

Lifeworks

ADVOCACY • EMPOWERMENT • OPPORTUNITY

SPORTS BANQUET 08/26/26

See page 3 for details and registration

WORCESTER RED SOX BASEBALL GAME 08/09/26

Time: 1:05p start time

Location: Polar Park - Worcester

Price: Cost for ticket and additional money for food/souvenir. Around \$50.00 total.

Additional Information: there will be a van taking individuals to the game, meeting at the main office at 11:00a.

SOC AND REC PROGRAMS ARE FOR INDIVIDUALS 18+

Registration & Payment for all Programs: Call/email Kate Kalinoski by 6/1/26 to register for programs. 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. Please note, only the activities with descriptions below can be registered for.

WALKING CLUB: Enjoy getting your steps in while gathering with friends for a walk around Bird Park. Participants must be able to navigate all types of terrain.

Date: Weekly on Wednesdays 06/10/26 - 07/01/26

Time: 5:00-6:00pm

Location: Bird Park in Walpole

Price: \$20.00

BOCCE BALL: Players in teams of two throw four large bocce balls to earn points for their team. Participants have the choice to participate in the Special Olympics tournament in August, more details to come.

Date: Weekly on Mondays 06/22/26 - 08/24/26

Time: 4:30-6:30pm (4:30-5:30pm or 5:30-6:30pm)

Location: Italian American Club - 109 Stone St. Walpole

Price: \$40.00

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

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

Date: Weekly on Tuesdays 06/23/26 - 07/28/26

Time: 4:30-6:00pm (4:30-5:15pm or 5:15-6:00pm)

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

Price: \$30.00

SOFTBALL: Practice the fundamentals of softball; throwing, catching, and hitting.

Date: Weekly on Wednesdays 07/08/26 - 08/19/26

Time: 5:00-6:30pm

Location: Father McAleer Field, Norwood

Price: \$35.00

Lifeworks

ADVOCACY • EMPOWERMENT • OPPORTUNITY

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.

WEATHER LINE

781-234-1443

LIFEWORKS CLOSURES

06/19, 07/03

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 07/09/26 - 07/30/26

Time: 5:00-6:30pm

Location: Lifeworks - 789 Clapboardtree St. Westwood

Price: \$20.00

ADAPTIVE FITNESS CLASSES: Join this group exercise class for all abilities run by ASD Fit. Trained instructors meet individuals where they are in their exercise journey and tailor workouts for each individual.

Date: Weekly on Thursdays 08/13/26 - 10/01/26

Time: 5:00-6:00pm

Location: Lifeworks Employment Services Norwood - 1400 Providence Hwy. Norwood

Price: \$75.00 (this includes trained staff from ASD Fit and personalized work outs)

BBQ CRAFT NIGHT: Come hang out and relax with friends. Enjoy BBQ foods while creating a beautiful craft.

Date: Thursday 06/25/26

Time: 6:00-7:30pm

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

Price: \$15.00 (this includes BBQ foods, drink, and craft supplies)

BBQ KARAOKE NIGHT: Enjoy a fun BBQ with friends and pick your favorite songs to sing along to.

Date: Friday 07/17/26

Time: 6:00-7:30pm

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

Price: \$15.00

10-PIN BOWLING: Come enjoy some 10-pin bowling and a night out with friends.

Date: Thursday 08/06/26

Time: 5:00-6:30pm

Location: North Bowl - 71 E Washington St. North Attleboro

Price: Money needed for bowling, there is no additional fee.



2026 Sports Banquet

Complete and return with payment to Kate Kalinoski by 7/31/2026

Date: Wednesday August 26, 2026
Time: 6:00p - 9:00p
Location: Four Points Sheraton Hotel in the Tiffany
Ballroom: 1125 Boston Providence
Turnpike, Norwood MA 02062
Price: \$35.00 per person

Please fill out the information below:

Name: _____

Are you an Athlete or Coach? Yes ____ No ____ If yes, shirt size: _____

Phone Number: _____ Email Address: _____

Guest (s): _____

Seating Request of Accommodation: _____

Dietary Needs: _____

Soc and Rec asks for raffle donations for the Sports Banquet to help raise money for programming.
Please see attachment in email or reach out to Kate Kalinoski for more information.

June 2026



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

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31		1 Sing Explore Create 4:30-5:30p	2 Biking Club 5:00-6:00p	3	4	5	6
7		8 Sing Explore Create 4:30-5:30p	9 Biking Club 5:00-6:00p	10 Walking Club 5:00-6:00p	11	12	13
14		15 Sing Explore Create 4:30-5:30p	16	17 Walking Club 5:00-6:00p	18	19 Closed	20
21		22 Bocce 4:30-5:30p or 5:30-6:30p	23 Cornhole 4:30-5:15p or 5:15-6:00p	24 Walking Club 5:00-6:00p	25 BBQ Craft Night 6:00-7:30p	26	27
28		29 Bocce 4:30-5:30p or 5:30-6:30p	30 Cornhole 4:30-5:15p or 5:15-6:00p	1	2	3	4

July 2026



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 Walking Club 5:00-6:00p	2	3 Closed	4
5	6 Bocce 4:30-5:30p or 5:30-6:30p	7 Cornhole 4:30-5:15p or 5:15-6:00p	8 Softball 5:00-6:30p	9 Chess Club 5:00-6:30p	10	11
12	13 Bocce 4:30-5:30p or 5:30-6:30p	14 Cornhole 4:30-5:15p or 5:15-6:00p	15 Softball 5:00-6:30p	16 Chess Club 5:00-6:30p	17 BBQ Karaoke Night 6:00-7:30p	18
19	20 Bocce 4:30-5:30p or 5:30-6:30p	21 Cornhole 4:30-5:15p or 5:15-6:00p	22 Softball 5:00-6:30p	23 Chess Club 5:00-6:30p	24	25
26	27 Bocce 4:30-5:30p or 5:30-6:30p	28 Cornhole 4:30-5:15p or 5:15-6:00p	29 Softball 5:00-6:30p	30 Chess Club 5:00-6:30p	31	1

August 2026



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3 Bocce 4:30-5:30p or 5:30-6:30p	4	5 Softball 5:00-6:30p	6 10 Pin Bowling 5:00-6:30p	7	8
9 Worcester Red Sox Baseball Game 1:05p	10 Bocce 4:30-5:30p or 5:30-6:30p	11	12 Softball 5:00-6:30p	13 ASD Fit 5:00-6:00p	14	15
16	17 Bocce 4:30-5:30p or 5:30-6:30p	18	19 Softball 5:00-6:30p	20 ASD Fit 5:00-6:00p	21	22
23	24 Bocce 4:30-5:30p or 5:30-6:30p	25	26 Sports Banquet 6:00-9:00p	27 ASD Fit 5:00-6:00p	28	29
30	31					