Thrive Advocates participate in monthly meetings and activities intended to learn about, promote and actively engage in self, individual, and systems advocacy.

**If interested, email**  
[gkent@icanthrive.org](mailto:gkent@icanthrive.org)



### CLUB THRIVE

**Day(s):** Wednesday

**Time(s):** 7:00 - 9:00PM

**Dates:** 01/17, 01/31, 02/28, 03/13, 03/27

**Location:** Amvets Post 1980-17 Fitchburg Street, Marlboro, MA

**Fee:** \$15 (additional \$15 for transportation)

**Description:** Come join us for an evening of socializing with friends and dancing. Please note food and drinks will be served for a fee. If transportation is needed, you MUST sign up 48 hours in advance.

**If interested, email**  
[socialandrec@icanthrive.org](mailto:socialandrec@icanthrive.org)



### TASC AFTER SCHOOL PROGRAM (AGES 7 - 21)

**Day(s):** Mon, Tues, Wed, Fri

**Time(s):** 2:30 - 5:00PM

**Dates:** 1/2024 -3/2024 (excluding 1/1/24, 1/15/24, 2/19/24)

**Location:** Marlborough Office

**Fee:** \$30

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

**If interested, email**  
[fsactivities@icanthrive.org](mailto:fsactivities@icanthrive.org)

### ART CLUB

**Day(s):** Wednesday

**Time(s):** 5:15pm - 6:30PM

**Dates:** 1/3/2024 - 3/27/2024

**Location:** Worcester Office

**Fee:** \$25

**Description:** Let's create a HUGE art project together! You are welcome to come even if you do not want to work on this project. You can make your own art too!

**If interested, email**  
[fsactivities@icanthrive.org](mailto:fsactivities@icanthrive.org)



### SOMA ALPINE SKIING

**Day(s):** Mondays

**Time(s):** Evenings

**Dates:** 01/08, 01/15, 01/22, 01/29, 02/05, 02/12, 02/19, 02/26

**Location:** Ski Ward Ski Area, 1000 Main Street, Shrewsbury, MA

**Fee:** No Transportation

**Description:** SOMA Alpine skiing is a two-month training and practice, capped off with competition in the Alpine SOMA event at the end of the season.

**If interested, email**  
[socialandrec@icanthrive.org](mailto:socialandrec@icanthrive.org)



# Thrive Experiences

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## SOCIAL NIGHT



**Day(s):** Thursdays

**Time(s):** 6:00pm -8:00pm

**Dates:** 01/11, 01/18, 01/25, 02/01, 02/08, 02/15, 02/22, 02/29, 03/07, 03/14, 03/21, 03/28

**Location:** Various locations in the Marlborough Area. Participants will discuss monthly destinations for the future, 4 weeks at a time.

**Fee:** \$15 (for transportation)

**Description:** These outings are a way to share experiences at different locations in a community atmosphere. Please be sure to bring money for Food and activities. Cost can range up to \$20-\$25. If transportation is needed, you MUST sign up 48 hours in advance.

If interested, email  
[socialandrec@icanthrive.org](mailto:socialandrec@icanthrive.org)

## SOMA BASKETBALL



**Day(s):** Fridays

**Time(s):** 7:00pm -9:00pm

**Dates:** 01/05, 01/12, 01/19, 01/26, 02/02, 02/09, 02/16, 03/01, 03/08, 03/15, 03/22, 03/29, 04/05, 04/12, 04/16 (excluding 02/23, 04/19)

**Location:** Whitcomb Middle School, Marlborough MA

**Fee:** \$15 For Transportation

**Description:** SOMA Basketball has started up this season. Practice dates are listed above. Thrive has 2 teams that compete at the Yawkey Sports Training Center in Marlborough, and other Tournaments around Massachusetts. Cancellation of practice due to inclement weather follows the school cancellation for Marlborough.

If interested, email  
[socialandrec@icanthrive.org](mailto:socialandrec@icanthrive.org)

## FEBRUARY VACATION WEEK

**Day(s):** Tues, Wed, Thurs, Fri

**Time(s):** Tues-Fri 10am -5pm

**Dates:** 2/20/2024 - 2/23/2024

**Location:** Marlborough and Worcester offices

**Fee:** \$50

**Description:** Come and have some fun on vacation week. Tues. will be Arts & Crafts Day, Wed. we will make lunch together, Thurs. is movie Day, and Friday is Game Day. Please bring your lunch on Tuesday and Thursday. Lunch is provided on Wed. and Fri.

If interested, email  
[fsactivities@icanthrive.org](mailto:fsactivities@icanthrive.org)



## Thursday Outings

### NEW YEAR'S PARTY



**Day(s):** Thursday

**Time(s):** 10:00am-5:00pm

**Dates:** 1/4/2024

**Pick-up/ drop-off:** Marlborough office, Worcester office

**Fee:** \$50

**Description:** Celebrate the New Year party with all your friends! Lets talk about New Year's resolutions and what that means, as we play some games and have fun! Lunch provided.

If interested, email  
[fsactivities@icanthrive.org](mailto:fsactivities@icanthrive.org)

### DISCOVERY MUSEUM

**Day(s):** Thursday

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

**Dates:** 1/11/2024

**Pick-up/ drop-off:** Marlborough office, Worcester office

**Fee:** \$50

**Description:** Lets go have fun at the Discovery Museum learning about science, nature, and playing with some high-tech equipment. Make sure to bring your lunch.

If interested, email  
[fsactivities@icanthrive.org](mailto:fsactivities@icanthrive.org)

### FOXWOODS TRIP 21+



**Day(s):** Thursday

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

**Dates:** 1/18/2024

**Pick-up/ drop-off:** Marlborough office, Worcester office

**Fee:** \$50

**Description:** Who is ready to test their luck with friends? You can also shop in the mall. Lunch will be provided.

If interested, email  
[fsactivities@icanthrive.org](mailto:fsactivities@icanthrive.org)

# Thrive Experiences

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## Thursday Outings

### CLAY TIME



**Day(s):** Thursday  
**Time(s):** 10:00 - 5:00PM  
**Dates:** 1/25/2024

**Pick-up/ Drop-off:** Marlborough office, Worcester office.

**Fee:** \$50

**Description:** Let's have fun and go make memories creating a plate, bowl, or a mug that you can get to keep. Make sure to bring your lunch.

If interested, email  
[fsactivities@icanthrive.org](mailto:fsactivities@icanthrive.org)

### VALENTINES DAY PARTY



**Day:** Thursday  
**Date:** 2/15/2024  
**Time(s):** 10:00 - 5:00PM

**Pick-up/ Drop-off:** Marlborough office, Worcester office.

**Fee:** \$50

**Description:** Come join the Valentine's Day party! We can create cards for a special person! lunch and treats will be provided.

If interested, email  
[fsactivities@icanthrive.org](mailto:fsactivities@icanthrive.org)



### ST. PATRICK'S DAY



**Day:** Thursday  
**Date:** 3/14/2024  
**Time(s):** 10:00 - 5:00PM

**Pick-up/ Drop-off:** Marlborough offices, Worcester office.

**Fee:** \$50

**Description:** It's the day of luck; let's see who is as lucky as a leprechaun. We will play games for prizes and make green cupcakes. Please bring your lunch.

If interested, email  
[fsactivities@icanthrive.org](mailto:fsactivities@icanthrive.org)

### SENSORY SCAVENGER HUNT

**Day(s):** Thursday  
**Time(s):** 10:00 - 5:00PM  
**Dates:** 2/1/2024

**Pick-up/ Drop-off:** Marlborough office, Worcester office.

**Fee:** \$50

**Description:** Let's have some fun doing a sensory scavenger hunt. There will be prizes! Make sure to bring your lunch.

If interested, email  
[fsactivities@icanthrive.org](mailto:fsactivities@icanthrive.org)

### CHUCK E CHEESE



**Day:** Thursday  
**Date:** 2/29/2024  
**Time(s):** 10:00 - 5:00PM

**Pick-up/ Drop-off:** Marlborough office, Worcester office.

**Fee:** \$50

**Description:** Let's have fun Play 90 minutes of arcade games to win prizes. We will also enjoy some pizza and spend time with your friends!

If interested, email  
[fsactivities@icanthrive.org](mailto:fsactivities@icanthrive.org)

### ANIMAL ADVENTURES



**Day:** Thursday  
**Date:** 3/21/2024  
**Time(s):** 10:00 - 5:00PM

**Pick-up/Drop off:** Marlborough office, Worcester office.

**Fee:** \$50

**Description:** Go enjoy learning about all the different animals and their habitats. Please bring your lunch.

If interested, email  
[fsactivities@icanthrive.org](mailto:fsactivities@icanthrive.org)



### HEBERT CANDY MANSION



**Date:** Thursday  
**Time(s):** 10:00 - 5:00PM  
**Dates:** 2/8/2024

**Pick-up/ Drop-off:** Marlborough office, Worcester office.

**Fee:** \$50

**Description:** Who loves chocolate? Let's go explore the Hebert Candy Mansion and learn how to make chocolate. Make sure to bring your lunch with you but leave room for a treat.

If interested, email  
[fsactivities@icanthrive.org](mailto:fsactivities@icanthrive.org)

### LEGO DISCOVERY CENTER



**Day:** Thursday  
**Date:** 3/7/2024  
**Time(s):** 9:30 - 5:30PM

**Pick-up/ Drop-off:** Marlborough office, Worcester office.

**Fee:** \$50

**Description:** Let's head to Boston and see all the cool Lego statues and maybe even create one of our own. Please bring your lunch!

If interested, email  
[fsactivities@icanthrive.org](mailto:fsactivities@icanthrive.org)

### SENSORY ARTS & CRAFTS DAY



**Day:** Thursday  
**Date:** 3/28/2024  
**Time(s):** 10:00 - 5:00PM

**Pick-up/ Drop-off:** Marlborough office, Worcester office.

**Fee:** \$50

**Description:** Come make sensory bottles and gooey slime. Please bring your lunch.

If interested, email  
[fsactivities@icanthrive.org](mailto:fsactivities@icanthrive.org)