

NEWSLETTER



October - December, 2025



A Season of Gratitude and Connection.

As the leaves turn and the air grows crisp, I am reminded of the incredible season of change and possibility we are stepping into at Thrive Support & Advocacy. Fall is a time to come together, to gather with friends, and to celebrate the warmth of community even as the weather cools. This newsletter is brimming with opportunities for fun, connection, and joy, and we could not be more excited to share them with you.

Every outing, every activity, and every moment we plan is designed to bring people closer and create memories that last well beyond the season. Whether it is exploring new adventures, joining in social events, or simply laughing together, these experiences are the heart of our mission. None of this happens by chance, it happens because of the passion, creativity, and hard work of our dedicated staff. To our Thrive team, thank you. You are the reason our participants feel welcomed, celebrated, and supported every single day. Your commitment, kindness, and energy make all the difference. As we look ahead to the coming months, I hope you will join us in embracing the season, filling it with gratitude, laughter, and community spirit. Here is to a fall full of connection, appreciation, and thriving together.

Sean Rose

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WHAT YOU SHOULD KNOW

CANCELLATION

Please check your email address for cancellation. It will also be communicated on our social media platforms: Facebook, Instagram and X. 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 by email and social media. Thank you for your cooperation and understanding.

REGISTRATION

Join us for TAAC every week Monday through Friday in Marlborough and Thursdays in Worcester! Field Trip Thursdays will now happen every other Thursday, with indoor activities scheduled on the alternating Thursdays at both locations.

There is a \$25 fee for Thursdays, plus the cost of any field trip tickets.

fsactivities@icanthrive.org

AGE GUIDELINES

Note: While activities 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.

Come visit Flourish @ Thrive, our very own food pantry

Monday: 1PM - 4PM

Thursday: 10AM - 1PM

Saturday: 10AM - 1PM

JOIN / UPDATE YOUR INFO FOR OUR MAILING LIST.

Please click the QR code below to join or update your information for our mailing list.



Holiday Spotlight



Indigenous People's Day



VETERANS DAY
HONORING ALL WHO SERVED



Thanksgiving Day



Christmas Day



Happy New Year

Clubs & Groups

TAAC 18+

Day(s): Monday - Friday

Time(s): M,W& F - 12 pm -5 pm

Tue & Thu - 10 am - 5 pm

Location: Marlborough, Suite 215

Fee: \$60, Free with DDS Approval

Description: Join the excitement and get involved! Take part in activities like music and dance, game nights, fitness and wellness, and themed social gatherings. It's a great way to build friendships and grow new skills in a positive, welcoming environment.

Sign up today and be part of the adventure!



If interested, email
fsactivities@icanthrive.org

THRIVE ADVOCATES GROUP

Day(s): 4th Wednesday of the Month

Time(s): 4:30 pm - 6 pm

Location: Marlborough, Suite 215

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

TASC 18+

Day(s): Monday - Friday

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

Location: Marlborough, Suite 215

Fee: \$30, Free for DDS Approval

Description: Come join us after school for an exciting mix of activities, friendship, and creativity! From getting homework done to making new connections or exploring your artistic side with fun crafts, there's something here for everyone. Enjoy a warm, welcoming space where you can relax, have fun, and be yourself. We're looking forward to seeing you!

If interested, email
fsactivities@icanthrive.org



Chef Vibes unlocked

Ladies Group is Back! 18+

Day(s): Tuesdays

Time(s): 5:30 pm - 7 pm

Dates: 10/07, 10/14, 10/21, 10/28, 11/4, 11/18, 11/25, 12/2, 12/9, 12/16, 12/23, 12/30

Location: Marlborough, Suite 215

Fee: \$15, Free for DDS Approval

Description: We're excited to announce that the Ladies Group is back and ready to bring women together for connection, support, and fun. This group is a welcoming space for all to share experiences, build friendships, and enjoy meaningful activities.

If interested, email
fsactivities@icanthrive.org



Smiles say it all

Social Night 22+

Day(s): Thursdays

Time(s): 6 pm - 8 pm

Dates: 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 12/4, 12/11, 12/18

Location: Various locations in the Marlborough Area. Participants will meet the last Thursday of the month at the Solomon Pond Mall Food court for dinner and conversation to discuss the next 3 destinations for the following month.

Fee: \$15 for Transportation

Description: Social Night provides a fun and inclusive way to visit local spots while building friendships and enjoying shared experiences. Participants should plan to bring money for meals, activities, or personal purchases, which usually range between \$20 and \$25.

For those needing transportation, please be sure to register at least 48 hours ahead to guarantee a seat.

If interested email
socialandrec@icanthrive.org

Inspiration Corner.

"History teaches us that unity is Strength, and cautions us to submerge and overcome our differences in the quest for common goals."

-Haile Selassie



Former Emperor of Ethiopia

Club Thrive 22+

Day(s): Wednesdays

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

Dates: 10/8, 10/22, 11/5, 11/19, 12/3, 12/17

Location: AmVets Post 1980, 17 Fitchburg Street, Marlborough MA
Fee: \$15 | **Transportation (optional):** 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 within our radius, you must inquire 48 hours in advance.

To register or inquire further, please email:
socialandrec@icanthrive.org

SPORTS EVENTS

SOMA Soccer Practice

Day(s): Tuesdays

Date : 10/7, 10/14, 10/21, 10/28

Time(s): 6PM - 8PM

Location: Whitcomb Middle School,
Marlborough MA



Transportation : \$15

If interested, email
socialandrec@icanthrive.org

SOMA Soccer Games

Day(s): Saturday

Date : 10/18/2025

Time(s):

Location: Union Post Sports Complex,
170 Memorial Grove, Weymouth MA



Transportation : \$15

If interested, email
socialandrec@icanthrive.org

SOMA Soccer State

Tournament

Day(s): Sunday

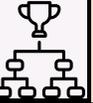
Date : 11/2/2025

Time(s):

Location: Governors Academy, 1 Elm
Street, Byfield MA

Transportation : \$15

If interested, email
socialandrec@icanthrive.org



TRAININGS

MASSACHUSETTS BEHAVIORAL HEALTH HELP LINE

Elyzabeth Frontaan
Central Mass. Community Relations Rep.

Please join us!
October 14, 2025 at 12pm

The Massachusetts Behavioral Health Help Line (BHHL) is the Commonwealth's "front door" for behavioral health needs, connecting callers to the full range of treatment services for mental health and substance use throughout the Commonwealth. The BHHL helps in real time with immediate crisis intervention, urgent, and routine.

MBHP
Massachusetts Behavioral Health Partnership
A Commonwealth Health Company

Get help now.
833-773-2445

Call, chat or text 833-773-2445
www.masshelpline.com

Supporting Healthy Relationships for Individuals with IDD

Day(s): Wednesday

Date : 11/5/2025

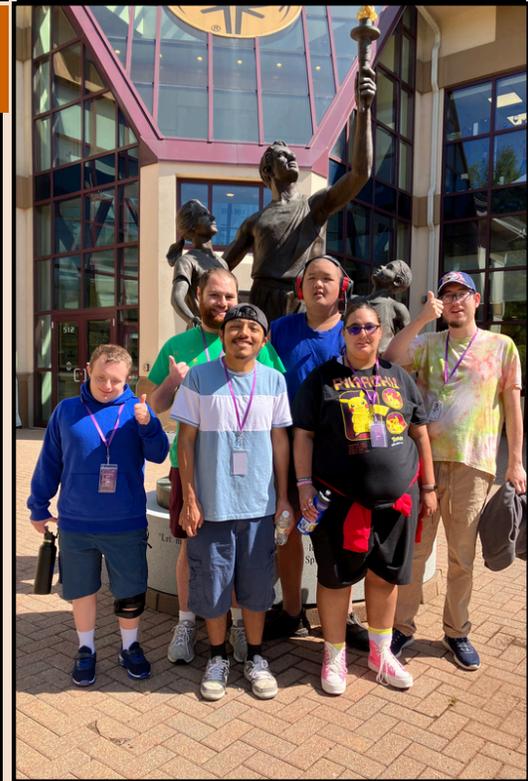
Time(s): 5:30PM - 6:30PM

Location: Zoom - Must register to receive link

Fee: Free

Description: Thrive will be presenting a training discussion on supporting Healthy Relationships. This is part one of Three part series in which more dates and topics will be announced each quarter.

If interested, email
acannaloga@icanthrive.org



Winners at heart, brave in spirit 😊

SOCIAL EVENTS

Thrive Halloween Party 18+

Day(s): Wednesday

Date : 10/29/2025

Time(s): 5:30PM - 8PM

Location: Off The Rails, 90 Commercial Street,
Worcester

Fee: Free

Description: Please join us for our 3rd Annual Thrive Halloween Costume Party. Come enjoy great music and dancing, costume contests, and spend time with your friends. Please use this link to sign up: <https://form.jotform.com/252614875561160>

If interested, email
mmulhern@icanthrive.org

Thrive Holiday Party 18+

Day(s): Thursday

Date : 12/11/2025

Time(s): 5:30PM - 8:30PM

Location: Cyprian Keyes Golf Club

Fee: Free

Description: Celebrate the season with Thrive at our annual Holiday Party! Enjoy a delicious dinner and dance the night away to the live music of The Reminisants, a band that always keeps the dance floor full. Don't miss this festive evening of joy, community, and holiday cheer. To sign up, please use this link: <https://form.jotform.com/252614627576161>

If interested, email
mmulhern@icanthrive.org

FAMILY SUPPORT EVENTS

AFC INFORMATIONAL SESSION

Day(s): Wednesday

Dates: 10/22/2025

Time(s): 4 PM - 5:30 PM

Location: Hybrid Session

Fee: FREE

Description: An upcoming informational session that Thrive is organizing in collaboration with Family First Foster Care aims to inform parents and caregivers about Adult Foster Care (AFC) services. This session will provide valuable insights into the support and resources available through the AFC program, helping families better understand eligibility, benefits, and how to access these services for their loved ones.

If interested, email
fsactivities@icanthrive.org

Family Bus Adventure (Haitian Creole)

Day(s): Wednesday

Dates: 12/3/2025

Time(s): 10AM - 12 PM

Location: 100 Grove Street,
Worcester, MA

Fee: FREE

Description: Thrive, in partnership with WRTA, invites families to explore the Worcester public transit system together. Learn how to ride the bus, plan routes, and read schedules with confidence and so much more. A Haitian Creole-speaking translator will be on board to support Haitian Creole-speaking families.

If interested, email
fsactivities@icanthrive.org

Family Bus Adventure (Spanish)

Day(s): Wednesday

Dates: 10/22/2025

Time(s): 4 PM - 5:30 PM

Location: 100 Grove Street,
Worcester, MA

Fee: FREE

Description: Thrive, in partnership with WRTA, invites families to explore the Worcester public transit system together. Learn how to ride the bus, plan routes, and read schedules with confidence and so much more.

A Spanish-speaking translator will be on board to support Haitian Creole-speaking families.

If interested, email
fsactivities@icanthrive.org

CPR Basics 18+

Day(s): Monday

Dates: 11/17/2025

Time(s): 10 AM - 12 PM

Location: 100 Grove Street,
Worcester, MA

Fee: FREE

Description: Thrive will be hosting a Basics CPR training session for parents, designed to equip them with the skills and confidence to respond quickly and effectively in basic emergency situations. This hands-on training will cover essential lifesaving techniques, including how to perform CPR on infants, children, and adults. By participating, parents will gain valuable knowledge that can make a critical difference in the event of a medical emergency at home, in the community, or anywhere help is needed.

If interested, email
fsactivities@icanthrive.org

THURSDAY OUTINGS

Old Sturbridge Village

Day(s): Thursday

Dates: 10/2/2025

Time(s): 10 am - 5 pm

Location: Marlborough, Suite 215

Worcester, Suite 108

Fee: \$55

Description: We're going to Old Sturbridge Village! Come explore history, enjoy the outdoors, and spend time with friends. Don't forget to pack your lunch so you're ready for the adventure!

If interested, email
fsactivities@icanthrive.org

Historic Salem

Day(s): Thursday

Dates: 10/16/2025

Time(s): 10 am - 5 pm

Location: Marlborough, Suite 215

Worcester, Suite 108

Fee: \$35

Description: Join us as we head to the famous city of Salem! We'll take a walk through town, explore the unique shops, and soak in the rich history and spooky charm the city is known for. Don't forget to bring some spending money if you'd like to grab a treat or souvenir along the way!

If interested, email
fsactivities@icanthrive.org

Halloween Party

Day(s): Thursday

Dates: 10/23/2025

Time(s): 10 am - 5 pm

Location: Marlborough, Suite 215

Worcester, Suite 108

Fee: \$35

Description: Get ready for a spook-tacular time! Join us for a day filled with music, games, costumes, and plenty of treats. Come dressed in your favorite costume and bring your Halloween spirit we can't wait to celebrate together!

If interested, email
fsactivities@icanthrive.org

Quincy Market

Day(s): Thursday

Dates: 11/6/2025

Time(s): 10 am - 5 pm

Location: Marlborough, Suite 215

Worcester, Suite 108

Fee: \$40

Description: Come with us to Boston's famous Quincy Market! Enjoy a stroll through the historic marketplace, taste delicious foods from around the world, and check out the local shops and street performers.

If interested, email
fsactivities@icanthrive.org

Thanksgiving Party

Day(s): Thursday

Dates: 11/20/2025

Time(s): 10 am - 5 pm

Location: Marlborough, Suite 215

Worcester, Suite 108

Fee: \$35

Description: Let's come together and celebrate the season of gratitude! Join us for a cozy Thanksgiving party with food, music, and fun activities. Bring your appetite and your thankful spirit we'll make it a day to remember!

If interested, email
fsactivities@icanthrive.org

TD Garden

Day(s): Thursday

Dates: 12/4/2025

Time(s): 10 am - 5 pm

Location: Marlborough, Suite 215

Worcester, Suite 108

Fee: \$35

Description: Experience Boston's iconic TD Garden home of the Celtics, Bruins, and world-class concerts! Come explore the excitement of one of the city's most famous venues, enjoy the lively atmosphere, and make lasting memories together.

If interested, email
fsactivities@icanthrive.org

TAAC Christmas Party

Day(s): Thursday

Dates: 12/18/2025

Time(s): 10 am - 5 pm

Location: Marlborough, Suite 215

Worcester, Suite 108

Fee: \$40

Description: Let's come together and celebrate the season of gratitude! Join us for a cozy Thanksgiving party with food, music, and fun activities. Bring your appetite and your thankful spirit we'll make it a day to remember!

If interested, email
fsactivities@icanthrive.org



Seas the day with the TAAC crew!



Jeffrey asking the real questions 😂

SUMMER HIGHLIGHTS



Grill + Chill = Happy Hearts ❤️



Happiness looks good on you,
Brian!



Farm fun, fresh air, and plenty of smiles



Next stop: the orchard! 🍏



Staff Appreciation Day!

Meet our New Team Member



Veronica Ziemba
RN Educator/MAP Director

