



# Pride

A PUBLICATION OF THE SEVEN HILLS FAMILY SERVICES  
MAKING COMMUNITY CONNECTIONS

Fall 2024



Badgers softball team players strike a proud pose with officers and fans after placing 4th in the State Tournament.

## Exciting New Direction In Community Connections Recreation



It's hard to put a price on enthusiasm, energy, and empathy. Package this combo with an exuberant personality,

and it's priceless: Meet **Xandra Bouray**, the new therapeutic recreation director at Seven Hills Family Services (SHFS).

Xandra hit the ground running (of course!) on May 6. On her heels is diverse experience, particularly on a personal level.

Growing up, Xandra was close to a cousin of the same age who has Hydrocephalus, a neurological disorder that affects brain tissue. Xandra witnessed firsthand the struggles that accompany a

disability and chose to help others with those struggles as her life's work. She pursued a degree in psychology and a career in health and human services. Gaining experience in residential treatment and working with individuals on the autism spectrum, Xandra may have found the perfect fit at Seven Hills. "In recreation, where there is energy and creativity, there is boundless opportunity," she said, adding, "taking smaller steps, realistically!"

### **Bouray's goals align with expansion:**

- ❶ Recruiting participants, partners, coaches, and volunteers;
- ❷ Adding alternative sports, such as cycling and bowling;
- ❸ Introducing younger age groups to Special Olympics.

With her sparkling gaze reflecting on a horizon of possibilities, Bouray's #1 objective remains: **Everyone must be having FUN!**

## Join in on the FUN!

### **Athletes & Unified Partners**

We need YOU for Seven Hills Special Olympic Sports in central Massachusetts:

- Basketball** ..... (Jan - April)
- Swimming** ..... (Mar - May)
- Softball** ..... (May - Aug)
- Golf** ..... (May - Aug)
- Bocce** ..... (May - Aug)
- Football** ..... (Aug - Nov)
- Soccer** ..... (Aug - Nov)

*Practices are held weekly. Transportation is not provided; athletes must have a person responsible on-site during practices and competitions.*

### **FOR MORE INFORMATION:**

**Contact: Xandra Bouray**

Therapeutic Recreation Director  
617-943-4257 • [xbouray@sevenhills.org](mailto:xbouray@sevenhills.org)

## Family Support Center Directory

### Seven Hills Family Services

210 Lincoln Street, Worcester, MA 01605

**Leslie Courtney**, lcourtney@sevenhills.org  
Vice President

**Gina Bernard**, gbernard@sevenhills.org  
Assistant Vice President

**Noreen Alves**, noalves@sevenhills.org  
Regional Recreation & Grant Coordinator

**Xandra Bouray**, xbouray@sevenhills.org  
Therapeutic Recreation Director

**Jayne Bowler**, jbowler@sevenhills.org  
Regional Rejuvenate Manager (RCR)

**Dawn Varrichio**, dvarrichio@sevenhills.org  
Administration Manager

**Sarah Khan**, skhan@sevenhills.org  
Administrative Assistant

**Denise Ricketts**, dricketts@sevenhills.org  
Administrative Assistant

**Amber Wongbay**, awongbay@sevenhills.org  
Regional Program Manager

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### North Central Family Support Center

1460 John Fitch Highway, Fitchburg • 978.632.4322

**Jackie Edmands**, jedmands@sevenhills.org  
Director Senior Family Support Specialist

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### North Quabbin Family Support Center

2280 Main St., Athol • 978.602.8807

**Tonya Lanpher**, tlanpher@sevenhills.org  
Director Senior Family Support Specialist

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### New Location!

### South Valley Family Support Center

5 Optical Dr., 2<sup>nd</sup> Flr., Southbridge • 774.241.2500

**Elizabeth Carroll**, ecarroll@sevenhills.org  
Senior Family Support Specialist

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### Greater Lowell Family Support Center

7 Technology Dr., Ste. 103, Chelmsford • 978.560.5751

**Joe Escribano**, jescribano@sevenhills.org  
Senior Family Support Specialist

## Information Reminder

For **in-person events**, masks and social distancing are recommended. **Virtual events** may be attended outside 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.

## Stay Social, Stay Connected, and Stay Up to Date!

Remember to check our Events Calendar, Facebook Page, and your email for social media posts and e-communications on events! Stay connected for the latest on your favorite activities, especially when there are reports of inclement weather!



**Events Calendar:**

[sevenhills.org/whats-happening/calendar](https://sevenhills.org/whats-happening/calendar)



**FSC Facebook Page:**

[facebook.com/SHFFamilySupportCenters](https://facebook.com/SHFFamilySupportCenters)



**New!**

**Caregiver Resources Facebook Page:**

[facebook.com/seven.hills.caregiver.resources](https://facebook.com/seven.hills.caregiver.resources)

# 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, Malissa Wilson, [mwilson@sevenhills.org](mailto:mwilson@sevenhills.org), or Cheri Brown, [cbrown@sevenhills.org](mailto:cbrown@sevenhills.org).

  **CHARM MEDICAL SUPPLY INFORMATION FOR FAMILIES: Monday, September 16, 6-7pm.**

Meet with Mary Lou Dolan from Charm to discuss your home healthcare needs including delivery, insurance, prescriptions, and letters of need. We will also discuss how they can assist with submitting your paperwork and track renewals. **Contact Kendra Steucek**, [ksteucek@sevenhills.org](mailto:ksteucek@sevenhills.org). **Hybrid, NQFSC or Zoom:** [bit.ly/CharmMed](https://bit.ly/CharmMed).

  **VOTER EDUCATION & PRACTICE: Individual & Parent Training (Day & Evening Sessions): Tuesday,**


**September 17, 12-1:30pm; 5:30-7:00pm (choose one to attend), Free.** Can I vote? Learn how and where to vote. Can someone help me? Hear from self-advocates. Easy step-by-step guide on how to vote. If attending in person, register to vote and then practice voting. Pizza and dessert will be served. **In-person Location:** GLFSC. **Registration:** Contact Kim at [Kguy@sevenhills.org](mailto:Kguy@sevenhills.org) to register and get the link for virtual attendance.

 **SELF-DETERMINATION AND INFORMED CHOICE PART 2: ENCORE PRESENTATION!:**

**Monday, October 21, Lunch hour, 12:00pm.** Pat Carney is the Director of the Office for Learning and Development with DDS Central/West Region. She has over 40 years of dedicated experience working with individuals with IDD. Please reach out to Cheri at [cbrown@sevenhills.org](mailto:cbrown@sevenhills.org) to register. [bit.ly/SelfDeterm-Pt2](https://bit.ly/SelfDeterm-Pt2)

  **NEXTGEN-STEM EMPLOYMENT OPPORTUNITIES: Tuesday, October 22, 5:30-7pm, Ages 18-30.**

Professional training programs and employers statewide help find the right fit for you. VR counselors will guide and assist with skills training, job placement, college or vocational training, and so much more. **In-person Location:** GLFSC. **Registration:** Contact Kim at [Kguy@sevenhills.org](mailto:Kguy@sevenhills.org) to register and get the link for virtual attendance.

 **LET'S GET ORGANIZED: Thursday, October 24.** Learn how to organize documents, appointments, and other important material to keep yourself organized for meetings. **In-Person:** NCFSC. **Registration required for material**

**needs, contact Kathy**, [kblack@sevenhills.org](mailto:kblack@sevenhills.org).

  **MY OMBUDSMAN INFORMATION FOR FAMILIES: Monday, October 28, 6-7pm.** This training

ensures that MassHealth members understand their healthcare rights and health plan benefits to access the care they need. **Contact Kendra Steucek**, [ksteucek@sevenhills.org](mailto:ksteucek@sevenhills.org). **In-Person:** NQFSC or **Zoom:** [bit.ly/MyOmbudsman](https://bit.ly/MyOmbudsman)

 **BULLYING PREVENTION WITH JOANNE PINO: Monday, November 4, Lunch hour, 12:00pm.**

**Presenter: MAC's Autism Training.** Help your child with autism and work with the school on bullying prevention. Students with autism and disabilities have specific rights and protections to prevent and respond to bullying by a student or school staff. There is an emphasis on law and strategies to help ensure children with autism receive the full range of instruction and services to meet their unique needs, and provide educational opportunities in inclusive settings. Review current trends, legal standards, evaluation rights, and compensatory services available. **Zoom:** [bit.ly/BullyingPrev](https://bit.ly/BullyingPrev)


 **IEP TRICKS AND TIPS WITH ROB TERREDEEN: Thursday, December 5, Lunch hour, 12:00pm.**


Join us for an enlightening IEP training session hosted by Rob Terreden. An esteemed educational advocate with a rich background in Children's Mental Health, Rob also brings experience as a school administrator. With his unique blend of expertise, Rob understands the nuances of the school system and the needs of the students. Don't miss this opportunity to gain insights from someone who truly knows the ins and outs of the educational landscape! **YouTube:** [bit.ly/RobT-IEP](https://bit.ly/RobT-IEP)





**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


 **CREATIVE ARTS CLUB:** Tuesdays, Oct.–Dec., 6-7:30pm, \$10 Donation. A fun, unique opportunity to collaborate, create, and flex your imagination. Our goal is to promote creativity, compassion, and a community of support in the arts for all. **Location:** ASPIRE!, 150 Goddard Memorial Dr., Worcester. **Contact:** Xandra Bouray; xbouray@sevenhills.org.


 **BALLROOM DANCE:** Wednesdays, Oct.–Dec., 6-7pm, \$20 Donation. Dust off your dancing shoes, bring a partner, and tap, step, and turn with the Seven Hills Dance Group. The session ends with a spectacular display of elegance in motion during the holiday dance show. **Location:** ASPIRE!, 150 Goddard Memorial Dr., Worcester. **Contact:** Xandra Bouray; xbouray@sevenhills.org.


 **BOARD GAME NIGHT:** Wednesdays, Oct.–Dec., 6-7pm, Free. Let's hang out and play some good 'ole fashioned board games to practice sportsmanship and strategy together. **Location:** ASPIRE!, 150 Goddard Memorial Dr., Worcester. **Contact:** Xandra Bouray; xbouray@sevenhills.org.


 **END-OF-SUMMER LUAU:** Friday, Sept. 20, 6-7:30pm, Free. Grab your grass skirts, Hawaiian shirts, dancing shoes, and your best yard-game attitude for this End-of-Summer Luau! **Location:** ASPIRE!, 150 Goddard Memorial Dr., Worcester. **Please email and confirm interest** with Xandra Bouray; xbouray@sevenhills.org.


 **JUST US WOMEN:** Fridays, monthly, Sept.–May, 6:30-8:30pm, \$300/entire year. This program is an extension of the very popular Just Us Girls. Create new friendships and learn about important topics while enjoying each other's company during dinner. The group's interests drive the topics and event-planning, and include self-determination, goal-setting, healthy relationships, personal wellness, and community engagement. **Location:** ASPIRE!, 150 Goddard Memorial Dr., Worcester. **Registration: Contact Noreen Alves**, Noalves@sevenhills.org. *Please Note: Open enrollment begins July 11; signups are ongoing. Limited space is available. A commitment to the entire year is required.*

 **JUST US GIRLS:** Saturdays, twice/month, Sept.–May, Ages 10-14, 10am-Noon; ages 15-19, 1-3pm. \$50/yr., due at **signup**. Unique skills development for adolescent girls to make friends and learn self-awareness; self-determination; goal setting; healthy relationships, behaviors, and lifestyles; personal safety; and a community service project. Just Us Girls goal is to build, strengthen and support the development of healthy, confident girls. **Location:** ASPIRE!, 150 Goddard Memorial Dr., Worcester. **Registration: Contact Noreen Alves**, Noalves@sevenhills.org. *Please Note: Open and ongoing enrollment begins July 11. Limited space available; a commitment to the year is required. The program is funded by United Way of Central MA Women's Initiative and DCU for Kids.*

 **CREATIVE MINDS AT WAM:** Every 2nd Saturday, Sept. 14, 2024–June 14, 2025, 10am-Noon, 18+ with ABI/TBI. 10-10:30: Meet & Greet Brunch; 10:30-11: Museum walk-through; 11-Noon: Creative Process. Three special outings are being planned, TBA. **Location:** Worcester Art Museum, 55 Salisbury St. **Registration: Contact Noreen Alves**, NoAlves@sevenhills.org.

 **S.O. FLAG FOOTBALL:** Sunday practices; games TBD, Aug.–Nov., 10am-Noon, \$25 Donation. We are very excited to add new athletes and partners for this season. Tackle a new challenge and join us for a team journey of personal growth, fun, and friendships. Attendance and participation are required for the possibility to play at Gillette Stadium for States. **Location:** O'Connell Field, 155-165 Grove St, Worcester. **Pre-registration is required. Contact:** Xandra Bouray; xbouray@sevenhills.org.

 **FLAG FOOTBALL SKILLS AND DRILLS:** Sunday practices, Aug.–Nov., 10am-Noon, \$25 Donation. In connection with our Unified team, this non-travel option is for beginners who want to learn how to play flag football and those who want to practice skills in a fun environment with options to move on to the competitive team. **Location:** O'Connell Field, 155-165 Grove St, Worcester. **Pre-registration is required. Contact:** Xandra Bouray; xbouray@sevenhills.org.

 **S.O. SOCCER:** Sunday practices; games TBD, Sept.–Nov., 10:30am-Noon, \$25 Donation. Soccer promotes health, teaches teamwork, and builds friendships. Compete on multiple levels of competitive team play. **Location:** Connie Mack Field, Green Hill Park, Officer Manny Familia Wy, Worcester. **Pre-registration is required: Contact:** Xandra Bouray; xbouray@sevenhills.org.

# Just Us Girls

A SOCIAL SKILLS GROUP TO SUPPORT AND EMPOWER GIRLS



#### WHO

Differently abled girls, ages 10–14 & 15–19

#### WHAT

Create new friendships while learning self-awareness, self-determination, and skills for life. Opportunities for parents, guardians, and caregivers to network.

#### WHEN

Two Saturdays per month, from September–May

#### WHERE

Local Worcester area locations



Family Services  
An Affiliate of Seven Hills Foundation

Funded in Part by



## REGISTER TODAY!

Noreen Alves  
Regional Recreation & Grant Coordinator  
774-688-4095 • [NoAlves@sevenhills.org](mailto:NoAlves@sevenhills.org)



## CREATIVITY & CONNECTIONS

### CREATIVE MINDS AT WAM ADULTS 18+ WITH ABI/TBI

Every 2nd Saturday, 10am-Noon  
September 14, 2024 - June 14, 2025

- 10-10:30: Meet & Greet Brunch
- 10:30-11: Museum Walk-Through
- 11-Noon: Creative Process

#### Worcester Art Museum (WAM)

55 Salisbury St., Worcester, MA 01609  
Three outings are being planned; dates TBA.

To register, contact Noreen Alves  
[noalves@sevenhills.org](mailto:noalves@sevenhills.org) or call 774-688-4095.

Funded by The Statewide Head Injury Program (SHIP), a program of MassAbility (formerly Massachusetts Rehabilitation Commission).

## UP & COMING SPORTS: Register Now to Get a Jump Start on the Season!

### **S.O. BASKETBALL:** Sunday practices; games TBD by SOMA, Jan.–April 2025, Noon-4pm, \$25 Donation.

Shoot, pass, dribble, and drive your way to the basket. Slam dunk your skills with a team of passionate, hard workers committed to teamwork. Attendance and consistency are important in all sports. We are assembling a traditional team; no partners. **Location:** Worcester State University Gymnasium, 486 Chandler St., Worcester.

### **BASKETBALL SKILLS AND DRILLS:** Sunday practices, Jan.–March 2025, 12-4pm, \$25 Donation.

For beginners or those looking to practice basketball basics. Develop the fundamentals, process, and teamwork needed for on-court play. **Location:** Worcester State University Gymnasium, 486 Chandler St., Worcester.

### **S.O. AQUATICS:** Sunday practices; meets TBD by SOMA, March–June 2025, 1:30-2:30pm, \$50 Donation.

Practice skills and reach new goals on this S.O. traditional competitive swim team. A commitment to weekly practices, assessment rounds, and competitions set by SOMA are required. An overnight is a possibility at our end-of-season Summer Games; independence at larger events will be necessary. Priority is given as a courtesy to the previous year's team members. **Location:** Clark University, 57 Downing St., Worcester.

**DON'T MISS OUT—space is limited! Pre-registration is required.**


Contact Xandra Bouray; [xbouray@sevenhills.org](mailto:xbouray@sevenhills.org).


## SOUTH VALLEY FSC EVENTS


**New Location!**


5 Optical Drive, 2<sup>nd</sup> Floor, Southbridge, MA • 774.241.2500


Contact: Noel Grajales, ngrajales@sevenhills.org or Elizabeth Carroll, 774.241.2504, ecarroll@sevenhills.org.


 **MINI GOLF MEET UP:** Monday, 9/9, 5-6:30pm, \$12/person, cash only. **Weather-Dependent.** Join us at Crystal Caves in Auburn for an evening of fun! **Please register with Noel** at Ngrajales@sevenhills.org. *This is not a drop-off event.*


 **SWITCH IT UP!** Mondays, 9/16, 9/23, 9/30, 5-6:30pm, Free. Come enjoy an evening of digital fun playing Just Dance and MarioKart! **Location:** SVFSC. **Registration is required.** **Contact Noel** at ngrajales@sevenhills.org. *This is not a drop-off event; space is limited.*


 **SPOOKY MOVIE NIGHT!** Mondays, 10/7, 10/21, 10/28, 5-6:30pm, Free. Monday nights in October are for fun and spooky movies! All are PG/Family friendly. **Location:** SVFSC. **Registration is required.** **Contact Noel** at ngrajales@sevenhills.org. *This is not a drop-off event; space is limited.*


 **MUSICAL BINGO:** Mondays, 11/11, 11/18, 11/25, 5-6:30pm, Free. Everyone's favorite, BINGO! Come join us for musical-themed Bingo. **Location:** SVFSC. **Registration is required.** **Contact Noel** at ngrajales@sevenhills.org. *This is not a drop-off event; space is limited.*


 **PARENT MEET-UP GROUP:** Mondays, weekly when Activity Nights are held at the SVFSC, 5-6:30pm, Free. Join us for an informal Parent Group. We will discuss your successes and concerns. **Location:** SVFSC.

 **PIE HARD:** Mondays, 12/2, 12/9, 12/16, 5-6:30pm, Free. Join our in-person game show where staff members compete against each other! You can help staff or trick them with pop culture trivia questions. **Location:** SVFSC. **Registration is required.** **Contact Noel** at ngrajales@sevenhills.org. *This is not a drop-off event; space is limited.*

 **GREEN THUMB GROUP:** Wednesday, 10/23, 6-7:30pm, Free. Learn about house plants: how to keep them alive, pot them, and learn their watering schedules. We will have three different house plants this session to take home: Spider plants, Bamboo Palm, and Snake Plant (Mother-in-law tongue). **Location:** SVFSC. **Registration is required.** **Contact:** Lisa Morgan at lmorgan@sevenhills.org. *Space is limited.*


 **CAFE CHATS:** Thursdays, 9/5, 9/19, 10/10, 10/24, 11/7, 11/21, 12/12, 10am, Free. Join us for our new biweekly support group, Cafe Chats! This group is dedicated to building a supportive community for caregivers. We aim to create a space to share information, connections, and an opportunity to enhance your network and contribute to a caring and informed community. **Location:** Sawdust, 371 Main St., Sturbridge. **Contact:** Elizabeth LaPlante, ELaplante@sevenhills.org.


 **LEGO CLUB:** Thursdays, 9/26, 10/31, 6-7:30pm; all ages, all abilities; Free. Join us for a fun night of Lego free play! All the supplies are here to make some amazing creations! **Location:** SVFSC. **Please register with Jodie** at jkrueger@sevenhills.org. *Space is limited.*


 **MAGIC THE GATHERING!** Fridays, 9/6, 10/4, 11/1, 12/6, 6:30-8:30pm, Free. Join us for this exciting card game experience! Learn how to play the game from our expert staff to cast spells, raise armies, and duel your friends. Pizza will be served! **Location:** SVFSC. **Registration is required:** **Contact Makenna**, mamancuso@sevenhills.org. *Space is limited.*


 **WOODWORKING WITH RICK AND JUDY:** Saturdays, 9/21, 10/26, 11/23 & 12/14, 10am, \$25. Enjoy a fun and challenging woodworking craft. **Location:** SVFSC. **Registration:** Contact Jayne, jbowler@sevenhills.org. *Space is limited.*


 **MEETUP: CORN MAZE AT WEST END CREAMERY:** Saturday, Oct. 12, 1 pm. \$18. Meet at the Corn Maze for family fun! **Location:** 481 Purgatory Rd., Whitinsville. **Registration:** Contact Noel, ngrajales@sevenhills.org.


 **ANNUAL HOLIDAY PARTY!** Saturday, 12/14, 6-8pm, \$10/person, cash only. Join our annual Holiday Gathering at the Hayloft Steppers Barn! The \$10 entrance fee covers pizza, drinks, and a holiday craft with Rick and Judy! No charge for paid respite staff. **Location:** Hayloft Steppers Barn, 232 Podunk Rd., Sturbridge. **Registration is required. Contact Noel** at ngrajales@sevenhills.org.

 **MONDAY FUNDAY WITH MIKE LEO & HIS UNIQUE RHYTHMS:** 9/9, 10/7, 11/4, 12/14 (last one will be at our Holiday Party at the Barn!), all others at SVFSC; 3-4pm, Free. Each session we will explore different music genres through art & creative writing. Please remember to bring paper & pencils to each session! **Registration is required, contact** jbowler@sevenhills.org. [bit.ly/SV-MondayFun](https://bit.ly/SV-MondayFun)


 **SOUTH VALLEY KICKBACK:** Tuesdays: 9/3, 9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 11/12, 11/19, 11/26, 12/3, 12/10, 12/17, 3:30-5:30pm, Free. Come hang out with Noel and other friends online. Conversation topics are up to you. We will be discussing other groups and activities going on. Feel free to jump in as you like. **For more information:** Contact Noel, ngrajales@sevenhills.org. [bit.ly/ZOOM-SVKickback](https://bit.ly/ZOOM-SVKickback)


 **ANIMATED MOVIE NIGHT:** Tuesdays: 9/3, 9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 11/12, 11/19, 11/26, 12/3, 12/10, 12/17, 6pm, Free. Join your friends to watch a movie followed by discussion. **Registration:** Contact Noel, ngrajales@sevenhills.org. [bit.ly/ZOOM-MovieClub](https://bit.ly/ZOOM-MovieClub)



 **MARVEL VS DC:** Wednesdays: 9/4, 9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 11/12, 11/20, 11/27, 12/4, 12/11, 12/18, 6pm, Free. If you love super heroes, join us for a fun trivia night featuring short clips, comic book culture, and good friends! **Contact:** Noel, ngrajales@sevenhills.org. [bit.ly/ZOOM-MarvelvsDC](https://bit.ly/ZOOM-MarvelvsDC)



 **BRAVE YOGA:** Wednesdays: 9/18, 10/16, 11/13 and a special IN-PERSON event on 12/11; 7:30pm, Ages 14+, Free. Lisa Irvine runs a fun, friendly introduction to Yoga. Our fully adaptive sessions include warm up, breathing & mindfulness, yoga poses and a relaxing power down. **Contact Jayne** at jbowler@sevenhills.org for registration details. [bit.ly/BraveYoga24](https://bit.ly/BraveYoga24)

 **GIRLS ALOUD:** Thursdays: 11/21, 12/12, 3:00pm, Ages 16+, Free. Girls Aloud focuses on building friendships through music, arts, baking and fun activities. We continue to build our Girls Aloud Recipe Book led by the Great British Baker, Jayne! follow along at home. **For more info., contact Jayne** at jbowler@sevenhills.org. [bit.ly/SV-GirlsAloud](https://bit.ly/SV-GirlsAloud)

 **ANIME CLUB:** 2nd & 3rd Fridays of each month: 9/13, 9/20, 10/11, 10/18, 11/8, 11/15, 12/13, 12/20, 4-6pm, Free. Join us to watch classic as well as 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)

 **IT'S A WRAP:** Fridays: 9/20, 9/27, 10/4, 10/18, 10/25, 11/1, 11/8, 11/15, 11/22, 12/6, 12/13, 3-4pm, Free. Time to wrap up our week and focus on the weekend and our plans, ending our session with everyone's favorite game, Jeopardy. **For more information, please contact Jayne** at jbowler@sevenhills.org. [bit.ly/ZOOM-ItsAWrap](https://bit.ly/ZOOM-ItsAWrap)



  **TERRIFIC TUESDAY TRIVIA:** 9/3, 9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 11/12, 11/19, 11/26, 12/3, 12/10, 12/17, 2-3pm, Free. Join us for trivia fun! **Exclusively for individuals on the Autism Spectrum. Registration is required to get the link:** Contact Noel, ngrajales@sevenhills.org.

  **DUNGEONS & DRAGONS (D&D) CLUB:** Thursdays: 9/5, 9/19, 10/3, 10/17, 11/7, 11/21, 12/5, 12/19, 6:30-8:30pm, ages 16+, Free. Learn how to play in this action adventure fantasy game with the help of a DungeonMaster! Pizza will be provided! **Location:** SVFSC. **Exclusively for individuals on the Autism Spectrum. You must register with** jkrueger@sevenhills.org. *Space is limited.*

# NORTH CENTRAL FSC EVENTS

1460 John Fitch Highway, Fitchburg, MA • 978.632.4322

Contact: Kathy Black, 978.602.8697, kblack@sevenhills.org or Jackie Edmands, jedmands@sevenhills.org.

-  **BIG E FAIR:** Tuesday, September 24, 9am-8pm, \$40. Take the Wilson Bus to the fair! You will be picked up and dropped off at the NCFSC. **Registration:** Kathy, kblack@sevenhills.org.
-  **IEP CHECK IN:** Thursdays: Sep 5, Oct 3, Nov 7, Dec 5, 5-7pm, Free. Dina Hammad, IEP specialist, will answer questions, address concerns, and discuss resources regarding your child's IEP. **Location:** NCFSC. **Registration:** Kathy, kblack@sevenhills.org.
-  **THURSDAY SOCIAL: QUICK COOKING TIPS:** Thursdays: Sep 5th, Oct 3rd, Nov 7th, Dec 5th, 5-7pm, Free. Learn quick kitchen tips and simple recipes. **Location:** NCFSC. **Registration:** Kathy, kblack@sevenhills.org.
-  **THURSDAY SOCIAL: GAME NIGHT:** Thursdays: Sep 12th, Oct 10th, Nov 14th, Dec 12th, 5-7pm, Free. Hang out and play various games with friends. **Location:** NCFSC. **Registration:** Kathy, kblack@sevenhills.org.
-  **THURSDAY SOCIAL: TRIVIA TWISTERS:** Thursdays: Sep 19th, Oct 17th, Nov 21st, Dec 19th, 5-7pm, Free. Fun questions from all things possible. **Location:** NCFSC. **Registration:** Kathy, kblack@sevenhills.org.
-  **THURSDAY SOCIAL: EXPLORING THE ARTS:** Thursdays, Sept. 26, Oct. 24, Nov./Dec. no group due to holidays, 5-7pm, Free. Exploration and self-expression through the ARTS! **Location:** NCFSC. **Registration:** Kathy, kblack@sevenhills.org.
-  **TRANSITION TALKS:** Thursday, September 26, 5-7pm, Free. Meet Malissa Wilson, transition coordinator, and check in to make sure you have all benefits in place. **Location:** NCFSC. **Contact** Kathy, kblack@sevenhills.org.
-  **LET'S GET ORGANIZED:** Thursday, Oct. 10, 5-7pm. Learn how to organize documents, appointments, and other important material for meetings. **Location:** NCFSC. **Registration:** Kathy, kblack@sevenhills.org.
-  **HOLIDAY DINNER SOCIAL:** Thursday, Nov. 14, 5-7pm. Enjoy dinner and a slide show with family and friends as we celebrate the year with thanks. **Location:** Leominster Vet Center, 100 West St. **Registration:** Kathy, kblack@sevenhills.org.
-  **HALLOWEEN PARTY:** Friday, Oct 25th, 6:30-9:30pm. Hang out with friends in your Halloween look. Prizes for best costume. **Location:** Leominster Vet Center, 100 West St. **Registration:** Kathy, kblack@sevenhills.org.
-  **DOWN SYNDROME SOCIAL:** Saturday, Sept. 7, 10am-Noon. All ages, Free. For friends and family who have a loved one with Down syndrome, this is the social for you. Potluck Day! **Location:** NCFSC. **Registration:** Kathy, kblack@sevenhills.org.
-  **GIRL'S GROUP:** Saturdays, Sept. 7, 28, Oct. 5, 26, 10am-Noon. \$25. Build social skills, learn to budget, discuss fashion, and have fun! **Location:** NCFSC. **Registration:** Kathy, kblack@sevenhills.org.
-  **FAMILY FUN AT RED APPLE FARM:** Saturday, Sept. 21, 1-4pm, Free. Bring the family and enjoy fun on the farm! **Location:** 455 Highland Ave., Phillipston. **Registration:** Kathy, kblack@sevenhills.org.
-  **HOLYOKE MALL TRIP:** Saturday, Nov. 16, 10am-7pm, Free. Get picked up/dropped off at the NCFSC. Bring family, friends and enjoy holiday shopping. **Registration:** Kathy, kblack@sevenhills.org.
-  **PANCAKES WITH SANTA:** Saturday, Dec. 7, 10am-Noon. Holiday fun for the family! Pictures with Santa, Christmas carols, and pancakes! **Location:** NCFSC. **Registration:** Kathy, kblack@sevenhills.org.
-  **SELF ADVOCATES:** Tuesdays, Sept. 3, 10, 17, 24, Oct. 1, 8, 15, 22, 29, Nov. 5, 12, 19, 26, Dec. 3, 10, 17, 24, 31, 10-11am, Free. Learn how to advocate for your beliefs and goals. **Registration:** Kathy Black, kblack@sevenhills.org. [bit.ly/NC-SelfAd](https://bit.ly/NC-SelfAd)
-  **LUNCH BUNCH:** Wednesdays, Sep 4th, 11th, 18th, 25th, Oct 2nd, 9th, 16th, 23rd, 30th, Nov 6th, 13th, 20th, 27th, Dec 4th, 11th, 18th, 12-1pm, Free. Hang out with friends and chat about current events and share your talents and jokes. **Registration:** Contact Kathy Black, kblack@sevenhills.org. [bit.ly/ZOOM-LunchBunch](https://bit.ly/ZOOM-LunchBunch)
-  **LUNCH BUNCH: FRIENDSHIP CIRCLE:** Wednesdays, Sep 11th, Oct 9th, Nov 13th, Dec 11th, 12-1pm, Free. Allison from Successfully Social will teach this group fun ideas to practice skills to be a good friend and keep meaningful relationships. **Registration:** Contact Kathy Black, kblack@sevenhills.org. [bit.ly/ZOOM-LunchBunch](https://bit.ly/ZOOM-LunchBunch)
-   **FRIDAY MEET UP:** 1st Friday of the month, Sept 6, Oct 4, Nov 1, Dec 6, 5-7pm. Meet up with friends and plan activities for the month. **Location:** NCFSC. **Registration:** Kathy Black, kblack@sevenhills.org. *Open to individuals with ASD only.*




# GREATER LOWELL FSC EVENTS


7 Technology Dr., Ste. 103, Chelmsford, MA • Contact: Joe Escribano, [jescribano@sevenhills.org](mailto:jescribano@sevenhills.org).


-  **WALKING CLUB: Mondays (biweekly): 9/9, 9/16, 9/23, 9/30, 10/7, 10/21, 6-7pm, Free.** Get extra steps as we explore walking areas in our community. Caregivers and individuals welcome. **Location:** TBD; contact Kim Guy, [kguy@sevenhills.org](mailto:kguy@sevenhills.org).
-  **CAREGIVER COFFEE HOUR: Mondays (biweekly): 9/16, 9/30, 10/7, 10/21, 11/4, 11/18, 12/9, 12/23, 9:30-10:30am, Free.** Informal support/community meeting for caregivers. **Location:** TBD; families should contact Kim Guy, [kguy@sevenhills.org](mailto:kguy@sevenhills.org).
-  **VOTER EDUCATION & PRACTICE: Individual & Parent Training (Day & Evening Sessions): Tuesday, September 17, 12-1:30pm; 5:30-7:00pm (choose one to attend), Free.** Can I vote? Learn how and where to vote. Can someone help me? Hear from self-advocates. Easy step-by-step guide on how to vote. If attending in person, register to vote and then practice voting. Pizza and dessert will be served. **Location:** GLFSC. Hybrid (link TBD). **Contact:** [kguy@sevenhills.org](mailto:kguy@sevenhills.org)
-  **PARENT NETWORKING: Tuesday (weekly): 9/17, 9/24, 10/1, 10/15, 10/22, 10/29, 11/5, 11/19, 11/26, 5:30-7pm, Free.** Parents and caregivers, this is a great space to come together to ask questions, address concerns, and learn about information and resources for your family. **Location:** GLFSC. **Contact:** [kguy@sevenhills.org](mailto:kguy@sevenhills.org).
-  **FUN TUESDAY: KARAOKE: 2nd Tuesday of the month, 9/10, 10/8, 11/12, 12/10, 5:30pm-7pm, Free.** Weekly activities with our FSC staff to promote friendship, social skills, and fun. **Location:** GLFSC.
-  **FUN TUESDAY: ART SOCIAL: 1st Tuesday of the month: 10/1, 11/5, 12/3, 5:30-7:00pm, All Ages, Free.** Weekly activities with our FSC staff to promote friendship, social skills, and fun. **Location:** GLFSC. **Contact:** [kguy@sevenhills.org](mailto:kguy@sevenhills.org).
-  **FUN TUESDAY: GAME NIGHT: 4th Tuesday of the month: 10/22, 11/26, 12/3, 5:30-7:00pm, All Ages, Free.** Weekly activities with our FSC staff to promote friendship, social skills, and fun. **Location:** GLFSC. **Contact:** [kguy@sevenhills.org](mailto:kguy@sevenhills.org).
-  **ARPA: YOGA: Wednesdays (weekly): 9/11, 10/9, 11/6, 11am-12pm, Free.** Weekly respite activities to promote friendship, social skills, and fun. **Location:** GLFSC. **To join, please contact Pamela Cohen,** [pcohen@sevenhills.org](mailto:pcohen@sevenhills.org)
-  **ARPA: APPLE PICKING: Wednesday, September 18, 10-12pm, Free.** Weekly respite activities to promote friendship, social skills, and fun. **Location:** Apple-Picking Farm TBD. **To join, please contact Pamela Cohen,** [pcohen@sevenhills.org](mailto:pcohen@sevenhills.org).
-  **ARPA: PUMPKIN DECORATING: Wednesday, October 23, 10-12pm, Free.** Weekly respite activities to promote friendship, social skills, and fun. **Location:** GLFSC. **To join, please contact Pamela Cohen,** [pcohen@sevenhills.org](mailto:pcohen@sevenhills.org).
-  **RESPITE NIGHT: Fridays (Monthly): 9/20, 10/4, 11/15, 12/6, 4:30-7:30pm, Free.** Enjoy a movie, snacks and a good time with friends. **16+ must fill out registration form.** **Location:** GLFSC. **Contact:** [kguy@sevenhills.org](mailto:kguy@sevenhills.org).
-  **HALLOWEEN TRUNK OR TREAT WITH CAMBODIAN MULTICULTURAL CENTER: Friday, 10/25, 5:30-7:30pm, Free.** Wear your costume (rated PG) or festive clothing and join us and the Monoron Family Support Center for spooky fun! **Location:** GLFSC. **Contact Kim** at [kguy@sevenhills.org](mailto:kguy@sevenhills.org). *You may be asked to remove a mask that might be too scary for this family friendly event.*
-  **HOLIDAY RESPITE SUPPORT MOVIE NIGHT: Friday, Dec. 13, 4:30-7:30pm, Free.** Caregivers can finish their holiday errands while their loved ones enjoy dinner, a movie, festive games, and crafts. **Location:** GLFSC. Registration must be completed for approval to be dropped off, 16+. **Contact Kim to register,** [kguy@sevenhills.org](mailto:kguy@sevenhills.org). *Space is limited.*
-  **CULTURAL SUPPORTS: CULTURAL & DIVERSITY DINNER: Saturday, September 14, 5:30-8:30pm, Free.** Experience different family traditions in our Spanish-speaking community. This will be a pot-luck-style dinner, attendees will be asked to bring a dish representing their culture or family traditions. **Location:** Shedd Park Pavilion. **Registration is required.** **Please contact:** [kguy@sevenhills.org](mailto:kguy@sevenhills.org) or Lissette at [Lortizsanchez@sevenhills.org](mailto:Lortizsanchez@sevenhills.org). *Space is limited.*
-  **PLAYGROUND PALS: Saturdays (monthly): 9/14, 10/5, 11/2, 12/7, 10am-12pm, Free.** Meet and network with families at the designated playground. **Registration required** to receive the playground location list. **Contact Kim** at [kguy@sevenhills.org](mailto:kguy@sevenhills.org).
-  **LIFE CARE CENTER HOLIDAY EVENT: Saturday, December 3, morning, TBA; Free.** Spread holiday cheer with residents of the Life Care Center and give back to our community. Enjoy music, crafts, a pancake breakfast, and a visit from Santa as part of this beloved, now annual, tradition. **Location:** Life Care Center of the Merrimack Valley, 80 Boston Rd., North Billerica. **Contact Kim** at [kguy@sevenhills.org](mailto:kguy@sevenhills.org) for registration link.
-  **TRANSITION PROJECT: Free.** Are you between the ages of 23 and 27? Join our social group as we get out and explore our community. **Contact Jess Dugas** for more information, [jdugas@sevenhills.org](mailto:jdugas@sevenhills.org), 978-560-5688.
-  **MARVEL VS DC: Wednesdays (weekly): 9/4, 9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 11/12, 11/20, 11/27, 12/4, 12/11, 12/18, 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/ZOOM-MarvelvsDC](https://bit.ly/ZOOM-MarvelvsDC)


# NORTH QUABBIN FSC EVENTS


2280 Main St., Athol, MA • Contact: Tonya Lanpher, 413.418.8702, tlanpher@sevenhills.org.


 **MONDAY SOCIAL: GAME NIGHT: 9/9, 10/7, 11/4, 12/2, 12/30, 6-7pm, Free.** Choose games to play with friends: Giant jenga, indoor cornhole, trivia, bingo, outdoor games, and so much more! **Location:** NQFSC. **No registration required.** For questions, contact Tonya Lanpher, tlanpher@sevenhills.org, 413-418-8702. *Caregivers must attend this family event.*


 **MONDAY SOCIAL: WHAT'S COOKING? 9/16, 11/11, 12/9, 6-7pm, Free.** Learn easy, delicious, budget-friendly recipes then enjoy your freshly cooked meals together. **Location:** NQFSC. **No registration required.** For questions, contact Tonya Lanpher, tlanpher@sevenhills.org, 413-418-8702. *Caregivers must attend this family event.*


 **MONDAY SOCIAL: MUSIC NIGHT: 9/23, 10/21, 11/18, 12/16, 6-7pm, Free.** Let's turn on the party lights, watch a music video on the big screen, sing karaoke, cheer on your friends, and tap to the beat. **Location:** NQFSC. **No registration required.** For questions, contact Tonya Lanpher, tlanpher@sevenhills.org, 413-418-8702. *Caregivers must attend this family event.*


 **MONDAY SOCIAL: LET'S GET CRAFTY: 9/30, 10/28, 11/25, 12/23, 6-7pm, Free.** Make a fun craft with friends: DIY stress balls, pine cone bird feeders, bug hotels, paper spinners, and more. **Location:** NQFSC. **No registration required.** Contact: Tonya Lanpher, tlanpher@sevenhills.org, 413-418-8702. *Caregivers must attend this family event.*


 **BOWLING GROUP: Tuesdays: 10/8, 10/15, 10/22, 10/29, 11/5, 11/12. 4:30-6pm, All ages, Free.** Join us for 6 weeks of bowling! **Location:** Gardner Candlepin Bowling, 123 Main St. **Registration: Contact Penny Boutin,** pboutin@sevenhills.org or 508-816-2057. *Caregivers must attend this family event.*


 **NORTH QUABBIN CAREGIVER COFFEE HOUR: 4th Thursdays, monthly: 9/26, 10/24, 12/26, 10-11am.** Parents and caregivers meet at Dunkin' to build community connections and share information. **Location:** Dunkin', 1634 S. Main St., Athol. **No registration required, contact Kendra Steucek,** ksteucek@sevenhills.org or 508-454-2619.

 **COMMUNITY NIGHT OUT: TRUNK OR TREAT: Thursday, Oct. 24, 4:30-7pm, Free.** This 4th annual Halloween-themed event is organized by the Athol school district's family and community center. Enjoy food, a bonfire, music, and activities. **Location:** Athol High School, 2363 Main St. Meet us at the NQFSC and we will walk to the school together. Costumes encouraged and bring a candy bag for Trunk or Treat. **Register with Tonya Lanpher,** tlanpher@sevenhills.org, 413-418-8702. *Space is limited.*


 **HOLIDAY GATHERING: Friday, Nov. 8, 5-7pm, Free.** Our wonderful holiday gathering features live music with Mike Leo, dinner, and holiday fun. Wear your ugliest/most creative holiday outfit for a chance to win a prize! **Location:** Starrett Memorial Methodist Church, 40 Island St., Athol. **Register with Tonya Lanpher,** tlanpher@sevenhills.org, 413-418-8702. *Space is limited.*

 **COMMUNITY OUTING: WOO SOX GAME: Sunday, Sept. 15, Free. 10:45am:** Meet at the NQFSC. **11am:** Bus leaves promptly. **Noon:** Lunch included. **1:15pm** Game starts. We return to the NQFSC when the game ends. **Destination:** Polar Park, 100 Madison St., Worcester. **Register with Tonya Lanpher,** tlanpher@sevenhills.org, 413-418-8702. *Space is limited.*


 **RESPIRE ACTIVITY: SELF-ADVOCACY GROUP & LIFE SKILLS: Mondays: 9/9, 9/16, 9/23, 9/30, 10/7, 10/21, 10/28, 11/4, 11/11, 11/18, 11/25, 12/2, 12/9, 12/16, 12/23, 12/30, 5-6pm, Ages 18+, Free.** Make friends while learning to advocate for your needs and boundaries with people you know. Topics include consent, effective communication, healthy decision-making, and personal safety. **Location:** NQFSC. **Register with Tonya Lanpher,** tlanpher@sevenhills.org, 413-418-8702. *Space is limited.*

 **RESPIRE ACTIVITY: ABILITY ADVENTURERS CLUB: 1st/2nd Thursdays, 2x/month: 9/5, 9/12, 10/3, 10/10, 11/7, 11/14, 12/5, 12/12, 5-6:30pm, Ages 10-17, Free.** Youth are provided with essential skills and support to enhance their independence through social integration, peer support, outdoor activities, and community service. **Location:** NQFSC. **Register with Tonya Lanpher,** tlanpher@sevenhills.org, 413-418-8702. *Please talk to your FSC staff about 1:1 support needs. Space is limited.*

 **RESPIRE ACTIVITY: INTRO TO 3D PRINTER SKILLS WORKSHOP: 3rd Thursday, monthly: 9/19, 10/17, 11/21, 12/19, 6-8pm, Ages 9-99!, Free.** Learn what you can do with a 3-D printer in this class that will cover how to find free or low-cost designs and how to prepare and print them using 3-D Printers. No prerequisites needed. Bring your laptop, or contact us and we will reserve one for you. Instructor is CA Sizemore. **Location:** LaunchSpace, 131 W. Main St., Ste. 342, Orange, MA. **Register with Tonya Lanpher,** tlanpher@sevenhills.org, 413-418-8702. *Please talk to your FSC staff about 1:1 support needs. Space is limited.*

 **RESPIRE ACTIVITY: FRIDAY MOVIE NIGHTS! 3rd Friday monthly: 9/20, 10/18, 11/15, 12/20, 5:30-7pm, Free.** We will be hosting movie nights with popcorn, candy, and beverages included! **Location:** NQFSC. **Registration is required:** Contact Carole Norton, 508-801-1648, cnorton@sevenhills.org. *Please talk to your FSC staff about 1:1 support needs. Space is limited.*

 **COMMUNITY OUTING: BRIGHT NIGHTS AT FOREST PARK:** Friday, Dec. 13, 6:30-7pm: Meet at the NQFSC for a hot cocoa bar. **7:15pm:** Bus leaves promptly. We will return after viewing the show. Join us on a holiday-themed bus trip as we travel through a dazzling wonderland of over 700,000 lights! This three-mile drive-thru spectacular features festive scenes, iconic characters, and peaceful gardens, all illuminated for a joyous holiday experience. Hot cocoa bar is set up at the center to access before departure. We will be watching The Polar Express together and will remain on the bus for the entire trip. There is a bathroom available. **Destination:** 295 Summer Ave., Springfield. **Register with Tonya Lanpher,** tlanpher@sevenhills.org, 413-418-8702. *Space is limited.*

 **WRESTLING CLUB:** Mondays, 9/9, 9/16, 9/23, 9/30, 10/7, 10/21, 10/28, 11/4, 11/11, 11/18, 11/25, 12/2, 12/9, 12/16, 12/23, 12/30, 7-8pm, Free. Join Kevin to share favorite WWE wrestling moments, watch matches, and play wrestling trivia. **No registration required. Contact: Tonya Lanpher,** tlanpher@sevenhills.org, 413-418-8702. [bit.ly/ZOOM-WrestlingClub](https://bit.ly/ZOOM-WrestlingClub)

# RCR Respite: Are you caring for a family member or loved one?

## REJUVENATE: CUSTOMIZED RESPITE (RCR) IS NOW BEING OFFERED TO CAREGIVERS

Funding from the Commonwealth's Executive Office of Health and Human Services Respite Innovations Grant will enable Seven Hills Family Services to expand respite services through Rejuvenate: Customized Respite (RCR) Program.

Our Rejuvenate Customized Respite Program provides an innovative respite solution, which allows each caregiver the flexibility to identify and access the respite option that they desire. All respite options provide much needed and deserved breaks, because caregivers need breaks to be the best caregiver that they can be.

All Respite activities will use a person-centered approach where each family supported will have a plan created based upon their individual respite needs, preferred activities and chosen timeframe.



Space is limited.  
For more information, email:  
[respite@sevenhills.org](mailto:respite@sevenhills.org), or take our  
Survey by scanning the QR code.

 **Seven Hills**  
Family Services

# Pride

**Fall 2024: What's Inside:**

A Publication of the Seven Hills Family Services Family Support Centers

**Cover story: Exciting New Direction In Community Connections Recreation/Join in the FUN: Athletes and Unified Partners; sports listing; FSC Directory; Registration Information; Stay Connected with Social Media; Transition Trainings; Recreation Department Happenings, Regional Family Support Center Events; and more!**

## Pride

**PRIDE** Fall 2024

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

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**THANK YOU FOR**  
*answering*  
**the call to care**

Seven Hills is profoundly grateful for your unwavering connection to the people we support and the New Beginnings they experience because of you. The activities listed in *PRIDE* are made possible, in part, through the golfers, sponsors, donors, and volunteers, who have made the annual New Beginnings Charity Golf Tournament a success for 36 years!

