



# THRIVE SUPPORT & ADVOCACY

## 2025 NEWSLETTER

New Year, New Adventures

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

Worcester Office  
100 Grove St  
Suite 108, Worcester, MA 01605

[icanthrive.org](http://icanthrive.org)

# NEWSLETTER



## CEO'S MESSAGE

### Looking Ahead: Thriving Together in 2025

As we turn the page to a new year, our hearts are full of gratitude and excitement for the journey ahead. Thrive Support & Advocacy has always been about growth—both as individuals and as a community—and 2025 promises to be a year filled with opportunities to grow stronger together. One of the year's most meaningful projects will be the construction of our Greenhouse, named Pleasant Gardens, a symbol of resilience and renewal. This space will cultivate not only plants but also new skills, friendships, and moments of joy for everyone in the Thrive family.

Our Thrive Prom is another shining moment on the horizon. It's more than just an event—it's a celebration of belonging, where every participant is honored and embraced. The magic of that night is a reminder of the love and connection that fuels everything we do. Additionally, we are thrilled to welcome new leaders to our team, whose passion and expertise will guide us as we continue to strengthen and expand our programs.

As we reflect on the past and dream of the future, one thing remains clear: none of this would be possible without the unwavering support of our community. Together, we are building not just programs and services but a legacy of hope, inclusion, and possibility. Here's to thriving together in 2025!

*Sean Rose*

**President & CEO**

# IMPORTANT

## 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.

**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.

### 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)



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

**Regarding Worcester Adult Experience:** 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)

## Holiday Spotlight

JAN 1ST

New Year's  
Day

FEB 17th

Presidents'  
Day

JAN 20th

Martin  
Luther King  
Day

MARCH 17th

ST. PATRICK'S DAY

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



# Clubs & Groups

## TAAC 18+

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



**Dates:** 1/2/2025 - 3/31/2025  
**Excluding:** 1/1, 1/20, 2/17

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

**Description:** Be part of the Thrive Adult Afternoon Community! Explore exciting activities such as cooking, crafting, community outings, and building social skills. It's a great way to make new friends and enhance important life skills. Don't let this chance to connect and grow pass you by - register now!

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



## TASC 7- 18+

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



**Dates:** 1/2/2025 - 3/31/2025

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

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

**Description:** The Thrive After School Community provides a friendly environment where individuals can build friendships, tackle homework, or express their creativity through arts and crafts. Come join us after school for engaging activities and meaningful connections!

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

## Evening Drop In 18+

**Day(s):** Mon - Fri & Sat  
**Time(s):** M-F 6 pm - 9 pm  
 Sat - 9 am - 1 pm

**Dates:** 1/2/25 - 3/31/25

**Location:** Worcester, Suite 108

**Fee:** FREE

**Description:** Drop in for a fun evening where excitement and connection come alive! Meet new friends, dive into awesome activities, and make your night one to remember. With only 10 spots available each evening, you'll enjoy plenty of personal attention and a cozy, welcoming vibe. Don't miss out—reserve your spot now and get ready for an unforgettable night of fun and friendship! 🌟🌟

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

## LADIES GROUP 18+

**Day(s):** Tuesday  
**Time(s):** 5:30 pm - 7 pm  
**Dates:** 1/2/2025 - 3/31/2025



**Location:** Marlborough, Suite 215

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

**Description:** Gather for an evening of creativity, connection, and good vibes! 🌟🌟 Dive into fun arts and crafts while chatting about women's issues and interests—it's the perfect mix of heart and hands-on fun.

Got a favorite snack or dinner dish? Bring it along to share the love (and the yum)! 🍴🍷 Let's make memories, masterpieces, and maybe even a new friend or two. We're so excited to see you there—don't miss out! 🌟🌟



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



"GRATEFUL HEARTS, SMILING FACES"

## THRIVE ADVOCACY

**Day(s):** Wednesday  
**Time(s):** 4:30 pm - 6:00 pm

**Dates:** once a Month

**Excluding:** 1/20, 2/17, 3/17

**Location:** Marlborough, Suite 215

**Fee:** None

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

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

## SOMA BASKETBALL 18+

**Day(s):** Monday  
**Time(s):** 7 pm - 9 pm  
**Dates:** 1/6 - 4/14  
**Excluding:** 12/23, 12/30, 01/20, 02/17, 04/21 due to scheduled school closing

**Location:** Whitcomb Middle School Gym, Marlborough MA  
**Fee:** None

**Description:** SOMA Basketball kicked off in November, and we're thrilled to have three strong teams this season! The Thrive Red Hawks, Thrive Sky Hawks, and Thrive White Hawks. Come cheer them on at their games and wish them luck as they compete on their journey to the state tournament. Their schedules can be found at [www.specialolympicsma.org](http://www.specialolympicsma.org)

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

## SOMA ALPINE SKIING 18+

**Day(s):** Wednesday  
**Time(s):** 4:30 pm - 6:00 pm

**Dates:** TBD

**Excluding:**

**Location:** Ski Ward, Shrewsbury MA

**Fee:** None

**Description:** SOMA Alpine Skiing will begin in January, with the Time Trials on February 27th and the Finals on February 28th. Both will take place at Berkshire East Mountain Resort in Charlemont, MA

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

## New Year's Day 18+

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

**Dates:** 1/2/2025

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

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

**Description:** As we say goodbye to the old and welcome the new, let's come together for a day of laughter, joy, and great company! 🌟🌟 Bring your favorite lunch as we celebrate the start of 2025 in style with friends old and new.

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

## FEBRUARY VACATION

### MONDAY



Presidents  
 day  
 Closed

### TUESDAY

Date : 2/18/2025  
 Time : 10 am - 5 pm  
 Fee : \$60

Sensory Art  
 &  
 Craft Day

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



### WEDNESDAY

Date : 2/19/2025  
 Time : 12 pm - 5 pm  
 Fee : \$60

Music  
 &  
 Movement Fun

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



### THURSDAY

Date : 2/20/2025  
 Time : 10 am - 5 pm  
 Fee : \$60

BAKING  
 EXTRAVAGANZA

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



### FRIDAY

Date : 2/21/2025  
 Time : 10 am - 5 pm  
 Fee : \$60

Game  
 Tournaments  
 Lunch Provided

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



# EVENTS & OUTINGS

## CLUB THRIVE 21+



**Day(s):** Wednesday  
**Time(s):** 7 pm - 9 pm  
**Dates:** 1/8, 1/22, 2/5, 2/19, 3/5, 3/19

**Location:** AmVets Post 1980, 17 Fitchburg Street, Marlborough MA

**Fee:** \$15

**Description:** Come join us for an evening of socializing with friends and lots of dancing. Please note that food and drink will be served at a subsidized rate. Additional \$15 cost for transportation.



If interested, email  
socialandrec@icanthrive.org

## SOCIAL NIGHT 22+

**Day(s):** Thursday  
**Time(s):** 6 pm - 8 pm  
**Dates:** Jan - March



**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 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  
socialandrec@icanthrive.org



## Bowling Fun Awaits! 🎳

**Day(s):** Fridays  
**Time(s):** 12 pm - 5 pm  
**Dates:** 1/2/2025 - 3/31/2025

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

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

**Description:** Spend your Friday afternoon knocking down pins and having a blast with friends! Join us for bowling, laughs, and delicious pizza and drinks—all included! 🍕 Don't miss out on the perfect way to end your week. See you at the lanes! 🎯

If interested, email  
fsactivities@icanthrive.org

## YMCA 18+

**Day(s):** Wednesdays  
**Time(s):** 12 pm - 5 pm  
**Dates:** 1/2/2025 - 3/31/2025

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

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

**Description:** Pack your lunch, grab your friends, and head to the YMCA for a day full of exciting activities and great vibes! 🌟🌟 Don't worry about the ride—we've got transportation covered. Come laugh, play, and make it a day to remember! 🌟

If interested, email  
fsactivities@icanthrive.org

## Friendship Appreciation Party

**Day(s):** Thursday  
**Time(s):** 10 am - 5 pm  
**Dates:** 2/13/2025

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

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

**Description:** Join us for a Friendship Appreciation Party with sweet treats, lunch, and fun craft-making for your friends! It's the perfect chance to create something special, enjoy delicious food, and celebrate the bonds that make life sweeter.

If interested, email  
fsactivities@icanthrive.org

## St. Patrick Day 18+

**Day(s):** Thursday  
**Time(s):** 12 pm - 5 pm  
**Dates:** 3/13/25

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

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

**Description:** Put on your green and join us for a festive St. Patrick's Day celebration! Bring your lunch and enjoy fun activities, Irish-inspired treats, and great company as we honor the luckiest day of the year. 🍀 Whether it's for the games, snacks, or just the lively vibes, this is your chance to feel the magic of St. Paddy's Day. Don't miss out—everyone's a little Irish today! 🌈

If interested, email  
fsactivities@icanthrive.org

LET'S GO  
ADVENTURE

# THURSDAY OUTINGS



## Worcester Historical Museum 18+

**Day(s):** Thursday  
**Time(s):** 10 am - 5 pm  
**Dates:** 1/9/2025

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

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

**Description:** Join us for a fun-filled day at the Worcester Historical Museum! We'll kick off with a fascinating tour of the museum, exploring the rich history of our city. Afterward, we're heading to the Worcester Market for a delicious lunch, so bring your own meal or some extra cash to enjoy tasty local treats with friends. It's the perfect mix of culture, history, and great food.

If interested, email  
fsactivities@icanthrive.org

## CLAY TIME 18+

**Day(s):** Thursday  
**Time(s):** 10 am - 5 pm  
**Dates:** 1/16/2025



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

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

**Description:** Ready to get creative and have a blast with friends? Join us at Claytime! Grab your paintbrushes and let your imagination run wild as we paint and personalize beautiful pottery pieces. Whether you're a pro or a first-timer, it's all about having fun and getting a little messy! Plus, don't forget to bring your lunch—because after all that painting, you'll need something delicious to refuel. It's the perfect way to spend the day with friends, so come for the creativity, stay for the laughs, and leave with your very own masterpiece!

If interested, email  
fsactivities@icanthrive.org

## Discovery Museum 18+

**Day(s):** Thursday  
**Time(s):** 10 am - 5 pm  
**Dates:** 1/23/2025

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

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

**Description:** 🌟 Pack your lunch and grab your friends for a fun-filled day at the Discovery Museum! Explore exciting exhibits, enjoy hands-on activities, and make unforgettable memories together. Whether you're into science, history, or just having a great time, there's something for everyone. Don't miss out—join us for an adventure you'll love! 🎉🎯

If interested, email  
fsactivities@icanthrive.org

# THURSDAY OUTINGS



## STORROWTON VILLAGE 18+

Day(s): Thursday  
Time(s): 10 am - 5 pm



Dates: 1/30/2025

Location: Marlborough, Suite 215  
Worcester, Suite 108

Fee: \$60, Free for DDS Individuals

**Description :** Adventure Awaits at Storowton Village. Grab your friends, pack a lunch, and join us for a fun day exploring Storowton Village! Step back in time, enjoy the sights, and make awesome memories together. It's the perfect day out—don't miss it!

If interested, email  
fsactivities@icanthrive.org

## American Antiquarian Society 18+

Day(s): Thursday  
Time(s): 10 am - 5 pm



Dates: 2/6/2025

Location: Marlborough, Suite 215  
Worcester, Suite 108

Fee: \$60, Free for DDS Individuals

**Description :** Grab your friends, pack a lunch 🍷, and join us for an exciting trip to the American Antiquarian Society! Explore fascinating history, some great conversation, and make memories to last. It's the perfect mix of learning and fun—don't miss out! ✨

If interested, email  
fsactivities@icanthrive.org

## XTREME CRAZE 18+

Day(s): Thursday  
Time(s): 10 am - 4 pm

Dates: 2/27/2025

Location: Marlborough, Suite 215  
Worcester, Suite 108

Fee: \$60, Free for DDS Individuals

**Description :** Join your friends and head to Xtreme Craze for a day of epic fun! From laser tag to bouncing castles it's the ultimate adventure! 🎮 Don't forget to bring your A-game and get ready to make unforgettable memories! 🚗🔥



If interested, email  
fsactivities@icanthrive.org



## CITY HALL TOUR 18+

Day(s): Thursday  
Time(s): 10 am - 5 pm



Dates: 3/6/2025

Location: Marlborough, Suite 215  
Worcester, Suite 108

Fee: \$60, Free for DDS Individuals

**Description :** Come join us as we take a fun trip to City Hall! Discover the history, admire the architecture, and enjoy a day of exploration in the heart of the city. 📷🗣️ It's a unique outing that's both fun and full of surprises—don't miss out!

If interested, email  
fsactivities@icanthrive.org

## SALEM WITCH VILLAGE 18+

Day(s): Thursday  
Time(s): 10 am - 5 pm



Dates: 3/20/2025

Location: Marlborough, Suite 215  
Worcester, Suite 108

Fee: \$60, Free for DDS Individuals

**Description :** Join your friends and take a magical trip to the Salem Witch Village! ✨❤️ Explore eerie exhibits, mysterious tales, and history that'll send shivers down your spine. 🌑🌟 It's the perfect mix of spooky and fun—come for the adventure, stay for the memories!

If interested, email  
fsactivities@icanthrive.org



## Uxbridge Fire Museum 18+

Day(s): Thursday  
Time(s): 10 am - 4 pm



Dates: 3/27/2025

Location: Marlborough, Suite 215  
Worcester, Suite 108

Fee: \$60, Free for DDS Individuals

**Description :** 🚒 Step back in time and spark your curiosity at the Uxbridge Fire Museum! 🚒 Explore historic fire engines, learn about the bravery of firefighters, and discover the fascinating history of fire safety. 🧯🌟

If interested, email  
fsactivities@icanthrive.org



GOOD VIBES, GREAT MOVES, UNFORGETTABLE NIGHT

## GROWING TOGETHER ACROSS THE GLOBE



SOUTHWOOD SQUAD



AMBER & MAYRA SLAYIN' THE HOLIDAY VIBES!



THRIVE FAMILY FOREVER



OUR SUPERSTARS BEHIND THE SCENES 🌟