



Lifeworks

ADVOCACY • EMPOWERMENT • OPPORTUNITY

Lifeworks' Sports Banquet

Celebrating Lifeworks' athletes, coaches, and volunteers!

Date: August 31, 2022
Location: Four Points Hotel in the Tiffany Ballroom: 1125 Boston Providence Turnpike, Norwood, MA
Time: Doors open at 6pm
Price: \$32.00 per person
Mail payment and completed invitation to:
Lifeworks
Courtney Diamond
789 Clapboardtree St.
Westwood, MA 02090

Check payable to: Lifeworks
Memo: 2022 Sports Banquet

Registration due 08/10/22

Registration form on final page of newsletter.

Yoga for All: Yoga for All encourages you to show up as you are and experience a yoga class using props to make yoga more accessible and adaptable for everyone regardless of age or ability!

Date: Weekly on Wednesdays starting 06/08/22

Time: 4:30-5:30pm

Location: Karuna Nutrition + Movement: 100 Morse St. Norwood (South Entrance)

Price: \$25.00

Registration & Payment: Due on 06/01/22

Cash accepted. Checks written out to Lifeworks.

Cornhole: A lawn game where players take turns throwing bags at raised boards to score points.

Date: Weekly on Tuesdays starting 06/21/22

Time: 4:45-6:00pm

Location: Lifeworks: 789 Clapboardtree St., Westwood (in the backyard)

Price: \$25.00

Registration & Payment: Due on 06/14/22

Cash accepted. Checks written out to Lifeworks.

Bocce Ball: Players in teams of two throw four large bocce balls to earn points for their team.

Date: Weekly on Mondays starting 06/27/22

Time: 4:30-6:30pm

Location: Italian American Club: 109 Stone St., Walpole

Price: \$35.00

Registration & Payment: Due on 06/13/22

Cash accepted. Checks written out to Lifeworks.

Due to increased interest in the Lifeworks' bocce ball team, **registration does not guarantee participation.** Athletes will get an email confirming their participation or informing them that they have been placed on a waitlist. We appreciate your understanding.

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

06/20, 07/04

Weather Line

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

Softball: Practice the fundamentals of softball; throwing, catching, and hitting - then finish the season with scrimmages under the lights.

Date: Weekly on Wednesday starting 07/20/22

Time: 5:00-6:30pm

Location: Father McAleer Field, Norwood, MA

Price: \$35.00

Registration & Payment: Due on 07/06/22
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.

Date: Weekly on Tuesdays starting 08/02/22

Time: 5:00-6:00pm

Location: LES Norwood: 1400 Providence Highway, Norwood, MA

Cost: \$15.00

Registration & Payment : Due on 07/19/22
Cash accepted. Checks written out to Lifeworks.



2022 Sports Banquet

Complete and return with payment to Courtney Diamond by 08/10/2022

- Date:** August, 31, 2022
- Location:** Four Points Hotel in the Tiffany Ballroom
1125 Boston Providence Turnpike, Norwood, MA
- Time:** Doors open at 6pm
- Price:** \$32.00 per person

Name: _____ Are you an Athlete? Yes___ No ___

Sport(s) played: _____

Shirt Size **(only if you played a sport):** _____

Home Phone: _____ Cell: _____

Email Address: _____

Print your name, name of guest, and If you have a seating preference.

Your Name: _____

Guest (s): _____

Seating request or accommodation: _____

Dietary needs: _____



Lifeworks

June 2022

Social and Recreation

781-762-4001 ext. 308

cdiamond@lifeworksarc.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8 Yoga 4:30p-5:30p	9	10	11
12	13	14	15 Yoga 4:30p-5:30p	16	17	18
19	20 CLOSED	21 Cornhole 4:45p-6:00p	22 Yoga 4:30p-5:30p	23	24	25
26 Bocce Ball 4:30p-6:30p	27 Cornhole 4:45p-6:00p	28 Yoga 4:30p-5:30p	29	30		



July 2022

Social and Recreation

781-762-4001 ext. 308

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 CLOSED	5 Cornhole 4:45p-6:00p	6	7	8	9
10	11 Bocce Ball 4:30p-6:30p	12 Cornhole 4:45p-6:00p	13	14	15	16
17	18 Bocce Ball 4:30p-6:30p	19 Cornhole 4:45p-6:00p	20 Softball 5:00p-6:30p	21	22	23
24/31	25 Bocce Ball 4:30p-6:30p	26 Cornhole End of Season 4:45p-6:00p	27 Softball 5:00p-6:30p	28	29	30



Lifeworks

August 2022

Social and Recreation

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Bocce Ball 4:30p-6:30p	2 Drums Alive 5:00p-6:00p	3 Softball 5:00p-6:30p	4	5	6
7	8 Bocce Ball 4:30p-6:30p	9 Drums Alive 5:00p-6:00p	10 Softball 5:00p-6:30p	11	12	13
14	15 Bocce Ball 4:30p-6:30p	16 Drums Alive 5:00p-6:00p	17 Softball 5:00p-6:30p	18	19	20
21	22 Bocce Ball 4:30p-6:30p	23 Drums Alive 5:00p-6:00p	24 Softball 5:00p-6:30p	25	26	27
28	29 Bocce Ball End of Season 4:30p-6:30p	30 Drums Alive 5:00p-6:00p	31 Sports Banquet 6:00p-9:00p			