

# Get Involved with Thrive Support & Advocacy



## Table of Contents

- Cover page.....1
- Policies and info .....2
- Clubs & Groups .....3 & 4
- TAAC Outings..... 5 & 6

## Event Spotlight

The fall season at Thrive Support & Advocacy is a time for celebration and growth as we welcome several talented new faces to our leadership and team. We are excited to introduce Nancy Bishop as our Vice President of Individualized and Integrated Services, who brings a wealth of experience and dedication to enhancing the quality of care for those we serve. Joining her is DeMarr Langford, our new Southwood Program Director, whose passion for service and community-driven leadership will ensure the continued success of our residential programs. Additionally, we are thrilled to welcome Guillermo Creamer as the Director of Residential Services, Emma Duprey as the Director of Nursing, and Jean Riguel Ulysses as our new Cultural Navigator, enriching our organization with diverse expertise and a commitment to inclusivity.

Throughout the agency, we have also welcomed many new staff members, each bringing fresh energy, ideas, and a shared dedication to making a positive impact in the lives of individuals with disabilities. Their contributions will help us continue to build a supportive, empowering environment that fosters growth and independence for those we serve.

This fall is not just about new beginnings with our staff but also an exciting time for our social and recreational activities. We are looking forward to a season full of engaging events designed to bring joy, camaraderie, and a sense of belonging to all participants. From community outings to creative in-house activities, there is something for everyone to enjoy as we embrace the vibrant spirit of the season.

With new leadership, enthusiastic team members, and a calendar full of enriching activities, Thrive is poised to make this fall a time of celebration, connection, and growth. We look forward to the exciting opportunities ahead and to continuing our mission of providing exceptional services and support to the individuals and families we serve.

*Sean Rose*

President & CEO



Nancy Bishop



Emma with Charles



Jean Ulysses



Guillermo Creamer



DeMarr, Samata, Angelina, Emma & Rabea

# 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.

## JOIN/UPDATE YOUR INFO FOR OUR MAILING LIST.

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



**Come visit Flourish @ Thrive, our very own food pantry:** **Monday:** 1:00 - 4:00  
**Thursday:** 10:00 - 1:00  
**Saturday:** 10:00 - 1:00

## 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)

## Weather Related Cancellation


Please check your email address for cancellation status due to weather. 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.

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

## HOLIDAYS

10/14/24 - Indigenous Peoples' Day 

11/11/24 - Veterans Day 

11/28/24 - Thanksgiving Day 

12/25/24 - Christmas Day 

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

## Please Note

Thursday outings have now been moved to different days. Please check the newsletter for the updated dates of each outing.

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

**Worcester Office: 100 Grove St Suite 104, 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

### TAAC YMCA 18+



**Day(s):** Wednesdays  
**Time(s):** 12 pm -5 pm

**Dates:** 10/1/24 -12/31/24  
**Excluding:** 10/9,11/13,12/11

**Location:** Marlborough, Suite 215 / Worcester, Suite 108  
**Fee:** \$60, Free for DDS individuals

**Description:** It's time to enjoy all the fun at the YMCA with friends! Join us for a day filled with activities and good company. Don't forget to bring a lunch, and rest easy—transportation to The Y is provided. Come make memories with us!

If interested, email,  
fsactivities@icanthrive.org

### TAAC 18+



**Day(s):** Monday - Friday  
**Time(s):** M W F - 12 pm -5 pm  
Tue & Thu - 10 am - 5 pm

**Dates:** 10/1/24 - 12/31/24  
**Excluding:** 10/14,11/28,12/24,12/25,12/31

**Location:** Marlborough, Suite 215 / Worcester, Suite 108  
**Fee:** \$60, Free for DDS Individuals

**Description:** Join the Thrive Adult Afternoon Community! Dive into a variety of engaging activities like cooking, crafts, community outings, and social skills development. It's the perfect place to meet new friends while gaining valuable life skills. Don't miss out on this wonderful opportunity to connect and grow—sign up today!

If interested, email,  
fsactivities@icanthrive.org

### TASC 11+



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

**Dates:** 10/1/24 - 12/31/24  
**Excluding:** 10/14,11/28,12/24,12/25,12/31

**Location:** Marlborough, Suite 215 / Worcester, Suite 108  
**Fee:** \$25, Free for DDS Individuals

**Description:** Thrive After School Community offers individuals a welcoming place to make new friends, work on homework, or get creative with arts and crafts. Join us after school for fun and meaningful connections!

If interested, email,  
fsactivities@icanthrive.org

### TAAC BOWLING 18+



**Day(s):** Fridays  
**Time(s):** 12pm -5pm  
**Dates:** 10/1/24 - 12/31/24  
**Excluding:** 11/22, 12/7

**Location:** Marlborough, Suite 215 / Worcester Suite 108

**Fee:** \$60, Free for DDS Individuals

**Description:** Join us for an afternoon of fun with two strings of bowling, delicious pizza, and refreshing drinks! Gather your friends for a fantastic time filled with laughter and friendly competition. Don't miss out on this great opportunity to hang out and enjoy an afternoon of bowling!

If interested, email,  
fsactivities@icanthrive.org

### LADIES GROUP 18+



**Day(s):** Tuesdays  
**Time(s):** 5:30 pm - 7pm

**Dates:** 10/1/24 -12/31/24  
**Excluding :** 12/24/24 & 12/31/24

**Location:** Marlborough, Suite 215  
**Fee:** \$15, Free for DDS Individuals

**Description:** Connect with others as we discuss women's issues and interests while enjoying some fun arts and crafts. Feel free to bring snacks and dinner to share as we create together. We can't wait to see you there!

If interested, email,  
fsactivities@icanthrive.org

### Art Group 15+



**Day(s):** Tuesdays  
**Time(s):** 5 pm - 7pm  
**Dates:** 10/1/24 -12/17/24

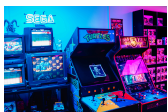
**Location:** Worcester, Suite 108

**Fee:** \$25, Free for DDS Individuals

**Description:** Let's come together and work on an amazing art project! Each week, we'll collaborate on a new piece, and you're welcome to create your own if you prefer. Feel free to bring a snack or dinner to enjoy while we create. We can't wait to see what you make!

If interested, email,  
fsactivities@icanthrive.org

### Gaming Group 15+



**Day(s):** Wednesdays  
**Time(s):** 5:15 pm - 6:30 pm  
**Dates:** 10/1/24 -12/18/24

**Location:** Worcester, Suite 104

**Fee:** \$15, Free for DDS Individuals

**Description:** Join us for a fun time playing video games with friends! We have a variety of game systems available, and you're welcome to bring your own game if you prefer. Who doesn't love some friendly gaming competition? Don't miss out!

If interested, email,  
apereira@icanthrive.org

### CLUB THRIVE 18+



**Day(s):** Wednesdays  
**Time(s):** 7:00pm - 9:00PM

**Dates:** 10/2, 10/16, 10/30, 11/13, 12/11

**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 & drink will be served at a subsidized rate.

If interested, email,  
socialandrec@icanthrive.org

### NIGHTTIME DROP-IN RESPITE

13+

**Day(s):** Mon - Fri & Sat  
**Time(s):** 6pm -9pm

**Dates:** 10/1/24 -12/31/24  
**Excluding -** 10/14,11/28,12/24,12/25,12/31

**Location:** Worcester, Suite 108

**Fee:** Free

**Description:** Join us for a fun-filled experience where you can make new friends and enjoy a variety of exciting activities! With only 10 spots available each day, you'll get plenty of personal attention and a chance to connect with others. Don't miss out—reserve your spot today and get ready for unforgettable adventures!

If interested, email,  
apereira@icanthrive.org



Max from  
CBDS  
Is rooting  
for you!



Worcester Parks Department appreciating the CBDS  
Volunteers for their exceptional work this summer

# Thrive Experiences

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

## SOCIAL NIGHT 22+

**Day(s):** Thursdays

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

**Dates:** 10/3,10/10,10/17,10/24,10/31,11/7,11/14,11/21,12/5,12/19



**Location:** Various locations in the Marlborough area. Participants 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 goods and activities. Costs can range up to \$20-\$25. If transportation is needed, you MUST sign up 48 hours in advance.

If interested, email,  
mmulhern@icanthrive.org

## Planning a Life: Transition Considerations for your Child's Future

**Day(s):** Wednesday **18+**

**Time(s):** 6 pm

**Dates:** 11/20/24

**Location:** Virtual

**Fee :** Free



**Description:** Join us for a workshop offering a holistic perspective on benefit programs, strategies to bridge funding gaps, and important legal considerations. Leo and Meredith, parents of a child with special needs, will share their unique insights and experiences, providing valuable guidance for families navigating similar journeys.

If interested, email,  
socialandrec@icanthrive.org

## Thrive Halloween Party

**Day(s):** Wednesday

**Time(s):** 5:30 PM- 8:00PM

**Dates:** 10/23/24

**Location:** Off The Rails, 90 Commercial Street, Worcester

**Fee:** \$15 for Transportation / Free to attend

**Description:** Come in Costume and join us for an evening of socializing with friends, dancing, activities and prizes. Please note light appetizers will be served and drinks can be purchased for a fee. A big Thank you to Saint Gobain for sponsoring this event! If transportation is needed, you MUST sign up 48 hours in advance.

If interested, email,  
mmulhern@icanthrive.org



## THRIVE ADVOCATES GROUP

**Day(s):** Wednesday

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

**Dates:** 10/16,11/13,12/11

**Location:** Marlborough, Suite 220.

**Fee:** none

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

If interested, email,  
gkent@icanthrive.org



## Better Money Habits

**Day(s):** Thursdays

**Time(s):** 10am - 11am

**Dates:** 10/10/24 & 10/17/24

**Location:** Worcester, Suite 108

**Fee:** Free

**Description:** Learning more about your money is the first step toward taking charge of your financial life. That's why we invite you to explore a range of educational opportunities designed to help you build financial confidence and make informed decisions for your future!

If interested, email,  
fsactivities@icanthrive.org



## Thrive Holiday Party 18+

**Day(s):** Thursday

**Time(s):** 5:00 PM- 8:00PM

**Dates:** 12/12/24

**Location:** Cyprian Keyes Golf Club  
284 East Temple Street, Boylston Ma.

**Fee:** \$15 for Transportation / Free to attend

**Description:** Come join us for an evening of Holiday Celebration including wonderful friends, a tasty meal, and dancing to the Reminiscents. Invitations will be mailed out, and you will also be able to sign up online. Drinks will be served for a fee. If transportation is needed, you MUST sign up 48 hours in advance. If interested in transportation, email  
mmulhern@icanthrive.org

If interested, email,  
mmulhern@icanthrive.org



## Monthly Family Game Night

**Day(s):** 3rd Thursday of each month

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

**Dates:** 10/24, 11/21,12/19

**Location:** Worcester Office

**Fee:** Free

**Description:** Who doesn't love a little family competition? All families are welcome to join us for a night of fun and games. We'll have a variety of board games and card games to play, and if you have a favorite game, feel free to suggest it! See which family will come out on top!

If interested, email,  
fsactivities@icanthrive.org



## De-Escalation Strategies

### Seminar 15+

**Day(s):** Monday

**Time(s):** 12pm - 1pm

**Dates:** 10/7/24

**Location:** In- person or virtual Webinar

**Fee:** Free

**Description:** Whether you're navigating a challenging moment yourself or looking to improve your skills in caring for someone else, join us as we share ten proven intervention strategies that truly work. Learn practical tools that can make a difference in your life and the lives of those you support!

If interested, email,  
fsactivities@icanthrive.org



## FALL SOMA Tournament 22+

**Day(s):** Sunday

**Time(s):** 7:30 am - 2:30 pm

**Date(s):** 11/3/2024

**Location:** Governors Academy, 1 Elm street, Byfield MA

**Description :** All Thrive Blue Thunder athletes can play as long as they have participated in every practice/game. Box lunch will be provided and the Whoopie Wagon and Fat Belly's BBQ food trucks will also be there.

If interested, email,  
socialandrec@icanthrive.org





# Thrive Experiences

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

## TAAC Outing Trips



### Pumpkin Day 18+

**Day(s):** Thursday  
**Dates:** 10/3/24  
**Time(s):** 10 am - 5 pm



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

**Fee:** \$60, Free for DDS Individuals

**Description:** Join us for a fun-filled day of pumpkin painting, carving, and friendly competition! We'll also play some exciting games. Bring your lunch, but don't worry—we'll have snacks to share. Let's get creative and enjoy the fall festivities together!

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



### School Yahd 18+

**Day:** Wednesday  
**Date:** 10/9/24  
**Time(s):** 12 pm - 5 pm



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

**Fee:** \$60, Free for DDS Individuals

**Description:** Gather your friends and join us for a day of fun games at the School Yahd! Bring your lunch and get ready for a great time playing and connecting with others. See you there!

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

### Shopping at Natick Mall 18+

**Date:** Tuesday  
**Time(s):** 10 am - 5 pm  
**Dates:** 10/15/24



**Pick-up/ Drop-off:** Marlborough, Suite 215, Worcester, Suite 108.

**Fee:** \$60, Free for DDS Individuals

**Description:** Who doesn't love a day of shopping at a big mall? Be sure to bring along some spending money, and don't forget to pack your lunch!

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

### Xtreme Craze 18+

**Day(s):** Tuesday  
**Time(s):** 10 am - 5 pm  
**Dates:** 10/22/24



**Pick-up/ Drop-off:** Marlborough, Suite 215, Worcester, Suite 108.

**Fee:** \$60, Free for DDS Individuals

**Description:** Join your friends for a fun-filled day at the inflatable playground! Don't forget to challenge them to a game of laser tag. And if you're up for some video games, be sure to bring a little extra spending money!

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

### Spooky Day 18+

**Day:** Thursday  
**Date:** 10/31/24  
**Time(s):** 10 am - 5 pm



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

**Fee:** \$60, Free for DDS Individuals

**Description :** Get ready for a spooky day of fun! We'll transform our program space into a mini haunted area. Don't forget to bring your costumes and join the parade around the center. Lunch and snacks will be provided to keep the festivities going!

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



### Chuck E. Cheese 18+

**Day:** Wednesday  
**Date:** 11/13/24  
**Time(s):** 12 pm - 5 pm



**Pick-up/ Drop-off:** Marlborough, Suite 215, Worcester, Suite 108.

**Fee:** \$60, Free for DDS Individuals

**Description:** Let's have some fun at the arcade together! You'll receive a free game card to start playing. Afterward, enjoy pizza and drinks. If you want to keep playing, feel free to bring some extra money for more games!

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

### Yankee Village 18+

**Day(s):** Friday  
**Time(s):** 12 pm - 5 pm  
**Dates:** 11/22/24



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

**Fee:** \$60, Free for DDS Individuals

**Description:** It's one of our favorite places to visit! Come along to shop and create a personalized candle as a gift for someone special. Don't forget to bring your lunch!

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



### Friendsgiving 18+

**Day:** Tuesday  
**Date:** 11/26/24  
**Time(s):** 10 am - 5 pm



**Pick-up/ Drop-off:** Marlborough, Suite 215, Worcester, Suite 108.

**Fee:** \$60, Free for DDS Individuals

**Description:** It's that time of year to reflect on what we're thankful for! Join us for our Friendsgiving celebration, and bring a dish to share. The turkey will be provided, so come hungry and ready to enjoy a wonderful meal together!

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



# Thrive Experiences

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

## TAAC Outing Trips



### Tie Dye Day 18+

Day(s): Thursday  
Time(s): 10 am - 5 pm  
Dates: 12/5/24



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

Fee: \$60, Free for DDS Individuals

**Description:** Let's get creative and tie-dye our own shirts! With so many styles to choose from, you're sure to make something unique. Join your friends for a fun day of designing, and enjoy a provided lunch with drinks!

If interested, email,  
fsactivities@icanthrive.org



### Santa's Workshop 18+

Day(s): Wednesday  
Time(s): 12 pm - 5 pm  
Dates: 12/11/24



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

Fee: \$60, Free for DDS Individuals

**Description:** Create the perfect gift for that special someone! Join us for a fun, hands-on workshop where we'll craft unique presents, just like Santa's elves. Don't forget to bring your lunch—snacks will be provided!

If interested, email,  
fsactivities@icanthrive.org



### Christmas Party 18+

Day(s): Tuesday  
Time(s): 10 am - 5 pm  
Dates: 12/17/24



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

Fee: \$60, Free for DDS Individuals

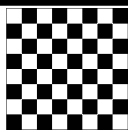
**Description:** It's a beautiful time of year to celebrate! Join us for a fun Holiday gift swap. If you'd like to participate, please bring a unisex gift valued at no more than \$10. Let's all have a great time together! Don't forget to bring your lunch—snacks will be provided.

If interested, email,  
fsactivities@icanthrive.org



### Giant Game 18+

Day(s): Friday  
Time(s): 12 pm - 5 pm  
Dates: 12/27/24



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

Fee: \$60, Free for DDS Individuals

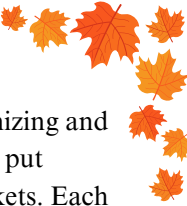
**Description:** Who doesn't love playing giant games with friends? Join us for a fun day with oversized dice, checkers, and much more! Don't forget to bring your lunch!

If interested, email,  
fsactivities@icanthrive.org



Thrive Advocate Group

### Thanksgiving Basket Donations



**Description:** Thrive is organizing and collecting frozen turkeys to put together Thanksgiving baskets. Each basket will be donated to a family in need from our Thrive Family. We are calling on your generosity to join us. Your donation of a Frozen Turkey can be delivered to the Marlborough or Worcester Office before November 11th.

If interested, email,  
mmulhern@icanthrive.org



Worcester CBDS



Liberty House stepping out in style