



A PUBLICATION OF THE SEVEN HILLS FAMILY SERVICES  
MAKING COMMUNITY CONNECTIONS



## Taking Tremendous PRIDE in Our Community Connections

Greetings dear reader! I'm Samuel, a professional writer and a client. For this issue of *PRIDE*, I'll share with you some neat content regarding Seven Hills' activities.

First up, if you weren't able to attend the **North Quabbin Family Support Center's Grand Opening** on June 13, you missed a good time! We had a photo booth, craft table, face painting, corn hole, raffles, prizes, snacks (including an ice cream truck), clowns, aliens (okay, not really), and giant Jenga. First responders and their fire truck made a guest appearance.

Speaking of guests, we had representatives from these local organizations: Valuing Our Children, High School Family Support Center, Salvation Army, YMCA, North

Quabbin Citizens Advocacy, and DDS (Department of Developmental Services). As a bonus, Dr. David A. Jordan, President of Seven Hills, made a personal appearance and had the honor of cutting the ribbon.

In September, we had an **outdoor movie night** with popcorn and blankets. While there isn't a ban on bringing in outside snacks like movie theaters, keep in mind undercover FBI agents will still tackle you if they catch you recording the movie without authorization. (Only kidding!)

In October, we took a trip to **Red Apple Farm** scheduled with apples and pumpkins on the agenda. Red Apple Farm has been kind enough to have the apple picking in an area that is handicap-accessible.

The November calendar included a cooking class for kids called **"Old Fashioned Recipes/Nutrition."** This just might have given kids a chance, and the know-how, to make something for Thanksgiving this year!

Last but not least, December's **Holiday party** featured a Yankee Swap and tasty treats. All were sure to behave this year as even the Yankee Swap isn't safe from Santa's rules. ("You better watch out, you better not cry, you better not pout, I'm telling you why...")

Be sure to look through this edition of *PRIDE* for all of the events for the 2023 winter and spring seasons.



**Meet Our Writer: Samuel Blair** is an aspiring artist and storyteller—and the self-published author of the three-volume *My Cogitatio: American Shonen series*, available on Amazon. Samuel writes from the heart, crafting imagination into vivid tales of inspirational humanity and heroism Samuel, an enthusiastic participant of Seven Hills' programs and activities, clearly enjoys covering the events with upbeat humor and friendly flair. Thank you, Samuel, for contributing to the Winter 2023 issue of *PRIDE*.

# FAMILY SUPPORT CENTER DIRECTORY

## Seven Hills Family Services Family Support Team

799 West Boylston Street, Worcester, MA

**Leslie Courtney, Vice President**

lcourtney@sevenhills.org

**Gina Bernard, Assistant Vice President**

gbernard1@sevenhills.org

**Brad Ayotte, Therapeutic Recreation Director**

bayotte@sevenhills.org

**Sean Tangney, Administration Manager**

stangney@sevenhills.org

**Sarah Khan, Administrative Assistant**

skhan@sevenhills.org

**Dawn Varrichio, Administrative Assistant**

dvarrichio@sevenhills.org

**Amber Wongbay, Agency with Choice**

awongbay@sevenhills.org

**Sarah Cabrera Rodriguez, Individual Supports**

scabrerarodriguez@sevenhills.org

## North Central Family Support Center

1460 John Fitch Highway, Fitchburg, MA

978.632.4322

**Joe Escribano, Senior Family Support**

Specialist, jescribano@sevenhills.org

## North Quabbin Family Support Center

2280 Main Street, Athol, MA

978.602.8805

**Linda Wilson, Senior Family Support**

Specialist, liwilson@sevenhills.org

## South Valley Family Support Center

208 Charlton Road, Sturbridge, MA

774.241.2500

**Elizabeth Carroll, Senior Family Support**

Specialist, ecarroll@sevenhills.org

## Greater Lowell Family Support Center

7 Technology Drive, Suite 103

Chelmsford, MA • 351.218.9115

**Sandra Tineo, Senior Family Support**

Specialist, stineo@sevenhills.org

## Information Reminder

For **in-person events**, masks and social distancing are required. If your loved one cannot wear a mask for the duration of an activity, we will understand if you have to leave early. Due to the accessibility of **virtual events**, you may attend outside of your typical geographic region.



**In-Person Events Icon**



**Virtual Events Icon**



**Hybrid Events Icon**



**ASD-Only Events Icon**


### Registration is required for most events:


A minimum number of participants will be necessary to host some events. For others, particularly in-person events, space is limited. Therefore, unless otherwise specified, registration will be required and the contact information included for each activity.


# FAMILY SUPPORT CENTER TRAININGS


**REGISTRATION:** Click on the ZOOM link or contact the staff person provided. Virtual events may be attended outside of your typical geographical region. For questions, please contact our Family Support Transition Specialists, Eliana Agudelo, [eagudelo@sevenhills.org](mailto:eagudelo@sevenhills.org), or Ida Ivoryie, [iavoryie@sevenhills.org](mailto:iavoryie@sevenhills.org).



## Upcoming Transition Trainings


 **SUPPORTED DECISION MAKING:** Monday, Jan. 30, Noon. Presenter: Fletcher Tilton PC Attorneys at law Chair of Trust and Estate Dept. and Management Committee member, **Frederick M. Misilo, Jr.**, will discuss Coming of Age legal issues for individuals with intellectual and developmental disabilities. [bit.ly/ZOOM-DecisionMaking](https://bit.ly/ZOOM-DecisionMaking)


 **LET'S GET ORGANIZED:** Tuesday, Jan. 31, 5:30pm. Presenter: **Family Ties**. This classic workshop teaches families the skills and strategies to keep paperwork organized and under control. Materials provided. **Location:** Greater Lowell FSC, 7 Technology Dr., Ste. 103, Chelmsford. **Registration:** Contact Penny Boutin, [pboutin@sevenhills.org](mailto:pboutin@sevenhills.org).


 **WCAC'S BENEFITS "CLIFF EFFECT COACH:"** Tuesday, Feb. 21, 2-4pm. Has your income changed? Are you concerned that you will lose benefits? As income increases, benefits such as SNAP or housing can "drop off," also known as the cliff effect. Cliff Effect coaches have knowledge on a wide range of public benefit eligibilities, can ensure access to needed benefits, and can make referrals to additional community resources. **Location:** South Valley FSC, 208 Charlton Road, Sturbridge. **Registration:** Liz Carroll at [ecarroll@sevenhills.org](mailto:ecarroll@sevenhills.org).

 **HOUSING WITH MARCIA BRENNAN:** Monday, Feb. 27, Noon. Marcia Brennan is a disability resource specialist who has extensive knowledge on housing options, such as Section 8, The Alternative Housing Voucher Program (AHVP), and other opportunities. Hosted by the South Valley FSC. [bit.ly/ZOOM-Housing](https://bit.ly/ZOOM-Housing)

  **GUARDIANSHIP AND OTHER OPTIONS:** Tuesday, Feb. 28, 5:30pm. Presenter: **Betsey Johnson**, DDS expert. Ms. Johnson will answer your questions and explore the supports to help your loved one with decision-making. **Location:** Greater Lowell FSC, 7 Technology Dr., Ste. 103, Chelmsford. **Registration:** Contact Penny Boutin, [pboutin@sevenhills.org](mailto:pboutin@sevenhills.org). **Virtual:** [bit.ly/ZOOM-Guardianship](https://bit.ly/ZOOM-Guardianship)

 **CHARTING THE LIFE COURSE:** Monday, March 27, Noon. Presenter: **Maryann Welch**. This tool assists you in creating a vision for the future—the questions to ask as well as the choices and options to consider as you "plot a course" to a full and meaningful life. It is intended to be a starting point no matter where you are in your life journey. Hosted by the South Valley FSC. [bit.ly/ZOOM-ChartLifeCourse](https://bit.ly/ZOOM-ChartLifeCourse)

 **HOW DO I GET READY FOR AN IEP MEETING: STRATEGIES AND TIPS:** Tuesday, March 28, 5:30pm. Presenter: **Federation for Children with Special Needs (FCSN)**. Learn strategies and tips for getting the best productivity out of your IEP meeting. **Location:** Greater Lowell FSC, 7 Technology Dr., Ste. 103, Chelmsford. **Registration:** Contact Penny Boutin, [pboutin@sevenhills.org](mailto:pboutin@sevenhills.org).

 **HEALTHY RELATIONSHIPS AND SEXUALITY WITH PAT CARNEY:** Monday, April 24, Noon. The Director of the Office for Learning and Development DDS Central/West region, Pat has over 40 years of experience working with folks who have intellectual and developmental disabilities (I/DD). Pat will provide information on how to talk about sexuality with individuals with I/DD. Hosted by the South Valley FSC. [bit.ly/ZOOM-HealthyRelationships](https://bit.ly/ZOOM-HealthyRelationships)

## Check Out Our Training Videos!



SHFS Family Support Centers have received funding from the Health Foundation of Central MA to provide family training videos. To access the videos, scan the QR code, or visit: [sevenhills.org/family-training-videos](https://sevenhills.org/family-training-videos)

# RECREATION DEPARTMENT HAPPENINGS

## IN-PERSON EVENTS (REGISTRATION IS REQUIRED).....

**S.O. BASKETBALL:** Practices are Sundays, starting Jan.8. Games are TBD on Saturdays throughout the season. 10am-1pm, \$25 donation. Be a triple threat...Shoot, pass, dribble, and drive! Get back on defense and be the stopper. **Location:** Bancroft School, 110 Shore Dr., Worcester. **Pre-registration:** Contact Bradley Ayotte, bayotte@sevenhills.org. Space is limited. Teams will be sent the schedule and start letter two weeks prior to the start of each season.

**SKILLS & DRILLS BASKETBALL:** Sundays, Jan. 8, 15, 22, 29; Feb. 5, 12, 26; March 5, 12, 19, 26; 10-11:30am, \$15. Beginner athletes learn the game of basketball and developing fundamentals on the court. Athletes will work on dribbling, passing, and achieving team goals. **Location:** Bancroft School, 110 Shore Dr., Worcester. **Registration:** Contact Bradley Ayotte, bayotte@sevenhills.org. Space is limited.

**SEVEN HILLS FITNESS:** Sundays, Jan. 15, 22, 29; Feb. 5, 12, 26; March 5, 12, 19, 26; Noon-1pm, FREE. Worcester State University students are offering a fitness group to achieve weekly goals and learn new techniques for fun exercises. **Location:** Bancroft School, 110 Shore Dr., Worcester. **Pre-registration:** Contact Bradley Ayotte, bayotte@sevenhills.org. Space is limited.

**S.O. AQUATICS:** Practices are Sundays, starting March 5. Meets are TBD. 4-5pm, \$50 donation. Strengthen skills to reach new goals on this traditional competitive swim team. A commitment to weekly practices, assessment rounds, and competitions set by SOMA is required. Pool space is limited; attendance will be monitored. An overnight event is possible; athletes will be asked about independence for larger events. SOMA can't guarantee that all athletes will make the state finals. **Location:** Assumption University, 500 Salisbury St., Worcester. **Registration:** Contact Bradley Ayotte, bayotte@sevenhills.org. As a courtesy, priority is given to the previous year's team members. Teams will be sent the schedule and start letter two weeks prior to the start of each season.

**RAILERS GAME SEVEN HILLS FAN DAY:** Friday, March 10, 7pm, \$15/person. FAMILY FUN EVENT! Join Seven Hills' family and friends for a night of Hockey and fun. Sign-up is required for tickets. **Location:** DCU Center, 50 Foster St., Worcester. **For Tickets:** Contact Bradley Ayotte, bayotte@sevenhills.org. Space is limited.

**JUST US GIRLS:** Two Saturdays/month, Sept.-May. Ages 10-14, 10am-Noon; Ages 15-19, 1-3pm. \$50/year\*, due at registration. This unique skills-development program is for girls interested in creating friendships while learning topics such as self-awareness, self-determination, goal-setting, building healthy relationships, encouraging healthy behaviors and lifestyles, personal health and safety, and participating in a community service project. Just Us Girls' goal is to build, strengthen, and support the development of healthy, confident girls. **Location:** Seven Hills Family Services, 799 W. Boylston St., Worcester. **Registration:** Contact Bradley Ayotte, bayotte@sevenhills.org. *\*The program is funded primarily by the United Way's Womens Initiative grant.*

**JUST US WOMEN:** One Friday/month from Sept.-May, 6:30-8:30pm, \$265/year. An extension of Just Us Girls, this group is designed to create friendships and learn about topics while enjoying each other's company during dinner. The group's interests drive the topics and include self-determination, goal-setting, healthy relationships, personal wellness, and community engagement. **Location:** Seven Hills Family Services, 799 West Boylston St., Worcester. **Registration:** Contact Bradley Ayotte, bayotte@sevenhills.org.

## VIRTUAL EVENTS .....

**RE-CREATE:** Tuesdays, Jan. 3, 10, 17, 24, 31; Feb. 7, 14, 21, 28; March 7, 14, 21, 28; April 4, 11, 18, 25; 3-4pm, Free. Whether you like to doodle, draw, paint, or sketch, join us as we Re-Create a chosen piece of art and chat with our friends. This group is open to all who have an interest in creating new works of art each week incorporating your twist and personal eye to your masterpiece. All participants are asked to supply their own materials. [bit.ly/ZOOM-ReCreate](https://bit.ly/ZOOM-ReCreate)



## VIRTUAL EVENTS (CONTINUED) .....

**GUESS WHAT!? GAME DAY:** Thursdays, Jan. 5, 12, 19, 26; Feb. 2, 9, 16, 23; March 2, 9, 16, 23, 30; Apr. 6, 13, 20, 27; 1-2pm, Free. We will choose a few different fun games to play as a group. Get stumped trivia-style or let's think quickly on our feet. Join us for some laughs. [bit.ly/ZOOM-GuessWhat](https://bit.ly/ZOOM-GuessWhat)

**MUSIC ZOOM:** Last Wednesday of the month: Jan. 25, Feb. 22, March 29, April 26; 6-7pm. Free. Funky tunes, good times! Each month, we'll feature a different era of music: January, 80s; February, 90s; March, 2000s; April, 2010 to our current favorites. [bit.ly/ZOOM-MusicZoom](https://bit.ly/ZOOM-MusicZoom)



2022 Flag Football Teams



2022 Panthers Softball Team



2022 Badgers Softball Team



2022 Knights Soccer Team



2022 Golf Finalists and Coach

# NORTH CENTRAL FSC EVENTS

## IN-PERSON EVENTS (REGISTRATION IS REQUIRED).....

**THURSDAY SOCIAL-QUICK COOKING TIPS:** Jan. 5, Feb. 2, March 2, April 6, May 4, June 1, 5-7pm, Free. .... Learn quick kitchen tips and simple recipes. **Location:** NCFSC. **Registration:** Contact Kathy Black, kblack@sevenhills.org.

**IEP CHECK-IN:** Thursdays, Jan.5, Feb. 2, March 2, April 6, May 4, June 1, 5-7pm, Free. Meet Dina Hammad, IEP specialist with your questions , concerns, resources regarding your child's IEP. **Location:** NCFSC. **Registration:** Contact Kathy Black, kblack@sevenhills.org.

**THURSDAY SOCIAL-GAME NIGHT:** Jan. 12, Feb. 9, March 9, April 13, May 11, June 8, 5-7pm, Free. Play various games with friends. **Location:** NCFSC. **Registration:** Contact Kathy Black, kblack@sevenhills.org.

**THURSDAY SOCIAL-EXPLORING THE ARTS:** Jan.19, Feb. 16, March 16, April 13, May 18, June 15, 5-7pm, Free. Join the group for a night of exploring and expressing yourself through the ARTS. **Location:** NCFSC. **Registration:** Contact Kathy Black, kblack@sevenhills.org.

**THURSDAY SOCIAL-TRIVIA TWISTERS:** Jan. 26, Feb. 16, March 23, April 20, May 25, June 22, 5-7pm, Free. Fun questions from all things possible. **Location:** NCFSC **Registration:** Contact Kathy Black, kblack@sevenhills.org.

**PAINT NIGHT:** Thursday, March 9, June 8, 6-8pm, Free. Hang out with friends and relax while you create a painting with our artist, Cheryl. **Location:** NCFSC **Registration:** Contact Kathy Black, kblack@sevenhills.org.

**COMMUNITY MOVIE:** Fridays, monthly, Jan. 13, Feb. 24, March 10, April 21, May 12; 6-9pm, Ages 16+, Free. Friends can enjoy a night out for fun and a movie. **Location:** Cinema World, 476 John Fitch Highway, Fitchburg. **Registration:** Contact Kathy Black, kblack@sevenhills.org. Space is limited.

**FUN STUFF INDOOR PLAYHOUSE:** Fridays, Jan. 27, Feb. 17, March 17, 6-8pm, Ages up to 14, Free. Bring the kids for indoor fun on the giant bounce house, obstacle course, and arcade games. **Location:** Fun Stuff Rentals, 791 Water St., Fitchburg. **Registration:** Contact Kathy Black, kblack@sevenhills.org.

**CALMING CLASSES WITH ALLISON:** Friday, March 24; Tuesday, April 25, 5-7pm, Free. An opportunity to be with Friends while learning coping skills and relaxing tricks. **Location:** 435 Lancaster St., Suite 330F, Leominster. **Registration:** Contact Kathy Black, kblack@sevenhills.org.

**GIRLS GET SOCIAL:** Saturdays, monthly, Jan. 7, Feb. 4, March 4, April 1, May 6, 10am-Noon, Ages 16-22+, \$25. This small group's focus is to create friendships, make good choices, and learn safety skills. **Location:** Mall at Whitney Field, 100 Commercial Rd., Leominster. **Registration:** Contact Kathy Black, kblack@sevenhills.org.

**DANCE NIGHT:** Saturdays, Jan.14, Feb. 18, June 10, Oct. 14, 7-9pm, \$5/night. Have fun dancing and hanging out with friends. **Location:** Leominster Veteran's Center, 100 West St., Leominster. **Registration:** Contact Kathy Black, kblack@sevenhills.org.

**DOWN SYNDROME SOCIAL:** Saturdays, 10am-Noon, Free: Feb 4; March, MDSC Conference, DCU Center, Worcester; April 1; May 6; June 3, Fishing Derby. Information, resources, and connections with families who have a loved one with Down syndrome. **Location:** NCFSC. **Registration:** Contact Kathy Black, kblack@sevenhills.org.

**DRIVER'S ED PREP CLASS:** Sundays, 10am-Noon, \$25 + \$12 course manual: Jan. 8, 22, 29; Feb. 5, 12; March 5, 12,19, 26; Make-up days: April 2, 16. This class will be review the current Permit Book, Learning the MA state laws for driving. **Location:** NCFSC **Registration:** Contact Kathy Black, kblack@sevenhills.org.

**CARING FOR THE CAREGIVER:** Wednesday, March 8, Noon-2pm, Free. Meet the staff at Smokestack Roasters, enjoy coffee and conversation, check out local events and activities, and share resources. **Location:** 39 Mass Ave., Lunenburg. **Registration:** Contact Kathy Black, kblack@sevenhills.org.



**North Central FSC:** 1460 John Fitch Hwy, Fitchburg, MA • 978.632.4322 • To learn more, please contact: Kathy Black, 978.602.8697, [kblack@sevenhills.org](mailto:kblack@sevenhills.org) or Joe Escribano, [jescribano@sevenhills.org](mailto:jescribano@sevenhills.org).

## **IN-PERSON EVENTS** (CONTINUED) .....

**AT RESOURCE FAIR:** Tuesday, April 18, 1-4pm, Free. Easter Seals will bring equipment and staff to answer questions regarding Assistive technology. **Location:** Leominster Veteran's Center, 100 West St., Leominster. **Registration:** Contact Kathy Black, [kblack@sevenhills.org](mailto:kblack@sevenhills.org).

**OPEN MIC NIGHT:** Tuesdays, April 18, May 16, Sept. 19, 5-7pm, Free. Hang out with friends and family to dance, sing, and have fun. **Location:** Leominster Veteran's Center, 100 West St., Leominster. **Registration:** Contact Kathy Black, [kblack@sevenhills.org](mailto:kblack@sevenhills.org).

## **VIRTUAL EVENTS** .....

**SELF ADVOCATES:** Tuesdays, Jan. 3, 10, 17, 24, 31; Feb. 7, 14, 21, 28; March 7, 14, 21, 28; April 4, 11, 18, 25; May 2, 9, 16, 23, 30; June 6, 13, 20, 27; 10-11am, Free. Learn how to advocate for your beliefs and goals. **Registration:** Contact Kathy Black, [kblack@sevenhills.org](mailto:kblack@sevenhills.org). [bit.ly/NC-SelfAd](https://bit.ly/NC-SelfAd)

**FRIENDSHIP CIRCLE: LUNCH BUNCH:** Wednesdays, monthly, Jan. 11, Feb. 8, March 8, April 12, May 10, June 14, Noon-1pm, Free. Practice skills to be a good friend, Allison from Successfully Social will teach this group fun ideas to keep meaningful relationships in our lives. **Registration:** Contact Kathy Black, [kblack@sevenhills.org](mailto:kblack@sevenhills.org). [bit.ly/ZOOM-LunchBunch](https://bit.ly/ZOOM-LunchBunch)

**LUNCH BUNCH:** Wednesdays, weekly, Jan. 4, 11, 18, 25; Feb. 1, 8, 15, 22; March 1, 8, 15, 22, 29; April 5, 12, 19, 26; May 3, 10, 17, 24, 31; June 7, 14, 21, 28; Noon. Come hang out with friends and chat about current events and share your talents or jokes. **Registration:** Contact Kathy Black, [kblack@sevenhills.org](mailto:kblack@sevenhills.org). [bit.ly/ZOOM-LunchBunch](https://bit.ly/ZOOM-LunchBunch)



North Central FSC Paint Night

# SOUTH VALLEY FSC EVENTS

## IN-PERSON EVENTS (REGISTRATION IS REQUIRED).....

**PARENT MEETUP GROUP:** Every Monday unless it's a holiday, 5-6:30pm, Free. Join us for an informal parent group to discuss your successes and concerns. This group meets at the center during 'regular Monday night activities. **Location:** SVFSC **No registration required.**

**CREATURE FEATURES!:** Mondays, monthly, Jan. 9, Feb. 13, March 13, April 10, 5-7pm, Free. Mildly scary movie night, PG-13 or less! Enjoy this genre with staff and friends. **Location:** SVFSC **Registration:** Contact Noel at [ngrajales@sevenhills.org](mailto:ngrajales@sevenhills.org). Space is limited.

**STUMP THE STAFF:** Mondays, monthly, Jan. 23, Feb. 27, March 27, April 24, 5-6:30pm, Free. Our very popular in-person game show where staff compete against each other! Help the staff—or trick them with pop-culture trivia. **Location:** SVFSC **Registration:** Contact Noel at [ngrajales@sevenhills.org](mailto:ngrajales@sevenhills.org). Space is limited.

**SWITCH IT UP:** Mondays, monthly, Feb. 6, March 6, April 3, 5-6:30pm, Free. Hang out and have fun using our Switch games. **Location:** SVFSC **Registration:** Contact Noel at [ngrajales@sevenhills.org](mailto:ngrajales@sevenhills.org). Space is limited.

**MUSICAL BINGO:** Monday, March 20, April 17, 5-6:30pm, Free. Test your musical knowledge! This is a fun and exciting take on the classic game of Bingo, with songs instead of numbers on your Bingo card. **Location:** SVFSC **Registration:** Contact Noel at [ngrajales@sevenhills.org](mailto:ngrajales@sevenhills.org). Space is limited.

**COUNTRY LINE DANCING:** Wednesday, March 8, 5-7pm, Free. Feel free to wear your cowboy gear and learn new line dancing moves, or show off your skills with our professional teacher. **Location:** SVFSC. **Registration:** Contact Noel at [ngrajales@sevenhills.org](mailto:ngrajales@sevenhills.org). Space is limited.

**COFFEE IN THE COMMUNITY:** Thursdays, biweekly, Jan. 12, 26; Feb. 2, 16; March 16, 30; April 13, 27; 10am, Free. Join our gathering of parents, providers, and caregivers to share information, coping skills, and general discussion with a focus on building care in the community. If you have questions, need resources, or just want to chat, join us! All are welcomed. For more information, contact Jayne at [jbowler@sevenhills.org](mailto:jbowler@sevenhills.org). **Location:** Cedar Street Cafe, 420 Main St., Sturbridge. **No registration required.**

**LEGO CLUB:** Thursdays, monthly, Jan. 26, Feb. 23, March 30, April 27, 6-7pm, all ages, Free. All the supplies will be here to make amazing creations during Lego free play! **Location:** SVFSC **Registration:** Contact Jodie at [jkrueger@sevenhills.org](mailto:jkrueger@sevenhills.org). Space is limited.

**PAINT A BIRDHOUSE:** Saturday, April 15, 1pm, \$10, includes materials. Paint a beautiful birdhouse, maybe for Mother's Day? **Location:** SVFSC **Registration:** Contact Noel at [ngrajales@sevenhills.org](mailto:ngrajales@sevenhills.org). Space is limited.

## VIRTUAL EVENTS .....

**MONDAY FUNDAY:** Jan. 9, 23; Feb. 6, 27; March 13, 27; April 10, 24; 3-4pm, Ages 16+, Free. "Mad, Madder & Maddest Mad Libs." Silly stories and fun with friends, our themes will include Family Tree, Rock & Roll, and Decades. **Contact:** Jayne at [jbowler@sevenhills.org](mailto:jbowler@sevenhills.org) to learn more. [bit.ly/SV-MondayFunday](https://bit.ly/SV-MondayFunday)

**MIKE LEO AND HIS UNIQUE RHYTHMS:** Mondays, monthly, Jan. 23, Feb. 27, March 27, April 24, 3-4pm, Free. Mike's back with his unique rhythms. For the new season, we are focusing on music, film, and pop culture from the 60s, 70s, 80s, 90s, and 2000s. How much will you remember? **Contact:** Jayne at [jbowler@sevenhills.org](mailto:jbowler@sevenhills.org) to learn more. [bit.ly/SV-MondayFunday](https://bit.ly/SV-MondayFunday)

**MOVIE CLUB:** Tuesdays, weekly, Jan. 10, 17, 24, 31; Feb. 7, 14, 21, 28; March 7, 14, 21, 28; April 4, 11, 18, 25; 6pm, Free. Watch a movie with friends; engage in a discussion afterward. **Contact:** Noel at [ngrajales@sevenhills.org](mailto:ngrajales@sevenhills.org). [bit.ly/ZOOM-MovieClub](https://bit.ly/ZOOM-MovieClub)



South Valley FSC: 208 Charlton Road, Sturbridge, MA • 774.241.2500 • To learn more, please contact: Jayne Bowler, 774.241.2505, jbowler@sevenhills.org or Elizabeth Carroll, 774.241.2504, ecarroll@sevenhills.org

## **VIRTUAL EVENTS** (CONTINUED) .....

**MARVEL VS DC:** Wednesdays, weekly, Jan. 4, 11, 18, 25; Feb. 1, 8, 15, 27; March 1, 8, 15, 22, 29; April 5, 12, 19, 26; 6-7:30pm, Free. If you love super heroes, join us for a fun trivia night featuring short clips, comic book culture, and good friends! **Contact:** Noel at ngrajales@sevenhills.org. [bit.ly/GL-MarvelDC](https://bit.ly/GL-MarvelDC)

**BRAVE YOGA:** Wednesdays, monthly, Jan. 18, Feb. 15, March 15, April 19, 7:30pm, Ages 14+, Free. Lisa Irvine runs a fun, friendly introduction to Yoga. Our fully adaptive session includes warmup, breathing and mindfulness, yoga poses, and a relaxing power down. **Contact:** Jayne at jbowler@sevenhills.org for registration details. [bit.ly/SV-BraveYoga](https://bit.ly/SV-BraveYoga)


**GIRLS ALOUD:** Thursdays, Jan. 5, 19; Feb. 9, 23; March 9, 23; April 6. Bake-off dates are Jan. 19, Feb. 23, March 23, April 20, 3-7pm, Free. Our girls group focuses on building friendships through music, arts, baking, and other fun activities. **Contact:** Jayne @ jbowler@sevenhills.org to learn more. [bit.ly/SV-GirlsAloud](https://bit.ly/SV-GirlsAloud)


**VIRTUAL WINTER DANCE:** Thursday, Feb. 23, 6-7:30pm, Free. Join us online for some great dance tunes and show us your awesome dance moves! **Registration Required:** Contact Noel at ngrajales@sevenhills.org. [bit.ly/ZOOM-WinterDance](https://bit.ly/ZOOM-WinterDance)

**ANIME CLUB:** Fridays, 1st and 3rd of each month, Jan. 6, 20; Feb. 3, 17; March 3, 17; April 7, 21; 4-6pm, Free. Watch classic and more modern anime movies. We will also discuss different shows and manga so everyone can find someone with similar interests. **Contact:** Noel at ngrajales@sevenhills.org. [bit.ly/ZOOM-Anime](https://bit.ly/ZOOM-Anime)

## **ASD-ONLY EVENTS** (REGISTRATION IS REQUIRED) .....

**EXCLUSIVELY FOR INDIVIDUALS ON THE AUTISM SPECTRUM.**

 **TERRIFIC TUESDAY TRIVIA:** Tuesdays, weekly, Jan. 3, 10, 17, 24, 31; Feb. 7, 14, 21, 28; March 7, 14, 21, 28; April 4, 11, 18, 25; 2-3pm. Free. Please join us for some trivia fun! **Registration is required:** Contact Noel at ngrajales@sevenhills.org to register and to receive the link to the activity.

 **D&D CLUB:** Thursdays, monthly, Jan. 5, Feb. 2, March 2, April 6, 6-8pm, Ages 12+, Free. Play this classic role-play game with a real Dungeon Master! Pizza will be served. **Location:** SVFSC. **Registration:** Contact Jodie at jkrueger@sevenhills.org. Space is limited.

## ..... **HOLIDAY PARTY HIGHLIGHTS** .....



# GREATER LOWELL FSC EVENTS

7 Technology Drive, Suite 103, Chelmsford, MA • 351.218.9115

To learn more, please contact: Sandra Tineo, 508.579.8995, [STineo@sevenhills.org](mailto:STineo@sevenhills.org).

## IN-PERSON EVENTS (REGISTRATION IS REQUIRED).....

**FUN TUESDAY:** Tuesdays, weekly, Jan. 10, 17, 24, 31; Feb 7, 14, 21, 28; March 7, 14, 21, 28; April 4, 11, 18, 25; 5-6:30pm, Ages 18+, Free. Enjoy weekly activities with our FSC staff to promote social skills, friendship, and fun.

**Location:** GLFSC **Registration:** Contact Kim Guy, [kguy@sevenhills.org](mailto:kguy@sevenhills.org).

**PARENT NETWORKING:** Tuesdays, weekly, Jan. 10, 17, 24, 31; Feb. 7, 14, 21, 28; March 7, 14, 21, 28; April 4, 11, 18, 25; 5-6:30pm, Free. This is a great space to come together to ask questions, share concerns, and learn about information and resources for your family. **Location:** GLFSC **Registration:** Contact Kim Guy, [kguy@sevenhills.org](mailto:kguy@sevenhills.org).

**FRIENDSHIP CARD-MAKING:** Saturday, Feb. 11, 9-11am, Free. Create valentine cards for your loved ones and cozy up with hot cocoa on this winter morning. **Location:** GLFSC. **Registration:** Contact Kim Guy, [kguy@sevenhills.org](mailto:kguy@sevenhills.org).

**COMMUNITY MOVIE NIGHT:** Friday, Feb. 24, 6- 9pm, apx Family Budget. Dinner and a movie for the whole family. TBD.

**FAMILY FUN DAY AT THE ZOO:** Saturday, April 22, 11am-4pm, Family Budget. Join us for a visit to the Zoo, where you can enjoy a nice spring day in the company of great friends. TBD.

## VIRTUAL EVENTS .....

**MARVEL VS DC:** Wednesdays, weekly, Jan 4, 11, 18, 25; Feb 1, 8, 15, 22, 29; March 1, 8, 15, 22, 29; April 5, 12, 19, 26; 6-7:30pm, Free. If you love Super Heroes, then join us for a fun trivia night with short clips, comic book culture, and good friends! [bit.ly/GL-MarvelDC](https://bit.ly/GL-MarvelDC)

**JUST FOR FUN:** 1st Saturday of the month, Jan. 7, Feb. 4, March 4, April 1, 10-11am, Free. Social group that shares stories, weekly events, a time to reflect, and some good laughs, too. [bit.ly/ZOOM-JustForFun](https://bit.ly/ZOOM-JustForFun)



## Save the Date: May 25, 2023



Seven Hills is profoundly grateful for your unwavering connection to the people we support and the New Beginnings they experience because of you. We'll see you on the course in May 2023!

# NORTH QUABBIN FSC EVENTS

2280 Main Street, Athol, MA • To learn more, please contact:  
Linda Wilson, 508.826.4003, LiWilson@sevenhills.org.

## IN-PERSON EVENTS (REGISTRATION IS REQUIRED) .....

**PARENT SUPPORT GROUP:** Mondays, Jan. 9, 23, 30; Feb. 6, 13, 27; March 6, 13, 20, 27; April 3, 10, 24; 5:15-6:15pm, 10-person limit, Free. Join us in person to discuss community resources for day-to-day needs as well as the upcoming holiday season. We will also offer trainings for help with IEPs, Transition, Social Security, Guardianship, and more. **Location:** NQFSC. **Registration:** Contact Penny Boutin, pboutin@sevenhills.org.

**VALENTINE'S FAMILY DINNER:** Tuesday, Feb. 7, 5-7pm, Free. Join us for a family dinner catered by Old Time New England Seafood Company in Athol. We will have a craft table for making valentines, lots of yummy foods and, of course, dessert. **Location:** North Quabbin FSC. **Registration:** Contact Penny Boutin, pboutin@sevenhills.org.

**LEPRECHAUN SCAVENGER HUNT/CUPCAKE DECORATING:** Tuesday, March 14, 4-6pm, 10-person limit. Free. Join us for a fun Leprechaun-Themed Scavenger Hunt. Follow the clues to find Lucky the Leprechaun and win prizes. There will also be a table set up with yummy cupcakes and all the decorations you will need to make the treat even tastier. **Location:** NQFSC **Registration:** Contact Penny Boutin, pboutin@sevenhills.org.

**EASTER EGG COLORING AND A MOVIE:** Tuesday, April 4, 4-6pm, Free. Join us for some fun Easter Egg coloring while we watch the very funny movie, "Hop." **Location:** NQFSC **Registration:** Contact Penny Boutin, pboutin@sevenhills.org.

**BOWLING CLUB:** Thursdays, March 9, 16, 23, 30, 4:30-6pm, 15-person limit. \$5/person/week: 4 week total, \$20. Scholarships available. Join us for 4 weeks of bowling at Brian's Bowlaway in Gardner. The last day, we will have a pizza party and snacks. **Location:** Brian's Bowlaway, 123 Main St., Gardner. **Registration:** Contact Penny Boutin, pboutin@sevenhills.org.

## HYBRID EVENTS (REGISTRATION IS REQUIRED) .....

**MONDAY SOCIAL WITH FRIENDS:** Jan. 9, 23, 30; Feb. 6, 13, 27; March 6, 13, 20, 27; April 3, 10, 24; 5:15-6:15pm, 10-person limit. Free. Join us in-person or online for a night of activities with your friends. Included will be Trivia night, game night, movie night, and music night (pick your favorite song to listen to or Karaoke is available). **Location:** NQFSC. **Registration:** Penny Boutin at pboutin@sevenhills.org. [bit.ly/ZOOM-MondaySocial](https://bit.ly/ZOOM-MondaySocial)

## VIRTUAL EVENTS .....

**WRESTLING CLUB:** Mondays, Jan. 9, 23, 30; Feb. 6, 13, 27; March 6, 13, 20, 27; April 3, 10, 24; 7-8pm, Free. Our friend Kevin invites wrestling fans to talk with him about your favorite wrestling moments, watch matches, and test your knowledge with wrestling trivia. **No registration required. Join online via ZOOM:** [bit.ly/ZOOM-Wrestling](https://bit.ly/ZOOM-Wrestling)

**Stay  
Social  
and  
Stay  
Up to  
Date!**

FSC and Rec information is changing daily, so remember to check out our Facebook Page and Events Calendar as well as your email inbox for ecommunications on upcoming events!

**Facebook Page:** [facebook.com/SHFFamilySupportCenters](https://facebook.com/SHFFamilySupportCenters)  
**Events Calendar:** [sevenhills.org/whats-happening/calendar](https://sevenhills.org/whats-happening/calendar)





# Pride

A Publication of the Seven Hills Family Services Family Support Centers

## Winter 2023: What's Inside:

Taking Tremendous PRIDE in Our Community Connections,  
FSC Directory, Transition Trainings, Recreation Department  
Happenings, and Regional Family Support Center Events



**PRIDE** Winter 2023

*PRIDE* is a newsletter published by the Seven Hills Family Services Family Support Centers. Please direct all content requests, comments, and questions to:

**Bradley Ayotte**

Therapeutic Recreation Director  
Seven Hills Family Services  
[bayotte@sevenhills.org](mailto:bayotte@sevenhills.org)  
508.796.1861

799 West Boylston Street  
Worcester, MA 01606  
508.796.1850 **T**  
508.849.3898 **F**

Dr. David A. Jordan  
President  
Seven Hills Foundation

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

## GET IN ON THE ACTION



## AS A COACH OR VOLUNTEER

**Impact an individual, a team, a season!**

Contact Bradley Ayotte, 508.796.1861, [bayotte@sevenhills.org](mailto:bayotte@sevenhills.org).