



What's Happening

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



Staying on Track for Transition to Adulthood

In life's busy timeline, childhood seems to pass in a flash. One moment, we're celebrating a first birthday. In no time, we're attending high school graduation and asking, *Where did the time go?*

For parents and caregivers of children with intellectual or developmental disabilities (I/DD), that question is often followed by another—one filled with urgency and uncertainty: *What's next?*

A Second Timeline

Families of children with I/DD navigate a second, parallel timeline—one shaped not only by milestones, but by deadlines. This is the Transition to Adulthood, a complex planning process that builds toward a person's 22nd birthday—often referred to as "turning 22"—the age after school-based supports end and adult services begin.

Transition to Adulthood planning can feel daunting. While the formal process begins at age 14, families

are encouraged to start early. Parents and caregivers can become familiar with the system and learn how to ease their child into the planning mindset. When approached as a time for exploration, self-expression, and informed choice, transition to adulthood planning becomes less about fear of the unknown—and more about possibility.

More Than a Deadline

With the right resources, trusted professionals, and timely information, families can move from reacting to deadlines to actively designing a life that supports self-determination, personal choice, and independence.

Adulthood does not represent the end of support—it marks the beginning of opportunity. Because the real question isn't what happens when a child turns 22. It's whether we have helped prepare a young adult for what comes next.

See page 3 for more information.

Transition Timeline

Students with IEPs Transition to Adulthood

Age 13

- Research Transition to Adulthood Programs (TAP). Create lists & links to contacts, resources, providers, & government agencies

Age 14

- Schedule pre-IEP Transition Planning (TP) meeting with school to create IEP ITP form
- Set goals & write Vision statement with your child & the IEP team
- Meet with your local Seven Hills Family Support Center (FSC) to plan TP services

Ages 15 to 16

- Refine Vision statement, ITP form, goals, & interests in life after high school, exploring skills training, work, & independent living

Age 17

- Explore "Age of Majority" (age 18) issues
- Research SSI, SSDI, & MassHealth eligibility
- Send DDS Eligibility Form to the DDS Team
- Ensure School generates Chapter 688 Referral & sends to DDS

Age 18

- Transfer parental rights or complete formal Guardianship process
- DDS adult eligibility determined & DDS Transition Service Coordinator assigned
- SSI determination complete
- Apply for Section 8 Housing if appropriate

Ages 19 to 20

- Further refine Vision statement, goals, & IEP ITP Form based on previous data
- Invite DDS Transition Service Coordinator to IEP meetings
- Deep dive into DDS service options at 22

Age 21

- Receive Prioritization Letters from DDS confirming priority of needs, and services provided during 21st year

Age 22

- Transition coordinator assures start of services & assigns Adult Services coordinator
- Set up pre-ISP (Individualized Service Plan) meeting with AS Coordinator
- After 60 days, proceed with ISP development.

Compiled from mass.gov/doc/transition-information-factsheets-english/download

DIRECTORY

SEVEN HILLS CARE MANAGEMENT & FAMILY SUPPORT

85 Prescott Street, Worcester, MA 01605

Leslie Courtney, Vice President

Lcourtney@sevenhills.org

Gina Bernard, Assistant Vice President

Gbernard@sevenhills.org

Dawn Varrichio, Administration Manager

Dvarrichio@sevenhills.org

Sarah Khan, Administration Assistant

Skhan@sevenhills.org

Denise Ricketts, Administration Assistant

Dricketts@sevenhills.org

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





Caregiver Resources Facebook Page:



facebook.com/seven.hills.caregiver.resources

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.

  **THE "AGE OF MAJORITY" REALITY CHECK:** Monday, May 11, 5:00 to 6:30 PM, Free. Why doing nothing at 18 isn't always the best or safest option. **Hybrid-Watch Party: To register and receive the link, contact Kim Holstrom, kholstrom@sevenhills.org. In-person location:** South Valley Family Support Center, 5 Optical Dr., 2nd Fl., Southbridge, MA.

  **WHEN TO START THINKING (AND ACTING) ABOUT TRANSITION:** Monday, July 27, 5:00 to 6:30 PM, Free. **Session 2:** Creating a stress-free timeline for parents, starting at age 16. **Hybrid-Watch Party: To register and receive link, contact Kim Holstrom, kholstrom@sevenhills.org. In-person location:** South Valley Family Support Center, 5 Optical Dr., 2nd Fl., Southbridge, MA

  **DDS 101: A PRESENTATION BY THE ARC:** Monday, June 29, 5:30 to 7:00 PM, Free. Live replay of a recorded ARC training led by Rebecca Anderson, DDS family support director. Learn best practices to strengthen your loved one's experience during transition to adult services. **Hybrid-Watch Party: In-person location:** Hosted by Kim at SVFSC, with time for discussion with the Transition Navigator. **To register and receive link, contact Kim Holstrom, kholstrom@sevenhills.org.**

Seven Hills Transition to Adulthood Resource Fair

Monday, May 18th, 1:00 to 6:00 PM
Devens Common Center
31 Andrews Pkwy, Devens, MA

Building Community

Explore a wide range of resources for planning a full life after school-based supports end.

- Community Resources
- Social Opportunities
- Family Supports
- Technology Tools
- Eligibility-Based Supports
- Employment Training & Jobs

 **Seven Hills**
Foundation

**NORTH CENTRAL
FAMILY SUPPORT CENTER**
1460 John Fitch Hwy
Fitchburg, MA 01420

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-developmental-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

RECREATION DEPARTMENT HAPPENINGS

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

IN-PERSON EVENTS

S.O. GOLF: Mondays–weekly practice; tournaments TBD; June – August, 5:00 to 7:00 PM, Suggested donation: \$25. The lush grass, a casual walk through a park, and the little white ball. Master your skills from tee to green with us! We provide 9-hole practice rounds for our competitive golfers. A commitment to the season is required. **Location:** Green Hill Golf Course. **Pre-registration is required, email Chris Ritter** at critter@sevenhills.org.

GOLF SKILLS AND DRILLS: Mondays–weekly range time, June – August, 6:00 to 7:00 PM, Suggested donation: \$25. This is a recreational (non-competitive) group of athletes desiring to learn the great game of golf. Not ready for the course, yet? Join us on the driving range and putting green to perfect those swings. **Location:** Green Hill Golf Course. **Pre-registration is required, email Chris Ritter** at critter@sevenhills.org.

S.O. BOCCE: Tuesdays–weekly practice, June – August, 6:00 to 7:00 PM, Suggested donation: \$25. Join this sport that has ties to ancient Rome and is a relaxed way to fit in some movement. This group is fun-loving, welcoming, and provides wonderful social interaction while learning a game that engages both mind and body. **Location:** Italian-American Victory Club, 26 Dewey Road, Shrewsbury. **Pre-registration is required, email Chris Ritter** at critter@sevenhills.org.

S.O. SOFTBALL: Thursdays–weekly practice; games TBD; June – August, Time TBD, Suggested donation \$25. Grab your glove and cleats to join in the fun playing America’s beloved past-time, great for team building, exercise, and memorable moments. **Location:** Worcester TBD. **Pre-registration required, email Chris Ritter** at critter@sevenhills.org.

What's S.O.?

Special Olympics (S.O.) offers training and competition on an inclusive, accessible playing field. Through its traditional sports programming and Unified Sports model, people with and without intellectual and developmental disabilities (IDD) run, kick, bounce, throw, tackle, score—and more—together. Locally, Seven Hills' athletes participate in Special Olympics of Massachusetts (SOMA). Depending on your interest and skill level, there is a sport for everyone! Learn more at specialolympicsma.org

UP & COMING ACTIVITIES

DON'T MISS OUT! GET A JUMP START AND REGISTER FOR FALL ACTIVITIES:

Ballroom Dance, Just Us Women, Just Us Girls, and our seasonal lineup of competitive and recreational sports!

BALLROOM DANCE: Wednesdays, October – December, 6:00 to 7:00 PM, Suggested donation, \$25.

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:** Chris Ritter, critter@sevenhills.org.

JUST US WOMEN: AGES 19+: OPEN ENROLLMENT: July 11 – August 1, 2026 for the season, September 2026 – May 2027. Sessions held Fridays, monthly, 6:30 to 8:30 PM, \$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:** Chris Ritter, critter@sevenhills.org.

Please Note: Limited space is available. A commitment to the entire year is required.

JUST US GIRLS: OPEN ENROLLMENT: July 11 – August 1, for the September 2026 – May 2027 season. Sessions held Saturdays, 2x/month; ages 10-14, 10:00 AM to Noon; ages 15-19, 1:00 to 3:00 PM. \$50/yr., due at registration.

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: Chris Ritter, critter@sevenhills.org. *Please Note: 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.

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

Funded in Part by



REGISTER TODAY!

CONTACT: Chris Ritter
critter@sevenhills.org



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).

UP & COMING ACTIVITIES

CREATIVE MINDS AT WAM: September 2026 – June 2027 season for adults, 18+ with ABI/TBI. Sessions held every second Saturday, beginning September 12, 10:00 AM to Noon. Each session includes a Meet & Greet Brunch, museum walk-through, and creative process. **Location:** Worcester Art Museum (WAM), 55 Salisbury St., Worcester. **Registration:** Chris Ritter, critter@sevenhills.org.

S.O. SOCCER: Sunday practices, games TBD. September – November, 10:30 AM to Noon, Suggested donation, \$25. 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** Chris Ritter, critter@sevenhills.org. Worcester Parks info. to come with registration.

S.O. FLAG FOOTBALL: Sunday practices, games TBD. August – November, 10:00 AM to Noon. Suggested donation, \$25. 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 State Tournament. **Pre-registration is required.** **Contact** Chris Ritter, critter@sevenhills.org. Worcester Parks info. to come with registration.

FLAG FOOTBALL SKILLS AND DRILLS: Sundays, August – November, 10:00 AM to Noon, Suggested donation, \$25. 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** Chris Ritter, critter@sevenhills.org. Worcester Parks info. to come with registration.

NORTH CENTRAL FSC EVENTS

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

IN-PERSON EVENTS

SNAPOLOGY: Tuesdays, May 5, 12, 19, 26. Two sessions: 5:00 to 6:00 PM or 6:00 to 7:00 PM, Free. This fun, hands-on, 4-week robotics program teaches how to build robots and code them to move, shout, spin, and more. Space is limited. **Location:** NCFSC. **Must commit to all 4 weeks; registration is required.** **Contact:** Jdugas@sevenhills.org.

IEP CHECK IN: Thursdays, May 7, June 4, 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:** NCFSC. **Registration:** dhammad@sevenhills.org.

SOCIAL SQUAD: Thursdays, May 7, 14, 21, 28; June 4, 11, 18, 25; July 2, 9, 16, 23; August 6, 13, 20, 27; 11:00 AM to 2:00 PM, Free. Connect with friends and enjoy activities of interest to all. **Location:** NCFSC. **Registration:** Jdugas@sevenhills.org.

THURSDAY SOCIALS

STEM NIGHT: Thursdays, May 7, June 4, 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:** NCFSC. **For more information:** Jdugas@sevenhills.org.

GAME NIGHT: Thursdays, May 14, June 11, 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:** NCFSC. **For more information:** Jdugas@sevenhills.org.

MUSIC: Thursdays, May 21, June 18, 5:00 to 7:00 PM, Free. Get ready to tap your feet, hum along, and immerse yourself in the world of music. **Location:** NCFSC. **For more information:** Jdugas@sevenhills.org.

EXPLORING THE ARTS: Thursdays, May 28, June 25, 5:00 to 7:00 PM, Free. Join friends to explore your creative inner self. Share your love of the ARTS with others! **Location:** NCFSC. **For more information:** Jdugas@sevenhills.org.

TRANSITION TALKS: Thursdays, May 21, June 18, 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:** NCFSC. **Registration:** mhaneisen@sevenhills.org.

SUMMER ADVENTURE TOUR: Thursdays, July 9, 16, 23; August 6, 13, 20, 27; 5:00 to 7:00 PM. Free to attend; activity costs must be covered by attendees. Adventure out for fun in the sun enjoying local activities. Look for the monthly calendar in the What's Happening spring newsletter for specific information on the weekly adventure. To be added to the newsletter email list, contact mwilson@sevenhills.org or jdugas@sevenhills.org.

MOVIE CLUB: Fridays, May 8, June 12, 5:30 to 8:00 PM, Ages 18+, Free. Friends can enjoy a night out for fun, a movie, and of course—pizza and popcorn! **Location:** NCFSC. **Registration is required. RSVP with Malissa at mwilson@sevenhills.org** so we can make sure there is enough pizza for everyone!

JOHNNY APPLESEED FESTIVAL: Saturday, September 19, 9:00 AM to 5:00 PM. Free to attend; activity costs must be covered by attendees. Visit Seven Hills among the resource tables, food vendors, entertainment, music, and many friendly faces in the crowd. Will you be able to find us? **Location:** Downtown Leominster.

VIRTUAL EVENTS

SELF-ADVOCACY: Tuesdays, May 5, 12, 19, 26; June 2, 9, 16, 23, 30; July 7, 14, 21, 28; August 4, 11, 18, 25; 10:00 to 11:00 AM, Free. Supporting people with disabilities to strengthen their voices and learn to engage confidently with state officials and community leaders. 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. bit.ly/SelfAdvocacy26

LUNCH BUNCH: Wednesdays, May 6, 13, 20, 27; June 3, 10, 17, 24; July 1, 8, 15, 22, 29; August 5, 12, 19, 26; Noon to 1:00 PM, Free. Hang out with friends and chat about your activities, current events, and share your talents or jokes. bit.ly/LunchBunch26

BOOK CLUB WITH MARCI: Fridays, May 8, 15, 22, 29; June 5, 12, 26; July 3, 10, 17, 24, 31; August 7, 14, 21, 28, 1:00 to 2:00 PM, Free. Marci will read aloud from our book club choice, beginning with Harry Potter. Future choices to be decided by the group. ****Registration Required**** Contact: mhaneisen@sevenhills.org. bit.ly/MarciBookClub

ASD-ONLY EVENTS

THE SOCIAL SPECTRUM: Fridays, May 15, June 26, July 17, August 21, 5:00 to 7:00 PM. Free to attend; activity costs must be covered by participants/families. A peer group for people on the autism spectrum who are seeking a low-pressure space for social connection, not services, who are learning to navigate the world independently. We will meet monthly in the community for fun social activities. **Location:** Various TBA. **Registration:** kguy@sevenhills.org; jdugas@sevenhills.org.

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

CORNHOLE IN THE COURTYARD: Mondays in May, 5:00 to 6:30 PM, Free. Join us outside to play cornhole! We can play as teams, individually, or tournament-style (weather permitting). This is not a drop-off event; caregivers must be present. **Location:** SVFSC. **Registration is required.** Contact: elcomeau@sevenhills.org.

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.

LINE DANCING WITH RONDA: Mondays in June, 5:00 to 6:30 PM, Free. Country Line Dancing with Ronda is back! We will learn new moves and practice country favorites. Western gear is encouraged. **Location:** SVFSC. Space is limited. **Registration is required.** Contact: cbrown@sevenhills.org.

HAPPY ARTS: CRAFTY HOUSES: Monday, June 22, 5:00 to 6:30 PM, \$15, paid directly to the presenters, covers materials. This creative class teaches how to make Fairy and Bird Houses. This is not a drop-off event; caregivers must remain to assist. **Location:** SVFSC. Space is limited. **Registration is required.** Contact: ecarroll@sevenhills.org.

MUSICAL MONDAYS WITH MIKE LEO: Mondays, July 13, 20, 27, 5:00 to 6:30 PM, Free. Join us for music, dancing, and all-around fun! **Location:** SVFSC. **Registration is required.** Contact: elcomeau@sevenhills.org.

NATURE CRAFTS: Mondays, August 3, 10, 17, 31, 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.

HAPPY ARTS: PRINTMAKING: Monday, August 24, 5:00 to 6:30 PM, \$15, paid directly to the presenters, covers materials. Create botanical gelli prints with Happy Arts! This is not a drop-off activity; caregivers must remain to assist. **Location:** SVFSC. Space is limited. **Registration is required.** Contact: ecarroll@sevenhills.org.

FAMILY FUN DAY: Wednesday, August 12, 11:00 AM to 2:00 PM, all ages and abilities, Free. Our biggest event of the year! Enjoy face painting, henna, tie-dye, games, food, goats to cuddle, an ice cream truck, Wardrobe on Wheels, and live music with Mike Leo. **Location:** SVFSC. **No registration required.**

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.**

MUSICAL MORNINGS WITH MIKE: Saturdays, June 20, 27, Time TBD, Free. Join us for music, dancing, and fun. **Location:** SVFSC. **Registration is required.** Contact: elcomeau@sevenhills.org.

***SPECIAL EVENT* NEW WORLD ORDER (NWO) WRESTLING: Saturday, May 16, 4:00 PM.** A high-energy, action-packed, and family friendly pro-wrestling promotion! Expect dramatic entrances, exciting matches, and tons of crowd-friendly fun. Space is limited. **Registration is required.** Contact: ljanpher@sevenhills.org.

HYBRID EVENTS

BRAVE YOGA WITH A TWIST: Thursdays, May 14, June 11, July 9, August 13, 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. **In-person location:** SVFSC. Please bring a mat and water bottle. Caregivers must remain on site. **Registration required.** Contact: elcomeau@sevenhills.org. **Virtual:** bit.ly/BraveYogaTwist

PANTRY TO PLATE COOKING CLASS: Thursdays, June 11, July 9, August 13, 4:30 to 6:30 PM, Free. Learn how to turn pantry items into delicious, low-cost meals. In-person participants enjoy a live demonstration and tasting. All participants receive a bag of pantry items to recreate the meal at home. Space is limited. **In-person location:** Salvation Army, 107 Ridge Rd., Athol. **Registration required.** Contact: ljanpher@sevenhills.org. **Virtual:** Zoom link provided upon registration.

VIRTUAL EVENTS

MONDAY FUNDAY WITH MIKE LEO & HIS UNIQUE RHYTHMS: Mondays, May 4, June 8, July 13, August 10, 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: ellaplante@sevenhills.org. bit.ly/SV-MondayFun

SELF-ADVOCACY: Tuesdays, May 5, 12, 19, 26; June 2, 9, 16, 23, 30; July 7, 14, 21, 28, August 4, 11, 18, 25; 10:00 to 11:00 AM. Learn how to advocate for your beliefs and goals. **Link provided upon registration.** Contacts: cbrown@sevenhills.org, jdugas@sevenhills.org.

MARVEL, DC, AND DISNEY: Wednesdays, May 13, 27; June 10, 24; July 8, 22; August 12, 26; 6:00 to 7:30 PM, Free. Join SV and our Lowell partners for superhero fun including episode viewings, movie clips, comic culture, and lively discussions. **Registration required.** Contact: pwillard@sevenhills.org. bit.ly/MarvDCDis26

IT'S A WRAP: Fridays, 5/8, 5/15, 5/29, 6/12, 6/26, 7/10, 7/31, 8/14, 8/21, 3:00 to 4:00 PM, Free. Wrap up the week with conversation and Jeopardy! **Registration required.** Contact: elcomeau@sevenhills.org. bit.ly/ltsAWrap226

ASD-ONLY EVENTS

ASD ONLY; DUNGEONS AND DRAGONS: Thursdays, May 7, June 4, July 2, August 6, 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

NORTH QUABBIN FSC EVENTS

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

IN-PERSON EVENTS

GARDEN EXPLORERS FAMILY CIRCLE: 2nd Thursday of the month, May 14, June 11, July 9, August 13, 4:30 to 6:30 PM, all ages/experience levels, Free. Designed for children, teens, and caregivers to explore the garden through fun, hands-on activities. Families rotate through three garden beds to plant, discover pollinators, and learn about the natural world in an engaging way. **Location:** 1060 Pleasant St., Athol. **RSVP: Gabriel Marcoux**, gmarcoux@sevenhills.org, 508-360-2702.

CAREGIVER COFFEE HOUR: OVER THE TOP BAKERY! 4th Thursday of the month, May 28, June 25, July 23, August 27, 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.

UNBIRTHDAY BOWLING PARTY: Co-Hosted with Family Empowerment!: Saturday, May 9, Noon to 2:00 PM, Free. Families from both programs will join together for an afternoon of bowling, pizza, soda, and community fun. No birthdays required—just good company, lots of laughs, and maybe even cupcakes. **Location:** French King Bowling Center, 55 French King Hwy, Erving, MA. **RSVP: Gabriel Marcoux,** gmarcoux@sevenhills.org, 508-360-2702.

SATURDAY NATURE DETECTIVES: Saturday, May 23, June 27, 9:30 to 11:00 AM, all ages, Free. A fun, hands-on outdoor adventure for families! Each month, we will explore seasonal changes, investigate plants and wildlife, and complete simple nature-themed challenges together. Kids and caregivers work side-by-side to observe, discover, and become “detectives” of the natural world. Curiosity encouraged! **Location:** Cutthroat Brook Tree Farm, 586 Briggs Rd. Athol. **RSVP: Gabriel Marcoux,** gmarcoux@sevenhills.org, 508-360-2702.

SUMMER EVENING GARDEN SOCIAL: Saturday, August 22, 4:30 to 6:30 PM, Free. Families, join us to explore late-summer plants, enjoy simple hands-on activities, and wind down together outdoors. Adults in our ASD-Only (18+) group are welcome to attend independently, while families can join the caregiver-supported group for fun garden discoveries and kid-friendly exploration. Celebrate the end of the season with us! **Location:** 1060 Pleasant St. Athol. **RSVP: Gabriel Marcoux,** gmarcoux@sevenhills.org, 508-360-2702.

HYBRID EVENTS

PANTRY TO PLATE: Thursdays, June 11, July 9, August 13, 4:30 to 6:30 PM, Free. Join us for our hands-on cooking class, where we explore how to make healthy, affordable meals using common pantry items. Participants will learn simple substitutions, flexible meal ideas, and practical ways to cook on a budget. Each class includes shared cooking time and easy recipes to take home. Other centers can join via Zoom. **RSVP with Jennifer Lanpher,** jlanpher@sevenhills.org or 508-454-5752. **In-person location:** Salvation Army, 107 Ridge Avenue, Athol. **Virtual Link:** Will be shared after registration.

VIRTUAL EVENTS

MONDAY FUNDAY WITH MIKE LEO & HIS UNIQUE RHYTHMS: Mondays, May 4, June 1, July 6, August 3, 3:00 to 4:00 PM, all ages, Free. A fun, interactive music experience, during which we explore different music genres through art & creative writing. Please remember to bring paper & pencils to each session! **Registration required, RSVP: Gabriel Marcoux,** gmarcoux@sevenhills.org, 508-360-2702. bit.ly/NQMonFunMike26

WRESTLING CLUB: Every Monday (except holidays: 5/25 & 6/19), 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 Gabriel Marcoux,** gmarcoux@sevenhills.org, 508-360-2702. bit.ly/ZOOM-WrestlingClub

SELF-ADVOCACY: Tuesdays, May 5, 12, 19, 26, June 2, 9, 16, 23, 30, July 7, 14, 21, 28, August 4, 11, 18, 25, 10:00 to 11:00 AM, Ages 17+, Free. Build confidence, practice speaking up, and connect with peers in a supportive space. Open to anyone interested in strengthening their self-advocacy skills! (508) 454-1754. bit.ly/SelfAdvocacy26

ASD-ONLY EVENTS

SPECTRUM GARDEN SOCIETY: 3rd Thursday of the month, May 21, June 18, July 16, August 20, 4:30 to 6:30 PM, ages 18+, Free. Adults with autism are invited to enjoy a calm, supportive outdoor learning environment. Explore native plants, build seasonal gardening and pollinator-friendly practices at a gentle, sensory-aware pace. No prior garden experience needed—just curiosity and love of being outdoors. **Location:** 1060 Pleasant St., Athol. Please note: To ensure this program is a good fit, we ask that participants have doctor-approved community independence hours already in place. **RSVP: Gabriel Marcoux,** gmarcoux@sevenhills.org, 508-360-2702

GREATER LOWELL FSC EVENTS

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

IN-PERSON EVENTS

CAREGIVER COFFEE HOUR: Mondays, May 4, June 1, 15, 29, July 6, 20, August 3, 17, 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: Mondays, May 4, June 1, 15, 29, July 6, 20, August 3, 17, 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. **Contact:** kguy@sevenhills.org.

EXPRESSO YOURSELF: Mondays, May 11, June 8, 22, July 13, 27, August 10, 9:30 to 10:30 AM, Free. What makes a meaningful life? Join a family support navigator in creating a vision for the future. Using Charting the LifeCourse framework, explore what it means to you and your loved one. This season will feature caregiver wellbeing as supporting a loved one takes reflection, exploration, planning, and problem solving to ensure a good life for everyone. Self-care creates positive health outcomes and caregivers can model this for their loved ones and prevent burnout. **Location:** GLFSC. Space is limited. **Registration required, contact Kim Guy,** kguy@sevenhills.org.

GAME CLUB: Mondays, May 11, June 8, 22, July 13, 27, August 10, 5:30 to 7:00 PM, ages 12+, Free. Join this inclusive community where people with disabilities can enjoy a wide range of games in a relaxed, supportive setting. We focus on accessibility, friendship, and fun—creating a space where everyone can participate, try new games, and share meaningful moments together. Whether you want to meet new people, play various games, or enjoy the comfortable social environment, you'll find a place to belong here. **Location:** GLFSC. **Contact:** Mevega@sevenhills.org.

CAREGIVER CRAFTING: 1st Tuesday of each month, May 5, June 2, July 7, 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. **Please contact Kim Guy** at kguy@sevenhills.org with any questions.

CRAFT SOCIAL: 1st Tuesday of each month, May 5, June 2, July 7, 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. **Contact:** kguy@sevenhills.org to register to ensure we have enough materials for everyone.

FUN TUESDAY: SHOW & TALENT MUSIC SHOWCASE: 2nd Tuesday of each month, May 12, June 9, July 14, August 11, 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, May 19, June 16, July 21, August 18. 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, May 26, June 23, July 28, 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.

SUMMER BASH: Tuesday, August 25, 4:00 to 7:00 PM, all ages and abilities, Free. We're excited to welcome our friends, families, and community to a fun, inclusive end-of-summer celebration! Enjoy ice cream, games, good company—and a great chance for our special needs community and beyond to gather, connect, and make new friends in a welcoming space. **Location:** GLFSC. **Contact:** kguy@sevenhills.org. **We can't wait to see you there!**

FOLK MUSIC FESTIVAL: LOWELL DAY: Friday, July 24, 6:00 to 8:00 PM, Free to attend. We're excited to be out in the community for one of Lowell's biggest and most beloved traditions! This vibrant celebration attracts nearly 200,000 people each year for a weekend filled with folk music, cultural performances, and delicious food from around the world. Set against the backdrop of Lowell's historic canals and mill buildings, the festival is a reflection of the city's multicultural heritage. We'll be there sharing resources and enjoying the music and food right alongside you.

POINTS OF LIGHT FESTIVAL DAY: Saturday, May 2, 5:00 to 8:30 PM, Free to attend. Lowell's beautiful spring festival honors the city's many cultures. Enjoy live performances, delicious food from local vendors, and fun activities for all ages. A highlight is the water-lantern ceremony, where you can personalize a lantern and watch it float along the Western Canal—creating hundreds of glowing "points of light." We'll be there sharing resources and enjoying this wonderful community tradition. Come say hello, make a lantern, and celebrate with us!

VIRTUAL EVENTS

MONDAY FUNDAY WITH MIKE LEO & HIS UNIQUE RHYTHMS: Mondays, May 4, June 1, July 6, August 3, 3:00 to 4:00 PM, Free. Join us for a fun and interactive Music Social! Each session explores a different music genre through art and creative writing. Remember to bring paper and a pencil to each session. bit.ly/SV-MondayFun

SELF-ADVOCACY: Tuesday, May 5, 12, 19, 26; June 2, 9, 16, 23, 30; July 7, 14, 21, 28; August 4, 11, 18, 25; 10:00 to 11:00 AM, Free. Supporting people with disabilities to strengthen their voices and learn how to engage confidently with state officials and community leaders. Conversation is blended with skill-building and peer connection 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 needed to engage in civic conversations. bit.ly/SelfAdvocacy26

ANIME ADVENTURES CLUB: Wednesdays (day change), May 6, 20, June 3, 17, July 1, 15, August 5, 19, 6:00 to 7:30 PM, ages 16+, Free. Learn about Anime, the industry and culture. Play trivia games and watch Anime! from new fans to experts, you are welcome to take a deep dive with us in the world of Anime! bit.ly/AnimeClub26

MARVEL, DC, AND DISNEY: Wednesdays, May 13, 27; June 10, 24; July 8, 22; August 12, 26; 6:00 to 7:30 PM, Free. Join GL and our South Valley partners for superhero fun including episode viewings, movie clips, comic culture, and lively discussions. **Registration required.** **Contact:** pwillard@sevenhills.org. bit.ly/MarvDCDis26

BOOK CLUB WITH MARCI: Fridays, May 8, 15, 22, 29; June 5, 12, 26; July 3, 10, 17, 24, 31; August 7, 14, 21, 28, 1:00 to 2:00 PM, Free. Marci will read aloud from our book club choice, beginning with Harry Potter. Future choices to be decided by the group. ****Registration Required**** **Contact:** mhaneisen@sevenhills.org. bit.ly/MarciBookClub

ASD-ONLY EVENTS

THE SOCIAL SPECTRUM: Fridays, May 15, June 26, July 17, August 21, 5:00 to 7:00 PM, Free to attend; activity costs must be covered by attendees. This peer-led social group is a low-pressure, friendly and judgment-free space for adults with autism who want to connect and make new friends in the community. It is designed specifically for adults who are independent, as higher levels of support cannot be accommodated in this group. The focus is on creating a relaxed environment where participants can meet people who understand their experiences, share interests, and enjoy time together. **Location:** We meet monthly in the community for fun, accessible, self-paced activities such as coffee meetups, game nights, walks, or local events. **Registration Required.** **Contact:** kguy@sevenhills.org; jdugas@sevenhills.org.

Seven Hills' Online Calendar keeps you up to date

What's Happening?



sevenhills.org/whats-happening/calendar

Check it Out!

Seven Hills Foundation

81 Hope Avenue, Worcester, MA 01603

508.755.2340 T
508.849.3882 F
508.890.5584 TTY
sevenhills.org

Non Profit
Organization
U.S. Postage Paid
Worcester MA
Permit No. 723

What's Happening Spring 2026

What's Happening Spring 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

GET IN ON THE ACTION



AS A COACH OR VOLUNTEER

Impact an individual, a team, a season!

Contact Christopher Ritter, critter@sevenhills.org.