



Pride

A PUBLICATION OF THE SEVEN HILLS FAMILY SERVICES
MAKING COMMUNITY CONNECTIONS

Spring 2025



A Slam Dunk for Seven Hills SOMA Champs

Three Seven Hills teams competed in the Special Olympics of Massachusetts (SOMA) State Basketball Tournament on April 6. Seven Hills was well-represented by the Coyotes, Scorpions, and Panthers both on and off the court. The corps of dedicated volunteer coaches practiced with the teams every Sunday since January, and showed excellent skills and sportsmanship while having fun!

Congratulations to the **Seven Hills Coyotes**, coached by **Kevin Heman and his daughter, Kelcey**, for winning the Gold Medal in the Traditional division at St. Mark's School in Southborough.

North Central's **Seven Hills Scorpions**, coached by **David Burke and Kevin Liddy**, won the Silver Medal in the Traditional division at Weston High School.

The **Seven Hills Panthers**, coached by **Steve Janulewicz and siblings Mitchell and Courtney Stokes**, won the Gold Medal in the Unified division at St. Mark's.

A very special thank you to the unified partners and volunteer coaches who make this season so special for our Seven Hills athletes!



Coaches & Unified Partners

We need YOU for Seven Hills SOMA Sports:

- Basketball** ... (January - April)
- Swimming** .. (March - May)
- Softball**..... (May - August)
- Golf** (May - August)
- Bocce** (May - August)
- Football** (August - November)
- Soccer** (August - November)

Join in the FUN! Contact: Noreen Alves,
774-688-4095 • nalves@sevenhills.org

Family Support Center Directory

Seven Hills Family Services

85 Prescott Street, Worcester, MA 01605

Leslie Courtney, lcourtney@sevenhills.org
Vice President

Gina Bernard, gbernard@sevenhills.org
Assistant Vice President

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

Jayne Bowler, jbowler@sevenhills.org

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

North Central Family Support Center

1460 John Fitch Highway, Fitchburg • 978.632.4322

Jacqueline Edmands, jedmands@sevenhills.org
Senior Family Support Specialist

North Quabbin Family Support Center

2280 Main St., Athol • 978.602.8807

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

South Valley Family Support Center

5 Optical Dr., 2nd Flr., Southbridge • 774.241.2500

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

Greater Lowell Family Support Center

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

Kristen Tower, ktower@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 Icons



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



FSC Facebook Page:

facebook.com/SHFFamilySupportCenters



Caregiver Resources Facebook Page:

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, or Cheri Brown, cbrown@sevenhills.org.

  **GUARDIANSHIP AND ALTERNATIVES WORKSHOP FOR FAMILIES:** Monday, May 5, 5:30-7pm, Free. Join us for an informative workshop focused on Guardianship and Other Alternatives for clients and their families, co-hosted with The Moody Street Group. This session will explore the various options available for ensuring the safety and well-being of your loved ones, providing valuable insights into the guardianship process and alternative support options. Light refreshments for in-person attendees and informational packets to take home. **Location-Hybrid:** SVFSC; Watch party at NQFSC & Zoom. **Please RSVP through the link provided or contact Elizabeth Carroll, ecarroll@sevenhills.org, or Tonya Lanpher, tlanpher@sevenhills.org. Link to register: bit.ly/FSC-Fin-WS**

  **FLEXIBLE FUNDING WORKSHOP FOR FAMILIES:** Monday, May 19, 5:30-7pm, Free. This session will provide valuable information on accessing flexible funding through the Department of Developmental Services. Caregivers are encouraged to join us either in person or virtually to gain insights and ask questions. Don't miss this opportunity to explore resources that can make a difference! A light meal will be served for in-person attendees. **Location-Hybrid: NQFSC & Zoom. Please RSVP to secure your spot! Contact Tonya Lanpher: tlanpher@sevenhills.org, 413-418-8702 for more details. Zoom: bit.ly/FlexFund25**

  **TRANSITIONING TO ADULTHOOD WORKSHOP FOR FAMILIES:** Monday, June 2, 5:30-7pm, Free. Join us for an essential workshop designed for families of clients who are transitioning to adulthood. Co-hosted with The Moody Street Group, this session will cover key topics such as navigating independence, accessing available resources, and planning for the future. This workshop is a great opportunity to ask questions and connect with others facing similar experiences! Light refreshments for in-person attendees and informational packets to take home. **Location-Hybrid: SVFSC; Watch party at NQFSC & Zoom. Please RSVP through the link provided or contact Elizabeth Carroll, ecarroll@sevenhills.org, or Tonya Lanpher, tlanpher@sevenhills.org. Link to register: bit.ly/FSC-Fin-WS**

  **FUTURE PLANNING SERIES: SPECIAL NEEDS:** Tuesday, June 17, 5:30-7pm, Free. **Presenter: Cynthia Haddad** of Sequoia Financial Group and author of *The Special Needs Planning Guide*. Thinking about your future and the future of your loved one can be very intimidating. What do you need to prepare? What will happen to your loved one when you are no longer able to care for them? What decisions do you need to make? Join us to discuss everything that may be coming down the line for you and your loved one and learn the options you have to prepare. **Location-Hybrid: GLFSC & Zoom. Registration required, contact Kim Guy: kguy@sevenhills.org. Zoom Link: TBD.**

 **FUTURE PLANNING SERIES: CHARTING THE LIFECOURSE:** Monday, June 23, 5:30-7pm, Free. Now that you have had a chance to think about you and your loved one's plan for the future, join navigators to learn about how Charting the LifeCourse can help achieve that goal and relay all of the details about what is most important to your loved one to ensure your comfort and theirs throughout these major life transitions. **Location: GLFSC. Registration required, contact Kim Guy: kguy@sevenhills.org.**



Check Out Our Online Library of 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

RECREATION DEPARTMENT HAPPENINGS

 **S.O. GOLF:** Monday practices, 5pm; Matches TBD, 5-8pm, June – August, \$50 donation, Green Hill Golf Course, 1929 Skyline Dr., Worcester. The lush grass, a casual walk around the course, and the little white ball. Master your skills from tee to green with us. We provide 9-hole practice rounds for our competitive golfers. **Pre-registration is required, contact:** Noreen Alves, nalves@sevenhills.org. *A commitment to the season is required. Space is limited.*

 **GOLF SKILLS AND DRILLS:** Mondays, June – August, 6-7pm, \$25 donation, Green Hill Golf Course, 1929 Skyline Dr, Worcester. This is 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 swingwww. **Pre-registration is required, contact:** Noreen Alves, nalves@sevenhills.org. *Space is limited.*

 **S.O. BOCCE:** Tuesday practices; Matches TBD, June – August, 6-7:30pm, Italian American Victory Club, 26 Dewey St., Shrewsbury, \$25 donation. Register for the 2025 Bocce season. This group provides positive social interactions, mindfulness, an active lifestyle, and helps build self-confidence. Stroll your way down the pitch with us. **Pre-registration is required, contact:** Noreen Alves, nalves@sevenhills.org. *Space is limited.*

 **S.O. SOFTBALL:** Thursday practices; Games TBD; June – August, 6-7:30pm. Multiple Worcester area locations, **Sign up for team and location. \$25 donation.** This sport is great for team building, physical activity, and great 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 the fun of America's beloved pastime. **Pre-registration is required, contact:** Noreen Alves, nalves@sevenhills.org. *Space is limited.*

UP & COMING ACTIVITIES

DON'T MISS OUT! GET A JUMP START AND REGISTER FOR WINTER ACTIVITIES: Ballroom Dance, Just Us Women, Just Us Girls, and our seasonal lineup of competitive and recreational sports!
Registration contact: Noreen Alves, nalves@sevenhills.org.

 **BALLROOM DANCE:** Wednesdays, Oct.–Dec., 6-7pm, \$25 donation. Dust off your dancing shoes; tap, step, and turn with the Seven Hills Dance Group for a spectacular display of elegance in motion! Includes a year-end Ballroom Showcase performance of all dance participants. **Location:** ASPIRE!, 150 Goddard Memorial Dr., Worcester. **To register, contact:** Noreen Alves, nalves@sevenhills.org.

 **JUST US WOMEN: OPEN ENROLLMENT:** Begins July 11 for the Sept. 2025 – May 2026 Season. Sessions to be held Fridays, monthly, 6:30-8:30pm, \$300/yr. An extension of Just Us Girls, this program builds friendships and teaches important topics while enjoying each other's company during dinner. The group's interests drive the topics, event planning, and include self-determination, goal-setting, healthy relationships, wellness, and community engagement. **Location:** ASPIRE!, 150 Goddard Memorial Dr., Worcester. **Registration:** Contact Noreen Alves, nalves@sevenhills.org. *Please Note: Signups are ongoing. Limited space is available. A commitment to the entire year is required.*

 **JUST US GIRLS: OPEN ENROLLMENT:** Begins July 11 for the Sept. 2025 – May 2026 Season. Sessions to be held, Saturdays, 2x/month; 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, nalves@sevenhills.org. *Please Note: Signups are ongoing.. Limited space is available. A commitment to the year is required. Funded by United Way of Central MA Women's Initiative and DCU for Kids. Signups are ongoing.*

 **CREATIVE MINDS AT WAM: ENROLLMENT:** Sept. 2025 – June 2026 season for adults, 18+ with ABI/TBI. Sessions are held every second Saturday, beginning Sept. 13, 10am-Noon. Each session includes a Meet & Greet Brunch, a museum walk-through, and creative process. **Location:** Worcester Art Museum (WAM), 55 Salisbury St., Worcester. **Registration:** Contact Noreen Alves, nalves@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 • nalves@sevenhills.org



CREATIVITY & CONNECTIONS

CREATIVE MINDS AT WAM ADULTS 18+ WITH ABI/TBI

Every 2nd Saturday, 10am-Noon
September 13, 2025 - June 13, 2026

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

Three outings are being planned; dates TBA.

Worcester Art Museum (WAM)
55 Salisbury St., Worcester, MA 01609

To register, contact Noreen Alves
nalves@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 ACTIVITIES

S.O. SOCCER: Sunday practices, games TBD. Sept. – Nov., 10:30am-Noon, \$25 donation.

Promoting health and wellness, soccer can be a great way to learn teamwork, build friendships, and compete with vigor. We offer multiple levels of competitive team play. **Pre-registration is required.** Contact Noreen Alves, nalves@sevenhills.org. Worcester Parks information to come with registration.

S.O. FLAG FOOTBALL: Sunday practices, games TBD. Aug. – Nov., 10am-Noon. \$25 donation.

Come tackle a new challenge and join us for a team journey of personal growth, fun and friendships. Attendance and participation in league games are required for the possibility to play at Gillette Stadium for State Tournament. **Pre-registration is required.** Contact Noreen Alves, nalves@sevenhills.org. Worcester Parks information to come with registration.

FLAG FOOTBALL SKILLS AND DRILLS: Sundays, Aug. – Nov., 10am-Noon, \$25 donation.

In connection with our Unified team, this is a non-travel option for those who want to learn how to play flag football or practice their football skills with options to join our competition team. **Pre-registration is required.** Contact Noreen Alves, nalves@sevenhills.org. Worcester Parks information to come with registration.

REGISTER for the fall season! Space is limited. Contact Noreen Alves, nalves@sevenhills.org.

SOUTH VALLEY FSC EVENTS

5 Optical Drive, 2nd Floor, Southbridge, MA • 774.241.2500 • Contact: Elizabeth Carroll, 774.241.2504, ecarroll@sevenhills.org.

 **PARENT MEET-UP GROUP: Mondays, 5-6:30pm, Free.** Join us for an informal Parent Group, where we will discuss your successes and concerns. This group is held during our Activity Nights at the Center. **Location:** SVFSC.

 **KARAOKE NIGHT!: Mondays, 5/5, 5/12, 5/19, 5/26, 5-6:30pm, Free.** Everyone loves Karaoke! We provide the mic, you sing the songs! **Location:** SVFSC. **Contact:** Paige, pwillard@sevenhills.org for details/to register. *This is NOT a drop-off activity. Doors open 15 min before the event.*

 **LINE DANCING WITH RHONDA: Mondays, 6/9, 6/16, 6/23, 6/30, 5-6:30pm, Free.** Join our popular dance instructor, Rhonda, for some country fun! Western attire is encouraged because Rhonda is going to show you some moves! **Location:** SVFSC. **Registration is required, contact:** Liz, ecarroll@sevenhills.org for details/to register. *Space is limited. This is not a drop-off event. Doors open 15 min. before the event begins.*

 **GREEN THUMB SERIES: Mondays, July 7, 14, 21, 28, 5:30-7pm, Free.** Join our resident botanist, Lisa, for some green thumb fun. Each week, we will help you grow, harvest, and cook with different herbs. All materials are provided. **Location:** SVFSC. **Register** with Lisa at lmorgan@sevenhills.org. *Space is limited. This is not a drop-off event. Doors open 15 min. before the event begins.*

 **HOLIDAYS IN THE SUMMER: Mondays, 8/4, 8/11, 8/18, 8/26, 5-6:30pm, Free.** The summer heat doesn't stop us from celebrating the holidays all year long! Classic reindeer games will be played. **Location:** SVFSC. **Contact:** Lisa, lmorgan@sevenhills.org for details/to register. *Space is limited. This is not a drop-off event. A caregiver must be on-site. Doors open 15 min. before the event begins.*

 **FAMILY FUN DAY 2.0: Wednesday, August 13, Noon-3pm, Free.** Join us for face painting, games, music, and the ice cream truck—all Free! **Location:** SVFSC.

 **CAFE CHATS: Thursdays, biweekly, May 8, 22; June 5, 19; July 17, 31; August 14, 28; 10am, Free.** Join our new support group dedicated to building a community for caregivers. Share information, connections, and an opportunity to enhance your network and contribute to a caring and informed community. **Location:** Sawdust Cafe in Sturbridge.

 **MAGIC THE GATHERING!: 2nd Thursday of each month, 5/8, 6/12, 7/10, 8/14, 6:30-8:30pm, Free.** Join us for this exciting card game experience! Our expert staff will teach you how to cast spells, raise armies, and duel with your friends. Pizza will be served! **Location:** SVFSC. **Registration is required, contact:** Makenna, mamancuso@sevenhills.org. *Space is limited. Doors open 15 min. before the event begins.*

  **BRAVE YOGA WITH A TWIST!: Thursdays, 5/15, 6/19, 7/24, 8/28, 6:15-7pm.** Join us for our Brave Yoga monthly meet with Lisa, this is a gentle and adaptive Yoga session, filled with mindfulness & relaxation! We will offer this session in person at our 5 Optical Drive Southbridge location, AND also online for those of us that can't be here in person! Please be here ready to start class, have your water bottles and yoga mats ready!. **Contact Jayne**, jbowler@sevenhills.org. bit.ly/BraveYoga25

 **LEGO WORKSHOP: Thursday, August 28, 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. **Register with Jodie**, jkrueger@sevenhills.org. *Space is limited. This is not a drop-off event. Doors open 15 min. before the event begins.*

 **WOODWORKING WITH RICK AND JUDY: Saturdays, 5/17, 6/14, 7/12, 10am, \$25.** Join us for a fun and challenging woodworking craft with our friends, Rick and Judy West. **Register with Jayne**, jbowler@sevenhills.org. *Space is limited. This is not a drop-off event. Doors open 15 min. before the event begins.*

 **MONDAY FUNDAY WITH MIKE LEO & HIS UNIQUE RHYTHMS: Mondays, 5/12, 6/23, 7/28, 8/25, 3-4pm, Free.** Join us for a fun and interactive music experience. During each session, we will explore different music genres through art & creative writing. Please remember to bring paper & pencils to each session! **Location:** SVFSC. **Registration is required, contact:** Jayne, jbowler@sevenhills.org. bit.ly/SV-MondayFun

 **MARVEL VS DC: Wednesdays, weekly, 5/7, 5/14, 5/21, 5/28, 6/4, 6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27, 6-7:30pm, Free.** If you love Super Heroes, then join SV and our Lowell friends to watch for a fun trivia night with short clips, comic book culture, and good friends! bit.ly/ZOOM-MarvelvsDC

 **ITS A WRAP: Fridays, May 2, 9, 30; June 6, 13, 20, 27; July 11, 18, 25; Aug. 1, 8, 15, 22, 3-4pm, Free.** Let's wrap up our week, focus on weekend plans, and end with Jeopardy. **Contact Jayne** at jbowler@sevenhills.org. bit.ly/ZOOM-ItsAWrap

  **DUNGEONS & DRAGONS CLUB: Thursdays, 5/1, 5/15, 6/5, 7/3, 7/17, 8/7, 8/21, 6:30-8:30pm, ages 16+, Free.** Learn to play 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.

 **CAREGIVER LUNCHEON: TRAINING: Tuesday, May 6, 11:30am-2pm, Free. Presenter: Gayle Green, Director of TLC Trust.** Meet with Gayle to discuss future planning for individuals over age 40. Plan, Plan, Plan! **Location:** Leominster Elks, 134 N. Main St., Leominster. ****RSVP**** to Kathy, kblack@sevenhills.org.

 **CAREGIVER DINNER: TRAINING: Tuesday, June 24, 5:30-8pm, Free. Presenter: MART.** Come learn multiple ways to navigate transportation options in cities and towns in our area and beyond. Be part of the movement to get more transportation in our rural communities. Use your voice for change! **Location:** Leominster Veterans Center, 100 West St., Leominster. ****RSVP**** to Kathy Black, kblack@sevenhills.org.

 **NATIONAL NIGHT OUT CELEBRATION: Tuesday, August 5.** Keep an eye out for your town's National Night Out Celebration—You may see us there!

 **OPEN MIC NIGHT: Tuesday, September 16, 6-8pm, Free.** We're looking for the next Seven Hills Idol—could it be you? Join the Family Support staff as we sing our hearts out, show our best dance moves, and wow the crowd. Whether you're a star performer or just starting out, this is your moment to shine. Are you ready to take the stage? **Location:** Leominster Veterans Center, 100 West St., Leominster. **Contact:** Kathy, kblack@sevenhills.org.

 **GUARDIANSHIP 101: TRAINING: Wednesday, June 4, 11:30am-1pm, Free. Presenter: Gayle Green, Director of TLC Trust.** Meet with Gayle to discuss guardianship, healthcare proxy, and special needs trust funds. **Location:** NCFSC. ****RSVP**** to Kathy, kblack@sevenhills.org.

 **SOCIAL SQUAD: Thursdays, May 8, 22; June 12, 26; July 24; Aug. 14, 28; Sept. 11, 25; 11am-2:00pm, Free.** Sign up to connect with friends during this 3-hour block of time, 2x/month. Enjoy activities of interest to all. **Location:** NCFSC. **Contact:** Kathy, kblack@sevenhills.org.

 **THURSDAY SOCIAL: COOKING FUN: Thursdays, May 8, Sept. 4, 5-7pm, Free.** Chop, stir, and saute your way through a hands-on cooking experience. Then sit back and enjoy the flavors of your creation with friends. Let's mix, mingle, and make memories—one bite at a time! **Location:** NCFSC. **Contact:** Kathy, kblack@sevenhills.org.

 **HEALTHY RELATIONSHIPS TRAINING: Thursday, May 15, 5-7pm, Free. Presenter: Pat Carney.** Don't be shy to ask questions about friendship and relationships! **Location:** NCFSC. ****RSVP**** to Kathy, kblack@sevenhills.org.

 **MOVEMENT WITH ALLISON: Thursdays, May 22, June 26, Sept. 25, 11:30am-12:30pm, Free.** Do you like to move and groove? Come join friends for a Movement Class with our partner from Successfully Social. **Location:** NCFSC. ****Registration Required**** **Contact:** Kathy, kblack@sevenhills.org.

 **THURSDAY SOCIAL: EXPLORING THE ARTS: Thursdays, May 22, Sept. 25, 5-7pm, Free.** Join friends and explore your creative inner self. Share your love of the ARTS with others! **Location:** NCFSC. **Contact:** Kathy, kblack@sevenhills.org.

 **SPECIAL EVENT: ART MUSEUM & FARMERS MARKET: Thursday, June 5, Free admission; purchases extra. Families and all ages, welcomed. Hours: Museum, Noon-7pm; Market, 3-5:30pm. NCFSC staff available, 4:30-7pm.** Join the NCFSC staff at the Fitchburg Art Museum and the Indoor Fitchburg Farmers Market. **Location:** 185 Elm St., Fitchburg. **Contact:** Kathy, kblack@sevenhills.org.

 **THURSDAY SOCIAL: GAME NIGHT: Thursdays, June 12, Sept. 11, 5-7pm.** A fun-filled game night where the only rule is to have a blast! Whether you're a game master, a card shark, or just in it for the laughs, there's something for everyone. Let the games begin! **Location:** NCFSC. **Contact:** Kathy, kblack@sevenhills.org.

 **THURSDAY SOCIAL: SUMMER KICKOFF PARTY: Thursday, June 26, 5-7pm.** Kick off the summer season with delicious food, outdoor games, and great company as we welcome the warm days ahead. Don't miss out on the laughter, friends, and summer vibes! **Location:** NCFSC. **Contact:** Kathy, kblack@sevenhills.org.

 **IEP CHECK IN: Thursday, Sept. 4, 5-7pm, Free.** Check in with the IEP Support Navigator for ideas on partnering with your school district. Learn to manage your IEP in a collaborative way. **Location:** NCFSC. **Contact:** Kathy, kblack@sevenhills.org.

 **THURSDAY SOCIAL: CORNHOLE: Thursday, Sept. 18, 5-7pm, Free.** Come play Cornhole with us! Compete against friends and have a great time! **Location:** NCFSC. **Contact:** Kathy, kblack@sevenhills.org.

 **TRANSITION TALKS: Thursday, Sept. 18, 5-7pm, Free.** Our Transition Navigator will review the timeline for your loved one, aged 16-22, transitioning to adult services. **Location:** NCFSC. **Contact:** Kathy, kblack@sevenhills.org.

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★**NEW**★ **SUMMER ICE CREAM TOURS:** Get ready to scoop up some fun as we embark on a sweet adventure to taste the best frozen treats of the season! From classic flavors to wild new creations, we'll be stopping at some of the coolest ice cream spots around. Who's ready for a brain freeze? *Families are responsible for individual cost*

 **SUMMER ICE CREAM TOUR: STERLING: MEOLA'S:** Thursday, July 10, 5-7pm, \$. **Location:** Meola's Wayside Ice Cream, 110 Leominster Rd., Sterling. **Contact:** Kathy, kblack@sevenhills.org.

 **SUMMER ICE CREAM TOUR: GROTON: JOHNSON'S:** Thursday, July 17, 5-7pm, \$. **Location:** Johnson's Restaurant and Dairy Bar, 164 Boston Rd., Groton. **Contact:** Kathy, kblack@sevenhills.org.

 **SUMMER ICE CREAM TOUR: WESTMINSTER: KAY'S DAIRY BAR:** Thursday, July 24, 5-7pm, \$. **Location:** 196 State Rd. W., Westminster. **Contact:** Kathy, kblack@sevenhills.org.

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★**NEW**★ **SUMMER ADVENTURE TOURS:** Let's go, Explore! Adventure out to local activities. Join the NCFSC team for some fun in the sun. *Families are responsible for individual cost*

  **AUGUST ADVENTURE TOUR: STONE COW BREWERY:** Thursday, August 7, 5-7pm, \$. **Location:** 500 West St., Barre. **Contact:** Kathy, kblack@sevenhills.org.

 **AUGUST ADVENTURE TOUR: RED APPLE FARM:** Thursday, August 14, 5-7pm, \$. **Location:** 455 Highland Ave., Phillipston. **Contact:** Kathy, kblack@sevenhills.org.

 **AUGUST ADVENTURE TOUR: MULLIGAN'S MINI GOLF:** Thursday, August 21, 5-7pm, \$. **Location:** 124 Leominster Rd., Sterling. **Contact:** Kathy, kblack@sevenhills.org.

 **AUGUST ADVENTURE TOUR: HARVARD BOWLING LANES:** Thursday, August 28, 5-7pm, \$. **Location:** 204 Ayer Rd., Harvard. **RSVP to:** Kathy, kblack@sevenhills.org.

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 **FRIDAY MOVIE CLUB:** Fridays, May 9, June 13, 5:30-8pm, Free. **Ages 16+.** Enjoy a night out for fun, a movie, and pizza! **Location:** NCFSC. ****Registration Required**** **Contact:** Kathy, kblack@sevenhills.org.

 **DOWN SYNDROME SOCIAL:** Saturday, May 3, 9-11am, Free. ****A Celebration of Joy, Friendship & Inclusion!**** Enjoy a warm, welcoming community as we celebrate the amazing individuals living with Down syndrome. **Location:** Cogshall Park Baseball Field, 159 Electric Ave., Fitchburg. ****Registration Required**** **Contact:** Kathy, kblack@sevenhills.org.

 **FAMILY FUN DAY: BOWLING:** Saturday, June 28, 1-4pm, Free. Do you have some mad bowling skills? Show them off at the NCFSC Family Fun Day and Bring a Friend. **Location:** Gardner 10 Pins, 560 W. Broadway St., Gardner. ****Registration Required**** **Contact:** Kathy, kblack@sevenhills.org. *Space is limited.*

 **JOHNNY APPLESEED FESTIVAL:** Saturday, September 20, 9-5pm. Come visit our Seven Hills table at the Festival! **Location:** Downtown Leominster. **Contact:** Kathy, kblack@sevenhills.org with questions.

  **PLANNING FOR A TIME WHEN YOU'RE NOT THERE: CONSULTATION:** Ensure your loved one's future is secure with a plan today. Gayle Greene shows you essential steps to long-term care, financial security, and support for your peace of mind and your loved one's stability. **To schedule your consultation:** email gaylegreene@tlctrustma.org.

 **MANAGING ANXIETY AND COPING SKILLS:** Mondays, May 5, June 2, Sept. 8, 5:30-7pm, Free. Join Allison, Social Coach, to practice and learn ways to figure out challenging times. **Contact:** Kathy, kblack@sevenhills.org. **Join Zoom: Meeting ID:** 795 138 8700. bit.ly/4gel67B

 **SELF ADVOCATES SOCIAL:** Tuesdays, May 20; June 3, 17; July 1, 15; Aug. 5, 19; Sept. 2, 16; 10-11am, Free. Learn how to advocate for your beliefs and goals. **Registration:** Kathy Black, kblack@sevenhills.org. bit.ly/NC-SelfAd

 **LUNCH BUNCH:** Wednesdays, May 14, 28; June 11, 25; July 9, 23; Aug. 13, 27; Sept. 10, 24; Noon-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

 **LUNCH BUNCH: FRIENDSHIP CIRCLE:** Wednesdays, 5/7, 5/14, 6/11, 12-1pm, Free. Successfully Social's Allison teaches skills to build meaningful friendships and relationships. **Register:** Kathy, kblack@sevenhills.org. bit.ly/ZOOM-LunchBunch

NORTH QUABBIN FSC EVENTS

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

 **FAMILY GAME NIGHT: Monday, May 12, 6-7pm, all ages, Free.** Join us for a night of fun, games, and connection. Caregivers and their loved ones can play, laugh, and bond in a welcoming space! A variety of games for all ages. Light snacks and refreshments provided. **Location:** NQFSC. **No registration required. For questions, contact:** Tonya Lanpher, tlanpher@sevenhills.org, 413-418-8702. *Caregivers must attend this family event.*

 **SELF-ADVOCACY GROUP AND LIFE SKILLS: 2nd Monday of the month, 5/12, 6/9, 7/14, 8/11, 5-6pm, ages 18+, Free.** Empower yourself and your voice! This supportive and inclusive space is designed for clients to learn about their rights, build confidence, and develop skills to effectively advocate for themselves in various aspects of life. **Registration required, contact:** Penny Boutin, pboutin@sevenhills.org, 508-816-2057. *Space is limited.*

 **FAMILY MUSIC NIGHT: Monday, June 9, 6-7pm, Free.** A family event where caregivers and their loved ones can come together to share their love for music! Opportunities to share your musical talents or just enjoy the show. Light snacks and refreshments provided. Drop in and be part of the musical magic! **Location:** NQFSC. **No registration required. For questions, contact:** Tonya Lanpher, tlanpher@sevenhills.org, 413-418-8702. *Caregivers must attend this family event.*

 **FAMILY CRAFT NIGHT: Monday, July 14, 6-7pm, Free.** Join us for an evening of crafting, laughter, and connection as caregivers and their loved ones come together to create beautiful projects. Light snacks and refreshments provided. **Location:** NQFSC. **No registration required. For questions, contact:** Tonya Lanpher, tlanpher@sevenhills.org, 413-418-8702. *Caregivers must attend this family event.*

 **FAMILY COOKING CLASS: Monday, August 11, 6-7pm, Free.** Learn new recipes, enjoy delicious food, and create lasting memories together! This is a family friendly event designed for caregivers and their loved ones to bond over the joy of cooking. **Location:** NQFSC. **No registration required. For questions, contact:** Tonya Lanpher, tlanpher@sevenhills.org, 413-418-8702. *Caregivers must attend this family event.*

 **SKILLS AND CHILL GROUP: Tuesdays, 5/27, 6/24, 10am-Noon, ages 18+, Free.** Are you 18 or older and ready to take charge of your future? Join our Skills and Chill Group, where you'll gain the tools and information needed to stay on the right track toward a full and independent life! **Location:** NQFSC. **Registration is required, contact:** Tonya Lanpher, tlanpher@sevenhills.org, 413-418-8702. *Space is limited.*

 **FAMILY MUSIC TIME WITH LILA: Tuesdays, 5/27, 6/24, 10-11am, Free.** Explore the joy of music in a supportive environment. This family event is perfect for all abilities and ages! **Location:** NQFSC. **No registration required, contact:** Tonya Lanpher, tlanpher@sevenhills.org, 413-418-8702. *Caregivers must attend this family event.*

 **GRUPO DE APOYO PARA CUIDADORAS LATINAS: Tuesdays, 7/8, 8/5, 10-11am.** Únete a una comunidad donde podrás conocer a otras latinas que comprenden las alegrías y los desafíos de cuidar a una persona con necesidades especiales. Un espacio seguro y de apoyo para compartir experiencias, recursos y estrategias de autocuidado. Se ofrecen refrigerios. No es necesario registrarse. Si tienes alguna pregunta, **contacta a Tamara Vivas**, tvivas@sevenhills.org, 508-514-0177. Family Support Center, 2280 Main St., Athol.

 **GARDENING GROUP: Tuesdays, 7/22, 8/26, 10am-Noon, Free.** Gardeners of all skill levels are encouraged to join this opportunity to become part of a community of gardeners. Learn ecological and affordable gardening practices while growing your own vegetables, herbs, and flowers. **Location:** Pleasant Street School Community Garden, 1060 Pleasant St., Athol. **Registration is required, contact:** Tonya Lanpher, tlanpher@sevenhills.org, 413-418-8702.

 **★NEW★ MIXED MEDIA SCULPTURE WITH LAUNCH SPACE: 2nd Thursday of the month, 5/8, 6/12, 7/10, 8/14, 5:30-7:30pm, Free.** Join us for an exciting hands-on Creative Arts Workshop! With expertise in drawing, painting, woodshop, and sculpture, the instructor will guide you through an immersive artistic experience. **Location:** Launch Space, 131 W. Main St., Suite 342, Orange. **Registration:** Penny Boutin, pboutin@sevenhills.org, 508-816-2057. *Space is limited.*

 **CAREGIVER COFFEE HOUR: 4th Thursday of the month, 5/22, 6/26, 7/24, 8/28, 10-11am, Free.** Unwind, connect, and share experiences, insights, and recharge with coffee and a sweet treat on us! **Location: Over the Top Bakery**, 90 New Athol Rd., Orange. **No registration required, contact:** Kendra Steucek, ksteucek@sevenhills.org, 508-454-2619.

 **FAMILY MOVIE NIGHT AT ATHOL CINEMAS:** Fridays, 7/25, 8/22, 6pm, Free. Meet us at Athol Cinemas at 6pm for a movie and a combo concession pack, all included! Each client may attend with one caregiver. **Location:** Athol Cinemas 8, 265 Reservoir Dr., Athol. **Registration is required, contact:** Tonya Lanpher, tlanpher@sevenhills.org, 413-418-8702. *Caregivers must attend this family event.*

 **SPRING FAMILY DANCE:** Saturday, May 3, 2-5pm, Free. Bring your family to enjoy fellowship and dance with DJ Pete Barbosa. Create memories with your loved ones and connect with others. Chips and water provided. **Location:** Starrett Memorial United Methodist Church, 40 Island St., Athol. **Register:** Penny Boutin, pboutin@sevenhills.org, 508-816-2057.

 **FAMILY PAINT & DIP DAY:** Saturday, June 7, 2-4pm, Free. Bring your loved ones for a fun painting session while enjoying tasty dips! Bring a dip to share, we'll provide chips, veggies, and crackers for dipping. **Location:** NQFSC. **Registration required, contact:** Penny Boutin, pboutin@sevenhills.org, 508-816-2057.

 **IN-PERSON WRESTLING PARTY:** Saturday, July 19, 11am-1pm, Free. You've cheered from behind the screen—now it's time to bring the energy in person for an epic Wrestling Party! Enjoy fun, food, and live wrestling action on the big screen! Don't miss out—RSVP today and get ready to rumble! Snacks and refreshments provided. **Location: **North Central** FSC, 1460 John Fitch Highway, Fitchburg. Registration:** Tonya Lanpher, tlanpher@sevenhills.org, 413-418-8702.

 **FAMILY PICNIC AT FISH PARK:** Saturday, 8/9; rain date, 8/16, 1-3pm. Gather your loved ones and join us for delicious food, great company, and a day full of laughter and connection with other families in our community. Open to all families supported by Seven Hills—we'd love to see you there! **Location:** Fish Park, Athol. **RSVP today to help us plan for food and activities. Register with:** Tonya Lanpher, tlanpher@sevenhills.org, 413-418-8702.

  **★NEW★ ASD ONLY CREATIVE ARTS WORKSHOPS:** 2nd Thursday of the month, 5/8, 6/12, 7/10, 8/14, 3-5pm, ages 18+, Free. Join us for this special workshop designed for individuals on the Autism Spectrum! Led by a talented instructor, this hands-on experience will explore woodshop, sculpture, painting, and drawing in a supportive setting. **Location:** Launch Space, 131 W. Main St., Suite 342, Orange. **Register:** Tonya Lanpher, tlanpher@sevenhills.org, 413-418-8702.

 **WRESTLING CLUB:** Mondays, 5/5, 5/12, 5/19, 6/2, 6/9, 6/16, 6/23, 6/30, 7/7, 7/14, 7/21, 7/28, 8/4, 8/11, 8/18, 8/25, 7-8pm, Free. Join Kevin to share favorite WWE wrestling moments, watch matches, and play wrestling trivia. **No registration required. For questions, contact:** Tonya Lanpher, tlanpher@sevenhills.org, 413-418-8702. bit.ly/ZOOM-WrestlingClub

GREATER LOWELL FSC EVENTS

7 Technology Dr., Ste. 103, Chelmsford, MA • **Contact:** Kristen Tower, ktower@sevenhills.org.

 **CAREGIVER COFFEE HOUR:** Mondays (biweekly): 5/5, 5/19, 6/2, 6/16, 7/14, 7/28, 8/4, 8/18, 9:30-10:30am, Free. Informal support/community meeting for caregivers. **Location:** Pressed Café, Chelmsford. **Contact:** Kim Guy, kguy@sevenhills.org.

 **WALKING CLUB:** Mondays, twice monthly, 5/5, 5/19, 6/2, 6/16, 7/14, 7/28, 8/4, 8/18, 6-7pm, all ages are welcome, open to individuals and caregivers, Free. Let's get outside, move our bodies, and enjoy the beautiful spring and summer weather! **Location:** Various local parks and walking trails. **Registration is not required. Contact** Kim Guy at kguy@sevenhills.org with questions.

 **DRAMA PROGRAM:** Mondays, 5/5, 5/12, 5/19, 6/2, 6/9, 6/16, 6/23, 4-5:30pm, Ages 16+, no theatrical experience necessary, Free. Join us for a spring Drama program with Full Spectrum Drama. **Location:** GLFSC. **Registration is required, contact:** Jess Dugas at jdugas@sevenhills.org. *Space is limited.*

 **GARDENING GROUP:** Tuesdays, 4/29, 5/6, 5/13, 5/20, 5/27, 6/3, 6/10, 6/17, 6/24, 7/1, 7/8, 7/15, 7/22, 7/29, 8/5, 8/12, 8/19, 8/26, 9:30-11am, Ages 18+, Free. We have acquired a garden plot at Sunny Meadow Farm and will be planting and tending to the garden throughout the season. **Location:** 168 Robin Hill Rd., Chelmsford. **Registration is required, contact:** Jess Dugas at jdugas@sevenhills.org.

 **FUN TUESDAY: KARAOKE:** 2nd Tuesday of the month, 5/13, 6/10, 7/8, 8/12, 5:30-7pm, all ages, Free. Come sing your favorite song as a solo, with a partner or group—or just to listen and enjoy. **Location:** CCA (Chelmsford Center for the Arts), 1A North Road, Chelmsford. **No registration required. Contact:** kguy@sevenhills.org.

 **FUN TUESDAY: BINGO NIGHT:** 4th Tuesday of the month, 5/27, 6/24, 7/22, 8/26, 5:30-7pm, all ages, Free. Activities with our staff to promote friendship, social skills, and fun. **Location:** Local Public Library or GLFSC. **Contact:** kguy@sevenhills.org.

 **JUNIOR EXPLORERS:** 2nd Wednesday of the month, 5/14, 6/11, 7/9, 8/13, 4-5pm, ages 10 & under, Free. Have fun making friends, practicing social skills, learning something new! **Caregivers are asked to stay and assist when needed.** **Location:** Local playground/GLFSC depending on weather. **Registration is required, contact** Kim Guy at kguy@sevenhills.org with questions. *Space is limited.*

 **WORKSHOP WEDNESDAYS:** Wednesdays in May and June, Dates TBD, 10am-2pm, Ages 18+, Free. Enjoy local adventures as we take our workshop out into the community. **Location:** Meet at GLFSC. **Registration is required, contact:** Jess Dugas at jdugas@sevenhills.org. *Space is limited.*

 **WOODWORKING WITH RICK & JUDY:** 3rd Thursday of the month, 5/15, 6/19, 7/17, 8/21, 3-4:30pm, Ages 16+, Free. Join us for a fun and challenging woodworking craft with our friends Rick and Judy West. **Location:** GLFSC. **Registration is required, contact:** Jess Dugas at jdugas@sevenhills.org. *Space is limited.*

  **LITTLE SHOP OF HORRORS TRIP:** Friday, June 6, 5-10pm, Ages 16+, Free. We'll meet at the GLFSC, then take the bus to the Greater Boston Stage Company (395 Main St., Stoneham) for this production. **Registration is required, contact:** Kim Guy at kguy@sevenhills.org to see if this activity is appropriate for you or your loved one. *Individuals must have community safety skills, be able to independently toilet, and communicate needs, otherwise we request that a caregiver or staff accompany them. Spaces are limited.*

 **POINTS OF LIGHT LANTERN FESTIVAL MEET UP:** Saturday, May 3. Event runs 5-10pm, Free. Meet us at this fun community event with lantern designing and releasing along the river, live music/performances, and more! Staff will be present to greet families as they arrive—this is not a drop-off activity. **Location:** Ecumenical Plaza, Western Canal, Lowell, between St. Patrick's Church and Holy Trinity Church. **Please contact** Kim Guy at kguy@sevenhills.org with questions.

  **FRANKLIN PARK ZOO FAMILY TRIP:** Saturday, May 17, 10am-3pm, Free. Meet us at the GLFSC for a bus trip to the Franklin Park Zoo (1 Franklin Park Rd, Boston). **Registration is required, contact:** Kim Guy at kguy@sevenhills.org with questions. *Space is limited.*

 **FOLK FESTIVAL MEET UP:** Saturday, July 26, Noon-4pm, Free. Come meet us at the Lowell Folk Festival to see diverse performances and celebrate all different cultures with music, food, dance, and more. Staff will be present to greet families as they arrive to enjoy the event, this is not a drop off activity. **Location:** Boarding House Park, 40 French St., Lowell. **Please contact:** Kim Guy at kguy@sevenhills.org.

 **MARVEL VS DC:** Wednesdays, weekly, 5/7, 5/14, 5/21, 5/28, 6/4, 6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27 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

  **FUTURE PLANNING SERIES: SPECIAL NEEDS TRAINING:** Tuesday, June 17, 5:30-7pm, Free. **Presenter:** Cynthia Haddad of Sequoia Financial Group and author of *The Special Needs Planning Guide*. Thinking about your future and the future of your loved one can be very intimidating. What do you need to prepare? What will happen to your loved one when you are no longer able to care for them? What decisions do you need to make? Join us to discuss everything that may be coming down the line for you and your loved one and learn the options you have to prepare. **Location-Hybrid:** GLFSC & Zoom. **Registration required, contact Kim Guy:** kguy@sevenhills.org. **Zoom Link:** TBD.

 **FUTURE PLANNING SERIES: CHARTING THE LIFECOURSE TRAINING:** Monday, June 23, 5:30-7pm, Free. Now that you have had a chance to think about you and your loved ones' plan for the future, join navigators to learn about how Charting the LifeCourse can help achieve that goal and relay all of the details about what is most important to your loved one to ensure your comfort and theirs throughout these major life transitions. **Location:** GLFSC. **Registration required, contact Kim Guy:** kguy@sevenhills.org.

 **FUTURE PLANNING SERIES CONSULTATIONS:** Week of June 16, Times TBD, Free. Sign up for a one-to-one consultation with Cynthia Haddad to ask questions and get valuable guidance on how to create the future you and your loved one are hoping for. **Location:** GLFSC. **Registration required, please contact** Kim Guy at kguy@sevenhills.org with questions.

 **MASSHEALTH CONSULTATIONS:** Dates TBD/scheduled, 9am-Noon, Free. Come meet a family support specialist at the MassHealth Enrollment Center in Tewksbury to sit down with a MassHealth representative to ask questions and discuss any special circumstances or issues you may be experiencing with MassHealth enrollment or benefits. **Location:** 367 East St., Tewksbury. **Please contact** Kim Guy at kguy@sevenhills.org with any questions.

 **Pride**

Spring 2025: What's Inside:

A Publication of the Seven Hills Family Services Family Support Centers

Cover story: "A Slam Dunk for Seven Hills SOMA Champs"; FSC Directory; Registration Information; Stay Connected with Social Media; Transition Trainings; Recreation Department Happenings; Regional Family Support Center Events; and more!

 **Pride**

PRIDE Spring 2025

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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President/CEO
Seven Hills Foundation

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May 22, 2025

CALL TO ACTION

New Beginnings 37th
CHARITY GOLF TOURNAMENT

New Beginnings is the #1 FUNDRAISER for Community Connections, events listed in Pride, and more. Help us reach our goal by contributing as a sponsor or donor of auction or raffle items, or a monetary gift.

Contact Jen Bergstrom,
jbergstrom@sevenhills.org, scan the QR Code, or visit sevenhills.org/NBgolf.

Thank you for supporting our participants to **SEE** the possibilities. **BELIEVE** in their abilities. **ACHIEVE** their dreams!