

Get Involved with Thrive Support & Advocacy



Event Spotlight

As we transition into the vibrant season of spring, I am delighted to extend warm greetings and introduce the latest edition of our Spring Thrive Support & Advocacy Newsletter. As President & CEO, it brings me immense joy to connect with you all and share updates on the remarkable work we continue to accomplish together.

I'm particularly elated to spotlight our Community Based Day Support Programming as we celebrate its one-year anniversary. Over the past year, this invaluable program at our Marlborough and Worcester offices has provided a nurturing space for individuals to learn and hone crucial daily living and employment skills. It's been a year of growth and achievement, during which we've had the privilege of serving 30 individuals through our Marlborough office alone. This milestone underscores our unwavering commitment to fostering independence and self-sufficiency within our community.

Furthermore, I'm excited to share that we've expanded opportunities for our participants with the addition of five regular volunteer and pre-employment options. These initiatives not only enrich the lives of our participants but also strengthen the bonds within our community. As we celebrate this anniversary and look ahead to the future, let's continue to create pathways to success and fulfillment for all individuals under our care.

Additionally, I am thrilled to showcase our Flourish at Thrive food pantry, which remains open and actively seeking donations to support those in need. Furthermore, mark your calendars for our upcoming events, including Juneteenth celebrations and our Annual Thrive Prom for All Ages on May 9th, 2024. These events exemplify our dedication to fostering a supportive and inclusive community for all. Together, let's continue to uplift and empower one another as we journey through spring and beyond.

Warm regards,
Sean Rose President & 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: 5/27/24 & 6/19/24
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

DDS METRO REGION ASSISTIVE TECHNOLOGY FAIR

Day(s): Monday

Time(s): 10:30 am - 2:30 pm

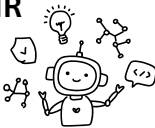
Dates: 4/22/2024

Location: Sheraton Framingham Hotel & Conference Center, 1657 Worcester Road, Framingham, MA.

Fee: FREE

Description: Join us for a day of visiting with Assistive Technology vendors in the ballroom, participating in demonstrations, attending presentations, and learning about new technology to support independence. Our goal is to provide resources, education, and technology to community members, including individuals with disabilities, family members, provider agency staff, state agency staff and teachers.

If interested, email maria.stefano@mass.gov
781-314-7508



TAAC YMCA 18+

Day(s): Wednesday

Time(s): 12 pm -5 pm

Dates: 4/3/24 - 6/26/24

Excluding: 4/17,5/29,6/19,6/26

Location: Marlborough office suite 215, Worcester office suite 108

Fee: \$50, Woo pass - FREE

Description: Lets have some fun playing basketball, swimming or working out with some friends.

If interested, email
fsactivities@icanthrive.org



TASC AFTER SCHOOL (13+)

Day(s): Mon, Tue, Wed, Fri

Time(s): 2:30 pm - 5 pm

Dates: 4/1/24 - 6/28/24

Excluding: 4/15 -4/19, 5/27, 6/19

Location: Marlborough Office suite 215

Fee: \$30

Description: Join us in the Afterschool program where you will get help with your homework and play and socialize with friends.

If interested, email
fsactivities@icanthrive.org



NIGHTTIME DROP-IN RESPITE 13+

Day(s): Mon - Fri & Sat

Time(s): Mon- Fri- 6 pm-9pm

Sat - 9 pm - 1 pm

Dates: 4/1/24 - 6/29/24

Excluding -5/27/24, 6/19/24

Location: Worcester office suite 108

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

CLUB THRIVE 18+

Day(s): Wednesdays

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

Dates: 4/10, 4/24, 5/8, 5/22, 6/5, 6/19

Location: AmVets post 1980 - 17 Fitchburg Street Marlborough MA

Fee: \$15, Transportation is an additional \$15.

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 48hrs in advance.

If interested, email
socialandrec@icanthrive.org



TAAC (18+)

Day(s): Monday, Tuesday

Time(s): Mon -12 pm -5 pm

Tue - 10 am - 5 pm

Dates: 4/1/24 -6/25/24

Excluding: 4/15, 4/16, 5/27, 6/16

Location: Marlborough suite 215 Worcester suite 108

Fee: \$50, Woo pass - FREE

Description: Come together with friends and learn some important life skills.

If interested, email
fsactivities@icanthrive.org



TAAC BOWLING 18+

Day(s): Friday

Time(s): 12 pm - 5 pm

Dates: 4/5/24 - 6/28/24

Excluding: 4/19

Location: Marlborough suite 215, Worcester suite 108

Fee: \$50, Woo pass- FREE

Description: Play two games as you enjoy some pizza and drinks.

If interested, email
fsactivities@icanthrive.org



LADIES GROUP 18+

Day(s): Tuesdays

Time(s): 6:00 - 7:00PM

Dates: 4/2/24 - 6/25/24

Location: Marlborough office suite 215

Fee: \$15

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

If interested, email
fsactivities@icanthrive.org



THRIVE ADVOCACY GROUP

Day(s): Wednesday

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

Dates: 4/24, 5/15,& 6/12

Location: Marlborough office suite 220.

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



Thrive Experiences

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

HUMAN RIGHTS LEARNING SESSIONS (17+)



Day(s): Tuesdays
Time(s): 6 PM - 7 PM

Dates: 4/16, 5/21, 6/18

Location: Worcester office suite 104

Fee: FREE

Description: Learn about human rights and what it means. And if you can't make it in person, kindly request for the zoom link.

If interested, email
skibe@icanthrive.org

PARENTS & CAREGIVERS SUPPORT GROUP



Day(s): Saturday
Time(s): 9:30 am - 11 am

Dates: 4/6, 5/4, 6/1

Location: Worcester office suite 104

Fee: FREE

Description: Come Join other caregivers to talk and get support from other similar situations. Coffee and breakfast treats will be served. Virtual is an option too

If interested, email
apereira@icanthrive.org

SOMA TRACK & FIELD PRACTICE



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

Dates: Starts 4/5/2024

Location: Hudson High School Outdoor Track

Fee: \$15 for Transportation

Description: Track and Field practice will be held each Friday with some weekend tournaments leading up to a qualifying event and season final tournament in Boston.

If interested, email
socialandrec@icanthrive.org

SOCIAL NIGHT 22+



Day(s): Thursday
Time(s): 6 PM - 8 PM
Dates: 4/4, 4/11, 4/18, 4/25, 5/2, 5/9, 5/16, 5/23, 5/30, 6/6, 6/13, 6/20, 6/27.

Location: Various locations in the Marlborough area. Participants will meet the first Thursday of the month at the Solomon pond mall Food Court for dinner and conversation to discuss the next 3 destinations for the month.

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 goods and activities. Cost up to \$20-\$25. If transportation is needed, you MUST sign up 48 hours in advance

If interested, email
socialandrec@icanthrive.org

BREEZY WATER SLIDES



Day(s): Wednesday
Time(s): 10 AM - 5 PM

Date(s): 6/26/2024

Location: Marlborough office suite 215, Worcester office suite 108

Fee: \$50, Woo pass -Free

Description: Lets enjoy the heat on the water slides and in the lake. Lifeguards will be on duty at the location. Don't forget to bring sunblock, towel and lunch

If interested, email
fsactivities@icanthrive.org

SOMA TRACK AND FIELD SUMMER GAMES

Day(s): Friday - Sunday
Time(s): TBA

Dates: 6/7, 6/8 & 6/9

Location: Boston University / Harvard University

Fee:

If interested, email
socialandrec@icanthrive.org

FITNESS GROUP 13+



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

Dates: 4/6/24 - 6/29/24

Location: Worcester office suite 104

Fee: FREE

Description: Come work out together and get prepared to take on a Mile Race at the end of JUNE. Weather permitted. Please make sure you bring water with you and dress prepared.

If interested, email
apereira@icanthrive.org

RED SOX PARK TOUR

18+

Day(s): Wednesday
Time(s): 10AM - 5 PM



Dates: 5/29/2024

Location: Marlborough office suite 215, Worcester office suite 108

Fee: \$50 Woo pass - Free

Description: Lets take a tour of the Fenway park. Please dress appropriately for the weather that day. Make sure to bring lunch.

If interested, email
fsactivities@icanthrive.org

SOMA TRACK FIELD REGIONAL QUALIFIER

Day(s): Sunday
Time(s): TBA

Date(s): 5/18/24

Location: Assabet Regional Technical High School

Fee: \$15 for Transportation

If interested, email
socialandrec@icanthrive.org

Thrive Experiences

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THRIVE PROM FOR ALL AGES



Day(s): Thursday
Time(s) 5 PM - 8:00 pm
Dates: 5/9/2024



Location: Polar Park, 100 Madison Street, Worcester

Description: Thrive Support and Advocacy is hosting its third annual Prom For All Ages. Experience the magic and wonder of this rite-of-passage event. If you are a Thriver, please RSVP to mmulhern@icanthrive.org. If you are another organization, please reach out to Meg Mulhern to receive more information.

APRIL VACATION CAMP

Day(s): Mon - Fri
Time(s): 10 am - 5 pm
Dates: 4/15/24 - 4/19/24



Location: Marlborough office suite 215, Worcester offices suite 108



Fee: \$50 , Woo pass - FREE

Description: Come and have some fun on vacation week ;
Mon - Watch a movie with popcorn at Blackstone Valley Theatre.

Tue - Railer's Hockey tour

Wed - Play some games at School Yarn

Thurs - Recycling Day

Fri - Bowling with friends.

Bring lunch Mon -Thurs

Friday Lunch will be provided



If interested, email

fsactivities@icanthrive.org



Thrive Experiences

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Thursday Outings

STORROWTON VILLAGE MUSEUM 18+

Day(s): Thursday
Time(s): 10:00 - 5:00 PM
Dates: 4/4/2024

Pick-up/ Drop-off: Marlborough office suite 215, Worcester office suite 108

Fee: \$50, Woo-pass -Free

Description: Who doesn't like the history of Massachusetts? Lets explore this village of nine authentic 18th & 19th century buildings. Make sure to bring your lunch.

If interested, email
fsactivities@icanthrive.org

PUTTSHACK IN NATICK 18+

Day(s): Thursday
Time(s): 10:00 - 5:00PM
Dates: 4/11/2024



Pick-up/ Drop-off: Marlborough office suite 215, Worcester office suite 108.

Fee: \$50, Woo-pass - FREE

Description: Let's play some indoor minigolf and do a little shopping after. Make sure you bring money to shop and don't forget to bring your lunch.

If interested, email
fsactivities@icanthrive.org

TAZA CHOCOLATE TOUR 18+

Day: Thursday
Date: 5/23/2024
Time(s): 10:00- 5:00PM

Pick-up/ Drop-off: Marlborough offices suite 215, Worcester office suite 108.

Fee: \$50 Woo-pass -FREE

Description: Lets see how chocolate is made down to the coconut that is used for the chocolate. Make sure you bring your sweet tooth, as plenty of test tasting will happen. Please let us know if someone has allergies to any of the ingredients. Please bring your lunch.

If interested, email
fsactivities@icanthrive.org

BILLY BEEZ 18+

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



Pick-up/ Drop-off: Marlborough office suite 215, Worcester office suite 108.

Fee: \$50, Woo-pass - FREE

Description: Lets have fun climbing, jumping and playing at this fun location. Lunch is included! Bring extra money if you would like.

If interested, email
fsactivities@icanthrive.org

TOWER HILL BOTANICAL GARDEN 18+

Day: Thursday
Date: 5/9/2024
Time(s): 10:00 - 3:00PM



Pick-up/ Drop-off: Marlborough office suite 215, Worcester office suite 108.

Fee: \$50 Woo-pass -FREE

Description : Please note that this day is shorter. Lets go look at the beautiful scenery outdoors in the springtime as the flowers start to bloom. Dress appropriately and make sure to bring your lunch.

If interested, email
fsactivities@icanthrive.org



ECOTARIUM 18+

Day(s): Thursday
Time(s): 10:00 am - 5:00 PM
Dates: 5/30/2024

Pick-up/ drop-off: Marlborough office suite 215, Worcester office Suite 108.

Fee: \$50

Description: Lets have fun exploring together. Please dress appropriately for the weather that day. Make sure you bring lunch with you.

If interested, email
fsactivities@icanthrive.org

OLD STURBRIDGE VILLAGE 18+

Date: Thursday
Time(s): 10:00 - 5:00PM
Dates: 4/25/2024



Pick-up/ Drop-off: Marlborough office suite 215, Worcester office suite 108.

Fee: \$50 , Woo-pass - FREE

Description: Explore and learn all about the history of the villages. Dress appropriately for the weather that day. Make sure to bring your lunch.

If interested, email
fsactivities@icanthrive.org

FRANKLIN PARK ZOO 18+

Day: Thursday
Date: 5/16/2024
Time(s): 10AM -5PM

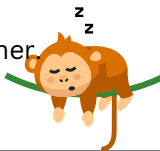


Pick-up/ Drop-off: Marlborough office suite 215, Worcester office suite 108.

Fee: \$50 Woo-pass - FREE

Description: Come with us and explore all the animals at the zoo. Make sure you bring your lunch and some water. Please dress appropriately for the weather.

If interested, email
fsactivities@icanthrive.org



APEX CENTER 18+

Day: Thursday
Date: 6/6/2024
Time(s): 10:00 - 5:00PM

Pick-up/ Drop-off: Marlborough office suite 215, Worcester office suite 108.

Fee: \$50 Woo-pass - FREE

Description: Lets play Bowling and have some pizza and juice with your friends. If you would like to use the arcade, please bring some money.

If interested, email
fsactivities@icanthrive.org

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Thursday Outings

HAMPTON BEACH BOARDWALK 18+



Day(s): Thursday

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

Dates: 6/20/2024

Pick-up/ drop-off: Marlborough office suite 215 Worcester office Suite 108.

Fee: \$50 Woo pass - Free

Description: Who doesn't like to walk the Board walk and shop till they drop! Kindly bring some money for the arcade and don't forget to bring your lunch or lunch money. please dress appropriately for the weather.

If interested, email
fsactivities@icanthrive.org

Canobie lake park 18+

Day(s): Thursday

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

Dates: 6/13/2024

Pick-up/ drop-off: Marlborough office suite 215, Worcester office suite 108.

Fee: \$50, Woo-pass -FREE

Description: Our favorite place to go! Ride the rides with friends and have some fun! please dress appropriately for the weather. Make sure you bring your lunch money. No big bags allowed in the park. Make sure you bring water.

If interested, email
fsactivities@icanthrive.org

KIMBALL FARM 18+

Day(s): Thursday

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

Dates: 6/27/2024

Pick-up/ drop-off: Marlborough office suite 215, Worcester office suite 108

Fee: \$50 Woo pass -Free

Description: Lets have fun together! Ride some bumper boats and cars! Please bring your lunch. Also, that sunblock is needed.

If interested, email
fsactivities@icanthrive.org

