

Lifeworks

ADVOCACY • EMPOWERMENT • OPPORTUNITY

Our Club Hip Hop Cafes

Join Our Club on
01/28 & 02/25
For a Hip Hop Cafe!

Time: 7:00p-9:00p

Location: Norwood VFW

Admission: \$6.00 per person

Not a drop off event
No outside food or drink

*Please note Hip Hop Cafes
may be cancelled due to
COVID or weather. If
cancelled an email will be
sent in advance.*



Floor Hockey: A fast paced sport that practices skills such as stick-handling, passing, and shooting. Athletes also play in scrimmages and compete with Special Olympics.

Date: Weekly on Saturdays starting 12/11/21

Time: 4:30p-6:00p

Location: Xaverian Brothers High School

Price: \$35.00 for the season

Registration & Payment: Due on 12/04/21

Cash accepted. Checks written out to Lifeworks.

December Take Home Kit: An art and craft activity that you complete in the comfort of your home!

DIY Wooden Presents

Your Kit Includes:

- Paint and paintbrush
- Ribbon
- Gift tag
- Holiday garnishes
- Wooden blocks

Cost: \$15.00

Registration & Payment : Due on 12/03/21

Cash accepted. Checks written out to Lifeworks.

Zoom Zumba: A dance workout that uses Zumba music and choreography to create a fitness party!

Instructor: Rasheeda F.

Date: Weekly on Wednesdays

Time: 4:30p-5:15p

Location: Zoom

Registration & Payment : Due on 12/22/21

Cash accepted. Checks written out to Lifeworks.

Registration & Payment

To register for an event

Call or email Courtney Diamond. Some events have limited attendance and participation is not guaranteed.

To pay for an event

Payment for programming is required in advance.

Cash and checks accepted!

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

781-762-4001 ext. 308
cdiamond@lifeworksarc.org

Lifeworks Closures

Closures

12/24, 12/31, 01/17, 02/21

Weather Line

For weather cancellations call: 781-762-4001 ext. 443



February Take Home Kit: An art and craft activity that you complete in the comfort of your home!

DIY Valentine Cookies

Your Kit Includes:

- Cookies
- Frosting
- Decorative treats

Cost: \$15.00

Registration & Payment : Due on 01/20/22

Cash accepted. Checks written out to Lifeworks.

Virtual Escape Game: The Depths- Mysterious videos from a rumored undersea lab surface, showing some stand experiments. Embark into the depths of the ocean to uncover what really happened down there. Be warned, you may not be alone in these waters!

Date: 01/13/21

Time: 4:45p-6:00p

Location: Zoom

Cost: \$30.00

Registration & Payment: Due on 12/30/21

Cash accepted. Checks written out to Lifeworks.

Zoom Bingo: Test your chances in a classic game of bingo.

Date: Weekly on Thursdays starting 02/27/22

Time: 5:00p-5:30p

Location: Zoom

Registration: Due on 01/20/22

Music Jam Circle: A night filled with singing, song, dance, and hands on instrument use featuring hit music from the 60s, 70s, and 80s.

Instructor: Laura A.

Date: 02/08/22

Time: 5:30p-6:30p

Location: 789 Clapboardtree St.

Registration: Due on 01/25/22



Lifeworks

December 2021

Social and Recreation

781-762-4001 ext. 308

cdiamond@lifeworksarc.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Millis Bowling 5:00p-6:30p Our Club 6:00p-7:30p	2 Zoom Trivia 5:00p-5:30p	3	4
5 Norwood Bowling 5:00p-6:30p	6 Basketball 6:45p-8:30p	7 Social Club 6:00p-7:30p	8 Millis Bowling 5:00p-6:30p	9 Zoom Trivia 5:00p-5:30p	10	11 Floor Hockey 4:30p-6:00p
12 Norwood Bowling 5:00p-6:30p	13 Basketball 6:45p-8:30p	14	15 Millis Bowling 5:00p-6:30p Our Club 6:00p-7:30p	16	17	18 Floor Hockey 4:30p-6:00p
19	20	21 Social Club 6:00p-7:30p	22	23	24 CLOSED	25
26	27	28	29 Millis Bowling 5:00p-6:30p Our Club 6:00p-7:30p	30	31 CLOSED	



Lifeworks

January 2022

Social and Recreation

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Norwood Bowling 5:00p-6:30p	3 Basketball 6:45p-8:30p	4 Social Club 6:00p-7:30p	5 Zoom Zumba 4:30-5:15 Millis Bowling 5:00p-6:30p	6	7	8 Floor Hockey 4:30p-6:00p
9 Norwood Bowling 5:00p-6:30p	10 Basketball 6:45p-8:30p	11	12 Zoom Zumba 4:30-5:15 Millis Bowling 5:00p-6:30p Our Club 6:00p-7:30p	13 The Depths 4:45p-6:00p	14	15 Floor Hockey 4:30p-6:00p
16	17 CLOSED	18 Social Club 6:00p-7:30p	19 Zoom Zumba 4:30-5:15 Millis Bowling 5:00p-6:30p	20	21	22 Floor Hockey 4:30p-6:00p
23 Norwood Bowling 5:00p-6:30p	24 Basketball 6:45p-8:30p	25	26 Zoom Zumba 4:30-5:15 Millis Bowling 5:00p-6:30p Our Club 6:00p-7:30p	27 Zoom Bingo 5:00p-5:30p	28 Hip Hop Cafe 7:00p-9:00p	29 Floor Hockey 4:30p-6:00p
30 Norwood Bowling 5:00p-6:30p	31 Basketball 6:45p-8:30p					



Lifeworks

February 2022

Social and Recreation

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Social Club 6:00p-7:30p	2 Millis Bowling 5:00p-6:30p	3 Zoom Bingo 5:00p-5:30p	4	5 Floor Hockey 4:30p-6:00p
6 Norwood Bowling 5:00p-6:30p	7 Basketball 6:45p-8:30p	8 Music Jam 5:30p-6:30p	9 Millis Bowling 5:00p-6:30p Our Club 6:00p-7:30p	10 Zoom Bingo 5:00p-5:30p	11	12 Floor Hockey 4:30p-6:00p
13 Norwood Bowling 5:00p-6:30p	14 Basketball 6:45p-8:30p	15 Social Club 6:00p-7:30p	16 Millis Bowling 5:00p-6:30p	17 Zoom Bingo 5:00p-5:30p	18	19 Floor Hockey 4:30p-6:00p
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