

Lifeworks

ADVOCACY • EMPOWERMENT • OPPORTUNITY

Our Club Hip Hop Cafes

Join Our Club on
03/25 & 04/22
For a Hip Hop Cafe!

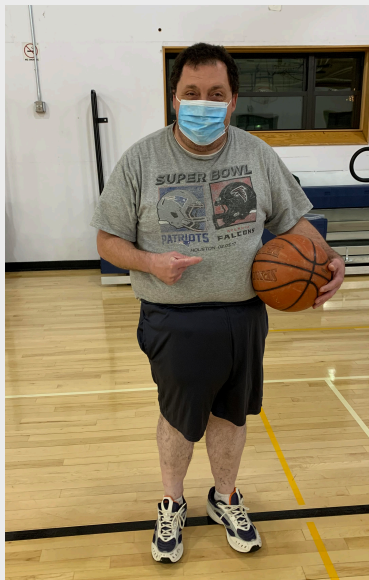
Time: 7:00p-9:00p

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.*



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

DIY Herb Garden

Your Kit Includes:

- 3 small plant pots
- Seeds: mint, dill, chive
- Dirt
- Decals for your herbs

Cost: \$10.00

Registration & Payment : Due on 03/18/22

Cash accepted. Checks written out to Lifeworks.

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

Instructor: Katie D.

Date: Weekly on Thursdays

Time: 5:00p-6:00p

Location: Jane Smith Room at 789 Clapboardtree St.

Cost: \$15.00

Registration & Payment : Due on 03/24/22

Cash accepted. Checks written out to Lifeworks.

April Take Home Kit: An activity that you complete in the comfort of your home!

Daddy's Dairy DIY Sundae

Your Kit Includes:

- Gift Card for a pint of Daddy's Dairy ice cream:
pick your own flavor!
- Bowl and spoon
- Variety of toppings

Cost: \$10.00

Registration & Payment : Due on 04/04/22

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

04/18, 05/30

Weather Line

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

Our Club Open House: Our Club is now accepting new members! If you enjoy volunteering with local groups in need and hosting fun dances and actives then stop by to learn more about how you can join.

Date: 05/04/22

Time: 6:00p-7:30p

Location: Backyard of 789 Clapboardtree St.

Registration: Due on 04/20/22

Mass Audubon Birds of Prey: Learn about birds of prey by playing educational games, doing crafts, and interacting with a live animal ambassador.

Date: 05/16/22

Time: 4:00–5:00p

Location: 108 North St, Norfolk, MA 02056

Cost: \$15.00

Registration & Payment: Due on 04/27/22

Paint Night: Create a one-of-a kind masterpiece while enjoying an evening with your friends. Light refreshments offered.

Instructor: Rachel Rasnick

Rachel Rasnick is an artist from Rhode Island who started her painting journey with Studio57 at Looking Upwards RI, a program for adults with disabilities. Rachel's artwork is known for making people happy and a portion of her sales go to Special Olympics RI.

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

Date: 05/24/22

Time: 5:00p-6:00p

Location: Backyard of 789 Clapboardtree St.

Cost: \$20.00

Registration & Payment: Due on 05/04/22



Lifeworks

March 2022

Social and Recreation

781-762-4001 ext. 308

cdiamond@lifeworksarc.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Social Club 6:00p-7:30p	2 Millis Bowling 5:00p-6:30p	3	4	5 Floor Hockey 4:30p-6:00p
6 Norwood Bowling 5:00p-6:30p	7 Basketball 6:45p-8:30p	8	9 Millis Bowling 5:00p-6:30p Our Club 6:00p-7:30p	10	11	12 Floor Hockey End of Season 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	18	19
20 Norwood Bowling 5:00p-6:30p	21 Basketball 6:45p-8:30p	22	23 Millis Bowling 5:00p-6:30p Our Club 6:00p-7:30p	24	25 Hip Hop Cafe 7:00p-9:00p	26
27 Norwood Bowling 5:00p-6:30p	28 Basketball 6:45p-8:30p	29 Social Club 6:00p-7:30p	30 Millis Bowling 5:00p-6:30p	31 Drums Alive 5:00p-6:00p		



Lifeworks

April 2022

Social and Recreation

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



May 2022

Social and Recreation

781-762-4001 ext. 308

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Our Club Open House 6:00p-7:30p	5	6	7
8	9	10 Social Club 6:00p-7:30p	11	12	13	14
15	16 Mass Audubon Birds of Prey 4:00p-5:00p	17	18 Our Club End of Season 6:00p-7:30p	19	20	21
22	23	24 Paint Night 5:00p-6:00p	25	26	27	28
29	30 CLOSED	31				