DINNER DANCE DELIGHTS AT HOLY CROSS

On October 24, 2019, Seven Hills held its annual Dinner Dance at Holy Cross to the delight of participants, staff, family, and friends. The guests arrived with glowing smiles, eager eyes for what’s yet to come, and charged chairs and polished shoes for the toe tapping, shuffles, and spins on the dance floor. Gowns, blazers and bowties adorned the guests in their best attire. Greeters met the attendees upon arrival in the chilly and breezy night escorting those to the entrance and eventually inside to registration. Volunteers from West Boylston High School and Assumption College ushered all to their seats. A few fervent regulars were expecting the photo booth and who can stay calm and not be compelled to grab the Genie Head Wrap and a goofy mustache?

Dinner was served as the jazz and pop grooves lit the wick of the evening. DJ Greg Bedard warmed up the mood, dialing in and guiding the night. House salads started the supper. Chicken Piccata, a garlic mash and a side of veggies filled the zealous bellies of all the enthusiastic patrons. The Salted Caramel Vanilla Crumb Cake was the sweetened kick start to the first few dance floor partakers and the tidal wave of dinner chairs pushed aside to make room for shakin’ and twistn’!

The line for pics increased as did the silliness that it promotes. The laughter had by those in the frame as well as those waiting in line and watching it all unfold was an abdominal workout.

As groups departed and rides came to escort guests, the hugs and smiles flooded the walkways. The requests of ”Next year?” were in full swing. The last few folks took to their belongings and headed to the exit. Another dinner and dance at Holy Cross had concluded. The lights dimmed to dark as the doors closed on another successful event. Until next year, my friends!
SPORTS SPOT
HIGHLIGHTS FROM THE 2019 FALL SPORTS SEASONS

S.O. FLAG FOOTBALL, ages 18+

SHAMROCKS: Coach Tyrone Hicks • Assistant Coaches Valon Ayers & Michael Tolman

SHAMROCKS: GOLD MEDAL

The Assessment was held in Westfield on October 20. The State Tournament was held at Franklin High School on November 16.

S.O. SOCCER, Revolution, ages 13-21; Knights, 22+

REVOLUTION: Coach Harry Brooks • Assistant Coaches Tom Dawe & Joanne Peterson-Bernier

KNIGHTS: Coach Kevin Heman • Assistant Coach Kelsey Heman

The Assessment was held in Oxford on October 20. The State Tournament was held at Governor’s Academy in Byfield on November 2.

REVOLUTION: SILVER MEDAL | KNIGHTS: SILVER MEDAL
Congratulations to our partners & performers for another spectacular showcase!

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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.

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Save the Date

5.2.20

ComiCarnival

more information coming soon!
SPECIAL OLYMPICS AQUATICS

This is a Special Olympics Traditional competitive swim team. Athletes will perfect skills during practice and perform in two competitions.

Our team is for athletes who know how to swim. Our coaches are not certified to teach lessons. Due to the popularity of the sport, Special Olympics can not guarantee that everyone will advance to the state tournament.

Attendance will help determine who will advance. This team requires a commitment to weekly practices, the assessment round and the overnight state tournament in Boston, MA in June. As a courtesy to those on the team last season, priority will be given to them until the deadline. Ages 21+

WHEN: Sundays, schedule given to the team prior to season start, Midday (TBD) WHERE: Assumption College COST: $50 SIGN UP: Before February 21.

WOODWORKING

Join local artisans Rick and Judy West in an interactive wood shop 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 is Shelf with hidden compartment and checker board. Session two includes a cheese board, clothes pic collage, Easter bunny and a heart picture frame. All ages.

WHEN: Session 1: Thursdays, March 5, 12, 19, 26 (April 2 rain date) Session 2: April 16, 23, 30, May 7, (May 14 rain date) 6:30-8:00pm WHERE: 150 Goddard Memorial Dr., Worcester COST: Session 1: $84, Session 2: $109 SIGN UP: Before February 28 PLEASE NOTE: Participants are strongly encouraged to bring an adult support with them to class. Payment is due upon sign-up.

BASKETBALL SKILLS & DRILLS

Partnering with The College of the Holy Cross 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. All ages.

WHEN: Tuesdays, January - March, 6:30-7:30 pm WHERE: 77 Mulberry Street, Leicester, MA COST: $25 donation SIGN UP: Ongoing, call for more information. PLEASE NOTE: 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 required to be present at practices and events.
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 because there's no stopping this group, we're on the move! All ages.

WHEN: Session 1: February 18, 25, March 3, 10, 17; Session 2: March 24, 31, April 7, 14, 21, 7:00-8:00pm
WHERE: 150 Goddard Memorial Dr., Worcester
COST: $30 per session
SIGN UP: Ongoing, call for more information.
PLEASE NOTE: An adult support is suggested in class to assist each participant. A minimum of 5 individuals is required to hold this class.

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: One Friday per month, October - May, 6:30 - 8:30pm
WHERE: 799 West Boylston St., Worcester
COST: $255 for the entire year
SIGN UP: Ongoing, call for more information.
PLEASE NOTE: Limited space available. We ask that if you are a returning member to please specify the group (Blue or Purple) and if you are brand new to Just Us Women, we ask that you request the Purple group. *Sign up is on a first come basis.

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 welcome.

WHEN: Session 1: February 18, 25, March 3, 10; Session 2: March 24, 31, April 7, 14; Session 3: April 28, May 5, 12, 19, 6:30-7:30pm
WHERE: 150 Goddard Memorial Dr., Worcester
COST: $20 per session
SIGN UP: Ongoing, call for more information.
PLEASE NOTE: An adult support is suggested in class to assist each participant.

LET’S CAKE DECORATE

Let’s Cake Decorate of Wilton At Home Classes will be leading everyone through the 2 hour cupcake decorating class. Each participant will use buttercream frosting to decorate cupcakes to incorporate into a cupcake bouquet to take home. Enjoy these for yourself or give as a gift. The cost is inclusive of all materials and Wilton brand materials. All ages.

Spring Creatures

WHEN: Tuesday, March 24, 6:00-8:00pm
WHERE: 150 Goddard Memorial Dr., Worcester
COST: $35
SIGN UP: Before Mar. 13
PLEASE NOTE: A support is required to assist each participant. Space is limited.

Ocean Theme

WHEN: Tuesday, May 12, 6:00-8:00pm
WHERE: 150 Goddard Memorial Dr., Worcester
COST: $35
SIGN UP: Before Mar. 13
PLEASE NOTE: A support is required to assist each participant. Space is limited.

JUST US GIRLS

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: Two Saturdays per month, September - May, 10:00am - Noon
WHERE: 799 West Boylston St., Worcester
COST: $50 for 18 classes
SIGN UP: Ongoing, call for more information.
PLEASE NOTE: Limited space available. 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 (being part of the group previously does not automatically ensure you a space). Funds are currently pending.

JUST US WOMEN
**WORCESTER FAMILY SUPPORT CENTER EVENTS**

**799 West Boylston St., Suite #2, Worcester, MA, 508.796.1851/1850.** Coffee & Conversation Informal Drop-In every Thursday, 9:30-11:30am & 5-7pm, 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.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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</thead>
<tbody>
<tr>
<td><strong>Self-Direction Focus Group</strong>&lt;br&gt;Jan. 13&lt;br&gt;Mar. 16&lt;br&gt;May 18&lt;br&gt;July 20&lt;br&gt;6pm-7:30pm</td>
<td><strong>Swim Fitness</strong>&lt;br&gt;Ages 14+&lt;br&gt;Jan. 14&lt;br&gt;Feb. 4&lt;br&gt;Mar. 10&lt;br&gt;Apr. 14&lt;br&gt;May 12&lt;br&gt;7pm-8pm</td>
<td><strong>Self Advocacy Afternoon Group</strong>&lt;br&gt;Jan. 8&lt;br&gt;Feb. 5&lt;br&gt;Mar. 4&lt;br&gt;Apr. 1&lt;br&gt;May 6&lt;br&gt;2pm-3pm</td>
<td><strong>Painting with Friends</strong>&lt;br&gt;Jan. 9&lt;br&gt;5pm-7pm</td>
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<tr>
<td>799 West Boylston St., Worcester</td>
<td>Paxton Tennis and Fitness Club&lt;br&gt;603 Pleasant St, Paxton</td>
<td>150 Goddard Memorial Dr, Worcester</td>
<td>799 West Boylston St., Worcester</td>
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<tr>
<td>RSVP @ 508.796.1850</td>
<td>RSVP @ 774.272.0753 or <a href="mailto:ngrajales@sevenhills.org">ngrajales@sevenhills.org</a></td>
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<td>RSVP @ 508.796.1850</td>
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<td>Please join Pam Hickey, along with other families already participating in Self Direction, in a discussion about expanding choices and control over the supports you or your family member may need to live in the community.</td>
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<td>Empowering individuals to make decisions and choices that can affect their lives in a positive manner, while having the opportunity to develop healthy relationships. Participants become more independent and learn to advocate for themselves and support each other in gaining confidence that will allow them to exercise their human rights.</td>
<td>A fun paint night creating your own masterpiece.</td>
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<td><strong>Dance Fitness</strong>&lt;br&gt;Jan. 20&lt;br&gt;Feb. 10&lt;br&gt;Mar. 16&lt;br&gt;Apr. 20&lt;br&gt;May 18&lt;br&gt;7pm-8pm</td>
<td><strong>Seven Hills Karaoke Night</strong>&lt;br&gt;Jan. 21&lt;br&gt;Feb. 11&lt;br&gt;Mar. 17&lt;br&gt;Apr. 21&lt;br&gt;May 19&lt;br&gt;5pm-8pm</td>
<td><strong>Self Advocacy Evening Group</strong>&lt;br&gt;Jan. 15&lt;br&gt;Feb. 12&lt;br&gt;Mar. 18&lt;br&gt;Apr. 15&lt;br&gt;May 20&lt;br&gt;6pm-7:30pm</td>
<td><strong>Cyber Safety</strong>&lt;br&gt;Jan. 16&lt;br&gt;5pm-7pm</td>
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<tr>
<td>75 Shore Dr, Worcester</td>
<td>Fraternal Order of the Eagles&lt;br&gt;53 Norfolk St</td>
<td>799 West Boylston St., Worcester</td>
<td>799 West Boylston St., Worcester</td>
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<tr>
<td>RSVP @ 774.272.0753 or <a href="mailto:ngrajales@sevenhills.org">ngrajales@sevenhills.org</a></td>
<td>Cost: free admission, $5 for 2 slices of pizza and beverage</td>
<td>RSVP @ 508.796.1894 or <a href="mailto:sterkanian@sevenhills.org">sterkanian@sevenhills.org</a></td>
<td>RSVP @ 508.796.1850</td>
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<td>Learn a variety of line and aerobic dances. Free for all ages. Caregiver/staff must accompany supported individuals.</td>
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<td>Dr. Xinru Page from Bentley University discusses the pros and cons of social media and other online technology. She suggests tools and tips to keep you safe online.</td>
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<tr>
<td><strong>Seven Hills Karaoke Night</strong>&lt;br&gt;Jan. 21&lt;br&gt;Feb. 11&lt;br&gt;Mar. 17&lt;br&gt;Apr. 21&lt;br&gt;May 19&lt;br&gt;5pm-8pm</td>
<td><strong>Movie Night</strong>&lt;br&gt;Jan. 23&lt;br&gt;Apr. 23&lt;br&gt;5pm-7pm</td>
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<td>Cost: free admission, $5 for 2 slices of pizza and beverage</td>
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<td>Bring a brown bag snack or “dinner to-go” and join us for a great feature presentation.</td>
</tr>
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<td>RSVP @ 774.272.0753 or <a href="mailto:ngrajales@sevenhills.org">ngrajales@sevenhills.org</a></td>
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**Interested in volunteering?**

Please contact the Family Support Centers for volunteer opportunities.

Follow Along on Facebook:
facebook.com/SHF.FamilySupportCenters
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

**Pastry Decorating with Darby’s Bakery**
Jan. 30
5pm-7pm
799 West Boylston St., Worcester
RSVP @ 508.796.1894 or sterkanian@sevenhills.org
Registration is required for this event. Limited space is available, 10 participant maximum.

Learn the secrets to decorating with one of Phantom Gourmet’s featured bakers.

**Advocating For My Child**
Feb. 20
5pm-7pm
799 West Boylston St., Worcester
RSVP @ 508.796.1850
The Federation for Children with Special Needs will speak about techniques and/or strategies related to IEP meetings, setting goals, effective communication with schools, etc.

**St. Patrick’s Day Fun**
Mar. 19
5pm-7pm
799 West Boylston St., Worcester
RSVP @ 508.796.1850
St. Patrick’s Day may have passed, but the fun isn’t over! Feel free to wear your green.

**ABLE Account**
Apr. 16
5pm-7pm
799 West Boylston St., Worcester
RSVP @ 508.796.1850
Learn about the ABLE Account and how it works as part of a special needs financial plan along with other important tools.

**Sing-a-Long with special guests**
Feb. 6
Mar. 5
Apr. 2
5pm-7pm
799 West Boylston St., Worcester
RSVP @ 508.796.1850
Not just your average music night! Local musicians will be joining us with hand percussion instruments and performing a mix of ukulele sing along and recorded pop music.

**Guardianship**
Mar. 26
5pm-7pm
799 West Boylston St., Worcester
RSVP @ 508.796.1850
Teka Harris, Senior Human Rights Specialist from the DDS Office of Human Rights discusses guardianship other available options.

**Valentine’s Day Crafts**
Feb. 13
5pm-7pm
799 West Boylston St., Worcester
RSVP @ 508.796.1850
Love is in the air; let’s celebrate friendship! We’ll provide the materials; you bring the creativity!

**Fletcher Tilton Wills & Trust**
Apr. 30
5pm-7pm
799 West Boylston St., Worcester
RSVP @ 508.796.1850
Learn how to safeguard your loved one’s government benefits from potential disqualification.

**Fair Housing Project**
Feb. 27
5pm-7pm
799 West Boylston St., Worcester
RSVP @ 508.796.1850
Learn about tenant rights and responsibilities to preserve newly acquired housing.

**Early Spring BINGO**
Apr. 9
5pm-7pm
799 West Boylston St., Worcester
RSVP @ 508.796.1850
Enjoy a social evening of games, fun, and prizes!

**Mother’s Day Cards**
May 7
5pm-7pm
799 West Boylston St., Worcester
RSVP @ 508.796.1850
Create a homemade card for any special mother in your life.

**Transition Talks**
Feb. 6
Mar. 5
Apr. 2
May 7
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.

**Assistive Technology**
Mar. 12
5pm-7pm
799 West Boylston St., Worcester
RSVP @ 508.796.1850
Robert Bilotta from Worcester MassMATCH Easterseals will discuss programs to help individuals access assistive technology options. A variety of devices will be available for you to explore.

**St. Patrick’s Day Fun**
Mar. 19
5pm-7pm
799 West Boylston St., Worcester
RSVP @ 508.796.1850
St. Patrick’s Day may have passed, but the fun isn’t over! Feel free to wear your green.

Unless noted otherwise, all activities hosted by the Worcester Family Support Center are free.

TO LEARN MORE OR TO REGISTER, PLEASE CONTACT:
Ana Morales
508.796.1851, amorales@sevenhills.org
Shawna Terkanian
508.796.1894, sterkanian@sevenhills.org
### Montachusett Area Special Sports (MASS)
- **Basketball**: Dec.-Mar.
- **Volleyball**: Apr.-June
- **Softball or Bocce**: June-Aug.
- **Soccer or Flag Football**: Sept.-Nov.

Location varies

Cost: free

For more information contact Kathy Black
978.602.8697
kblack@sevenhills.org
or
774.922.4540

Seven Hills has collaborated with Montachusett Area Special Sports (MASS). Be a part of a team, enjoy exercise/movement or meet friends.

Registration is required for all activities. Please direct any specific program questions to local program coordinators of MASS; Art at (978) 660-8464 or Jean at (978) 758-3473.

### DDS Citizen’s Advisory Board (CAB)
- **Jan. 28**
- **Feb. 25**
- **Mar. 24**
- **Apr. 28**
- **May 26**
- **June 23**

Cost: free

RSVP @ Kathy Black
978.602.8697
kblack@sevenhills.org
or
774.922.4540

SHFS North Central Family Support Center will be hosting the DDS CAB meeting. New members are always welcomed. Join us to advocate for your family and community.

### Self Advocacy Social
- **Jan. 28**
- **Feb. 25**
- **Mar. 24**
- **Apr. 28**
- **May 26**
- **5pm-6:30pm**

Cost: free

RSVP @ Kathy Black
978.602.8697
kblack@sevenhills.org
or
774.922.4540

Seven Hills Self Advocates share their journey of Self Determination and learn how to effectively advocate in their communities.

Please note we need to have a minimum of 5 participants in order to host this event. Please check out on Seven Hills Family Support Center’s page on Facebook.

### Training: Transition Talks
- **ages 14-22**

- **Charting the Life Course**
  - **Presenter: Robin Foley**
  - **Feb. 25**
  - **5pm-7pm**

Cost: free

RSVP @ Ida Avoryie
978.602.8695
iavoryie@sevenhills.org

Robin Foley will present an overview of Charting the Life Course. Learn how to utilize tools in creating a vision for the future of your loved one. The program is geared toward helping make choices, explore options and life experiences to consider as you “pilot a course” to a full and meaningful life.

### Training: Transition Talks
- **ages 14-22**

- **Housing Options**
  - **Presenter: Alexandria Nadworny, CFP, CTFA**
  - **Mar. 31**
  - **5pm-7pm**

Cost: free

RSVP @ Ida Avoryie
978.602.8695
iavoryie@sevenhills.org

Alex is a certified financial planning professional and seasoned public speaker, having presented to dozens of Massachusetts parents and advocacy groups. Join us in hearing about Housing options and supports for your loved one as you walk the journey to adulthood.

### Training: Transition Fair
- **Apr. 28**
- **1:30pm-6:30pm**

Cost: free

RSVP @ Ida Avoryie
978.602.8695
iavoryie@sevenhills.org

This fair will provide information in preparing for independent living.

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**PRIDE / WINTER 2020**

**Rhythm & Motion**
- **Feb. 11**
- **Mar. 17**
- **Apr. 21**
- **5:30pm-7pm**

1460 John Fitch Hwy, Fitchburg

Cost: free

RSVP @ Kathy Black
978.602.8697
kblack@sevenhills.org
or
774.922.4540

Dance, sing & listen to music with our favorite traveling band!

**Dance Dance Karaoke Night**
- **Apr. 21**
- **May 19**
- **June 16**
- **5pm-7pm**

Leominster Vet Center
100 West St, Leominster

Cost: free

RSVP @ Kathy Black
978.602.8697
kblack@sevenhills.org
or
774.922.4540

**Montachusett Area Special Sports (MASS)**
- **Basketball**: Dec.-Mar.
- **Volleyball**: Apr.-June
- **Softball or Bocce**: June-Aug.
- **Soccer or Flag Football**: Sept.-Nov.

Location varies

Cost: free

For more information contact Kathy Black
978.602.8697
kblack@sevenhills.org
or
774.922.4540

In collaboration with Fitchburg State University and Quinsigamond Community College Deaf studies program to offer 1:1 time with a student intern to learn the basics of sign language.
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

Healthier Minds Social
Jan. 8
Feb. 12
Mar. 11
Apr. 8
May 13
June 10
4:30pm-6:30pm
Leominster Hospital
Simonds Building Entrance
F Guild Conference, Room 60 Hospital Rd, Leominster, MA
Cost: free
RSVP @ Kathy Black
978.602.8697
kblack@sevenhills.org
or
774.922.4540
A safe place to gather resources and share your experiences around Mental Health needs. Dinner will be served.

Self Direction Coffee Social
Jan. 29
Feb. 26
Mar. 25
Apr. 29
May 27
June 24
10am-11:30am
Smokestack Roasters
39 Mass Ave, Lunenburg
Cost: free, coffee available for purchase
RSVP @ Kathy Black
978.602.8697
kblack@sevenhills.org
or
774.922.4540
Join other families for coffee in the community to discuss how to manage your loved ones choices in their provided services.

Connecting the Dots:
IEP social
Feb. 5
Mar. 4
Apr. 1
May 6,
June 3
10am-11:30am
1460 John Fitch Hwy, Fitchburg
Cost: free
RSVP @ Kathy Black
978.602.8697
kblack@sevenhills.org
or
774.922.4540
Join the Seven Hills Team for a great opportunity to meet other families, Review your current IEP and have some coffee.

THURSDAY

Thursday Night Social
5:00-7:00 EVERY Thursday
1460 John Fitch Hwy, Fitchburg
Cost: free
RSVP @ Kathy Black
978.602.8697
kblack@sevenhills.org
or
774.922.4540
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.

*Please note we need to have a minimum of 5 participants in order to host this event. Please check the Seven Hills Family Support Center’s page on Facebook.

FRIDAY

Friendship 1st Training
2 sessions available:
First session
1pm-2:30pm
Second session
5pm-7pm
1460 John Fitch Hwy, Fitchburg
Cost: free
RSVP @ Kathy Black
978.602.8697
kblack@sevenhills.org
or
774.922.4540
This training is excellent for anyone interested in how to develop relationships with individuals with special needs.

Community Dinner & Movie Night
Feb. 7
Apr. 3
Sept. 13
5pm-8:30pm
Meet at King Buffet at 5pm
Cinema World,
488 John Fitch Hwy, Fitchburg
Cost: $30
RSVP @ Kathy Black
978.602.8697
kblack@sevenhills.org
or
774.922.4540
Cost includes King Buffet dinner, tip, drink and Cinema World Movie. Space is limited, registration is required.

Bowling
Mar. 6, 13, 20, 27
4:30pm-6pm
Masons Bowling Alley
640 N. Main St, Leominster
Cost: $20
RSVP @ Kathy Black
978.602.8697
kblack@sevenhills.org
or
774.922.4540
Cost includes bowling, shoes, and snacks. Space is limited, registration is required by Mar. 2.

*Please note we need to have a minimum of 5 participants in order to host this event. Please check the Seven Hills Family Support Center’s page on Facebook.

continued on next page.
### SATURDAY

**Down Syndrome Social**  
Feb. 1  
Mar. 7  
Apr. 4  
May 2  
10am-Noon  
1460 John Fitch Hwy, Fitchburg  
Cost: free  
RSVP @ Kathy Black  
978.602.8697  
kblack@sevenhills.org  
or 774.922.4540  

If you have a loved one with Down syndrome, come meet new family members and caregivers and find out more about living with Down syndrome. Open to all ages.

**Girls Social at the Center**  
Ages 16+  
Mar. 14  
Apr. 11  
May 9  
June 13  
10am-11:30am  
1460 John Fitch Hwy, Fitchburg  
Cost: $25  
RSVP @ Kathy Black  
978.602.8697  
kblack@sevenhills.org  
or 774.922.4540  

Join other girls in the community and learn social skills. Registration Required by Mar. 6.  
*Please note we need to have a minimum of 5 participants in order to host this event. Please check the Seven Hills Family Support Center’s page on Facebook.

**Family Fun Day**  
Feb. 21  
Roll on America  
10am-2pm  
Roll on America  
90 Duval Rd, Lancaster  
Cost: TBD  
RSVP @ Kathy Black  
978.602.8697  
kblack@sevenhills.org  
or 774.922.4540  

Join us for some Family Fun out in the community. Space is limited, registration is required.

**Family Fun Day**  
Apr. 24  
Ecotarium  
10am-2pm  
Ecotarium  
222 Harrington Way, Worcester  
Cost: free  
RSVP @ Kathy Black  
978.602.8697  
kblack@sevenhills.org  
or 774.922.4540  

Join us for some Family Fun out in the community. Space is limited, registration is required.

### SUNDAY

**Drivers Ed Prep Classes Part 2**  
Mar. 1, 8, 15, 22  
Apr. 5, 19, 26  
May 3 (make-up day)  
10am-11:30am  
1460 John Fitch Hwy, Fitchburg  
Cost: $25  
RSVP @ Kathy Black  
978.602.8697  
kblack@sevenhills.org  
or 774.922.4540  

This class is a prep class. Participants will learn basic Drivers Ed manual skills in a small group setting. Space is limited, registration is required by Feb. 27.  
*Please note we need to have a minimum of 5 participants in order to host this event. Please check the Seven Hills Family Support Center’s page on Facebook.

**For more information about our weekly programs, or cancellations due to inclement weather check us out online!**
**SOUTH VALLEY FAMILY SUPPORT CENTER EVENTS**

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

**MONDAY**

**Monday Funday**

Jan. 6  
Mike Leo Karaoke Drum Circle

Feb. 3  
Wii Olympics

Mar. 2  
Mike Leo Drum Circle & Art

Apr. 13  
Bowling at Bayberry Bowling*  
6pm-8pm

208 Charlton Road, Sturbridge  
*With exception of Bowling

Cost: $5

RSVP @ jbowler@sevenhills.org

Join us for interactive fun at the South Valley Family Support Center.

**THURSDAY**

**Coffee in the Community**

Every Thursday  
10:00 am-Noon

Cedar Street Café  
420 Main Street  
Sturbridge

Cost: free; coffee available for purchase

Join us weekly for information, referrals and family support with Jayne from the South Valley Family Support Center. A great opportunity to meet new families in our community and to grow your network of supports.

**SATURDAY**

**Wood Working with Rick & Judy West**

Jan. 25  
Feb. 22  
Mar. 21  
Apr. 25  
10am-Noon

208 Charlton Road, Sturbridge

Cost: varies per project

RSVP @ jbowler@sevenhills.org

Our monthly Wood Working featuring different projects including a Domino Cutting Board and money box.

**WEDNESDAY**

**Art With Simone**

Jan. 22  
Mar. 11  
6pm-8pm

208 Charlton Road, Sturbridge

Cost: $15

RSVP @ jbowler@sevenhills.org

Celebrate the Season with a unique canvas art project including Winter Blessings (Jan.) and Spring Cherry Blossoms (Mar.)

**ABLE Accounts**

Mar. 25  
6pm

208 Charlton Road, Sturbridge

Cost: free

RSVP @ jbowler@sevenhills.org

Please join us for a presentation to share information regarding the many benefits of families having an ABLE account. This plan is designed for individuals with disabilities to save and invest money for short- and long-term planning.

**TO LEARN MORE OR TO REGISTER, PLEASE CONTACT:**

**Jayne Bowler**  
774.241.2505, jbowler@sevenhills.org

**Elizabeth Carroll**  
774.241.2504, ecarroll@sevenhills.org

**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. All persons attending require an adult support to be present in the building during the time of the program.

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**Seven Hills Family Services is HIRING**

**Respite Care Community Support Professionals**

If you have free time on the weekends, afternoons, or evenings and feel fulfilled helping others, then consider a part-time position as a Respite Care Community Support Professional with Seven Hills Family Services! **Apply today at sevenhills.org/careers!**

**Opportunities/Requirements:**

- Must be 18 years of age and have a valid driver’s license
- Northeast, Southeast, South Valley, and Central MA
- Part-time positions available
SAVE THE DATE!
Thursday, May 21, 2020
Highfields Golf & Country Club

Your support makes Community Connections happen!
Please contribute to the New Beginnings Charity Golf Tournament

CELEBRATING 32 YEARS!

100% of the funds raised go directly to our Community Connections programs, providing vital opportunities for people we support to pursue their dreams.

PRIDE WINTER 2020

PRIDE is a newsletter published by the Seven Hills Family Services Family Support Centers. Please direct all content requests, comments, and questions to:

Bradley Ayotte
Therapeutic Recreation Director
Seven Hills Family Services
bayotte@sevenhills.org
508.796.1861

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508.849.3898 F

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

A PUBLICATION OF THE SEVEN HILLS FAMILY SERVICES FAMILY SUPPORT CENTERS

Support Center Happenings...and more!


WINTER 2020: What’s Inside:

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