



Lifeworks

ADVOCACY • EMPOWERMENT • OPPORTUNITY

Our Club Hip Hop Cafés

Join Our Club on
9/29 & 10/27
for a Hip Hop Café!

Time: 7:00-9:00pm

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**

Our Club: Make a difference in your community with your peers while doing volunteer work, advocacy projects, and hosting Hip Hop Cafés.

Date: Monthly on Wednesdays starting 9/27/23

Time: 6:00-7:30pm

Location: Lifeworks-789 Clapboardtree St. Westwood (Jane Smith)

Price: \$5.00 per session

Registration: Call/Email Kate Kalinoski by 9/13.

Payment: *Cash accepted. Checks written out to Lifeworks. Please note program in memo.*

Social Club: Get to know your peers while engaging in leisure activities like crafts and games.

Date: Bi-weekly on Tuesdays starting 10/03/23

Time: 6:00-7:30pm

Location: Lifeworks-789 Clapboardtree St. Westwood (Jane Smith)

Price: \$5.00 per session

Registration: Call/Email Kate Kalinoski by 9/19.

Payment: *Cash accepted. Checks written out to Lifeworks. Please note program in memo.*

Millis Bowling: Enjoy an evening of bowling and competition with your friends.

Date: Weekly on Wednesdays starting 10/18/23

Time: 5:00-6:30pm

Location: Ryan Family Amusements in Millis - 1170 Main St. Millis

Price: \$5.00 first string, \$1.00 each string after. *Cash only - paid to Ryan Family Amusements.*

Registration & Payment: Due on 10/01/23. *Cash paid to Ryan Family Amusements.*

Social and Recreation

September 2023 - November 2023

Registration and Payment

To register for an Event:

Call or email Kate Kalinoski at least 2 weeks prior to program start date.

Registration does not guarantee participation. Participants will receive an email confirming their participation or informing them that they have been placed on a waitlist. We appreciate your understanding. Thank you

To Pay for an Event:

Wait for confirmation of participation before sending in payment.

Payment for programming is required in advance unless otherwise noted in program description.

Cash and checks accepted!

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

(781) 762-4001 ext. 308
kkalinoski@lifeworksarc.org

Lifeworks Closures

Closures:

9/5, 11/23, 11/24

Weather Line

For weather cancellations call:
(781) 234-1443

Norwood Bowling: Enjoy an evening of bowling and competition with your friends.

Date: Weekly on **Saturdays** starting 10/21/23

Time: 5:00-6:30pm

Location: Norwood Sports Center - 65 Cottage St. E. Norwood

Price: \$7.00 per person. *Cash only - paid to Norwood Sports Center*

Registration & Payment: Due on 10/6/23. *Cash paid to Norwood Sports Center.*

Yoga: Join Yogabilities - a group yoga class that uses props - such as flash cards - to make yoga fun and accessible. Work on strength and balance and practice Yogic breathing and relaxation. Class taught by Melinda Coppola.

Date: Weekly on Thursdays starting 09/21/23 for 9 weeks

Time: 4:30-5:30pm (if registration is high, there is the possibility of adding a second class 5:45-6:45pm)

Location: LES Norwood- 1400 Providence Highway, Norwood

Price: \$50.00 one time fee for all classes.

Registration: Call/Email Kate Kalinoski by 9/7.

Payment: Please do not send in payment until you have received confirmation. *Cash accepted. Checks written out to Lifeworks. Please note program in memo.*

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

Date: Weekly on Tuesdays starting 11/7/23 for 4 weeks.

Time: 5:00-6:00pm

Location: LES Norwood- 1400 Providence Highway, Norwood

Price: \$15.00

Registration: Call/Email Kate Kalinoski by 10/24.

Payment: Please do not send in payment until you have received confirmation. *Cash accepted. Checks written out to Lifeworks. Please note program in memo.*

Additional Resources

Marilyn Rodman Performing Arts Center

1 School St. Foxboro MA 02035

A non-profit organization that "seeks to provide our community and youth with relevant, equitable, and meaningful opportunities to experience all aspects of the performing arts."

Inclusive Fitness

1665 VFW Pkwy. Boston MA

This gym provides "highly trained and experienced coaches, adaptive programming and a beautiful, accessible and sensory friendly place."

Computer Class: Practice your basic computer skills like typing and accessing the internet.

Date: Weekly on Thursdays starting 10/5/23 for 5 weeks

Time: 5:30-6:30pm

Location: Lifeworks - 789 Clapboardtree St. Westwood

Price: \$20.00

Registration: Call/Email Kate Kalinoski by 9/21.

Payment: Please do not send in payment until you have received confirmation. *Cash accepted. Checks written out to Lifeworks.*

Please note program in memo.

****Basketball:** A fast paced sport that practices skills such as dribbling, passing, and shooting. Athletes also play in scrimmages.

Date: TBD

Time: TBD

Location: TBD

Price: TBD

Registration & Payment: TBD

****The town of Norwood reached out and can no longer accommodate practice on Monday nights at the Civic Center. They are currently looking into other options for us and will update once arrangements have been made. I appreciate everyone's patience as we await more information.****

Cornhole Tournament: A fundraising event supporting Lifeworks. Cash prizes for winners, raffle drawings, and great food and beverage for purchase.

Date: Saturday, September 9, 2023

Time: 2:00-6:00pm

Location: Mick Morgan's Irish Pub & Restaurant, 973 Providence Highway, Sharon MA 02067

Price: \$80.00 per 2-person team

Ways to Register:

1. Online at <https://lifeworksarc.org/cornhole-tournament/>

2. Call Dawna Gyukeri at (781) 762-4001 ext. 304

3. Mail registration fee to Lifeworks - 789 Clapboardtree St. Westwood, MA 02090 (include the names of your two-person team)

This is a Lifeworks event that is open to the public, not just Soc and Rec, but many come and enjoy the event.

If you don't plan to play, this event is free to attend - join us and cheer on the teams!

September 2023 Lifeworks

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Social and Recreational Calendar

(781) 762-4001 ext 308

kkalinoski@lifeworksarc.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4 Closed	5	6 Softball 5:00p-6:30p	7	8	9 Lifeworks Cornhole Tournament - Mick Morgan's 2:00p-6:00p
10	11	12	13 Softball End of Season 6:30p-8:00p	14	15	16
17	18	19	20	21 Yoga 4:30p-5:30p	22	23
24	25	26	27 Our Club 6:00p-7:30p	28 Yoga 4:30p-5:30p	29 Hip Hop Cafe 7:00p-9:00p	30

October 2023



Social and Recreational Calendar

(781) 762-4001 ext 308

kkalinoski@lifeworksarc.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Social Club 6:00p-7:30p	4	5 Yoga 4:30p-5:30p Computer Class 5:30p-6:30p	6	7
8	9	10	11	12 Yoga 4:30p-5:30p Computer Class 5:30p-6:30p	13	14
15	16	17 Social Club 6:00p-7:30p	18 Millis Bowling 5:00p-6:30p	19 Yoga 4:30p-5:30p Computer Class 5:30p-6:30p	20	21 Norwood Bowling 5:00p-6:30p
22	23	24	25 Millis Bowling 5:00p-6:30p Our Club 6:00p-7:30p	26 Yoga 4:30p-5:30p Computer Class 5:30p-6:30p	27 Hip Hop Cafe 7:00p-9:00p	28 Norwood Bowling 5:00p-6:30p
29	30	31	1	2	3	4

November 2023 Lifeworks

ADVOCACY • EMPOWERMENT • OPPORTUNITY

Social and Recreational Calendar

(781) 762-4001 ext 308

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 Millis Bowling 5:00p-6:30p	2 Yoga 4:30p-5:30p Computer Class 5:30p-6:30p	3	4 Norwood Bowling 5:00p-6:30p
5	6	7 Drums Alive 5:00p-6:00p	8 Millis Bowling 5:00p-6:30p	9 Yoga 4:30p-5:30p	10	11
12	13	14 Drums Alive 5:00p-6:00p Social Club 6:00p-7:30p	15 Millis Bowling 5:00p-6:30p	16 Yoga 4:30p-5:30p	17	18 Norwood Bowling 5:00p-6:30p
19	20	21 Drums Alive 5:00p-6:00p	22	23 Closed	24 Closed	25
26	27	28 Drums Alive 5:00p-6:00p Social Club 6:00p-7:30p	29 Millis Bowling 5:00p-6:30p	30	1	2