A SUCCESSFUL SUMMER WITH A PURPOSE

Over the summer, Seven Hills was pleased to offer a new camp-style program called “Summer with a Purpose” designed to support individuals, aged 18-30, to strengthen and enhance their skills as a means for building healthy relationships, living independently, and planning a vision for their future. The program offered individuals unique opportunities and experiences centered on developing social skills, community integration, health and wellness, travel training, personal care, safety, recreation, and money management.

Participants arrived each day eager to spend time with their new friends and to learn valuable skills as they navigated their way through the creative program. Such a successful outcome is a testament to the program’s instructors, Sheila Judkins and Kim Connor, who worked tirelessly to establish a program based on the philosophy that individuals can benefit from a creative, supportive, inclusive, fun, and respectful environment. Their hard work and dedication has created what we hope will be a program with a purpose for future summers to come.

Creative Minds meets for a two-hour session that includes brunch, a short museum tour of selected pieces and an in-studio time to create pieces guided by knowledgeable art instructors. This group meets every third Saturday of the month from 10:30 a.m. - 12:30 p.m. at the Worcester Art Museum, 55 Salisbury St., Worcester, MA.

Starting this fall, Creative Minds will host a monthly interactive evening jam session with skillful local musicians. Join us in the fun with your own instrument or grab any of our hand percussion instruments that will be supplied by us. First session is September 25th.

Creative Minds also hosts several social community events throughout the year. A calendar will be available shortly and activities include Night Lights at Tower Hill Botanical Gardens, Worcester Bravehearts games, and more!

To learn more about Creative Minds visit: bit.ly/CreativeMindsABI or contact Noreen Alves at 978.230.1982 or nalves@sevenhills.org.
WE WELCOME INDIVIDUALS OF ALL ABILITIES TO JOIN OUR PROGRAMS!

WOODWORKING

Join local artisans Rick and Judy West in an interactive woodshop style class. All attendees will complete numerous projects, in each session, to be built in class along with instruction from start to finish. Session one will feature a bat house, window feeder and pumpkin sign. Session two includes a two-sided snowman/scarecrow, gumball machine, and a holiday sign.

All ages.

WHEN: Thursdays, Session 1: September 26; October 3, 10; (17th is make up date) Session 2: November 14, 21; December 5, 12 (19th is make up date), 6:30 - 8:00 p.m.
WHERE: ASPIRE! at 150 Goddard Memorial Dr., Worcester, MA
COST: Session 1: $70 Session 2: $65
SIGN UP: Session 1: September 19, Session 2: November 7
PLEASE NOTE: A support is required to assist each participant.

Join us to make these projects... and more!

S.O. UNIFIED FLAG FOOTBALL

Another exciting season of Flag Football, a non-contact sport played with 5 players on each team. The sport promotes team play, friendships, agility, and decision making. We will be offering two teams; beginners/intermediate & intermediate/advanced. Ages 19+.

Regretfully, enrollment is at capacity for the season. We hope to offer two teams next year. Please contact Brad Ayotte at bayotte@sevenhills.org for more details.

JUST US WOMEN

Just Us Women, an extension of the very popular Just Us Girls, is for women who are interested in creating new friendships and learning about important topics while enjoying each other’s company during dinner. The group’s interests drive the topics and event-planning, and include self-determination, goal-setting, healthy relationships, health and wellness, and community engagement. Ages 20+

WHEN: 1 Friday per month, September - May, 6:30 - 8:30 p.m. WHERE: Worcester Family Support Center, 799 West Boylston St., Worcester, MA
COST: $255 for the entire year
SIGN UP: ongoing
PLEASE NOTE: Limited space available. Please contact Brad Ayotte at bayotte@sevenhills.org for more information.
**REGISTRATION:** Registration is required for all activities. Instructors and coaches focus on building skills and encouraging fun for all, which does not allow for individualized attention. To promote success and maintain safety, please provide a support person for participants who are under the age of 18, require extra support, and/or who do not have unsupervised time. **SIGN UP:** Contact the Recreation Dept. at 508.796.1861 or Brad Ayotte at bayotte@sevenhills.org. Upon confirmation of signing up, a detailed letter will be e-mailed a week prior to the start date, which will include a schedule and payment information.

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**LET’S CAKE DECORATE: GINGERBREAD HOUSES**

Decorate a gingerbread house with frostings and candies. All supplies provided. **All ages.**

**WHEN:** Tuesday, December 3, 6:00 - 8:00 p.m.  
**WHERE:** 150 Goddard Memorial Dr., Worcester, MA  
**COST:** $35  
**SIGN UP:** November 26  
**PLEASE NOTE:** A support is required to assist each participant.

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**JUST US GIRLS**

Girls of all abilities are welcome to join us for fun, skill-building activities, and outings that focus on social growth and development. All girls must be accompanied by an adult to help when needed, and participate in a separate parent/guardian group to be held at the same time. **Ages 10-14, 15-19.**

**WHEN:** 2 Saturdays per month, September - May, 10:00 a.m. - Noon (ages 10-14), 1:00 - 3:00 p.m. (ages 15-19)  
**WHERE:** 799 West Boylston St., Worcester, MA  
**COST:** $50  
**SIGN UP:** ongoing  
**PLEASE NOTE:** A commitment to the entire year is required. The program is funded through the United Way’s Women’s Initiative Grant.  
*Sign up is on a first-come basis.

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**BALLROOM DANCE**

All abilities are welcomed to step, slide, and shuffle into our Ballroom Dance classes taught by a certified dance instructor and two ballroom dance enthusiasts. We hold a final class Showcase for friends and family to come watch and enjoy. We also look for partners to assist during class. **All ages.**

**WHEN:** Thursdays, October 3 - December 19 (Final Showcase) 6:00 - 8:00 p.m. (No classes on 10/24 & 11/28)  
**WHERE:** 150 Goddard Memorial Dr., Worcester, MA  
**COST:** $15  
**SIGN UP:** September 27  
**PLEASE NOTE:** A support is required to assist each participant.

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**LETS CAKE DECORATE: HALLOWEEN CUPCAKE BOOQUET**

Decorate 6 cupcakes with Booooo-tercream frosting and fondant Halloween designs. All supplies will be provided. **All ages.**

**WHEN:** Tuesday, October 22, 6:00 - 8:00 p.m.  
**WHERE:** 150 Goddard Memorial Dr., Worcester, MA  
**COST:** $35  
**SIGN UP:** October 15  
**PLEASE NOTE:** A support is required to assist each participant.

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**BASKETBALL SKILLS & DRILLS**

Partnering with The College of the Holy Cross’s SPUD program volunteers, Skills & Drills teaches beginner athletes the game of basketball; developing fundamentals on the court. Athletes work on basics from dribbling and passing to working together and achieving the same goals. **Ages 8-12 (beginner), 13-21 (intermediate).**

**WHEN:** Wednesday nights, January - March, **Ages 8-12** (beginner): 5:30 - 6:15 p.m., **Ages 13-21** (intermediate): 6:30 - 7:30 p.m.  
**WHERE:** Nazareth Home, Mulberry St., Leicester  
**COST:** $25 donation  
**SIGN UP:** before January 1  
**PLEASE NOTE:** Court shoes are required. A support is required to be present at practices and events.
**LET'S CAKE DECORATE: THANKSGIVING CUPCAKES**
Decorate 6 cupcakes with buttercream and candies. All supplies provided. **Allergy awareness** These cupcakes contain nuts. **All ages.**

**WHEN:** Tuesday, November 12, 6:00 - 8:00 p.m. **WHERE:** 150 Goddard Memorial Dr., Worcester MA **COST:** $35

**SIGN UP:** November 5

**NOTE:** A support is required to assist each participant.

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**ZUMBA**
Zumba makes fitness fun, combining Latin-style dance moves with pop hits of today. Come sweat it out and feel the power of movement bring smiles and laughter to your soul. Don’t forget your sneakers, water bottles, and towels cause there ain’t no stopping this group, we’re on the move! **All ages.**

**WHEN:** Thursdays, Session 1: September 26; October 3, 10, 17. Session 2: November 7, 14, 21; December 5, 12, 19, 7:00 - 8:00 p.m. **WHERE:** 150 Goddard Memorial Dr., Worcester MA **COST:** Session 1: $30, Session 2: $40

**SIGN UP:** September 13

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**RHYTHM IN MOTION**
Join us for an interactive Rhythm In Motion class for all abilities and musical tastes. This campfire-style sing-a-long gathering with hand percussion instruments stimulates creativity and social enjoyment. **All ages.**

**WHEN:** Tuesdays, Session 1: September 24; October 1, 8, 15, 22, 29; Session 2: November 5, 12, 19; December 3, 10, 17, 6:30 - 7:30 p.m. **WHERE:** 150 Goddard Memorial Dr., Worcester MA **COST:** $30/session

**SIGN UP:** Session 1: September 17, Session 2: October 29

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**S.O. UNIFIED SOCCER**
Soccer promotes team play, friendships, agility, and decision making. Teams play five to a side style. We offer teams for Player Development (beginner-mid level) **ages 13-21.** Adult Unified Competitive Masters (intermediate) **Ages 22+.**

**WHEN:** Sundays, September - November, 10 a.m. - Noon **WHERE:** Assumption College **COST:** $50 donation

**SIGN UP:** Please call for availability

**PLEASE NOTE:** The sport requires a commitment to weekly practices, the assessment round (a one-day event in October) and the state tournament in November. A valid Special Olympics medical form must be filled out prior to the first practice. Cleats, shin guards, and a mouth guard are required. Athletes are responsible for providing their own transportation to and from all events. A support is required to be present at practices and events.

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**S.O. UNIFIED BASKETBALL**
Sign up and be the triple threat... shoot, pass, dribble drive! **Ages 13-21, 22+**

**WHEN:** Sundays, December - March 2020, Mid-afternoons **WHERE:** Bancroft School **COST:** $50 donation **SIGN UP:** November 15

**PLEASE NOTE:** The sport requires a commitment to weekly practices, the assessment round (a one-day event in October) and the state tournament in SouthEastern MA in November. A valid Special Olympics medical form must be filled out prior to the first practice. Court shoes are required; athletes are responsible for providing their own transportation to and from all events. A support is suggested to be present at practices and events.
SOUTH VALLEY FAMILY SUPPORT CENTER EVENTS

208 Charlton Road, Sturbridge, MA, 774.241.2500. Hours are Monday-Friday, 8am-4pm unless otherwise specified. Drop in at any time or call for a personalized appointment. Every Thursday, 10am-Noon: Coffee in the Community, Informal Drop-In. Come share, network, get information or referrals.

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**Monday Funday**
- Sept. 9
- Oct. 7
- Nov. 11
- Dec. 9
- Jan. 6
- 6pm-8pm
- 208 Charlton Road, Sturbridge
- Cost: $5
- RSVP @ 774.241.2505

**iPad Club with Missi & Rich**
- Sept. 18
- Oct. 16
- Nov. 20
- 6pm-8pm
- 208 Charlton Road, Sturbridge
- RSVP @ 774.241.2505

**Coffee in the Community**
- Every Thursday
- 10am-Noon
- Cedar Street Cafe
- 420 Main St., Sturbridge
- RSVP @ 774.241.2505

**Join us weekly for coffee, information, and referrals at The South Valley Family Support Center. Meet families in our community and grow your network.**

**Art With Simone**
- Sept. 19
- Nov. 21
- Jan. 16
- 6pm-8pm
- 208 Charlton Road, Sturbridge
- Cost: $15
- RSVP @ 774.241.2505

Each month we will celebrate the season with a canvas art project dedicated to the season. Cost per project $15.00 *Please note our new time*

**Woodworking with Rick & Judy West**
- Sept. 28
- Oct. 26
- Nov. 16
- Dec. 14
- Jan. 25
- 208 Charlton Road, Sturbridge
- Cost: $20/$30
- RSVP @ 774.241.2505

Woodworking With Rick & Judy will return for fall & winter. For up-to-date info for workshops, please check out our monthly postings on Facebook.

**The Pumpkin Patch**
- Oct. 21
- 2:30pm-3:30pm
- The Federated Church of Sturbridge, 8 Maple Street, Sturbridge
- RSVP @ 774.241.2505

The Family Support team will be in the community providing services and support at this fun harvest event. Be sure to stop by and visit.

**A Caring Place**
- Oct. 2
- Nov. 6
- 3PM-5pm
- Sturbridge Senior Center
- 480 Main St., Fiskdale
- RSVP @ 774.241.2505

A Caring Place, Memory Cafe. Open to anyone, any age, any town, living with a memory-related illness or injury. All guests must be accompanied by a caregiver. Seven Hills & DDS will be co-sponsoring the October Craft Workshop.

**Follow Along on Social Media:**
- facebook.com/SHF.FamilySupportCenters

**INTERESTED IN VOLUNTEERING?**

Please contact the Family Support Centers for volunteer opportunities.

To learn more or to register, please contact:
- Jayne Bowler, 774.241.2505, jbowler@sevenhills.org
- Elizabeth Carroll, 774.241.2504, ecarroll@sevenhills.org
Lending Library

Stop by the North Central Family Support Center at 1460 John Fitch Hwy, Fitchburg and check out our NEW Lending Library! Use our sign-out sheet and borrow for up to 2 weeks!

We will have various DVDs, VHSs, CDs & Video Games. You can also borrow our Xbox, Xbox360, PS2 or VCR!

Transition series

Join us for our monthly events to learn more of the transition planning process for students ages 14-22.

This highlights that transition planning can occur both in and out of school, and in the community.

A student’s post-secondary vision and self-determination are introduced. Information is provided about legislation related to transition, the transition Planning form, Assessments and graduation.

TUESDAY

Dance Dance Karaoke Night
Sept. 17
Oct. 15
5pm-7pm
Leominster Vet Center
100 West St., Leominster
Cost: $2
RSVP @ 978.602.8697
DANCE • SING • PERFORM
Open Mic gives you the opportunity to show your skills with the support of a DJ.

Self Advocacy Social
Sept. 24
Oct. 22
Nov. 12
5pm-6:30pm
1460 John Fitch Hwy, Fitchburg
RSVP @ 978.602.8697
Seven Hills Self Advocates share their journey of Self Determination and learn how to effectively advocate in their communities.

Introduction to Transition
Ages 17-22
Sept. 24
5pm-7pm
1460 John Fitch Hwy, Fitchburg
RSVP @ 978.602.8697
Federation For Children with Special Needs will be joining the Family Support Center to talk about an Introduction to Transition services.

Guardianship & Alternatives
Ages 17-22
Oct. 29
5pm-7pm
1460 John Fitch Hwy, Fitchburg
RSVP @ 978.602.8697
The Family Support Center will be discussing the differences between Guardianship and the Alternatives families need to know about.

Free Holiday Pasta Dinner
Nov. 19
5pm-8pm
Leominster Vet Center
100 West St., Leominster
RSVP @ 978.602.8697
North Central Family Support is celebrating the holidays with a free pasta dinner for families served by the Family Support Center. Please join us for a fun-filled dinner at the Leominster Veteran Center.

WEDNESDAY

Healthier Minds Social
Sept. 11
Oct. 9
Nov. 13
Dec. 11
Jan. 8
4:30pm-6:30pm
Leominster Hospital, Simonds Building, Entrance F
Guild Conference Room
60 Hospital Road, Leominster
RSVP @ 978.602.8697
Information & discussion concerning mental health needs. Dinner will be served.

BINGO
Sept. 18
Oct. 16
4:00pm
Gardner Lodge of Elks
31 Park St., Gardner
Cost: $9.00+
RSVP @ 978.602.8697
18+, Games start at $9.00. Bring additional money for snack bar.

Self Direction Coffee Social
Sept. 25
Oct. 30
Nov. 2
Jan. 29
10am-11:30am
1460 John Fitch Hwy, Fitchburg
RSVP @ 978.602.8697
Join other families for coffee in the community and discussion.

Connecting the Dot IEP social
Oct. 2
Nov. 6
Dec. 4
10am-11:30am
1460 John Fitch Hwy, Fitchburg
RSVP @ 978.602.8697
Guest speakers and general conversation. Bring your IEP for reference.

Self Direction: Agency with Choice
Ages 14-22
Jan. 28
5pm-7pm
1460 John Fitch Hwy, Fitchburg
RSVP @ 978.602.8697
Self-Direction/Agency with Choice: DDS Self-Direct Models is now available in addition to the traditional model. Come listen to Pam Hickey, DDS regional self-directed support manager, explain Self-Direction and Agency with Choice. Both Programs offer the opportunity to tailor the support individuals need to create a meaningful day.

P R I D E / F A L L  2 0 1 9
**REGISTRATION:** Registration is required for all activities. Instructors and coaches will focus on building skills and encouraging fun for all, which will not allow for individualized attention. To promote success and maintain safety, we ask that you provide a support person for participants who are under the age of 18, require extra support, and/or who do not have unsupervised time. Priority will be given to participants living at home with their families, and in Auburn, Boylston, Holden, Leicester, Paxton, Shrewsbury, W. Boylston & Worcester. All persons attending require an adult support to be present in the building during the time of the program.

**THURSDAY**

**Thursday Night Socials!**

Join us every Thursday for a time to socialize and gather information with parents and other families in your community. Watch for special events and trainings on the monthly calendar.

**Cards and Comic Book Night**
- Oct. 3
- Nov. 7
- Dec. 5
5pm-7pm
1460 John Fitch Hwy, Fitchburg
RSVP @ 978.602.8697

Want to learn card games? Come learn the rules and play cards with friends. Do you like Comic Books? Join others that also enjoy this pasttime and discuss what your favorites are.

**Healthy Living Activities**
- Oct. 10
- Nov. 14
- Dec. 12
5pm-7pm
1460 John Fitch Hwy, Fitchburg
RSVP @ 978.602.8697

Discussions will be around community living and ADL skills. Topics will include money, hygiene, and keeping a home.

**Line Dancing**
- Oct. 17
5pm-7pm
1460 John Fitch Hwy, Fitchburg
Cost: $2
RSVP @ 978.602.8697

Line Dancing Classes - be the life of the party and show off your skills by learning the most popular line dances.

**FRIDAY**

**Center Movie Night**
- Sept. 6
- Oct. 4
- Nov. 1
- Dec. 6
5pm-8:30pm
1460 John Fitch Hwy, Fitchburg
Cost: $2
RSVP @ 978.602.8697

For those on a budget: Enjoy a Movie at the center - Bring money for Ordering out or bring a brown bag dinner. Space is limited so please call to registered.

**Bowling**
- Oct. 4, 11, 18, 25
5pm-6:30pm
Masons Bowling Alley
640 North Main St
Leominster
Cost: $25
RSVP @ 978.602.8697

$25.00 Registration Fee includes bowling, shoes, and snacks. Space limited to 20. Register before Sept. 27.

**Community Movie Night**
- Jan. 24
5pm-9pm
1460 John Fitch Hwy, Fitchburg
Cost: $30
RSVP @ 978.602.8697

Dinner and a movie. Cost includes King Buffet dinner, tip, drink and Cinema World Movie. Space is limited; please call to register.

**SATURDAY**

**Girls Social at the MALL**
- Sept. 14
- Oct. 12
- Nov. 9
- Dec. 14
10am-11:30am
Whitney Field Mall
Leominster
Cost: $25
RSVP @ 978.602.8697

Ages 16+. Join other girls in the community and learn appropriate social skills with a buddy. Topics include hygiene, holiday and party etiquette, and dressing for success. Registration required.

**Drives Ed Prep Classes**
- Sept. 15
- Sept. 22
- Sept. 29
- Oct. 6
- Oct. 13
- Oct. 20
- Oct. 27
- Nov. 3
- Nov. 10
- Nov. 17
10am-11:30am
1460 John Fitch Hwy, Fitchburg
Cost: $25
RSVP @ 978.602.8697

This class is a prep class. Participants will learn basic drivers Ed manual skills in a small group setting. Limited seats available. Call to register.

**SUNDAY**

**Cards and Comic Book Night**
- Oct. 3
- Nov. 7
- Dec. 5
5pm-7pm
1460 John Fitch Hwy, Fitchburg
RSVP @ 978.602.8697

Want to learn card games? Come learn the rules and play cards with friends. Do you like Comic Books. Join others that also enjoy this pasttime and discuss what your favorites are.

**Line Dancing**
- Oct. 17
5pm-7pm
1460 John Fitch Hwy, Fitchburg
Cost: $2
RSVP @ 978.602.8697

Line Dancing Classes - be the life of the party and show off your skills by learning the most popular line dances.

**To learn more or to register, please contact:**

**Gina Bernard**
978.602.8711 or gbernard1@sevenhills.org

**Kathy Black**
978.602.8697 or kblack@sevenhills.org
WORCESTER FAMILY SUPPORT CENTER EVENTS

799 West Boylston Street, Suite #2, Worcester, MA, 508.796.1851/1850. Coffee & Conversation Informal Drop-In every Thursday, 9:30-11:30 am & 5-7 pm, and every third Saturday, 9-11 am. Come share, network, get information or referrals, or just unwind with a cup of coffee and have someone listen.

OUT & ABOUT

Join Out & About a few times a week for local, social events!

Our Seven Hills Out & About group meets two to three times a week in the community. Typical outings include movie nights at the W. Boylston Cinema, shows at the Hanover Theatre, swim times at local pools, improv groups, walking groups, and visits to the Worcester Art Museum. Enrich your social opportunities within the community!

Out & About events are planned and promoted online, and open only to its members. To join, individuals must first register on MeetUp.com, then request to join the Out & About Worcester group or Over Thirty Group by filling out a brief questionnaire.

Under Thirty Group:
meetup.com/Out-About-Worcester

Over Thirty Group:
meetup.com/Out-About-Over-Thirty
or contact Noel Grajales, ngrajales@sevenhills.org or 774.272.0753

Out & About is a Seven Hills group, funded by the Massachusetts Department of Developmental Services (DDS), to help individuals, living with their families in Worcester, Auburn, Leicester, Boylston, W. Boylston, Holden, Paxton, or Shrewsbury, connect socially.

To learn more or to register, please contact:

Shawna Terkanian
508.796.1894 or sterkanian@sevenhills.org

Ana Morales
508.796.1851 or amorales@sevenhills.org

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MONDAY

Self-Direction Focus Group
Sept. 16
Nov. 18
6pm-7:30pm
799 West Boylston St., Worcester
RSVP @ 508.796.1850

Please join Pam Hickey, along with other families already participating in Self Direction, in a discussion about expanding choices and control over the support you or your family member may need to live in the community.

Dance Fitness
Sept. 16
Oct. 21
Nov. 18
Dec. 16
Jan. 20
7pm-8pm
75 Shore Dr., Worcester
RSVP @ 774.272.0753 or ngrajales@sevenhills.org

Learn a variety of line and aerobic dances. Free for all ages. Caregiver/staff must accompany supported individuals.

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TUESDAY

Swim Fitness, Ages 14+
Sept. 10
Oct. 8
Nov. 5
Dec. 10
Jan. 14
7pm-8pm
Paxton Tennis and Fitness Club
603 Pleasant St, Paxton
Cost: $10.00 per supported individual, family/staff FREE
RSVP @ 774.272.0753 or ngrajales@sevenhills.org

Wear appropriate swim wear, flip-flops and bring a towel!

Seven Hills Karaoke Night
Sept. 17
Oct. 15
Nov. 19
Dec. 17
Jan. 21
5pm-8pm
Fraternal Order of the Eagles
53 Norfolk St., Worcester
Cost: free admission. $5 for 2 slices of pizza & soda
RSVP @ 774.272.0753 or ngrajales@sevenhills.org

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HALLOWEEN PARTY

Join us for a Spooktacular Halloween Party

Thursday, October 31, 5pm-7pm
Worcester Family Support Center, 799 West Boylston St., Worcester
**REGISTRATION:** Registration is required for all activities. Instructors and coaches will focus on building skills and encouraging fun for all, which will not allow for individualized attention. To promote success and maintain safety, we ask that you provide a support person for participants who are under the age of 18, require extra support, and/or who do not have unsupervised time. Priority will be given to participants living at home with their families, and in Auburn, Boylston, Holden, Leicester, Paxton, Shrewsbury, W. Boylston & Worcester. All persons attending require an adult support to be present in the building during the time of the program.

## WEDNESDAY

**Self Advocacy Afternoon Group**
- Sept. 5
- Oct. 2
- Nov. 6
- Dec. 5
- 2pm-3pm
  - 150 Goddard Memorial Dr.,
  - Worcester
  - Please RSVP for each meeting to Shawna Terkanian @ 508.796.1894

**Self Advocacy Evening Group**
- Sept. 18
- Oct. 16
- Nov. 20
- Dec. 18
- Jan. 15
- 6pm-7:30pm
  - 799 West Boylston St.,
  - Worcester
  - Please RSVP for each meeting to Shawna Terkanian @ 508.796.1894

Self Advocacy empowers individuals to make decisions and choices that affect their lives in a positive manner, while having the opportunity to develop healthy relationships.

**About Children’s Friend Workshop**
- Sept. 12
- 5pm-7pm
  - 799 West Boylston St.,
  - Worcester
  - RSVP @ 508.796.1850

Join us to learn more about Seven Hills’s newest affiliate. Children’s Friend works to improve the lives of children and families with a wide range supports.

**Movie Night**
- Sept. 26
- Nov. 21
- Dec. 26
- 5pm-7pm
  - 799 West Boylston St.,
  - Worcester
  - RSVP @ 508.796.1850

**Music Sing-a-Long**
- Sept. 5
- Oct. 3
- Nov. 7
- Dec. 5
- Jan. 2
- 5pm-7pm
  - 799 West Boylston St.,
  - Worcester
  - RSVP @ 508.796.1850

Get together with music fans of all ages to share your favorite songs, watch music videos or chat about your favorite bands.

**Transition Talks**
- Sept. 5
- Oct. 3
- Nov. 7
- Dec. 5
- Jan. 2
- 6pm-7pm
  - 799 West Boylston St.,
  - Worcester
  - RSVP @ 508.796.1850

Join parents of 14-22 year-olds in conversation on the steps needed for successful transition to the adult world.

## THURSDAY

**Kiva Center Workshop**
- Sept. 19
- 5pm-7pm
  - 799 West Boylston St.,
  - Worcester
  - RSVP @ 508.796.1850

The Central Massachusetts Recovery and Learning Community (CMRLC) focuses on promoting wellness and resilience through mutual support. Join us to learn more information about the CMRLC, the Peer Movement and services available.

**Helping Hands**
- Oct. 10
- 5pm-7pm
  - 799 West Boylston St.,
  - Worcester
  - RSVP @ 508.796.1850

Take a night to give back and help assemble bags of toiletries to be donated to others in need.

**ASPiRE! Academy**
- Oct. 24
- 5pm-7pm
  - 799 West Boylston St.,
  - Worcester
  - RSVP @ 508.796.1850

Learn about this full-time placement option for high school students, aged 16-22, with special needs that cannot be met in the local public school system.

**Halloween Party**
- Oct. 31
- 5pm-7pm
  - 799 West Boylston St.,
  - Worcester
  - RSVP @ 508.796.1850

Get your spooky on with friends and enjoy Halloween music, activities and games!

**BINGO**
- Dec. 19
- 5pm-7pm
  - 799 West Boylston St.,
  - Worcester
  - RSVP @ 508.796.1850

A fun paint night creating your own masterpiece.
We kicked off the summer season with our 31st Annual New Beginnings Tournament on May 23, 2019. We extend our most heartfelt thank you to Highfields Golf & Country Club for hosting another successful tournament and for the use of their course for practices throughout our golf season.

On June 22, 2019, thousands of supporters descended on Worcester’s Elm Park for the BIGGER Dipper and AbilityFest. The day started with the traditional AbilityFest Murphy Mile Walk, then our 400 walkers headed into the festivities of the BIGGER Dipper All-You-Can-Eat Ice Cream Festival.
Seven Hills Badgers Softball Team

Seven Hills Panthers Softball Team

Seven Hills Wolverines Softball Team

Seven Hills Golf Team

Seven Hills Barracudas Swim Team

Seven Hills Bocce Team

**BADGERS**
- 2 GOLD MEDALS
- 2 SILVER MEDALS
- 2 BRONZE MEDALS

**PANTHERS**
- 2 GOLD MEDALS
- 2 SILVER MEDALS
- 2 BRONZE MEDALS

**WOLVERINES**
- 2 GOLD MEDALS
- 2 SILVER MEDALS
- 2 BRONZE MEDALS

**BARRACUDAS**
- 8 GOLD MEDALS
- 6 SILVER MEDALS
- 3 BRONZE MEDALS
- 2 RIBBONS

**BOCCE**
- 3 RIBBONS
PRIDE Fall 2019

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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Seven Hills Family Services
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Dr. David A. Jordan
President
Seven Hills Foundation
sevenhills.org

SAVE THE DATE
10.24.19
Holy Cross Dinner Dance
Thursday, October 24, 2019

Registration Required. Please contact Brad Ayotte at bayotte@sevenhills.org.

PRIDE Fall 2019: What’s Inside:
Successful Summer with a Purpose, Tune into Creative Minds, Recreation Department Happenings, Seven Hills Family Support Center Happenings, 31st Anniversary New Beginnings Golf Tournament...and more!

A PUBLICATION OF THE SEVEN HILLS FAMILY SERVICES FAMILY SUPPORT CENTERS