



Lifeworks

ADVOCACY • EMPOWERMENT • OPPORTUNITY

Our Club

Our Club will be hosting a **CLOTHING DRIVE** to provide warm clothes to those who need them. Donations can be dropped off at the Lifeworks Main Office and LES Norwood throughout the month of December. Items will then be donated to Big Brothers Big Sisters. Please consider donating new warm winter clothes or accessories.

Hip Hop Cafés

Join Our Club on **12/1 & 2/23** 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

Paint Night: Create a one-of-a-kind Valentine's Day masterpiece with artist Rachel Rasnick while spending time with friends.

Date: 01/30/2024

Time: 5:00-7:00p

Location: Lifeworks - 789 Clapboardtree St. Westwood

Price: \$20.00 - includes paint supplies and pizza!

Registration: Call/Email Kate Kalinoski by 12/31/23.

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

Please note program in memo.

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 12/16/23

Time: 4:30-6:00pm

Location: Xaverian Brothers High School - 800 Clapboardtree Street Westwood, MA 02090

Price: \$35.00

Registration: Call/Email Kate Kalinoski by 11/29/23.

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

Please note program in memo.

Walking Club: **New club alert** What a great way to get some exercise with friends! Come enjoy a walk with peers during the first season of walking club. Details to follow, please reach out if you would be interested in joining. Soc and Rec is looking into using an indoor track for the winter session and taking the club outdoors to local parks in the spring. The first session will tentatively run on a weekday evening for 8 weeks.

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 in advance.

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:

12/25, 1/1, 1/15, 2/19

Weather Line

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

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."

Date & Time: TBD

Location: TBD

Price: TBD

Registration: Call/Email Kate Kalinoski if interested.

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 01/04/24 for 9 weeks

Time: 4:30-5:30pm or 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 12/13/23

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 02/06/23 for 4 weeks.

Time: 5:00-6:00pm

Location: LES Norwood- 1400 Providence Highway, Norwood

Price: \$15.00

Registration: Call/Email Kate Kalinoski by 01/10/24.

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

Computer Class: Practice your basic computer skills such as typing, using the mouse, and accessing the internet.

Date: Weekly on Thursdays starting 01/25/24 for 5 weeks

Time: 5:30-6:30pm

Location: Lifeworks - 789 Clapboardtree St. Westwood

Price: \$20.00

Registration: Call/Email Kate Kalinoski by 01/05/24.

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

December 2023



Social and Recreational Calendar

(781) 762-4001 ext 308

kkalinoski@lifeworksarc.org

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

January 2024



Social and Recreational Calendar

(781) 762-4001 ext 308

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

February 2024



Social and Recreational Calendar

(781) 762-4001 ext 308

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