

Lifeworks70

Celebrating 70 Years of Inspiring Possibilities

HIP HOP CAFE

Join Our Club on

12/6 & 2/28

for a community dance with
a DJ!

Time: 7:00-9:00p

Location: Norwood VFW - 193 Dean St.
Norwood MA 02062

Admission: \$6.00 per person - paid at
the door.

No registration required

Not a drop off event

No outside food or drink

Food and drink available for purchase

REGISTRATION AND PAYMENT

To register for an event:

Call or email Kate Kalinoski. Some
events have limited attendance and
participation is not guaranteed.

To pay for an event:

Payment for programming is required
for attendance.

Cash and checks accepted.

Checks written out to Lifeworks. Please
write program name in memo.

(781) 762-4001 ext. 308

kkalinoski@lifeworksarc.org

LIFEWORCS CLOSURES

12/25, 1/1, 1/20, 2/17

SOC AND REC PROGRAMS ARE FOR INDIVIDUALS 18+.

Registration & Payment for all Programs: Call/email Kate Kalinoski by 11/22/24 to register for Basketball and Sports Sampler. For all other programming, register by 12/05/24. Please do not send in payment until you have received confirmation. Cash accepted or checks written out to Lifeworks. Please note program in memo.

BASKETBALL: A fast-paced sport that practices skills such as dribbling, passing, and shooting. Travel team athletes play in Special Olympics league scrimmages. Practice team focuses on working on and improving basketball skills.

Date: Weekly on Mondays starting 12/02/24 through 04/07/25

Time: 7:00-8:30pm

Location: Norwood Civic Center - 165 Nahatan St. Norwood, MA 02062

Price: \$50.00

SPORTS SAMPLER: This includes an intro to Kickball and Floorball. Come learn the skills for each sport and showcase them in a season ending kickball game and Special Olympics Floorball Tournament.

Kickball combines elements of soccer and baseball, such as kicking and running the bases, trying to earn points for you team. Floorball is formally known as Floor Hockey - Special Olympics is transitioning to floorball this season. It is played similarly to floor hockey and practices skills such as stick handling, passing, and shooting.

Date: Weekly on Saturdays starting 12/14/24 through April

Time: 4:30-6:00pm

Location: Xaverian Brothers High School - 800 Clapboardtree Street Westwood, MA 02090

Price: \$40.00

MILLIS SUNDAY BOWLING - SESSION 2: Enjoy a morning of bowling and competition with your friends.

Date: Weekly on Sundays starting 01/05/25 through 05/04/25

Time: 10:00-11:30am


Location: Ryan Family Amusements in Millis - 1170 Main St. Millis
Price: \$6.00 first string, \$2.00 each string after. Cash only - paid to Ryan Family Amusements.

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MARILYN RODMAN PERFORMING ARTS CENTER




Open spots available for the Autism Support Center run workshops to explore and learn about various aspects of performing arts.


Lifeworks  MARILYN RODMAN PERFORMING ARTS CENTER

**EXPLORING THE
NUTCRACKER (DANCE)**

DECEMBER 7, 2024 (10:30am-12pm)

- Creative Explorations Workshops for age 15+
- Partner Event: The Nutcracker presented by Foxboro Classical Ballet Academy (playing at the MRPAC December 14 & 15)







Lifeworks  MARILYN RODMAN PERFORMING ARTS CENTER

**2ND ANNUAL
TALENT SHOW**

JANUARY 4 & 18, 2025 (10:30am-12pm)

- Creative Explorations Workshops for age 15+
- Week 1: Prep & Rehearsal
- Week 2: Rehearsal & Performances





Lifeworks  MARILYN RODMAN PERFORMING ARTS CENTER

**VISUAL ARTS
INTENSIVE WEEK**

FEBRUARY 17-21, 2025 (1pm-3pm)

- Creative Explorations Workshops for age 15+
- Guest Teacher: Howie Green




*February workshop - program pending enrollment - reach out to Kate Kalinoski if interested.

ADAPTIVE FITNESS CLASSES: Jump start those New Year resolutions with this group exercise class for all abilities run by ASD Fit. Trained instructors meet individuals where they are in their exercise journey and tailor workouts for each individual.

Date: Thursdays starting 01/09/25 through 02/27/25

Time: 5:00-6:00p

Location: Lifeworks Employment Services Norwood - 1400 Providence Hwy. Norwood MA 02062

Price: \$75.00 (this includes trained staff from ASD Fit and personalized work outs)

WALKING CLUB: Enjoy a walk with peers around an indoor track.

Date: Weekly on Mondays starting 01/27/25 through 03/24/25

Time: 5:00-6:00pm

Location: Elite Health and Fitness - 1519 Central St. Stoughton, MA 02072

Price: \$20.00

MAGIC OF LIGHTS AT PATRIOTS PLACE: Enjoy some hot chocolate before taking the van to Patriots Place to enjoy a drive-through lights display.

Date: Thursday 12/19/24

Time: 4:30-6:30p

Location: 789 Clapboardtree St. Westwood MA 02090 (drop off and pick up) and Patriots Place for the light show

Price: \$10.00

December 2024



Social and Recreational Calendar

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Basketball 7:00-8:30p	3	4 Wednesday Bowling 5:00p-6:30p Our Club 6:00-7:30p	5	6 Hip Hop Cafe 7:00-9:00p	7
8	9 Basketball 7:00-8:30p	10 Social Club 6:00p-7:30p	11 Wednesday Bowling 5:00p-6:30p	12	13	14 Sports Sampler 4:30-6:00p
15	16 Basketball 7:00-8:30p	17	18 Wednesday Bowling 5:00p-6:30p	19 Magic of Lights - Patriots Place 4:30-6:30p	20	21 Sports Sampler 4:30-6:00p
22	23	24	25 Holiday	26	27	28
29	30	31	1	2	3	4

January 2025



Social and Recreational Calendar

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 Holiday	2	3	4 Sports Sampler 4:30-6:00p
5 Sunday Bowling 10:00-11:30a	6 Basketball 7:00-8:30p	7 Social Club 6:00p-7:30p	8 Wednesday Bowling 5:00p-6:30p	9 Adaptive Fitness 5:00-6:00p	10	11 Sports Sampler 4:30-6:00p
12	13 Basketball 7:00-8:30p	14	15 Wednesday Bowling 5:00p-6:30p	16 Adaptive Fitness 5:00-6:00p	17	18 Sports Sampler 4:30-6:00p
19 Sunday Bowling 10:00-11:30a	20 Holiday	21 Social Club 6:00p-7:30p	22 Wednesday Bowling 5:00p-6:30p	23 Adaptive Fitness 5:00-6:00p	24	25 Sports Sampler 4:30-6:00p
26 Sunday Bowling 10:00-11:30a	27 Basketball 7:00-8:30p Walking Club 5:00-6:00p	28	29 Wednesday Bowling 5:00p-6:30p	30 Adaptive Fitness 5:00-6:00p	31	1

