

What's Happening

Fall 2026

Seven Hills Family Support Centers taking PRIDE in Community Connections that build friendships, confidence, & fulfillment.



Being PART of the Community — Not Just In It

Across every Family Support Center, one belief guides our work: strong communities are built through relationships, not programs alone. This year, our centers have embraced a shared philosophy rooted in Social Capitalism — the idea that when people invest in one another, the entire community grows stronger.

Our centers don't sit on the sidelines. We show up, We participate, We partner, We celebrate, We listen. And in doing so, we help create neighborhoods where families feel connected, supported, and truly seen.

Being part of the community is more than just an outing.

Shared Spaces — Open-door social groups in person and virtually, family nights, training opportunities and community meals. All while creating places where neighbors meet and friendships form.

Mutual Support — Parents help parents, peers helping peers, and families step up for one another in meaningful ways.

Local Partnerships — Collaborations with DDS, schools, libraries, cultural groups, and small businesses strengthen the fabric of each town.

Cultural Belonging — Celebrations of food, music, language, and heritage help families feel valued and connected.

At the heart of Family Support is a simple truth: people thrive when they feel they belong. Our centers are more than service providers — we are neighbors, partners, and participants in the daily life of our communities.

The trust we build doesn't happen in an office. It happens at school events, at local festivals, and in the small, everyday moments where connection grows. That's where community takes root.

Get to Know: Links & Lingo

Transition to Adulthood

DDS: Department of Developmental Services: Provides supports to people with intellectual and developmental disabilities, autism spectrum disorder. mass.gov/orgs/departments-of-development-services

Transition Planning: The process of preparing a student for life after high school, required in MA, starting at age 14.

DESE: Department of Elementary and Secondary Education: Special Education: doe.mass.edu/specialeducation/

IEP: Individualized Education Program: Legal document outlining special education services and goals. doe.mass.edu/specialeducation/iep/

Chapter 688 "Turning 22" Law: Requires planning referrals to adult service agencies at least two years before a student exits special education. doe.mass.edu/specialeducation/iep/688/referral-brochure.pdf

SSI: Supplemental Security Income: Federal benefit for people with disabilities & limited income. ssa.gov/ssi

SSDI: Social Security Disability Insurance: Federal benefit based on work history. ssa.gov/disability

MassHealth: Massachusetts Medicaid program that provides healthcare coverage. mass.gov/orgs/masshealth

In looking ahead, our commitment remains strong: to be active, engaged, and deeply rooted in the communities we serve. By strengthening relationships, we strengthen families — and when families thrive, the whole community rises.

DIRECTORY

SEVEN HILLS CARE MANAGEMENT & FAMILY SUPPORT

85 Prescott Street, Worcester, MA 01605

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CARE COORDINATION

Amber Wongbay, Regional Program Manager

Awongbay@sevenhills.org

RECREATION DEPARTMENT

Jayne Bowler, Program Manager

Jbowler@sevenhills.org

Christopher Ritter, Recreational Director

Critter@sevenhills.org

FAMILY SUPPORT

North Central Family Support Center (NCFSC)

1460 John Fitch Highway, Fitchburg, MA 01420

Jackie Edmands, Director Sr. Support Specialist

Jedmands@sevenhills.org

North Quabbin Family Support Center (NQFSC)

2280 Main Street, Athol, MA 01331

Tonya Lanpher, Director Sr. Support Specialist

Tlanpher@sevenhills.org

South Valley Family Support Center (SVFSC)

5 Optical Drive, 2nd Floor, Southbridge, MA 01550

Elizabeth Carroll, Director Sr. Support Specialist

Ecarroll@sevenhills.org

Greater Lowell Family Support Center (GLFSC)

7 Technology Dr., Suite 103, Chelmsford, MA 01863

Kristen Tower, Director Sr. Support Specialist

Ktower@sevenhills.org

INFORMATION REMINDER

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



CELEBRATING

Direct Support Professionals

September 13-19, 2026

ALL YEAR LONG

ALL VIRTUAL EVENTS

VIRTUAL EVENTS

SELF-ADVOCACY: Tuesdays, September 1, 8, 15, 22, 29; October 6, 13, 20, 27; November 3, 10, 17, 24; December 1, 8, 15, 22, 29; 10:00 to 11:00 AM, Free. Open to individuals ages 17+ looking to build confidence, practice speaking up, and connect with peers in a supportive space. Conversation is blended with skill-building, and peer connection for members to share experiences, explore real-world advocacy strategies, and practice speaking up about the issues that matter most. Learn how state systems work, and develop the tools to engage in civic conversations. **Contact:** Jdugas@sevenhills.org bit.ly/SelfAdvocacy26

LUNCH BUNCH: Wednesdays, September 2, 9, 16, 23, 30; October 7, 14, 21, 28; November 4, 11, 18, 25; December 2, 9, 16, 23, 30; Noon to 1:00 PM, Free. Hang out with friends and chat about your activities, current events, and share your talents or jokes. **Contact:** mwilson@sevenhills.org. bit.ly/LunchBunch26

BOOK CLUB WITH MARCI: Fridays, September 4, 11, 25; October 2, 9, 16, 23, 30; November 6, 13, 20; December 4, 11, 18; 1:00 to 2:00 PM, Free. Read along with Marci in this fun Zoom book club. Register to receive the current title and join the discussion of favorites like Harry Potter, Holes, and more. **Registration Required.** **Contact:** mhaneisen@sevenhills.org. bit.ly/MarciBookClub

MONDAY FUNDAY WITH MIKE LEO & HIS UNIQUE RHYTHMS: Mondays, 9/21, 10/19, 11/16, 12/21 3:00 to 4:00 PM, Free. Enjoy an interactive music experience exploring different genres through art and creative writing. Please bring paper and pencils. **Registration required.** **Contact:** Jayne Bowler, jbowler@sevenhills.org. bit.ly/SV-MondayFun

MADD: MARVEL, ANIME, DC, AND DISNEY: Every Wednesday (except: 11/25, 12/23), 6:00 to 7:30 PM Join us for superhero fun including episode viewings, movie clips, comic culture, and lively discussions. **Registration required.** **Contact:** pwillard@sevenhills.org. bit.ly/4yOc7EP

IT'S A WRAP: Fridays, 9/11, 9/18, 9/25, 10/2, 10/16, 10/30, 11/6, 11/13, 11/20, 12/4, 12/11, 12/18, 3:00 to 4:00 PM, Free. Wrap up the week with conversation and Jeopardy! **Registration required.** **Contact:** elcomeau@sevenhills.org. bit.ly/ItsAWrapZ26

WRESTLING CLUB: Every Monday (except holidays: 9/7 & 10/12), 7:00 to 8:00 PM, all ages, Free. Do you enjoy watching WWE wrestling? Join our friend, Kevin, to share your favorite wrestling moments, watch matches, and test your knowledge with wrestling trivia. **No registration required.** **For questions, contact Katrina Richotte,** krichotte@sevenhills.org, 508-360-2702. bit.ly/ZOOM-WrestlingClub

BRAVE YOGA WITH A TWIST: Thursdays, September 10, October 8, November 12, December 10, 6:15 to 7:00 PM, Free. Join friends online or in person for an adaptive yoga session featuring warm-ups, mindfulness, poses, and relaxation. **Contact:** elcomeau@sevenhills.org. **Virtual:** bit.ly/BraveYogaTwist

HYBRID EVENTS

MADD PRESENTS SPIRITED AWAY: October 7, 2026, 5:30 to 8:00 PM, Free. MADD Wednesday Anime Group presents a showing of the hit Studio Ghibli movie "Spirited Away"! Join us for a fun movie night featuring this beloved animated film over Zoom or at one of our watch party locations. Space is limited for the in-person watch parties in Southbridge and Groton. **In-Person Location:** Prescott Community Center, 145 Main St., Groton, MA 01450, or virtually via Zoom. **Registration required.** bit.ly/4wwiWcG

FAMILY SUPPORT CENTER TRAININGS

REGISTRATION: Icons indicate whether the trainings are held in-person, virtually, or hybrid—both in-person and virtually. Virtual events are open to all Seven Hills FSC region participants. Contact the staff person provided to learn more, register, and get the Zoom link if it is not provided here.



ASK THE ADVOCATE: Thursday, September 17, 9:00 AM to 12:00 PM, and Monday, October 26, 5:30 PM to 7:00 PM, Free. Sign up for a 30-minute time slot to speak with educational advocate Lisa Petrell-Delude, M.Ed., of Stepping Stones Educational Advocacy. Families may participate virtually or in person. Additional advocacy services may be available at an additional cost to be discussed directly with the advocate. **Location:** Hybrid; details and virtual link provided upon registration. **Registration:** kholstrom@sevenhills.org.



NAVIGATING THE AGE OF MAJORITY AND GUARDIANSHIP: Monday, September 14; 5:00 PM to 6:30 PM, Free. Session #3 of the 4-Part Training Series with Betsey Johnson: "Nothing About Me Without Me": Strategies to empower students and keep them at the heart of every decision. **Location:** Hybrid; details provided upon registration. **Registration:** kholstrom@sevenhills.org.



NAVIGATING THE AGE OF MAJORITY AND GUARDIANSHIP: Monday, November 9; 5:00 PM to 6:30 PM, Free. Session #4 of the 4-Part Training Series with Betsey Johnson: "The Spectrum of Support Options": Exploring the specific powers of Healthcare Proxies, Supported Decision-Making, and Guardianship. **Location:** Hybrid; details provided upon registration. **Registration:** kholstrom@sevenhills.org.



CTI CONSULTATIONS FOR SECTION 8, RAFT, FUEL ASSISTANCE, AND MORE: Wednesday, September 9; 9:00 AM to 11:00 AM, Free. Meet with a Seven Hills Family Support Specialist during a consultation with Community Teamwork staff regarding public assistance programs. **Location:** Community Teamwork, Inc., 155 Merrimack Street, Lowell, MA 01852. **Registration:** kguy@sevenhills.org.



DTA CONSULTATIONS FOR SNAP BENEFITS AND MORE: Wednesday, October 14; 9:00 AM to 11:00 AM, Free. Meet with a Seven Hills Family Support Specialist during a consultation with Department of Transitional Assistance staff regarding public benefits. **Location:** Massachusetts Department of Transitional Assistance, 131 Davidson Street, Lowell, MA 01852. **Registration:** kguy@sevenhills.org.



MASSHEALTH ENROLLMENT CENTER CONSULTATIONS: Wednesday, December 9; 9:00 AM to 11:00 AM, Free. Meet with a Seven Hills Family Support Specialist during a consultation with MassHealth staff regarding health insurance enrollment and healthcare coverage. **Location:** MassHealth Enrollment Center, 367 East Street, Tewksbury, MA 01876. **Registration:** kguy@sevenhills.org.



VOTER TRAINING: Tuesday, October 20; 5:30 PM to 7:00 PM, Free. Join Alli Sellman, DDS Human Rights Specialist, to learn about the voting process, what it means to cast a vote, and why making your voice heard is important. Registration is required and space is limited. **Location:** Greater Lowell Family Support Center, 7 Technology Drive, Chelmsford, MA 01863. **Registration:** kguy@sevenhills.org.



**GET IN ON THE ACTION
AS A COACH OR VOLUNTEER**

Impact an individual, a team, a season!

Contact Christopher Ritter, critter@sevenhills.org.

RECREATION DEPARTMENT HAPPENINGS

Care Management & Family Support, 85 Prescott Street, Worcester, MA 01605 • Contact: Chris Ritter, critter@sevenhills.org

IN-PERSON EVENTS

BALLROOM DANCE: Wednesdays, October through December, 6-7pm, \$25 Suggested Donation. Dust off your dancing shoes; tap, step, and turn with the Seven Hills Dance Group for a spectacular display of elegance in motion. Bring a partner and learn or perfect how to twirl and boogie around the floor together. **Location:** ASPIRE!, 150 Goddard Memorial Drive, Worcester. **Contact:** Christopher "Chris" Ritter, critter@sevenhills.org.

JUST US GIRLS: Two Saturdays a month from September 2026–May 2027. Ages 10-14 meet from 10am-Noon. Ages 15-19 meet from 1-3pm. \$50 fee for the year, due at registration. Join this unique and fun skills-development program for adolescent girls interested in creating new friendships while learning topics such as self-awareness, goal setting, building healthy relationships, encouraging healthy behaviors and lifestyles, personal health and safety, and participating in a community service project. **Location:** ASPIRE!, 150 Goddard Memorial Drive, Worcester. **Contact:** Christopher "Chris" Ritter, critter@sevenhills.org. *Note: Limited space is available. A commitment to the entire year is required. The program is funded primarily by the United Way's Women's Initiative grant.*

JUST US WOMEN: One Friday per month from September 2026–May 2027, 6:30-8:30pm. \$300 for the entire year. An extension of our very popular Just Us Girls program, Just Us Women is designed to create new friendships while learning about important topics while enjoying each other's company during dinner. The group's interests drive the topics and event-planning, and include goal setting, healthy relationships, and personal wellness. **Location:** ASPIRE!, 150 Goddard Memorial Drive, Worcester. **Contact:** Christopher "Chris" Ritter, critter@sevenhills.org. *Please Note: Limited space is available. A commitment to the entire year is required.*

S.O. FLAG FOOTBALL: Sunday practices, games TBD. August – November, 10am-Noon. \$25 Suggested Donation. We are very excited for the upcoming Flag Football season and adding new athletes and partners. 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 the Special Olympics. **Location:** Worcester Parks, TBD. **Pre-registration Required.** **Contact:** Chris Ritter, critter@sevenhills.org.

S.O. SOCCER: Sunday practices, games TBD. September – November, 10:30am-Noon. \$25 Suggested Donation. Promoting health and wellness, soccer builds teamwork, friendships, and competitive spirit, with multiple levels of play, including Special Olympics opportunities. **Location:** Worcester Parks, TBD. **Pre-registration is required.** **Contact:** Chris Ritter, critter@sevenhills.org.

UP & COMING ACTIVITIES **Contact:** Chris Ritter, critter@sevenhills.org.

S.O. BOWLING: Every other Tuesday, December–March, 6-8:30pm, \$40 Suggested Donation. Grab your bowling shoes, a bowling ball, and get ready to knock down some pins! Welcome to the Seven Hills Competition Bowling team with Special Olympics. **Location:** Auburn Bowlero, 101 Southbridge St. **Pre-registration is required.**

BASKETBALL SKILLS AND DRILLS: Sundays, January–March, \$25 Suggested Donation. For beginner athletes or athletes looking to practice their basketball skills and basics. Develop and perfect the fundamentals, process, and teamwork needed for on-court play. **Location:** Clark University, 57 Downing St., Worcester, MA.

S.O. BASKETBALL: Sundays, January–April, \$25 Suggested Donation. Shoot, pass, dribble, and score while building skills, teamwork, and commitment. Special Olympics opportunities available. **Location:** Clark University, 57 Downing St., Worcester, MA.

S.O. SWIMMING: Sunday practices, meets TBD. March–June, \$50 Suggested Donation. Special Olympics swimmers build skills, achieve goals, and compete for medals. Weekly practices, assessments, and SOMA competitions are required. Summer Games is the season finale, with possible overnight travel. Priority is given to returning athletes. **Location:** Clark University, 57 Downing St., Worcester. **Pre-registration Required.**

NORTH CENTRAL & NORTH QUABBIN FSC EVENTS

North Central: 1460 John Fitch Highway, Fitchburg, MA • 978.632.4322 • Contact: Jackie Edmands, 978.602.8692, jedmands@sevenhills.org

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

IN-PERSON EVENTS

IEP CHECK IN: Thursdays, September 3, October 1, November 5, December 3; 5:00 to 7:00 PM, Free. Check in with the IEP Support Navigator for ideas on partnering with your school district and learning to manage your IEP in a collaborative way. **Location:** SHFS Center 1460 John Fitch Highway, Fitchburg. **Registration:** dhammad@sevenhills.org.

SOCIAL SQUAD: Thursdays, September 3, 17, October 1, 15, November 5, 19, December 3, 17; 11:00 AM to 2:00 PM, Free. Connect with friends and enjoy activities of interest to all. **Location:** SHFS Center 1460 John Fitch Highway, Fitchburg. **Registration:** Jdugas@sevenhills.org.

TRANSITION TALKS: Thursdays, September 17, October 15, November 19, December 17; 5:00 to 7:00 PM, Free. Check in with the Transition Navigator to review the timeline of transitioning to adult services for your loved one, aged 17-22. **Location:** SHFS Center 1460 John Fitch Highway, Fitchburg. **Registration:** mhaneisen@sevenhills.org.

MOVIE CLUB: Fridays, September 11, October 9, November 13, December 11; 5:30 to 8:00 PM, Ages 18+, Cost TBD. Friends can enjoy a night out for fun, a movie, and of course—pizza and popcorn! **Location:** SHFS Center 1460 John Fitch Highway, Fitchburg. **Registration is required. RSVP with Malissa at mwilson@sevenhills.org.**

CAREGIVER COFFEE HOUR: 4th Thursday of the month, Sept 24, Oct 22, Nov 26, 10:00 to 11:00 AM, Free. Caregivers join us to unwind, connect with others, and enjoy a supportive environment. This is a great opportunity to share experiences, gain insights, and recharge while enjoying a warm cup of coffee and a sweet treat on us! **Location:** Over the Top Bakery, 90 New Athol Rd., Orange. **No registration required.** For questions, contact Kendra Steucek, ksteucek@sevenhills.org, 508-454-2619.

THURSDAY SOCIALS

STEM NIGHT: Thursdays, September 3, October 1, November 5, December 3; 5:00 to 7:00 PM, Free. Curiosity leads the way during STEM Night! Experiment through hands-on activities and simple challenges. Whether you're creating, testing ideas, or enjoying the discoveries with friends, there's something for everyone. **Location:** SHFS Center 1460 John Fitch Highway, Fitchburg, MA. **Registration:** Jdugas@sevenhills.org.

GAME NIGHT: Thursdays, September 10, October 8, November 12, December 10; 5:00 to 7:00 PM, Free. Get ready for 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:** SHFS Center 1460 John Fitch Highway, Fitchburg, MA. **Registration:** Jdugas@sevenhills.org

MUSIC NIGHT: Thursdays, September 17, October 15, November 19, December 17; 5:00 to 7:00 PM, Free. Get ready to tap your feet, hum along, and immerse yourself in the world of music. **Location:** SHFS Center 1460 John Fitch Highway, Fitchburg, MA. **Registration:** Jdugas@sevenhills.org

EXPLORING THE ARTS: Thursdays, September 24 & October 22; 5:00 to 7:00 PM, Free. Join friends to explore your creative inner self. Share your love of the ARTS with others! **Location:** SHFS Center 1460 John Fitch Highway, Fitchburg, MA. **Registration:** Jdugas@sevenhills.org

* SPECIAL EVENTS

HALLOWEEN PARTY WITH THE BEACON OF HOPE: Date, Time and Location TBD. We will have a spooktacular night with our friends at The Beacon of Hope. Get ready to do the Monster Mash with Vicki and friends. **For more information:** Jdugas@sevenhills.org.

JOHNNY APPLESEED FESTIVAL: Saturday, September 19, 9:00 to 5:00 PM, Free. Come visit our Seven Hills table at the Johnny Appleseed Festival. There are resource tables, food vendors, entertainment, music and many friendly faces in the crowd. **Location:** Downtown Leominster. **For more information:** Jdugas@sevenhills.org.

VIRTUAL EVENTS

Mondays: Monday Funday (music, art & creative writing); Wrestling Club (WWE discussion & trivia)

Tuesdays: Self-Advocacy (civic engagement & self-advocacy skills)

Wednesdays: Lunch Bunch (social hour); MADD (Marvel, Anime, DC & Disney fun)

Thursdays: Brave Yoga with a Twist (adaptive yoga & mindfulness)

Fridays: Book Club with Marci (shared reading); It's a Wrap (conversation & Jeopardy!)

Special Event: MADD Presents Spirited Away on October 7, 2026.

Please see page 3 for details and registration information for virtual events.

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

REGISTER TODAY!

CONTACT: Chris Ritter
critter@sevenhills.org

Funded in Part by



Seven Hills
Foundation

Just Us Women

AN ENGAGING SOCIAL GROUP CONNECTING WOMEN



WHO

Women 19+

WHAT

Build new friendships over dinner while exploring topics including healthy relationships, personal wellness, and goal setting.

WHEN

One Friday per month, from September–May, 6:30–8:30pm

WHERE

ASPIRE!, 150 Goddard Memorial Drive, Worcester

REGISTER TODAY!

CONTACT: Chris Ritter
critter@sevenhills.org

Funded in Part by



Seven Hills
Foundation



SOUTH VALLEY FSC EVENTS

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

IN-PERSON EVENTS

PARENT MEET-UP GROUP: Mondays, 5:00 to 6:30 PM, Free. Parents/caregivers, join us during Activity Nights at the Center for an informal parent group where we discuss successes, challenges, and resources. **Location:** SVFSC.

COFFEE AND CONVERSATION: Every Thursday, 10:00 to 11:00 AM, Free. Drop in for conversation with other parents and caregivers. Bring coffee or a snack if you'd like! **Location:** SVFSC. **No registration required.**

NATURE CRAFTS: Mondays, November 2, 9, 16, 30; 5:00 to 6:30 PM, Free. Join Lisa, our resident "all-things-nature" lady, as she shows you how to make fun crafts with items she gathered from nature. This is not a drop-off event; caregivers must remain on site. **Location:** SVFSC. Supplies are limited. **Registration required.** **Contact** Lisa, lmorgan@sevenhills.org.

HOLIDAY KARAOKE NIGHTS: Mondays, December 7, 14, 21, and 28; 5:00 to 6:30 PM, Free. Come hang out with us for some fun holiday karaoke with Paige! Feel free to wear your holiday-themed outfits. We will have hot cocoa and holiday snacks for you to enjoy. This is not a drop-off event; caregivers must be present. **Location:** SVFSC. **Registration required.** **Contact** Paige at pwillard@sevenhills.org.

MUSICAL MORNING WITH MIKE!: Saturday, September 26, 2026, 10:00 AM to 12:00 PM, Free. Join us to sing and dance the blues away! Meet us at the Support Center to have some fun. This is a BLUE party, with blue decorations, blue snacks, and blue music. Please wear anything you have that is blue. Space is limited, and caregivers must remain on site. **Location:** SVFSC. **Registration required.** **Contact** Liz at ecarroll@sevenhills.org.

HAPPY ARTS: Mondays, October 5 and 19; 5:00 to 6:30 PM, \$15. Happy Arts will be offering an activity at the Family Support Center. In these sessions, we will be working on Mixed Media Exploration. This is not a drop-off event; caregivers must remain to assist. The \$15 fee includes all materials and is payable directly to the presenters. **Location:** SVFSC. Space is limited. **Registration required.** **Contact** Liz at ecarroll@sevenhills.org.

HAPPY ARTS – WORLD "HELLO!" DAY!: Saturday, November 21, 2026, 10:00 to 11:30 AM, \$15. Join Robin and Jenny from Happy Arts for a fun "Hello!" project celebrating World "Hello!" Day. This is not a drop-off event; caregivers must remain on site. Payment is payable directly to Happy Arts. **Location:** SVFSC. **Registration required.** **Contact** Liz at ecarroll@sevenhills.org.

MAGICAL MONDAYS WITH MYRIAM: Mondays, September 14, 21, and 28, 5:00 to 6:30 PM, Free. Make some MAGIC with Myriam! In these activities, we will be making magic potions, magic wands, and magic gardens. All activities are free. Space is limited. **Location:** SVFSC. **Registration required.** **Contact** Myriam at marpin@sevenhills.org.

* SPECIAL EVENTS

SPECIAL EVENT – WALKING CLUB: Saturday, October 17, 10:00 to 11:00 AM, Free. Meet at Westville for a nice, cool walk in the park. Be sure to wear comfortable shoes and bring a drink. Caregivers must be present. **Location:** Westville. **Contact** Lisa at lmorgan@sevenhills.org.

HALLOWEEN DANCE IN SV: Date: Monday, October 26, 2026. Time: 5:00-6:30 PM, Free. Come have some spooky Halloween fun with friends! Costumes are encouraged (no masks, please). Enjoy pizza, snacks, and live music from Mike Leo as we dance and sing along. Space is limited and registration is required. All ages and abilities are welcome. This is not a drop-off event; caregivers must remain on site. **Location:** Support Center (SV). **For more information and to register:** Liz Carroll at ecarroll@sevenhills.org.

CARE FOR THE CARETAKER: Date: Wednesday, August 26, 2026. Time: 5:00-7:00 PM, Free. All caregivers are welcome to join us for an evening dedicated to self-care, creativity, and connection. Enjoy a light dinner and great company while making scented diffusers, creating gratitude lists, planting a succulent garden, and designing a beautiful floral bookmark. Spanish-speaking caregivers are welcome. Space is limited, so please RSVP soon. **For more information and to RSVP:** Myriam Arpin at marpin@sevenhills.org.

ASD ONLY; DUNGEONS AND DRAGONS: Thursdays, 9/3, 10/1, 11/5, 12/3, 7:00 to 9:00 PM, ages 16+, Free. Learn how to play Dungeons & Dragons with the support of a Dungeon Master. Please bring a nut-free bagged dinner. **Location:** SVFSC, Doors open 15 minutes early. **Registration required.** **Contact:** pwillard@sevenhills.org.

VIRTUAL EVENTS

Mondays: Monday Funday (music, art & creative writing); Wrestling Club (WWE discussion & trivia)

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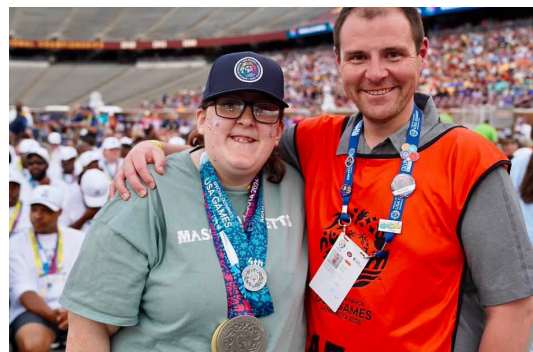
Special Olympic USA Games 2026

Two multi-sport athletes from Seven Hills Foundation were selected to participate in the 2026 Special Olympic World Games in Minnesota. Traveling to represent Team Massachusetts was swimmer Anita Griffin, also a Seven Hills flag football and softball player.

Anita won silver and gold medals, posting personal bests in both of her events. She noted, "The experience was amazing, with so many new friendships I will treasure! I want to thank my Team Massachusetts coach Jay Barnes and Seven Hills coaches Annmaire Dawes, Rachel Lindberg, and Erica Harvey for all the help they gave me in the pool this year and for how they keep pushing me to work hard. I have no words to express how thankful I am for everyone who supports me!"

Michael Kelley, another Seven Hills multi-sport athlete who plays flag football and basketball, is also a talented sports broadcaster who works at several colleges. Michael was selected to the Special Olympics All-Athlete Media Team and covered events and conducted interviews. "The USA Games was an unforgettable experience. They gave people with disabilities the opportunity to showcase our skills and change the perception of who can do the jobs in the sports media world!" said Michael.

Congratulations, Anita and Michael, everyone at Seven Hills is so proud of your accomplishments!



"The highlight for me was interviewing both Tim Shriver and Maria Shriver, who I admire for their work to continue the legacy of their mother, Eunice Kennedy Shriver, who started Special Olympics."

- Michael Kelley

GREATER LOWELL FSC EVENTS

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

IN-PERSON EVENTS

CAREGIVER COFFEE HOUR: Mondays, 9/21, 10/5, 10/19, 11/2, 11/16, 12/7, 12/21, 9:30 to 10:30 AM, Free. Join us for an informal, welcoming get-together designed for all caregivers in the community. This is a relaxed space to connect with others who understand the challenges and joys of caregiving. Share experiences and build supportive relationships while enjoying a treat on us! **Location:** Pressed Cafe, 330 Billerica Rd., Chelmsford. **No registration required**—just drop in, enjoy good conversation, and take a little time for yourself.

WALKING CLUB: Two Mondays, 9/21, 10/5, 5:30 to 7:00 PM, Free. Let's get outside, get moving, and enjoy the warmer weather! Our Walking Club is open to caregivers and their loved ones of all ages and abilities, offering a welcoming way to get fresh air and connect. Come as you are, go at your own pace, and enjoy being part of a supportive community. **Location:** GLFSC, 7 Technology Drive, Suite 103, Chelmsford, MA. **Contact:** Kim Guy, kguy@sevenhills.org.

EXPRESSO YOURSELF: Mondays, 9/14, 9/28, 10/26, 11/9, 11/23, 12/14, 9:30 to 10:30 AM, Free. This topic includes respite for the caregiver, highlighting the importance of planned breaks to reduce stress and support well-being. Participants will explore personalized respite plans that provide time for personal needs, hobbies, appointments, and meaningful activities while benefiting the whole family. **Location:** GLFSC, 7 Technology Drive, Suite 103, Chelmsford. Space is limited. **Registration required.** **Contact:** April Mjia, AMejia@sevenhills.org.

CAREGIVER CRAFTING: Third Monday of each month, 10/19, 11/16, 12/21, 5:30 to 7:00 PM, Free. A social networking activity for caregivers to craft while discussing the joys and challenges of caregiving. Learn to knit, bring a craft, or just join us to socialize. **Location:** GLFSC, 7 Technology Drive, Suite 103, Chelmsford. **Contact:** Kim Guy at kguy@sevenhills.org with any questions.

CRAFT SOCIAL: First Tuesday of each month, 9/1, 10/6, 11/3, 12/1, 5:30 to 7:00 PM, Free. A fun, welcoming Crafting Group for people of all ages and abilities to get creative, make something special, and enjoy time together in a supportive environment. Participants will be guided through a craft activity while chatting, connecting, and building friendships. **Location:** GLFSC, 7 Technology Drive, Suite 103, Chelmsford. **Contact:** kguy@sevenhills.org to register to ensure we have enough materials for everyone.

FUN TUESDAY: SHOW & TALENT MUSIC SHOWCASE: Second Tuesday of each month, 9/8, 10/13, 11/10, 12/8, 5:30 to 7:00 PM, all ages and abilities, Free. This is a welcoming, low-pressure community activity for people with disabilities to build friendships, social skills, and confidence while having fun with music. Sing your favorite song as a solo, with a partner, with a group—or just to listen to with the group. **Location:** CCA 1-- 1A North St., Chelmsford. **No registration required.** **Contact:** Kim Guy at kguy@sevenhills.org with questions.

TABLE OF PLENTY FAMILY DINNER: 3rd Tuesday of each month, 9/15, 11/17, 12/15. 4:00 to 5:00 PM is volunteer setup. 5:00 to 6:00 PM is dinner. Free. Join us at the Chelmsford Senior Center for a free meal with our local community. Come early to volunteer with setup. **Location:** 75 Groton Road, North Chelmsford. Space is limited. **Registration is required.** **Contact:** Kim Guy at kguy@sevenhills.org to register and coordinate volunteering.

FUN TUESDAY: HEALTHY LIVING SOCIAL: 4th Tuesday of each month, 9/22, 10/27, 11/24, 12/22, 5:30 to 7:00 PM, young adults of all abilities, Free. Build healthier habits in a fun, supportive community setting. Each month features a different wellness activity like nutrition basics, simple exercise, gardening, or practical adult living skills. Learn, connect, and explore healthy lifestyle choices in this relaxed space that meets participants where they are—encouraging confidence and independence. **Location:** Local Public Library or GLFSC. **Contact:** kguy@sevenhills.org.

Seven Hills' Online Calendar keeps you up to date

What's Happening?



sevenhills.org/whats-happening/calendar

Check it Out!

* SPECIAL EVENTS

HALLOWEEN DANCE: October 30, 2026, 6:00 to 8:00 PM, Free. Witch way is the dance floor? Come and shake your boo-ty with us in your best costumes! Join us for a scary good time and dance until you drop. Ages 16 and up. Space is limited. **Location:** TBD. **Registration required.** **Contact** Kim Guy at kguy@sevenhills.org.

THE THANKSGIVING GAMES & CAREGIVER RECIPE SWAP: November 20, 2026, 5:30 to 7:30 PM, Free. Join us for some fun before you feast! Enjoy Thanksgiving-themed games, including our own Supermarket Sweep and our beloved Thanksgiving Bingo with spud-tacular prizes. During the games, caregivers can participate in a Thanksgiving recipe swap and discover a new dish to bring to the table on Turkey Day. Samples are encouraged. All ages and abilities are welcome. **Location:** TBA. **Registration required.** Questions? **Contact** Kim Guy at kguy@sevenhills.org.

HYBRID EVENTS

MADD PRESENTS SPIRITED AWAY: October 7, 2026, 5:30 to 8:00 PM, Free. MADD Wednesday Anime Group presents a showing of the hit Studio Ghibli movie "Spirited Away"! Join us for a fun movie night featuring this beloved animated film over Zoom or at one of our watch party locations. Space is limited for the in-person watch parties in Southbridge and Groton. **In-Person Location:** Prescott Community Center, 145 Main St., Groton, MA 01450, or virtually via Zoom. **Registration:** bit.ly/4wwiWcG

VIRTUAL EVENTS

Mondays: Monday Funday (music, art & creative writing); Wrestling Club (WWE discussion & trivia)

Tuesdays: Self-Advocacy (civic engagement & self-advocacy skills)

Wednesdays: Lunch Bunch (social hour); MADD (Marvel, Anime, DC & Disney fun)

Thursdays: Brave Yoga with a Twist (adaptive yoga & mindfulness)

Fridays: Book Club with Marci (shared reading); It's a Wrap (conversation & Jeopardy!)

Special Event: MADD Presents Spirited Away on October 7, 2026.

Please see page 3 for details and registration information for virtual events.



creative MINDS
Community Connections for People with Brain Injury

CREATIVITY & CONNECTIONS

Creative Minds at WAM
Adults 18+ with ABI/TBI
Every 2nd Saturday, 10am-Noon
September 12, 2026 - June 12, 2027

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

Three outings are being planned; dates TBA.
Worcester Art Museum (WAM)
55 Salisbury St., Worcester, MA 01609

Contact Chris Ritter, critter@sevenhills.org to learn more and to register.
Funded by The Statewide Head Injury Program (SHIP), a program of MassAbility (formerly Massachusetts Rehabilitation Commission).



Halloween Happenings

Halloween Dance in South Valley
Oct. 26, 2026 | 5:00 to 6:30 PM
Support Center (SV)
Contact: ecarroll@sevenhills.org
Details on page 8

Halloween Party with Beacon of Hope
Date/Time/Location: TBD
Contact: jdugas@sevenhills.org
Details on page 6

Halloween Dance in Greater Lowell
Oct. 30, 2026 | 6:00 to 8:00 PM
Location: TBD
Contact: kguy@sevenhills.org
Details on page 11

Seven Hills Foundation

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What's Happening Fall 2026

What's Happening Fall 2026

Formerly known as *Pride*, *What's Happening* is a newsletter published by the Seven Hills Family Support Centers for the winter, spring, and fall seasons each year. Please direct all inquiries to:

Gina Bernard
Assistant Vice President
Seven Hills Family Support
gbernard@sevenhills.org
85 Prescott Street
Worcester, MA 01605
508.796.1850

Mail List Changes:
If you are receiving duplicates, have a change of address, or wish to be added or removed, please contact Lyn Cosseboom, Lcosseboom@sevenhills.org.

Dr. Kathleen Jordan
President & CEO
Seven Hills Foundation

sevenhills.org



THANK YOU

 golfers, sponsors, donors, and volunteers!

Your support of the 38th Annual New Beginnings Charity Golf Tournament helps people with disabilities and special needs gain independence through meaningful opportunities for connection, self-expression, and achievement. Your generosity makes these life-changing opportunities possible.