

Lifeworks

ADVOCACY • EMPOWERMENT • OPPORTUNITY

SOC AND REC PROGRAMS ARE FOR INDIVIDUALS 18+

Registration & Payment for all Programs: Call/email Kate Kalinoski by 03/01/25 to register for Trivia Night. For all other programming, register by 03/17/25. Please do not send in payment until you have received confirmation. Venmo, cash, or checks written out to Lifeworks accepted. Please note program on Venmo or in check memo.

POLAR PLUNGE

KEVIN MURPHY
KAT BYNAROWICZ
TRACEY O'FARRELL

are taking the plunge to support
Special Olympics.

Donations directly benefit
Lifeworks Special Olympics Sports:
Basketball, Bocce, Bowling, Cheer,
Floorball

See page 3 for more details

HIP HOP CAFE

Join Our Club on

03/28 & 04/25

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

LIFEWORKS CLOSURES

04/21, 05/26

TRIVIA NIGHT: Enjoy some friendly competition with friends answering some trivia questions hosted by Soc and Rec! A variety of knowledge will be tested and prizes awarded to the winning team!

Date: Thursday 3/20/25

Time: 5:30p-7:30p

Location: Conrad's Restaurant - Norwood - 728 Washington St.
Norwood

Price: \$25.00 (includes Trivia and Buffet Style Dinner)

KARAOKE GROUP: Learn the basics of karaoke and song performance through this 4-week music session.

Date: Weekly on Thursdays starting 4/3/25 through 4/24/25

Time: 4:30p-5:30p

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

Price: \$20.00

COMPUTER CLASS: Practice basic computer skills such as typing, using the mouse, and accessing the internet.

Date: Weekly on Thursdays starting 5/1/25 through 5/22/25

Time: 5:30p-6:30p

Location: Lifeworks - 789 Clapboardtree St. Westwood

Price: \$20.00

DRUMS ALIVE: A fitness experience that uses drumming and music to create a sensory experience for the mind and body.

Date: Weekly on Wednesdays starting 5/7/25 through 5/28/25

Time: 5:00p-6:00p

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

Price: \$20.00

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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.

Venmo, cash, and checks written out to Lifeworks accepted.

Please write program name in Venmo or in check memo.

Venmo info:

Scan the code below with your camera or search Lifeworks Arc @LifeworksWestwood



(781) 762-4001 ext. 308

kkalinoski@lifeworksarc.org

ADDITIONAL RESOURCES

YMCA

- Camp for adult ages 18-60 years old with special needs

For more information, go to:

<https://www.hockymca.org/camp/options/camp-calcia-north-attleboro/>

ASD Fit

- adaptive fitness classes

For more information, go to:

<https://www.asdfitboston.com/>

SING EXPLORE CREATE: Music therapists from Sing Explore Create offer tailored programs that prioritize individual needs and interests. Join this 5-week music session to learn about and explore all things music.

Date: Mondays starting 5/5/25 through 6/16/25 (no class 5/19 or 5/26)

Time: 5:00p-6:00p

Location: Lifeworks - 789 Clapboardtree St. Westwood

Price: \$50.00 (this includes music therapists tailoring the class to group needs)

For more information on Sing Explore Create go to: <https://singexplorecreate.com/>

PAINT NIGHT: Create a one-of-a-kind masterpiece with artist Rachel Rasnick while spending time with friends.

Date: Tuesday 5/27/25

Time: 5:00p-7:00p

Location: Lifeworks - 789 Clapboardtree St. Westwood

Price: \$25.00 (this includes the art project and pizza)

For more information on Rachel Rasnick, go to: <https://www.rachelrasnick.com/>

POSSIBLE UPCOMING ACTIVITY: Soc and Rec is wondering, is there interest in starting a biking group? As you register for activities, please note if you are interested in bike riding on bike trails and at parks.

What other activities are you interested in that you have not seen in our newsletters? Please send suggestions to Kate Kalinoski at kkalinoski@lifeworksarc.org.

POLAR PLUNGE

Special Olympics Massachusetts

When: Saturday, February 22, 2025

Where: Nantasket Beach – 225 Nantasket Ave. Hull

Time: Plunge at 12:00 p.m.

Ways to Support
our Coaches
**KEVIN, KAT,
and TRACEY:**

- **Coming out** on the day to cheer them on!
- **Donating** via the Special Olympics website. Cash or checks made out to Special Olympics Massachusetts can be given to **Kate Kalinoski**.

Donate and support the Lifeworks Team by scanning or clicking the QR code below.



For any questions or concerns contact Kate Kalinoski at
kkalinoski@lifeworksarc.org

March 2025



Social and Recreational Calendar
 (781) 762-4001 ext 308
 k k alinosk i@lifeworksarc.org

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

April 2025



Social and Recreational Calendar
 (781) 762-4001 ext 308
 k k alinosk i@lif ework sarc. org

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

May 2025



Social and Recreational Calendar
 (781) 762-4001 ext 308
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1 Computer Class 5:30p-6:30p	2	3
4	5 Sing Explore Create 5:00p-6:00p	6	7 Drums Alive 5:00p-6:00p	8 Computer Class 5:30p-6:30p	9	10
11	12 Sing Explore Create 5:00p-6:00p	13 Social Club End of Season 6:00p-7:30p	14 Drums Alive 5:00p-6:00p	15 Computer Class 5:30p-6:30p	16	17
18	19	20	21 Drums Alive 5:00p-6:00p	22 Computer Class 5:30p-6:30p	23	24
25	26 Holiday	27 Paint Night 5:00p-7:00p	28 Drums Alive 5:00p-6:00p	29	30	31