

A PUBLICATION OF THE SEVEN HILLS FAMILY SERVICES  
MAKING COMMUNITY CONNECTIONS



## Seven Hills Cheers for Its Dedicated Volunteers!

“We’ve got you covered!” could be the mantra of the fabulous staff that runs the day-to-day operations of the Community Connections program at Seven Hills Family Services. Comprised of the Recreation Department and four regional Family Support Centers, Community Connections offers activities and sports that are scheduled during three sessions throughout the year: winter, spring/summer, and fall.

During the lead-in to each season, anticipation rocks the queues to registration for personal favorites. Behind the scenes, staff is busy negotiating with vendors, venues, and local talent to build a bustling schedule of seasonal excitement.

In the end, it’s all hands on deck to actually pull it off, including the extra hands—and hearts—of Seven Hills’ volunteers. From hobbyists teaching classes about their craft to sports lovers channeling their enthusiasm into coaching, volunteering is the giving of time and talent for the benefit of others. Yet, our volunteers are emphatic that the benefits are mutual:

**“It’s something my family looks forward to every week and we leave feeling even more amazing than when we started.”** — *Chris Eldridge*

**“The enthusiasm of the athletes is contagious and a joy to watch. That is what keeps me coming back each year.”** — *Ann Marie Dawes, swimming & bocce coach*

**“I will never be able to describe the feeling of walking into practice and being greeted like I hadn’t seen my teammates in years.”** — *Kathleen Moran, flag football, basketball & social rec volunteer*

**“Our volunteer day quickly became the favorite day of our week. There were so many moments of boosting self esteem, reaching goals, surpassing limits, and a lot of laughter and happiness.”** — *Maura Eldridge*

**“An athlete who could barely reach the rim scored a basket during the game. He ran down the court blowing kisses to the crowd, just beaming with pride and excitement. That is why I volunteer.”** — *Kevin Heman, head soccer & basketball coach*

Seven Hills salutes its volunteers who step up to the plate, the podium, the classroom, and more to share their expertise and enthusiasm to enrich the lives of people of all abilities.

### Why volunteer at Seven Hills?

**“My wife and I live in the area and knew through friends that Seven Hills was a great organization to become involved with and we wanted to devote our time and energy to a great organization and to even better people.”** — *Chris Eldridge*

### Volunteering final words of wisdom:

**“Don’t hesitate, just do it. You’ll never second guess the decision once you’ve seen what impacts you can make.”**

— *Maura Eldridge*

### Become a Coach or Volunteer with Community Connections!

To learn more, contact:

**Bradley Ayotte**

Therapeutic Recreation Director

[bayotte@sevenhills.org](mailto:bayotte@sevenhills.org)

508.796.1861

# 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

**Dawn Varrichio, Administration Manager**  
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**Sarah Khan, Administrative Assistant**  
skhan@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, Malissa Wilson, [mwilson@sevenhills.org](mailto:mwilson@sevenhills.org), or Cheri Brown, [cbrown@sevenhills.org](mailto:cbrown@sevenhills.org).

**TUESDAY: CHARM MEDICAL INFORMATION FOR FAMILIES: 5/16, 7pm. Presenter: Mary Lou Dolan from Charm.** We will discuss your home healthcare needs including delivery, insurance, prescriptions, letters of need, and how Charm can assist with submitting your paperwork and track renewals. Hosted by SVFSC. [bit.ly/ZOOM-CharmMed](https://bit.ly/ZOOM-CharmMed)

**WEDNESDAY: WORK WITHOUT LIMITS: TRANSITION-AGE YOUTH: 5/17, 5:30-7:30pm.** Learn about the significant benefit changes that young adults with disabilities need to understand as they approach adulthood, including the mandatory SSI Age-18 redetermination process, how adult and childhood-related benefits differ under both Social Security programs (SSI and SSDI), and how changes to public health insurance can occur. Hosted by SVFSC. For event link, email [ecarroll@sevenhills.org](mailto:ecarroll@sevenhills.org).

**MONDAY: TRANSITION TRAINING WITH JOHANNE PINO: 5/22, Noon.** This workshop addresses the transition planning and services required for youth with disabilities, ages 14-22, and focuses on the transition special education services needed to prepare youth for employment, independent living, and further education. Using case examples, parents and professionals learn strategies to help ensure students receive important transition services required by special education law. Learn about the transition to the adult human services system, including Chapter 688, the state law that helps plan for youth with disabilities after they leave school. Hosted by SVFSC. [bit.ly/ZOOM-Transition-Johanne](https://bit.ly/ZOOM-Transition-Johanne)

**WEDNESDAY: WORK WITHOUT LIMITS & OVERVIEW OF SS WORK INCENTIVES: For families/ persons served. 5/24, 5:30-7:30pm.** Participants are educated on existing work incentives, reporting requirements, beneficiary rights, and employment support programs that help them realize work is possible. Hosted by SVFSC. For event link, email [ecarroll@sevenhills.org](mailto:ecarroll@sevenhills.org).

**THURSDAY: SUCCESSFULLY SOCIAL WITH ALLISON MAREAN PART 1: 6/15, 6-7:30pm.** Parents, staff, and individuals explore topics that include what you are looking for in a partner, red flags, trusting your gut when it doesn't feel right or someone is taking advantage, and relationship rules. [bit.ly/ZOOM-SuccessSoc1](https://bit.ly/ZOOM-SuccessSoc1)

**MONDAY: ESTATE PLANNING WITH TOM ALESSI & CRAIG RICHARDSON: 6/26, Noon-1pm.** Tom and Craig from The Moody Street Group discuss estate planning, special needs trusts, and the importance of future financial planning. The opportunity to pose questions will be available, and a copy of the recorded presentation will be provided to all registered participants. Hosted by SVFSC. [bit.ly/ZOOM-MoodyEstate](https://bit.ly/ZOOM-MoodyEstate)

**THURSDAY: SUCCESSFULLY SOCIAL WITH ALLISON MAREAN PART 2: 6/29, 6-7pm.** Safety on the internet and your digital footprint. [bit.ly/ZOOM-SuccessSoc2](https://bit.ly/ZOOM-SuccessSoc2)

**WEDNESDAY: RCAP PRESENTS HOME MODIFICATION LOAN INFORMATION: 7/12, 6-7pm.** RCAP Solutions is a non-profit organization providing a wide array of independent living and safe housing programs to assist people with disabilities throughout Central MA. The Home Modification Loan Program (HMLP) provides financing to homeowners for accessibility renovations to keep a household member with a disability or older adult in their own home. Potential modifications can include ramps, stair-lifts, walk-in showers, and more. Hosted by SVFSC. [bit.ly/ZOOM-RCAP](https://bit.ly/ZOOM-RCAP)

## 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 .....(PRE-REGISTRATION IS REQUIRED; SPACE IS LIMITED)

### **TUESDAYS: SO (SPECIAL OLYMPICS) BOCCE: June–August. Practices are 6-7:30pm. \$25 donation.**

Bocce provides positive social interactions, mindfulness, an active lifestyle, and helps build self-confidence. Stroll your way down the court with us. **Location:** Italian American Victory Club, 26 Dewey St., Shrewsbury, MA. **Pre-Registration:** Contact Bradley Ayotte, bayotte@sevenhills.org.

**WEDNESDAYS: GENTLEMAN'S CLUB: May 17–June 28, 5:30-7pm. Free.** This group will discuss topics that affect men in everyday situations relating to relationships and interpersonal communication, among other themes relating to self-care. This group is ages 21+ for Men only. **Location:** TBD. **Pre-registration:** Contact Bradley Ayotte, bayotte@sevenhills.org.

**WEDNESDAYS: CORNHOLE: July 12–August 23, 5:30-7pm.** Take turns with the toss to see who's Cornhole Boss! Join the family fun for 8 weeks. **Location:** Stearns Tavern, 140 Mill St., Worcester, MA. **Pre-registration:** Contact Bradley Ayotte, bayotte@sevenhills.org. Space is limited.

**THURSDAYS: SO SOFTBALL: June–August. Practices are 6-7:30pm. \$25 donation.** This sport is great for team building, physical activity, and lasting memories. The crack of the bat drives cheers while hustle and play-making encourage others to succeed. Grab a glove, a pair of cleats, and join in America's favorite past-time. **Location:** Varies. **Pre-registration:** Contact Bradley Ayotte, bayotte@sevenhills.org. Space is limited.

**THURSDAYS: SO GOLF: June–August. Practices are 5-8pm. \$50 donation.** Lush grass, a walk through the park, and the little white ball. Master your skills from tee to green! We provide 9-hole practice rounds for our competitive golfers. A commitment to the season is required. **Location:** Highfields Golf & Country Club, 42 Magill Dr., Grafton. **Pre-registration:** Contact Bradley Ayotte, bayotte@sevenhills.org.

**THURSDAYS: GOLF SKILLS AND DRILLS: June–August, 6-7pm. \$25 donation.** A recreational (non-competitive) group of athletes desiring to learn the great game of golf. Not yet ready for the course? Join us on the driving range and putting green to perfect your swing. **Location:** Highfields Golf & Country Club, 42 Magill Dr., Grafton. **Pre-registration:** Contact Bradley Ayotte, bayotte@sevenhills.org.

**FRIDAY: LUAU AT STEARNS TAVERN: 6/23, 6-7:30pm.** Grab your grass skirts and tropical attire to boogie at our favorite prime time dance party! **Location:** Stearns Tavern, 140 Mill St., Worcester, MA. **Registration:** Contact Bradley Ayotte, bayotte@sevenhills.org.

**FRIDAYS: JUST US WOMEN: Monthly, Sept.–May, 6:30-8:30pm, \$265/year.** An extension of Just Us Girls, this group is designed to create friendships while enjoying each other's company and discussion 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.

**SATURDAYS: JUST US GIRLS: Twice/month, Sept.–May. Ages 10-14, 10am-Noon; Ages 15-19, 1-3pm. \$50/year\* due at registration.** The goal of Just Us Girls is to build, strengthen, and support the development of healthy, confident girls. This unique skills-development program helps create friendships while covering topics such as self-awareness, self-determination, goal-setting, personal safety, and participating in a community service project. **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.*

## ■ IN-PERSON EVENTS 🏊 ..... (CONTINUED)

**SUNDAYS: SO AQUATICS: March–June. Practices are 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 (Special Olympics of Massachusetts) 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. **Pre-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.

**SUNDAYS: FAMILY FITNESS AND FUN: 6/25, 7/30, 8/27, 10am-Noon.** Come with your friends for a fun-filled morning of exercise, games, and friendly competition. **Location:** Lassie League Field, 20 Bassett St., Leominster, MA. **Pre-registration:** Contact Bradley Ayotte, bayotte@sevenhills.org.

**SUNDAYS: SO SOCCER: August–November. Practices are 10:30am-Noon. Games TBD.** Soccer promotes health and wellness, team play, and building friendships. We offer multiple levels of competitive team play. **Location:** Various Worcester parks, TBD. **Pre-registration:** Contact Bradley Ayotte at bayotte@sevenhills.org.

**SUNDAYS: SO FLAG FOOTBALL: August–November. Practices are 10am-Noon.** Our 2022 SOMA State Unified Flag Football team is now expanding. If you have any gridiron in your blood, if you eat pigskin for breakfast, or if you sweat for one true reason, and that reason is FOOTBALL, we want you. Come tackle a new challenge and join us for a team journey of personal growth, fun, and friendships. **Location:** Various Worcester parks, TBD. **Pre-registration:** Contact Bradley Ayotte, bayotte@sevenhills.org. Space is limited.

**SUNDAYS: FLAG FOOTBALL SKILLS AND DRILLS: August–November. Practices, 10am-Noon.** In connection with our Unified team, this is a non-travel option for those who want to learn how to play flag football. **Location:** Various Worcester parks, TBD. **Pre-registration:** Contact Bradley Ayotte, bayotte@sevenhills.org.

## ■ VIRTUAL EVENTS 🗣 ..... (REGISTRATION IS REQUIRED; SPACE IS LIMITED)

**TUESDAYS: RE-CREATE: May–August, 3-4pm, Free, but must supply your own materials.** Create new works of art each week, incorporating your twist and personal eye to your masterpiece—whether you like to doodle, draw, paint, or sketch. **Registration:** Contact Bradley Ayotte, bayotte@sevenhills.org. [bit.ly/ZOOM-ReCreate](https://bit.ly/ZOOM-ReCreate)



The Panthers finish the finals at Assumption



The Coyotes wear their Gold with PRIDE

# NORTH CENTRAL FSC EVENTS

## ■ IN-PERSON EVENTS ..... (REGISTRATION IS REQUIRED, SPACE IS LIMITED)

**MONDAY: BIG E FAIR: 9/25, 7:30am-8pm.** Take the Wilson Bus to the fair! You will be picked up and dropped off at the NCFSC. **Registration:** Contact Kathy at [kblack@sevenhills.org](mailto:kblack@sevenhills.org).

**TUESDAY: CALMING CLASSES WITH ALLISON: 6/13, 5-7pm, Free.** An opportunity to be with friends and learn coping skills and relaxation tricks and techniques. **Location:** Leominster Massage, 435 Lancaster St., Ste. 330F, Leominster. **Registration:** Contact Kathy at [kblack@sevenhills.org](mailto:kblack@sevenhills.org).

**TUESDAYS: OPEN MIC NIGHT: 5/16, 9/19, 5-7pm, Free.** Join friends and family to dance, sing, and have fun. **Location:** Leominster Veteran's Center, 100 West St., Leominster. **Registration:** Contact Kathy at [kblack@sevenhills.org](mailto:kblack@sevenhills.org).

**WEDNESDAYS: CORNHOLE CLUB: 8/2, 8/9, 8/16, 8/23. Playoffs, 8/30. 5-7pm, Free.** Gather a team to hang out with friends and play Cornhole. **Location:** NCFSC. **Registration:** Contact Kathy at [kblack@sevenhills.org](mailto:kblack@sevenhills.org).

**THURSDAY SOCIAL: QUICK COOKING TIPS: 5/4, 6/1, 5-7pm, Free.** Learn quick kitchen tips and simple recipes. **Location:** NCFSC. **Registration:** Contact Kathy at [kblack@sevenhills.org](mailto:kblack@sevenhills.org).

**THURSDAYS: IEP CHECK IN: 5/11, 6/1, 5-7pm, Free.** Dina Hammad, IEP specialist, answers questions, concerns, and suggests resources regarding your child's IEP. **Location:** NCFSC. **Registration:** Contact Kathy at [kblack@sevenhills.org](mailto:kblack@sevenhills.org).

**THURSDAY SOCIAL: GAME NIGHT: 5/11, 6/8, 5-7pm, Free.** Come hang out and play various games with friends. **Location:** NCFSC. **Registration:** Contact Kathy at [kblack@sevenhills.org](mailto:kblack@sevenhills.org).

**THURSDAY SOCIAL: EXPLORING THE ARTS: 5/18, 6/15, 5-7pm, Free.** Join us for a night of exploring and self-expression through the ARTS! **Location:** NCFSC. **Registration:** Contact Kathy at [kblack@sevenhills.org](mailto:kblack@sevenhills.org).

**THURSDAY SOCIAL: TRIVIA TWISTERS: 5/25, 6/22, 5-7pm, Free.** Fun questions from all things possible. **Location:** NCFSC. **Registration:** Contact Kathy at [kblack@sevenhills.org](mailto:kblack@sevenhills.org).

**THURSDAY: PAINT NIGHT: 6/8, 6-8pm, Free.** Relax and create a painting with our artist, Cheryl. **Location:** NCFSC. **Registration:** Contact Kathy at [kblack@sevenhills.org](mailto:kblack@sevenhills.org).

**THURSDAY SOCIAL: COMMUNITY MEETUPS: 7/6, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24, 8/30, 5-7pm, Free.** **Locations:** Please check the calendar for meet-up locations over the summer months.

**THURSDAY: FAMILY BBQ & CORNHOLE: 7/20, 5-7pm, Free.** Family event to socialize and meet friends. **Location:** NCFSC. **Registration:** Contact Kathy at [kblack@sevenhills.org](mailto:kblack@sevenhills.org).

**THURSDAYS: GENDER WELLNESS SOCIAL: 8/10, 9/14, 11/9, 5-7pm, Free.** Meet new friends in a safe space for the LGBTQ community. **Location:** NCFSC. **Registration:** Contact Kathy at [kblack@sevenhills.org](mailto:kblack@sevenhills.org).

**FRIDAY: COMMUNITY MOVIE: 5/12, 6-9pm. Ages 16+. Free.** Enjoy a night out for fun and a movie! **Location:** NCFSC. **Registration:** Contact Kathy at [kblack@sevenhills.org](mailto:kblack@sevenhills.org).

**FRIDAY: PARKING LOT POPCORN POP-UP: 8/18, 7-9pm, Free.** Hang with us for an outdoor movie and popcorn! **Location:** NCFSC. **Registration:** Contact Kathy at [kblack@sevenhills.org](mailto:kblack@sevenhills.org).

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

**FRIDAY: FAMILY FUN NIGHT: 8/21, 5-7pm, Free.** Bring the family and enjoy the classic cars and ice cream.  
**Location:** Kimball's Ice Cream, 1543 Lancaster Rd., Lancaster. **Registration:** Contact Kathy at kblack@sevenhills.org.

**SATURDAYS: DANCE NIGHT: 6/10, 10/14, 7-9pm, \$5.** Hang out, dance, and listen to music with friends.  
**Location:** Leominster Veteran's Center, 100 West St., Leominster. **Registration:** Contact Kathy at kblack@sevenhills.org.

## ■ VIRTUAL EVENTS ..... (REGISTRATION IS REQUIRED, SPACE IS LIMITED)

**TUESDAYS: SELF ADVOCATES: 5/2, 5/9, 5/16, 5/23, 5/30, 6/7, 6/14, 6/21, 6/28, 10-11am, Free.** Learn how to advocate for your beliefs and goals. **Registration:** Contact Kathy Black, kblack@sevenhills.org. [bit.ly/NC-SelfAd](https://bit.ly/NC-SelfAd)

**WEDNESDAYS: LUNCH BUNCH: Weekly, 5/3, 5/10, 5/17, 5/24, 5/31, 6/7, 6/14, 6/21, 6/28, Noon.**  
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)

**WEDNESDAYS: LUNCH BUNCH: FRIENDSHIP CIRCLE: 5/10, 6/14, Noon-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)

## LET'S HEAR MORE FROM OUR VOLUNTEERS!

“

Volunteering for anything from helping with an activity, sport, or event is a great way to learn and enjoy the little things in life that some overlook. I started volunteering for Seven Hills in 2003, and was hooked.  
—Ann Marie Dawes

I would tell my friends heartwarming stories about volunteering for Seven Hills. No matter what people were going through, they came to practice with a smile on their faces. —Kathleen Moran

It has been a great experience for myself, my daughter, and hopefully my players. I have met a lot of very nice people. There is no better experience than to see someone succeed. —Kevin Heman

Volunteering with Seven Hills was incredibly rewarding, from the personal connections and relationships built, to helping support the ability for some amazing people in growing their own community, while being active and having fun.  
—Maura Eldridge

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# SOUTH VALLEY FSC EVENTS

## ■ IN-PERSON EVENTS ..... (REGISTRATION IS REQUIRED, SPACE IS LIMITED)

**MONDAYS: COUNTRY LINE DANCING:** 5/1, 5/8, 5/15, 5/22, 6/5, 6/12, 5-6:30pm. Ages 16+. \$5, cash only, each class for six weeks. Learn new moves with friends and dance your achy-breaky hearts out! Western wear is highly encouraged. This is not a drop-off event; parents/caregivers must remain on site. **Location:** Hayloft Steppers Barn, 232 Podunk Rd., Sturbridge. **Registration:** Contact Liz, [ecarroll@sevenhills.org](mailto:ecarroll@sevenhills.org).

**MONDAYS: CORNHOLE:** 6/26, 7/10, 7/17, 7/24, 8/7, 8/14, 5-6:30pm, Free. Join our weekly Cornhole games and have fun playing with a team, a friend, or perfect your skills on your own! Weather permitting. **Location:** SVFSC **Registration:** Contact Noel, [ngrajales@sevenhills.org](mailto:ngrajales@sevenhills.org).

**MONDAYS: PARENT MEET-UP GROUP:** During Cornhole, 6/26, 7/10, 7/17, 7/24, 8/7, 8/14, 5-6:30pm, Free. Join us for an informal Parent Group to discuss your successes and concerns. **Location:** SVFSC.

**WEDNESDAY: CREATE A CRITTER!:** 5/3, 4:30-6pm. Free; all materials are included. Join Laurel from ClayTime to create a critter of your very own to take home! This is not a drop-off event; parent/caregiver must stay to help. **Registration:** Contact Liz, [ecarroll@sevenhills.org](mailto:ecarroll@sevenhills.org).

**THURSDAYS: COFFEE IN THE COMMUNITY:** 5/11, 5/18, 6/1, 6/15, 6/29, 7/13, 7/27, 8/10, 8/24, 10am, Free. Parents, providers, and caregivers share information, coping skills, and a general discussion with a focus on building care in the community. **Location:** Cedar Street Cafe, 420 Main St., Sturbridge. **No registration required.** Contact Jayne, [jbowler@sevenhills.org](mailto:jbowler@sevenhills.org).

**THURSDAYS: LEGO CLUB:** 5/25, 6/29, 7/27, 8/31, 6-7:30pm. All ages. Free. Lego play without rules or instructions—just your imagination! **Location:** SVFSC **Registration:** Contact Jodie, [jkrueger@sevenhills.org](mailto:jkrueger@sevenhills.org).

**THURSDAYS: WALK-IN SUPPORTS WITH CLIFF EFFECT COACH/RAFT APPLICATION ASSISTANCE:** 6/29, 7/27, 8/31, 6-7:30pm. Free. All are welcome to come in for individual assistance filling out RAFT applications and receiving referrals for other possible funding sources. **Location:** SVFSC. **No registration required.**

**SATURDAYS: WALKING CLUB:** 5/6, 6/10, 7/1, 8/5, 10am, Free. Join Lisa for a nice walk in one of our local parks! Please wear sneakers and bring a water bottle. This is not a drop off event; a parent/caregiver must attend. **Location:** Westville Dam in Sturbridge, down Wallace Rd. **Registration:** Contact Lisa, [lmorgan@sevenhills.org](mailto:lmorgan@sevenhills.org).

**SATURDAYS: WOODWORKING WITH RICK AND JUDY:** 5/13, 6/24, 7/22, 8/26, 10am-Noon. Best for ages 12+. \$25, includes materials. Get crafty with Rick and Judy West, featuring a different craft each month! This is not a drop-off event; a parent/caregiver must attend. **Location:** SVFSC. **Registration:** Contact Jayne, [jbowler@sevenhills.org](mailto:jbowler@sevenhills.org).

## ■ VIRTUAL EVENT SPOTLIGHT ..... (REGISTRATION IS REQUIRED, SPACE IS LIMITED)

### **MONDAYS: MIKE LEO AND HIS UNIQUE RHYTHMS:**

5/15, 6/12, 7/10, 8/7, 3-4pm, Free. Mike takes his show on the road, driving around the US in “The Iceberg!” He’ll stop in West Virginia, Shenandoah, Nashville, Arkansas, the Smokey Mountains, and backwards and forwards across the Mississippi River!

[bit.ly/SV-MondayFun](https://bit.ly/SV-MondayFun)

Tune in to watch Mike Leo ZOOM around the US in THE ICEBERG! .....





## ■ VIRTUAL EVENTS ..... (CONTINUED)

**MONDAY FUNDAY:** 5/1, 5/22, 6/19, 7/3, 7/24, 8/21, 3-4pm, Free. Mad, Madder & Maddest Mad Libs! Enjoy fun stories with themes that will include Peace, Love & Madlibs, Madlibs on the Road, Camp days Madlibs, & Go big or go Madlibs. [bit.ly/SV-MondayFun](https://bit.ly/SV-MondayFun)

**TUESDAYS: MOVIE CLUB:** 5/2, 5/9, 5/16, 5/23, 5/30, 6/6, 6/13, 6/20, 6/27, 7/11, 7/18, 7/25, 8/1, 8/8, 8/15, 8/22, 8/29, 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)

**WEDNESDAYS: MARVEL VS DC:** 5/3, 5/10, 5/17, 5/24, 5/31, 6/7, 6/14, 6/21, 6/28, 7/12, 7/19, 7/26, 8/2, 8/9, 8/16, 8/23, 8/30; 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, ngrajales@sevenhills.org. [bit.ly/ZOOM-MarvelvsDC](https://bit.ly/ZOOM-MarvelvsDC)

**WEDNESDAYS: BRAVE YOGA:** Monthly, 5/17, 6/21, 7/19, 8/23, 7:30pm, Ages 14+, Free. Lisa Irvine runs a fun, friendly introduction to Yoga. Our fully adaptive session includes warm up, breathing and mindfulness, yoga poses, and a relaxing power down. **Contact:** Jayne, jbowler@sevenhills.org for registration details. [bit.ly/SV-BraveYoga](https://bit.ly/SV-BraveYoga)

**THURSDAYS: GIRLS ALOUD:** 5/4, 6/22, 7/13, 8/10, 3-4:30pm, Free. Build 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)


**THURSDAYS: GIRLS ALOUD BAKE OFF DAYS:** 5/18, 6/29, 7/27, 8/24, 3-4:30pm, Free. We'll build our kitchen skills with fun recipes for spring/summer: May 18: Ground Turkey Tacos, June 29: Pasta Salad, July 27: Pasta with Fresh Tomato Sauce, August 24: Cherry Pretzel Dessert—bake with us or save the recipe to make later! [bit.ly/SV-GirlsAloud](https://bit.ly/SV-GirlsAloud)


**FRIDAYS: IT'S A WRAP:** 5/5, 5/12, 5/19, 5/26, 6/2, 6/9, 6/16, 6/23, 6/30, 7/7, 7/14, 7/21, 7/28, 8/4, 8/11, 8/25, 2-3pm. Ages 16+. Free. Thank goodness its "Friday!" Let's chat about our week and plans for the weekend. Our sessions will end with everyone's favorite, Jeopardy! **Contact:** Jayne, jayne@sevenhills.org. [bit.ly/ZOOM-ItsAWrap](https://bit.ly/ZOOM-ItsAWrap)

**FRIDAYS: ANIME CLUB:** 5/12, 5/19, 6/9, 6/16, 7/14, 7/21, 8/11, 8/18, 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, ngrajales@sevenhills.org. [bit.ly/ZOOM-Anime](https://bit.ly/ZOOM-Anime)

## ■ ASD-ONLY EVENTS ..... (REGISTRATION IS REQUIRED, SPACE IS LIMITED)

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

 **TUESDAYS: TERRIFIC TUESDAY TRIVIA:** Weekly,\* 5/2, 5/9, 5/16, 5/23, 5/30, 6/6, 6/13, 6/20, 6/27, 7/11, 7/18, 7/25, 8/1, 8/8, 8/15, 8/22, 8/29, 2-3pm, Free. Join us for some trivia fun! **Registration Required to get the link:** Contact Noel, ngrajales@sevenhills.org. \*No activity on 7/4

 **THURSDAYS: D&D CLUB:** 5/4, 5/18, 6/1, 6/15, 7/6, 7/20, 8/3, 8/17, 6-8pm, Ages 12+, Free. Role-play this classic game with a real Dungeon Master! Pizza will be served. **Location:** SVFSC. **Registration Required to get the link:** Contact Jodie, jkrueger@sevenhills.org.

# GREATER LOWELL FSC EVENTS

7 Technology Dr., Ste. 103, Chelmsford, MA • Contact: Sandra Tineo, 508.579.8995, STineo@sevenhills.org.

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

**MONDAY: CAREGIVER COFFEE HOUR:** Bi-weekly, 5/8, 5/22, 6/5, 6/19, 7/10, 7/24, 8/7, 8/21, 12:15-1:15pm, Free. Informal support meeting for all caregivers, community get together. **Location:** TBD. **Contact** Kim Guy at kguy@sevenhills.org.

**TUESDAYS: FUN TUESDAY:** Weekly,\* 5/2, 5/9, 5/16, 5/23, 5/30, 6/6, 6/13, 6/20, 6/27, 7/11, 7/18, 7/25, 8/1, 8/8, 8/15, 8/22, 8/29, 5:30--7:00pm. Free. Weekly activities with our Support Center staff to promote friendship, social skills, and fun. **Location:** GLFSC. **Registration:** Contact Kim Guy, kguy@sevenhills.org. \*No activity on 7/4

**TUESDAYS: PARENT NETWORKING:** Weekly,\* 5/2, 5/9, 5/16, 5/23, 5/30, 6/6, 6/13, 6/20, 6/27, 7/11, 7/18, 7/25, 8/1, 8/8, 8/15, 8/22, 8/29, 5pm-6:30pm, Free. Parent 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. **Registration:** Contact Kim Guy, kguy@sevenhills.org. \*No networking on 7/4

**FRIDAY: FAMILY OUTDOOR MOVIE:** 6/2, 6-9pm, Free. Drive-in Movie presentation as we enjoy snacks and a good time with friends. **Location:** GLFSC. **Registration:** Contact Kim Guy, kguy@sevenhills.org.

**SATURDAY: BUTTERFLY PLACE FIELD TRIP:** 8/19, 11am-2pm, \$9/person. Join us on this fun field trip! **Location:** Butterfly Place, 120 Tyngsboro Rd., Westford. **Registration:** Contact Kim Guy, kguy@sevenhills.org.

## ■ VIRTUAL EVENTS ..... (REGISTRATION IS REQUIRED)

**WEDNESDAYS: MARVEL VS DC:** 5/3, 5/10, 5/17, 5/24, 5/31, 6/7, 6/14, 6/21, 6/28, 7/12, 7/19, 7/26, 8/2, 8/9, 8/16, 8/23, 8/30, 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)

**SATURDAYS: JUST FOR FUN:** 1st Saturday of the month, 5/6, 6/3, 7/8, 8/5, 10-11am, Free. This social group shares stories, weekly events, a time to reflect, and good laughs, too. [bit.ly/ZOOM-JustForFun](https://bit.ly/ZOOM-JustForFun)



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[sevenhills.org/nbgolf](https://sevenhills.org/nbgolf)

# NORTH QUABBIN FSC EVENTS

2280 Main St., Athol, MA • Contact: Linda Wilson, 508.826.4003, LiWilson@sevenhills.org.

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

**MONDAYS: MONDAY SOCIAL WITH FRIENDS:** 5/1, 5/8, 5/15, 5/22, 6/5, 6/12, 6/26, 8/7, 8/14, 8/21, 8/28, (Please note no Monday Social in July due to Cornhole League). 5:15-6:15pm. 10-person limit. Free.

Join us for a night of activities with your friends, including trivia night, game night, movie night, and music night.

**Location:** NQFSC. **Registration:** Penny Boutin at pboutin@sevenhills.org.

**MONDAYS: PARENT SUPPORT GROUP:** 5/1, 5/8, 5/15, 5/22, 6/5, 6/12, 6/26, 7/10, 7/17, 7/24, 7/31, 8/7, 8/14, 8/21, 8/28, 5:15-6:15pm, 10-person limit, Free. Join us to discuss community resources for day-to-day needs as well as trainings for help with IEPs, Transition, Social Security, Guardianship, and more. **Location:** NQFSC.

**Registration:** Contact Penny Boutin, pboutin@sevenhills.org.

**MONDAYS: CORNHOLE LEAGUE:** 7/10, 7/17, 7/24, 7/31, 5:15-6:15pm, Free. Join us for a month of outdoor Cornhole. We will be competing against each other in teams for weekly prizes and just for plain old FUN! **Location:** NQFSC. **Registration.** Contact Penny Boutin, pboutin@sevenhills.org.

**THURSDAY: CULTURAL DIVERSITY DINNER:** 6/15, 5-6:30pm, Free. Join us for our Cultural Diversity Dinner and experience different family traditions in our community. This will be a potluck-style dinner where attendees will be asked to bring a dish representing their culture or family traditions. **Location:** Athol American Legion, 325 Pequig Ave., Athol. **Registration:** Contact Penny Boutin, pboutin@sevenhills.org. Space is limited.

**SATURDAY: OPEN HOUSE CARNIVAL:** 8/12, 11am-2pm, Free. Our 1st Annual Open House Carnival will have a variety of Carnival games including a dunk tank, face painting, cornhole, giant jenga, raffles, mini golf, arts, crafts, and lots of food including an ice cream truck. Bring your family and friends to join us for a day of fun and games.

**Location:** NQFSC. **No registration required.**

## ■ VIRTUAL EVENTS .....

**MONDAYS: WRESTLING CLUB:** 5/1, 5/8, 5/15, 5/22, 6/5, 6/12, 6/26, 7/10, 7/17, 7/24, 7/31, 8/7, 8/14, 8/21, 8/28, 7-8:00pm, Free. Our friend Kevin invites wrestling fans to discuss favorite wrestling moments, watch matches, and test your knowledge with wrestling trivia. **No registration required.** [bit.ly/ZOOM-Wrestling](https://bit.ly/ZOOM-Wrestling)

**WEDNESDAY: TRANSITION TRAINING:** 5/17, 5-7pm, Free. **Presenter:** Federation for Children with Special Needs and DDS transition specialist. Review the importance of the Transition Timeline and get answers to your questions. This event will be held virtually and we will have an ASL Interpreter online with us. **Registration is required:** Contact Penny Boutin, pboutin@sevenhills.org. [bit.ly/NQ-TransitionTrain](https://bit.ly/NQ-TransitionTrain)

**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

## Spring 2023: What's Inside:

Seven Hills Cheers for Its Dedicated Volunteers, FSC Directory, Transition Trainings, Recreation Department Happenings, and Regional Family Support Center Events

## Pride

**PRIDE** Spring 2023

*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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## 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).