

## Meaningful Memories and A Major Achievement

**Community Connections** and the **Family Support Centers (FSCs)** are hubs of activity to keep participants moving forward in pursuit of living their best lives with lots of fun along the way. Each program holds on-site events, and they collaborate on virtual offerings, which have expanded participants' social circles as frequent Zoom events are building familiarity and friendships.

During the summer and fall, outdoor activities let the fresh air and foliage invigorate our senses. The following highlight our adventures as well as an example of effective teamwork that resulted in a winning outcome and major achievement.

The **North Quabbin FSC** hosted an apple picking event at Red Apple Farm in Phillipston, MA. Individuals from throughout our region joined us for an amazing day to fill our bags with apples, pick pumpkins, and munch on fresh apple cider donuts. Complimentary hot apple cider took the edge off the chilly fall day. The individuals had a wonderful time, agreeing, "We can't wait to go again next year!"

The **Greater Lowell FSC** is now offering in-person activities on Tuesday afternoons, called Fun Tuesdays. During this time, the Center operates on a rotating schedule of inclusive and engaging activities. Fun Tuesdays have also become a great time for parents to connect or simply relax and enjoy the Center's family space.

The **North Central FSC** kicked off the holiday season with a Bowlathon on November 18, welcoming individuals and families representing all regions at Masons Bowling and Recreation Center in Leominster. Prizes were awarded to winners in several categories and staff were cheered on during their challenges. Everyone went home a winner for the festive fun enjoyed by all.

The **South Valley FSC** hosted a Halloween Costume Party for individuals and families on October 25. The ghoulish guests and staff munched on pizza and frighteningly fun snacks to fuel their recall for Halloween trivia. Although masks were required, it was the one day of the year when they were a good fit and a bit hit!

On November 20, the **Recreation Department's Seven Hills Shamrocks Flag Football Unified team** warmed up on Gillette Stadium's center field for the annual State Tournament. The team, comprised of 11 players and 4 partners commanded the field, defeating both opposing teams for the ultimate win—a place at the **2022 Special Olympics USA Games** in Orlando, FL. Coach Tyrone Hicks couldn't be more proud of his team, for their hard work during the regular season, and their intense determination at the State Tournament.

Seven Hills Family Services looks forward to the winter 2022 season, thanking the golfers and sponsors of the **New Beginnings Charity Golf Tournament** for helping to make it all possible!



N. Quabbin apple picking



Greater Lowell FSC Fun Tuesdays



N. Central FSC Bowlathon



S. Valley FSC Halloween Party



Rec Dept. SHF Shamrocks Flag Football

# FAMILY SUPPORT CENTER DIRECTORY

## Seven Hills Family Services Family Support Team

799 West Boylston Street, Worcester, MA • 508.796.1850

### Vice President

Leslie Courtney, lcourtney@sevenhills.org

### Assistant Vice President

Gina Bernard, gbernard1@sevenhills.org

### Senior Administrative Assistant

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Sarah Cabrera Rodriguez, scabrerarodriguez@sevenhills.org

## North Central Family Support Center

1460 John Fitch Highway, Fitchburg, MA  
978.632.4322

### Senior Family Support Specialist

Joe Escribano, jescribano@sevenhills.org

## North Quabbin Family Support Center

2280 Main Street, Athol, MA  
508.826.4003

### Senior Family Support Specialist

Linda Wilson, liwilson@sevenhills.org

## South Valley Family Support Center

208 Charlton Road, Sturbridge, MA  
774.241.2500

### Senior Family Support Specialist

Elizabeth Carroll, ecarroll@sevenhills.org

## Greater Lowell Family Support Center

7 Technology Drive, Chelmsford, MA, Units 101 & 103  
978.560.5750

### Senior Family Support Specialist

Sandra Tineo, stineo@sevenhills.org




## Weather Advisory Notice


For cancellations due to inclement weather, you will receive an alert within two hours of the program start time via email. For questions regarding cancellations, contact the hosting Family Support Center.

## Information Reminder



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

If you are excited for an in-person activity, reserve your spot today! Look for this icon  to learn more! **\*January Hybrid/ In-Person events are Virtual Only or canceled as indicated.**

Zoom your way through these pages to find our latest virtual activities. Look for this icon  to learn more!

## Registration for ALL Events!

**PLEASE NOTE: All In-Person and Hybrid Events for January will be Virtual Only or Canceled as indicated. After January, a minimum amount of participants will be necessary to host some events, therefore registration for in-person events will be required.**

Seven Hills Family Support Centers are funded by and work in partnership with the Massachusetts Department of Development Services (DDS).

# FAMILY SUPPORT CENTER TRAININGS

**REGISTRATION:** Registration is required to receive the ZOOM meeting link. Due to the virtual nature of all events, you may attend trainings outside of your typical geographical region. For more information, please contact the event's Family Support Center Host.



## Join Us Monthly For Family Trainings

Seven Hills Family Services Family Support Centers are pleased to have received funding from the Health Foundation of Central MA to support our efforts to provide family training videos. Scan the QR code to the right to watch the videos or visit:

[sevenhills.org/family-training-videos](https://sevenhills.org/family-training-videos)



**HEALTHCARE PROXY VS. GUARDIANSHIP, Monday, Jan. 31, Noon - 1:30pm** Medical Ethicist Betsy Johnson of DDS will be presenting on the power of healthcare proxy and will discuss the intricacies of healthcare proxy and guardianship on January 31, 2022. For more information or to register, contact Ida Avoryie at [iavoryie@sevenhills.org](mailto:iavoryie@sevenhills.org) or Eliana Agudelo at [Eagudelo@sevenhills.org](mailto:Eagudelo@sevenhills.org). Hosted by North Central and South Valley Family Support Centers. [bit.ly/FSCTrain-Healthcare](https://bit.ly/FSCTrain-Healthcare)

**CHARTING THE LIFECOURSE WITH MARYANN WELCH, Monday, Feb. 28, Noon - 1:30pm** Charting the LifeCourse framework was created to help individuals with disabilities, families of all abilities, and all ages, to develop a vision for a good life. The framework helps to guide individuals in thinking about what they need to know and do, identify how to find or develop supports, and discover what it takes to live the life they want to live. Join us as Maryann Welch, Northeast Regional Coordinator of Mass Families explains how to use Charting the LifeCourse to help the transition process go smoothly. For more information or to register, contact Ida Avoryie at [iavoryie@sevenhills.org](mailto:iavoryie@sevenhills.org) or Eliana Agudelo at [Eagudelo@sevenhills.org](mailto:Eagudelo@sevenhills.org). Hosted by North Central and South Valley Family Support Centers. [bit.ly/FSCTrain-LifeCourse](https://bit.ly/FSCTrain-LifeCourse)

**SELF-DIRECTION WITH PAM HICKEY, Monday, Mar. 28, Noon - 1:30pm** A growing number of individuals who live and receive services in the community are choosing to self-direct their services. The purpose of self-direction is to expand individual choice and control over services and supports that are needed to live in the community. Join us as Pam Hickey, DDS Regional Self-direction Manager explains the concept and answers questions that you may have. For more information or to register, contact Ida Avoryie at [iavoryie@sevenhills.org](mailto:iavoryie@sevenhills.org) or Eliana Agudelo at [Eagudelo@sevenhills.org](mailto:Eagudelo@sevenhills.org). Hosted by North Central and South Valley Family Support Centers. [bit.ly/FSCTrain-SelfDirect](https://bit.ly/FSCTrain-SelfDirect)

**TRANSITION TRAINING WITH REBECCA DAVIS, Monday, Apr. 25, Noon - 1:30pm** This information session will provide an overview of the transition planning process for students ages 14 to 22 years. Parents and professionals will learn strategies that can help students receive important transition services, mandated by special education laws, and needed to prepare youth for employment, independent living, and further education. The training will also highlight that transition planning should occur both in and out of school, and in the community. Join us on Zoom as Rebecca Davis, Transition Projects Manager of the Federation for Children with Special Needs discusses these topics. For more information or to register, contact Ida Avoryie at [iavoryie@sevenhills.org](mailto:iavoryie@sevenhills.org) or Eliana Agudelo at [Eagudelo@sevenhills.org](mailto:Eagudelo@sevenhills.org). Hosted by North Central and South Valley Family Support Centers. [bit.ly/FSCTrain-Transition](https://bit.ly/FSCTrain-Transition)

**HEALTHY SEXUALITY AND RELATIONSHIPS WITH PAT CARNEY, Monday, May 23, Noon - 1:30pm** Join us as Pat leads an insightful conversation on strategies for talking to our loved ones with disabilities about healthy relationships, sex, and living a productive adult life. Pat Carney has more than thirty years' experience in human services working with people who have intellectual and developmental disabilities. Starting out as a direct support professional, Ms. Carney is currently a Training Technician in the Office of Learning and Development in the Central/West region of the Massachusetts Department of Developmental Services. As a trainer and advocate, her focus areas are sexuality education for individuals served, staff development in the areas of sexuality, and human rights of people with I/DD. For Ms. Carney, sexuality and human rights are inseparable parts of a larger discussion acknowledging the humanity and personhood of individuals with I/DD. For more information or to register, contact Ida Avoryie at [iavoryie@sevenhills.org](mailto:iavoryie@sevenhills.org) or Eliana Agudelo at [Eagudelo@sevenhills.org](mailto:Eagudelo@sevenhills.org). Hosted by North Central and South Valley Family Support Centers. [bit.ly/FSCTrain-HealthyRelationships](https://bit.ly/FSCTrain-HealthyRelationships)

# RECREATION DEPARTMENT HAPPENINGS



## Just Us Girls: 10-14 age group

**Two Saturdays a month from September – May, 10am - noon** Join this unique and fun skills-development program for adolescent girls interested in creating new friendships while learning important topics such as self-awareness, self-determination and goal setting, building healthy relationships, encouraging healthy behaviors and lifestyles, personal health and safety, and participating in a community service project. The goal of Just Us Girls is to build, strengthen and support the development of healthy, confident girls. **Location:** 799 West Boylston St. **Cost:** \$50 fee for the year; ongoing sign ups. Funded in part through a grant from the Women's Initiative of the United Way of Central MA. **Please note:** Limited space is available. A commitment to the entire year is required.



## Just Us Girls: 15-19 age group

**Two Saturdays per month from September – May, 1 - 3pm** Join this unique and fun skills-development program for teen-aged girls interested in creating new friendships while learning important topics such as self-awareness, self-determination and goal setting, building healthy relationships, encouraging healthy behaviors and lifestyles, personal health and safety, and participating in a community service project. The goal of Just Us Girls is to build, strengthen and support the development of healthy, confident girls. **Location:** 799 West Boylston St. **Cost:** \$50 fee for the year; ongoing sign ups. **Please note:** limited space is available. A commitment to the entire year is required. Funded in part through a grant from the Women's Initiative of the United Way of Central MA **Please note:** Limited space is available. A commitment to the entire year is required.



## Just Us Women

**One Friday per month from September – May, 6:30 - 8:30pm** An extension of our very popular Just Us Girls program, Just Us Women is a group designed to 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:** 799 West Boylston St. **Cost:** \$265 for the entire year; ongoing sign-ups, **Please note:** Limited space is available. A commitment to the entire year is required.



## Cupcake Decorating: Valentine's Day

**Thursday, Feb. 10, 6 - 8pm** Sweets for a sweet-loving someone. Join us in creating the sugar buzz that makes all of our hearts flutter. All food supplies will be provided. Please inform us of allergies when signing up. **Location:** South Valley Family Support Center, 208 Charlton Rd., Sturbridge **Cost:** \$35



## Cupcake Decorating: Easter

**Thursday, Apr. 14, 6 - 8pm** Hop in on the fun as we bring another fantastic time with sugar and decorate a bouquet of Easter treats. All food supplies will be provided. Please inform us of allergies when signing up. **Location:** South Valley Family Support Center, 208 Charlton Rd., Sturbridge **Cost:** \$35



## S.O. Aquatics

**Sundays, March – June, 4 - 5:30pm** We are currently looking for a pool to host our Aquatics team. Please contact the Recreation Department for more information. **Cost:** \$25 Donation.



# We welcome individuals of all abilities to join our programs!



## S.O. Basketball: **\*This In-Person Event is Canceled for January**

**Sundays, Canceled in January; February – March, 10–11:30am** Be the triple threat.. shoot, pass, dribble and drive! Get back on defense and be the stopper. **Location:** Bancroft School, 110 Shore Dr., Worcester **Cost:** \$25 Donation.



## Basketball Skills and Drills: **\*This In-Person Event is Canceled for January**

**Sundays, Canceled in January; February – March, 10 - 11:30am** This program teaches beginner athletes the game of basketball; developing fundamentals on the court. Athletes will work on the basics of dribbling, passing and achieving team goals. **Location:** Bancroft School, 110 Shore Dr., Worcester **Cost:** \$25 Donation.



## Re-Create

**Tuesdays, Jan. 4, 11, 18, 25; Feb. 1, 8, 15, 22; Mar. 1, 8, 15, 22, 29; Apr. 5, 12, 19, 26, 3 - 4pm** Whether you like to doodle, draw, paint, or sketch, join us as we recreate 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. **Cost:** free. [bit.ly/Rec-Recreate](https://bit.ly/Rec-Recreate)



## Health and Fitness

**Wednesdays, Jan. 5, 12, 19, 26; Feb. 2, 9, 16, 23; Mar. 2, 9, 16, 23, 30, 1 - 2pm** This group will discuss many topics and techniques to exercise better and how what you eat effects your overall health. We will be joined by a Special Olympics rep. to review exercises and healthy living via their Fit 5 program. **Cost:** free. [bit.ly/Rec-Health](https://bit.ly/Rec-Health)



## Dance Party

**Thursdays, Jan. 20, Feb. 17, Mar. 17, 6 - 7pm** Get your moves dialed in because we are going to get down to some funky sounds. We will be movin' and groovin' to today's top pop hits so make sure you're ready. **Cost:** free  
January: [bit.ly/Rec-DanceJan](https://bit.ly/Rec-DanceJan) February: [bit.ly/Rec-DanceFeb](https://bit.ly/Rec-DanceFeb) March: [bit.ly/Rec-DanceMar](https://bit.ly/Rec-DanceMar)



## Double Dare

**Friday, April 1, 6 - 7:30pm** Your two favorite hosts are back for a special April Fools edition of the most talked about Zoom gameshow to come out of Seven Hills. We are proud to again provide the silliest and zaniest of hysterics that only we know how. **Cost:** free [bit.ly/Rec-DoubleDare](https://bit.ly/Rec-DoubleDare)

**For questions or more information, please contact Bradley Ayotte, 508.796.1861 or [bayotte@sevenhills.org](mailto:bayotte@sevenhills.org).**

## RECRUITING Coaches & Partners for the 2022 Season!

We have openings for volunteers interested in becoming a coach, or partner for Special Olympics.

To learn more and for season schedules, please contact: Bradley Ayotte, therapeutic recreation director, at [bayotte@sevenhills.org](mailto:bayotte@sevenhills.org) or 508.796.1861.

# NORTH QUABBIN FAMILY SUPPORT CENTER EVENTS

2280 Main Street, Athol, MA • For questions or to register for any of the events listed below, please contact:  
Linda Wilson, 508.826.4003, LiWilson@sevenhills.org

## Our Family Support Centers in Athol, Fitchburg, Sturbridge, and Lowell

will each offer fun, in-person and virtual activities such as dance parties, painting, bowling, movie nights, trivia, and more. Please register with one or all of the Family Support Center contacts listed, so that we can meet up with you in-person or virtually!



**Our Virtual gatherings will take place using Zoom.** To learn more about Zoom or to download the app onto your phone, computer, or preferred device, visit: [zoom.us](https://zoom.us)



**Hybrid Events: \*All January Hybrid Events are now Virtual Only!**

**MONDAY SOCIAL WITH FRIENDS / PARENT SUPPORT:** Mondays, **Jan. 3, 10, 24, 31, Virtual Only**; Feb. 7, 21, 28; Mar. 7, 14, 21, 28; Apr. 4, 11, 25, 5:15 - 6:15pm Join us on Monday evenings for a night of activities with your friends. Included will be paint night, trivia, music and movement, and game night. Activity will be available virtually as well. We will also have an area for parents to get together and share experiences and resources over coffee while their family members participate in our activity. Six-person limit for in-person. **Location:** 2280 Main Street, Athol **Cost:** free. [bit.ly/NQ-FriendSocial](https://bit.ly/NQ-FriendSocial)

**WRESTLING CLUB:** Mondays, **Jan. 3, 10, 24, 31, Virtual Only**; Feb. 7, 21, 28; Mar. 7, 14, 21, 28; Apr. 4, 11, 25, 7-8pm Wrestling Fans Unite! Join us virtually on Zoom Monday evenings for wrestling club. Our friend Kevin will talk about your favorite wrestling moments and play trivia. **Location:** 2280 Main St., Athol **Cost:** free. [bit.ly/NQ-Wrestling](https://bit.ly/NQ-Wrestling)

**WINTER CRAFT MAKING:** Thursday, **Jan. 13, Virtual Only, 4-5pm** Join us as we create a winter-themed craft. Packets will be created and available for pick-up at the Family Support Center for those participating virtually **Location:** 2280 Main St., Athol **Cost:** free. **Please Note:** Pre-registration is required; please email [liwilson@sevenhills.org](mailto:liwilson@sevenhills.org) to receive a to-go packet for virtual-only participation. [bit.ly/NQ-Craft](https://bit.ly/NQ-Craft)

**VALENTINE CRAFTS:** Thursday, Feb. 10, 4 - 5pm Join us to make Valentine crafts for your loved ones. Packets will be created and available for pick-up at the Family Support Center for those participating virtually. **Location:** 2280 Main Street, Athol **Cost:** free. **Please Note:** Pre-registration is required; please email [liwilson@sevenhills.org](mailto:liwilson@sevenhills.org) to receive a to-go packet for those participating virtually. [bit.ly/NQ-Craft](https://bit.ly/NQ-Craft)

**LEPRECHAUN CRAFTS:** Thursday, Mar. 10, 4 - 5pm Join us to make crafts for St. Patrick's Day. Packets will be created and available for pick-up at the Family Support Center for those participating virtually. **Location:** 2280 Main Street, Athol **Cost:** free. **Please Note:** Pre-registration is required; please email [liwilson@sevenhills.org](mailto:liwilson@sevenhills.org) to receive a to-go packet for those participating virtually. [bit.ly/NQ-Craft](https://bit.ly/NQ-Craft)

**EGG COLORING:** Thursday, Apr. 7, 4 - 5pm Join us as we dye eggs for Easter. Packets will be created and available for pick-up at the Family Support Center for those participating virtually. **Location:** 2280 Main Street, Athol **Cost:** free. **Please Note:** Pre-registration is required; please email [liwilson@sevenhills.org](mailto:liwilson@sevenhills.org) to receive a to-go packet for those participating virtually. [bit.ly/NQ-Craft](https://bit.ly/NQ-Craft)

# NORTH CENTRAL FAMILY SUPPORT CENTER EVENTS

1460 John Fitch Hwy, Fitchburg, MA • 978.632.4322 • For questions or to register for any of the events listed below, 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: **\*January In-Person Events are Virtual or Canceled!**

**THURSDAY NIGHT PARENT GROUP:** Thursdays, **Jan. 6, 13, 20, 27, Virtual Only**; Feb. 3, 10, 17, 24, Mar. 3, 10, 17, 24, 31, Apr. 7, 14, 21, 28, 5:30 - 6:30pm Parents and caregivers join others in a robust discussion and share ideas in a casual and comfortable space. This group will be offered with a virtual component **Location:** 1460 John Fitch Hwy, Fitchburg **Cost:** free. [bit.ly/NC-ThursSocial](https://bit.ly/NC-ThursSocial)

**COMMUNITY MOVIE AND DINNER:** Friday, **Canceled for Jan., Feb. 18, 5 - 9:30pm** 16+ Friends can enjoy a night out for dinner and a movie; sign up required since space is limited. Meet up will be at King Buffet in Fitchburg. During dinner, guests will vote from a choice of 3 movies being offered at Cinema World next door. **Location:** Cinema World, 476 John Fitch Hwy, Fitchburg **Cost:** \$35 **Please note:** Limited space is available.

**SATURDAY PARENT GROUP:** Saturdays, Feb. 5, Mar. 5, Apr. 2, 10 - 11am Conversation, support, and a great time to ask questions and share resources **Location:** 1460 John Fitch Hwy, Fitchburg **Cost:** free **Please note:** Limited space is available.

**BOWLING:** Fridays, Mar. 4, 11, 18, 25, 5 - 6:30pm Teams will meet at Masons Bowling and Recreation Center for some Friday Night Fun. **Location:** Masons Bowling and Recreation Center, 640 N. Main St., Leominster **Cost:** \$30 **Please note:** Limited space is available.

## Virtual Events

**HEALTHY LIVING:** Mondays, Jan. 3, 10, 17, 24, 31; Feb. 7, 14, 21, 28; Mar. 7, 14, 21, 28; Apr. 4, 11, 25, 10am Build your skill and increase your independence as an adult **Cost:** free. [bit.ly/NC-HealthyLiving](https://bit.ly/NC-HealthyLiving)

**SELF-ADVOCATES:** Tuesdays, Jan. 4, 11, 18, 25; Feb. 1, 8, 15, 22; Mar. 1, 8, 15, 22, 29; Apr. 5, 12, 19, 26, 10am Learn how to become a strong advocate for your beliefs and goals. **Cost:** free. [bit.ly/NC-SelfAd](https://bit.ly/NC-SelfAd)

**LUNCH BUNCH:** Wednesdays, Jan. 5, 12, 19, 26; Feb. 2, 9, 16, 23; Mar. 2, 9, 16, 23, 30; Apr. 6, 13, 20, 27, Noon Come hang out with friends and chat about current events and share your talents or jokes. **Cost:** free. [bit.ly/NC-LunchBunch](https://bit.ly/NC-LunchBunch)

**FRIENDSHIP CIRCLE:** Wednesdays, Jan. 19, 26; Feb. 16, 23; Mar. 23, 30; Apr. 20, Noon Want to practice skills to be a good friend? Join the group where we invite Allison from Successfully Social to teach us some fun ideas on keeping meaningful relationships in our life. **Cost:** free. [bit.ly/NC-LunchBunch](https://bit.ly/NC-LunchBunch)

## Hybrid Events: **\*All January Hybrid Events are now Virtual Only!**

**THURSDAY SOCIAL: GAME NIGHT:** Thursdays, **Jan. 6, 13, 20, 27, Virtual Only**; Feb. 3, 10, 17, 24; Mar. 3, 10, 17, 24, 31; Apr. 7, 14, 21, 28, 5:30 - 6:30pm An opportunity to be with friends and enjoy a variety of games both at the center and virtually **Location:** 1460 John Fitch Hwy, Fitchburg **Cost:** free. [bit.ly/NC-ThursSocial](https://bit.ly/NC-ThursSocial)

**THURSDAY SOCIAL: MUSIC NIGHT:** Thursdays, **Jan. 6, 13, 20, 27, Virtual Only**; Feb. 3, 10, 17, 24; Mar. 3, 10, 17, 24, 31; Apr. 7, 14, 21, 28, 5:30 - 6:30pm What is your jam? Let's play some fun music and share our moves with our friends in-person and virtually **Location:** 1460 John Fitch Hwy, Fitchburg **Cost:** free. **Please note:** Limited space is available. [bit.ly/NC-ThursSocial](https://bit.ly/NC-ThursSocial)

**THURSDAY SOCIAL: MOVIE TRIVIA:** Thursdays, **Jan. 6, 13, 20, 27, Virtual Only**; Feb. 3, 10, 17, 24; Mar. 3, 10, 17, 24, 31; Apr. 7, 14, 21, 28, 5:30 - 6:30pm Test your knowledge of the big screen... "guess the movie, who played Harry Potter, and what was your favorite 80's movie song" are some of the questions that could be asked. **Location:** 1460 John Fitch Hwy, Fitchburg **Cost:** free. [bit.ly/NC-ThursSocial](https://bit.ly/NC-ThursSocial)

**THURSDAY SOCIAL: EXPLORING THE ARTS:** Thursdays, **Jan. 6, 13, 20, 27, Virtual Only**; Feb. 3, 10, 17, 24; Mar. 3, 10, 17, 24, 31; Apr. 7, 14, 21, 28, 5:30 - 6:30pm Express Yourself through the ARTS! Join the group for a night of exploring. Guest will be welcomed in person and Virtually. **Location:** 1460 John Fitch Hwy, Fitchburg **Cost:** free. [bit.ly/NC-ThursSocial](https://bit.ly/NC-ThursSocial)

# SOUTH VALLEY FAMILY SUPPORT CENTER EVENTS

208 Charlton Road, Sturbridge, MA • 774.241.2500 • For questions or to register for any of the events listed below, please contact: Jayne Bowler, 774.241.2505, jbowler@sevenhills.org or Elizabeth Carroll, 774.241.2504, ecarroll@sevenhills.org.



## In-Person Events: **\*All January In-Person Events are Canceled**

**CANCELED FOR JANUARY: SWITCH IT UP - DIGITAL RACING:** Mondays, Jan. 10, 24, 31, 5 - 6:30pm

**PARENT MEET-UP GROUP:** Mondays, **Canceled for Jan.;** Feb. 7, 14, 21, 28; Mar. 7, 14, 21, 28; Apr. 4, 11, 18, 25; 5 - 6:30pm Chat with Support Staff and other parents during the E-Games events. **Location:** 208 Charlton Rd., Sturbridge **Cost:** free.

**COFFEE IN THE COMMUNITY:** Thursdays, **Canceled for Jan.,** Feb. 10, Mar. 10, Apr. 7, 10am Our monthly social gathering for parents, providers and caregivers. Chat with others to share information, coping skills and general "Care in the Community." All are welcomed. **Location:** 420 Main St., Sturbridge **Cost:** free. **Please note:** Contact Jayne at jbowler@sevenhills.org for more information.

**SWITCH IT UP - DIGITAL DANCE OFF!:** Mondays, Feb. 7, 14, 21, 28, 5 - 6:30pm Hang out with South Valley and play Just Dance! **Location:** 208 Charlton Rd., Sturbridge **Cost:** free **Please note:** Space is limited; contact Noel at ngrajales@sevenhills.org to sign up.

**CASINO NIGHT:** Friday, Feb. 25, 5:30 - 7pm What will you wager at our just for fun Casino Night? **Location:** 208 Charlton Rd., Sturbridge **Cost:** free **Please note:** Space is limited; contact Noel at ngrajales@sevenhills.org to sign up.

**SWITCH IT UP - DIGITAL PRECISION SPORTS:** Mondays, Mar. 7, 14, 21, 28, 5 - 6:30pm Hang out and play some e-games including tennis and golf. **Location:** 208 Charlton Rd., Sturbridge **Cost:** free **Please note:** Space is limited; contact Noel at ngrajales@sevenhills.org to sign up.

**SWITCH IT UP - BOWL-O-RAMA:** Mondays, Apr. 4, 11, 25, 5 - 6:30pm Spare an evening out with the gang at the South Valley Support Center for a fun night of e-Bowling! **Location:** 208 Charlton Rd., Sturbridge **Cost:** free **Please note:** Space is limited, contact Noel at ngrajales@sevenhills.org to sign up.

**SPRING FLING!:** Friday, Apr. 22, 5:30 - 7pm Swing into Spring at the South Valley Support Center! **Location:** 208 Charlton Rd., Sturbridge **Cost:** \$10 **Please note:** Space is limited; contact Noel at ngrajales@sevenhills.org to sign up.



## Hybrid Events

**CARDMAKING:** Wednesdays, Feb. 2, Mar. 2, Apr. 6, 4pm Join us for a hybrid cardmaking group where you can meet with friends or tune in on Zoom to make cards for different occasions. Supplies limited! Please contact Eliana Agudelo for more information at eagudelo@sevenhills.org **Location:** 208 Charlton Rd., Sturbridge **Cost:** free [bit.ly/SV-Cardmaking](https://bit.ly/SV-Cardmaking)

## Autism-Specific Events

**TERRIFIC TUESDAY TRIVIA:** Tuesdays, **Canceled for Jan.;** Feb. 1, 8, 15, 22; Mar. 1, 8, 15, 22, 29; Apr. 5, 12, 19, 26, 2pm Jeopardy style with topics of interest and/or themes.... who knows what "May the 4th be with you" is in reference to? **Location:** 208 Charlton Rd., Sturbridge **Cost:** free **Please note:** Space is limited, contact Noel at ngrajales@sevenhills.org to sign up.

**FUN FRIDAYS:** Fridays, **Canceled for Jan.,** 28; Feb. 4, 11, 18, 25; Mar. 4, 11, 18, 25; Apr. 1, 8, 15, 22, 29, 2pm A fun way to start your weekend! Pictionary, Scrabble, Cards Against Humanity (PG Style) **Location:** 208 Charlton Rd., Sturbridge **Cost:** free **Please note:** Space is limited; contact Noel at ngrajales@sevenhills.org to sign up.





## Virtual Events

**MARVEL VS. DC:** Wednesdays, Jan. 5, 12, 19, 26; Feb. 2, 9, 16, 23; Mar. 2, 9, 16, 23, 30; Apr. 6, 13, 20, 27, 6 - 7pm, Love Super Heroes? Join us for a fun trivia night, with short clips, comic book culture, and good friends! Contact Noel Grajales at [ngrajales@sevenhills.org](mailto:ngrajales@sevenhills.org). [bit.ly/SV-Marvel](https://bit.ly/SV-Marvel)

**MIKE LEO'S UNIQUE RHYTHMS:** Mondays, Jan. 10, Feb. 28, Mar. 28, Apr. 25, 3 - 4pm Mike Leo and his unique rhythms will feature as special guest. **Cost:** free **Please note:** Please register through the Monday Funday link for contact Jayne at [jbowler@sevenhills.org](mailto:jbowler@sevenhills.org) for more information or to register. [bit.ly/SV-MondayFunday](https://bit.ly/SV-MondayFunday)

**BRAVE YOGA** Wednesday, Jan. 12, 26; Feb. 9, 23; Mar. 9, 23; Apr. 6, 20, 7:30pm Welcome back to our Winter edition of Brave Yoga, with Lisa. Our bi weekly group will work on mindfulness, relaxation and gentle yoga. For ages 16 and above, this class is adaptable for all. [bit.ly/SV-BraveYoga](https://bit.ly/SV-BraveYoga)

**ANIME CLUB:** Fridays, Jan. 14, 21; Feb. 11, 18; Mar. 11, 18; Apr. 8, 15, 4 - 6pm Join us to watch classic Anime as well as some more modern Anime movies. We will also discuss different shows and Manga so everyone can find someone with similar interests. **Please note:** To learn more, contact Noel at [ngrajales@sevenhills.org](mailto:ngrajales@sevenhills.org). **Cost:** free. [bit.ly/SV-Anime](https://bit.ly/SV-Anime)

**MOVIE NIGHT:** Tuesdays, Jan. 11, 18, 25; Feb. 1, 8, 15, 22; Mar. 1, 8, 15, 22, 29; Apr. 5, 12, 19, 26, 6pm Join your friends to watch a movie and enjoy a discussion afterward. **Please note:** To learn more, contact Noel at [ngrajales@sevenhills.org](mailto:ngrajales@sevenhills.org). **Cost:** free. [bit.ly/SV-MovieNight](https://bit.ly/SV-MovieNight)

**ITS A WRAP:** Fridays, Jan. 14, 21, 28; Feb. 4, 11, 25; Mar. 4, 11, 18, 25; Apr. 1, 8, 22, 29, 2 - 3pm Welcome back to our winter session of Its a Wrap, our weekly Friday check-in to chat about weekend plans, how our week has been and, of course, end the week with everyone's favorite gameshow, Jeopardy! **Please note:** Contact Jayne at [jbowler@sevenhills.org](mailto:jbowler@sevenhills.org) for more information or to register. There will be no sessions on 2/18 and 4/15 **Cost:** free [bit.ly/SV-ItsAWrap](https://bit.ly/SV-ItsAWrap)

**GIRLS ALOUD:** Thursdays, Jan. 20; Feb. 3, 17; Mar. 3, 17, 31; Apr. 14, 28, 3pm Welcome back to our biweekly Girls Aloud Group. Each session we will work on developing, building, and maintaining friendships through a series of art, music and other fun activities. Ages 18 and above are welcome to join. **Please note:** Contact Jayne at [jbowler@sevenhills.org](mailto:jbowler@sevenhills.org) for more information or to register. **Cost:** free. [bit.ly/SV-GirlsAloud](https://bit.ly/SV-GirlsAloud)

**MONDAY FUNDAY:** Mondays, Jan. 24, Feb. 7, Mar. 14, Apr. 11, 3 - 4pm Our Monday Funday changes to biweekly sessions beginning Jan 10. We'll still have the same fun including Mad Libs Mayhem, Name that Tune...Fun Galore! **Cost:** free **Please note:** Contact Jayne at [jbowler@sevenhills.org](mailto:jbowler@sevenhills.org) for more information or to register. There will be no sessions on 1/17 and 2/21 in observance of holidays [bit.ly/SV-MondayFunday](https://bit.ly/SV-MondayFunday)



## Stay Up To Date!

Information at the Family Support Centers is changing daily, so please be sure to check out our Facebook page or Events Calendar:



[FACEBOOK.COM/  
SHF.FAMILYSUPPORTCENTERS](https://FACEBOOK.COM/SHF.FAMILYSUPPORTCENTERS)

Seven Hills Events Calendar:

[SEVENHILLS.ORG/WHATS-HAPPENING/CALENDAR](https://SEVENHILLS.ORG/WHATS-HAPPENING/CALENDAR)

# GREATER LOWELL FAMILY SUPPORT CENTER EVENTS

7 Technology Drive, Chelmsford, MA, Units 101 & 103 • 978.560.5750 • For questions or to register for any of the events listed below, please contact: Sandra Tineo, 508.579.8995, [STineo@sevenhills.org](mailto:STineo@sevenhills.org).



## In-Person Events: **\*All January In-Person Events are Canceled**

**FUN TUESDAY:** Tuesdays, **Canceled for Jan.;** Feb. 1, 8, 15, 22; Mar. 1, 8, 15, 22, 29; Apr. 5, 12, 19, 26, 5 - 6:30pm

Weekly activities with our Support Center staff to promote friendship, social skills, and fun. Ages 18+

**Location:** 7 Technology Drive, Suite 103, Chelmsford **Cost:** free. **Please note:** Limited space is available.

**PARENT NETWORKING:** Tuesdays, **Canceled for Jan.;** Feb. 1, 8, 15, 22; Mar. 1, 8, 15, 22, 29; Apr. 5, 12, 19, 26, 5 - 6:30pm Parents and caregivers, this is a great space to come together to ask questions, share concerns, and hear about information and resources for your family. **Location:** 7 Technology Drive, Suite 103, Chelmsford **Cost:** Free events

**Please note:** Limited space is available.

**CHARTING THE LIFECOURSE: THREE SESSIONS:** Session 1 for Parents/Caregivers for individuals aged 3-13: Thursdays, Feb. 3, 10, 17, 5 - 6:30pm; Session 2 for Parents/Caregivers for individuals aged 14-21: Thursdays, Mar. 3, 10, 17, 5 - 6:30pm; Session 3 for Parents/Caregivers for individuals Age 22+: Thursdays, Mar. 31, Apr. 7, 14, 5 - 6:30pm, Learn how to use the Charting the LifeCourse framework in practical ways: map out your community resources, build a trajectory for your loved one, create goals in simple steps, and explore what your family's future could look like. Sign in for the age group that corresponds to your loved one. Simultaneous activity for our DDS individuals available.

**Location:** 7 Technology Drive, Suite 103, Chelmsford **Cost:** free. **Please note:** Limited space is available.

**SPECIAL EVENT - LEGO CLUB WITH LOWELL PUBLIC LIBRARY:** Saturday, Mar. 19, 10am - noon Explore the Lego Club offered by the Lowell Public Library. Our support staff will partner with the Library to offer accommodating activities and a snack! **Location:** 401 Merrimack St., Lowell **Cost:** free. **Please note:** Limited space is available.

**SPECIAL EVENT - BOWLING NIGHT:** Sunday, Apr. 10, 5 - 7pm Join us at Wamesit Lanes in Tewksbury for an afternoon of friends and fun. **Location:** Wamesit Lanes, 434 Main St, Tewksbury **Cost:** Participants pay for their own game at a lower discounted rate. **Please note:** Limited space is available.



## Virtual Events

**MARVEL VS DC:** Wednesdays, Jan. 5, 12, 19, 26; Feb. 2, 9, 16, 23; Mar. 2, 9, 16, 23, 30; Apr. 6, 13, 20, 27, 6 - 7:30pm Love Super Heroes? Join us for a fun trivia night, with short clips, comic book culture, and good friends! **Cost:** free **Please note:** Limited space is available. [bit.ly/GL22-Marvel](https://bit.ly/GL22-Marvel)

**JUST FOR FUN: SATURDAY:** Saturdays, Jan. 8, 22; Mar. 12, 26; April 9, 23, 10 - 11am Spend a Saturday morning trying a simple craft, art project, fun recipe, and other engaging activities. **Cost:** free **Please note:** Limited space is available. [bit.ly/GL22-JustforFun](https://bit.ly/GL22-JustforFun)

## Save the Date

Seven Hills is profoundly grateful for your unwavering connection to the people we support and the New Beginnings they experience because of you.

May 26, 2022





# CREAT!VITY & CONNECTIONS

A Meetup Group for Adult Survivors of Brain Injury

## SHFS is hosting another year of Creative Minds, featuring art, music, & community outings

**ART:** We will be hosting in-person art programs at Worcester Art Museum beginning on 9/25, and continuing monthly through June 2022. Sessions include a meet & greet brunch, followed by a short museum tour & one-hour art session. Please contact Noreen Alves to join one or all of our free sessions.

**MUSIC:** Free Zoom Jam Sessions with Lauren Carey, the third Wednesday of each month, 6-7pm.

**COMMUNITY OUTINGS:** **January 23, 10am - Noon:** Workshop at SAORI Worcester, a fabric-weaving studio, featuring artist Mihoko Wakabyashi, [saoriworcester.com](http://saoriworcester.com). Space is limited. **March 4, TBD:** "Flora in Winter" tour at Worcester Art Museum, [worcesterart.org](http://worcesterart.org). **April 16, 10am:** Tour of Tower Hill Botanic Garden, [towerhillbg.org](http://towerhillbg.org). Registration is required for all Community Outings; please contact Noreen at [nalves@sevenhills.org](mailto:nalves@sevenhills.org) or 978.230.1982 to RSVP.

**Please note:** Transportation is available for those who need it. Contact Noreen at [nalves@sevenhills.org](mailto:nalves@sevenhills.org) or 978.230.1982 for more information.



## Join the Group at Just Us Girls!

### A Unique Skills Development Program for Girls with Special Needs

The **Just Us Girls** program is a meet-up of fun, meaningful, and inclusive social opportunities for girls, aged 10-19, who share the challenges of intellectual/developmental disabilities.

**Robin Foley** will join monthly as a Parent Liaison, to discuss topics of interest at a simultaneous meet-up for the parents, guardians, or caregivers of the girls attending Just Us Girls.

Create new friendships while learning self-awareness, self-determination, and the following skills development with peers:

- Building Healthy Relationships
- Community Engagement
- Bullying Prevention
- Money Management
- Health, Wellness, & Hygiene
- Personal Safety
- Goal-Setting

For more information on how to sign up, visit page 4.



Foundation & Affiliates

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# Pride

A PUBLICATION OF THE SEVEN HILLS FAMILY SERVICES FAMILY SUPPORT CENTERS

**Winter 2022: What's Inside:**

Meaningful Memories and a Major Achievement, Family Support Center Trainings, Recreational Happenings, Family Support Center Events, and more!



## Pride

**PRIDE** Winter 2022

*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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## Why Seven Hills?

*"Every day I get to do something I love and  
make an impact on people's lives."*

