

Lifeworks

ADVOCACY • EMPOWERMENT • OPPORTUNITY

SPECIAL EVENTS

HIP HOP CAFE 9/26 & 10/24

Join Our Club for a community dance with a DJ!

Time: 7:00-9:00pm

Location: Norwood VFW - 193 Dean St. Norwood, MA 02062

Admission: \$6.00 per person - paid at the door. Cash or Check.

No registration required

Not a drop off event

No outside food or drink

Food and drink available for purchase

FRIENDS AND FAMILY BASKETBALL GAME

Look out for more information regarding this event!

Enjoy a friendly competition of staff vs athletes in a fun game of basketball. Athletes are encouraged to bring a "plus 1" to play on their team for added fun. T-shirts will be provided.

WEATHER LINE

781-234-1443

LIFEWORKS CLOSURES

09/01, 11/27, 11/28

SOC AND REC PROGRAMS ARE FOR INDIVIDUALS 18+

Registration & Payment for all Programs: Call/email Kate Kalinoski by 9/2/25 to register for Sunday Bowling, Yoga, and Biking Club. For all other programming, register by 9/15/25. Please do not send in payment until you have received confirmation. Cash or checks written out to Lifeworks accepted. Please note program in check memo.

SUNDAY BOWLING: Enjoy a morning of bowling and competition with friends, with the option of competing in the Special Olympics Tournament in March.

Date: Weekly on Sundays starting 09/07/25 through 4/26/26

Time: 9:30-11:00am

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

Price: \$6.00 first string, \$2.00 each string after - paid to Ryan Family Amusements.

WEDNESDAY BOWLING: Enjoy an evening of bowling and competition with friends, with the option of competing in the Special Olympics Tournament in March.

Date: Weekly on Wednesdays starting 10/15/25 through 04/15/26

Time: 5:00-6:30pm

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

Price: \$6.00 first string, \$2.00 each string after - paid to Ryan Family Amusements.

CHEERLEADING: Bring your positivity and enthusiasm to the Cheer Team as skills are practiced and showcased in the Special Olympics Cheer event at Gillette Stadium. The Cheer team also cheers for the basketball team and various events tbd throughout the year.

Date: Weekly on Mondays starting 09/29/25 through 11/10/25

Time: 5:00-6:00pm

Location: LES Norwood- 1400 Providence Highway, Norwood

Price: \$35.00

OUR CLUB: Make a difference in your community while doing volunteer work, advocacy projects, and hosting Hip Hop Cafés.

Date: Monthly on Wednesdays starting 09/24/25

Time: 6:00-7:30pm

Location: Lifeworks-789 Clapboardtree St. Westwood

Price: \$5.00 per session

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

Date: Bi-weekly on Tuesdays starting 10/28/25 through 5/12/26

Time: 6:00-7:30pm

Location: Lifeworks-789 Clapboardtree St. Westwood

Price: \$5.00 per session

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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 for attendance.

Cash and checks written out to Lifeworks accepted. Please write program name in check memo.

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

What other activities are you interested in that you have not seen in our newsletters? Please send suggestions to
Kate Kalinoski at
kkalinoski@lifeworksarc.org.

ADDITIONAL EVENTS (Not a Lifeworks Event)

Tip A Cop - 9/18/25
A Special Olympics fundraiser at the Texas Roadhouse in Walpole - 102 Boston Providence Highway
5-9pm

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 Tuesdays starting 09/16/25 through 10/28/25

Time: 4:45-5:45pm or 6:00-7:00pm (depending on registration)

Location: LES Norwood- 1400 Providence Highway, Norwood

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

BIKING CLUB: Join this new group for an easy bike ride with friends. The ride will take place on the bike path. Participants must know how to and be comfortable riding a bike. (These are NOT biking lessons). Must bring own bike and helmet.

Date: Weekly on Thursdays starting 09/18/25 - 10/09/25

Time: 5:00-6:00pm

Location: World War II Veterans Memorial Trail - Mansfield bike path

Price: \$20.00

CHESS CLUB: This chess club is open to all levels so if you are starting to learn or have been playing for years, come practice and grow your chess skills.

Date: Weekly on Thursdays starting 10/23/25 - 11/13/25

Time: 5:00-6:00pm

Location: Lifeworks - 789 Clapboardtree St. Westwood

Price: \$20.00

BLANKET MAKING: Enjoy a relaxing night of hot chocolate and blanket making as the fall season begins. The group will be making tie blankets.

Date: Wednesday 10/01/25

Time: 5:00-6:30pm

Location: Lifeworks - 789 Clapboardtree St. Westwood

Price: \$20.00 (this includes hot chocolate and blanket supplies).

FRIENDSGIVING: Let's celebrate friendship! Enjoy a fun night of trivia and friends to start the holiday season. Trivia will be played with prizes awarded to the winning players.

Date: Thursday 11/20/25

Time: 6:00p-8:00pm

Location: Conrad's Restaurant - 728 Washington St. Norwood

Price: \$30.00 (includes Trivia and Buffet Style Dinner)

September 2025



Social and Recreational Calendar
(781) 762-4001 ext 308
k k alinosk i@lifeworksarc.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Closed	2	3	4	5	6
7 Sunday Bowling 9:30-11:00a	8	9	10	11	12	13
14 Sunday Bowling 9:30-11:00a	15	16 Yoga 4:45-5:45p or 6:00-7:00p	17	18 Biking Club 5:00-6:00p	19	20
21	22	23 Yoga 4:45-5:45p or 6:00-7:00p	24 Our Club 6:00-7:30p	25 Biking Club 5:00-6:00p	26 HipHop Cafe 7:00-9:00p	27
28 Sunday Bowling 9:30-11:00a	29 Cheer 5:00-6:00p	30 Yoga 4:45-5:45p or 6:00-7:00p	1	2	3	4

October 2025



Social and Recreational Calendar
 (781) 762-4001 ext 308
 k k alinosk i@lifework sarc. org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 Blanket Making 5:00-6:30p	2 Biking Club 5:00-6:00p	3	4
5 Sunday Bowling 9:30-11:00a	6 Cheer 5:00-6:00p	7 Yoga 4:45-5:45p or 6:00-7:00p	8	9 Biking Club 5:00-6:00p	10	11
12	13 Cheer 5:00-6:00p	14 Yoga 4:45-5:45p or 6:00-7:00p	15 Wednesday Bowling 5:00-6:30p	16	17	18
19	20 Cheer 5:00-6:00p	21 Yoga 4:45-5:45p or 6:00-7:00p	22 Wednesday Bowling 5:00-6:30p Our Club 6:00-7:30p	23 Chess Club 5:00-6:00p	24 HipHop Cafe 7:00-9:00p	25
26 Sunday Bowling 9:30-11:00a	27 Cheer 5:00-6:00p	28 Yoga-end of session 4:45-5:45p or 6:00-7:00p Social Club 6:00-7:30p	29 Wednesday Bowling 5:00-6:30p	30 Chess Club 5:00-6:00p	31	1

November 2025



Social and Recreational Calendar

(781) 762-4001 ext 308

k k alinosk i@lifeworks.sarc.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2 Sunday Bowling 9:30-11:00a	3 Cheer 5:00-6:00p	4	5 Wednesday Bowling 5:00-6:30p	6 Chess Club 5:00-6:00p	7	8 Cheer Clinic Time TBD
9 Sunday Bowling 9:30-11:00a	10 Cheer 5:00-6:00p	11 Social Club 6:00-7:30p	12 Wednesday Bowling 5:00-6:30p	13 Chess Club 5:00-6:00p	14	15
16	17	18	19 Wednesday Bowling 5:00-6:30p Our Club 6:00-7:30p	20 Friendsgiving 6:00-8:00p	21	22
23 Sunday Bowling 9:30-11:00a	24	25	26	27 Closed	28 Closed	29
30						