Lifeworks

ADVOCACY • EMPOWERMENT • OPPORTUNITY

SOC AND REC PROGRAMS ARE FOR INDIVIDUALS 18+

Registration & Payment for all Programs: Call/email Kate Kalinoski by 11/20/26 to register for Basketball and the Sports Sampler. For all other programming, register by 12/01/26. Please do not send in payment until you have received confirmation. Cash or checks written out to Lifeworks accepted, note program in check memo. Please note, only the activities with descriptions below can be registered for at this time.

SPECIAL EVENTS

HIP HOP CAFE 12/4 & 2/26

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

Themes:
12/4 - Snowflake
2/26 - Valentines Day

WEATHER LINE

781-234-1443

LIFEWORKS CLOSURES

12/25, 01/01, 01/18, 02/15

BASKETBALL: A fast-paced sport that practices skills such as dribbling, passing, and shooting. Travel team athletes play in Special Olympics league games. Practice team focuses on working on and improving basketball skills.
Date: Weekly on Mondays starting 12/07/26 through 04/05/27
NEW Time: 6:30-8:00pm
Location: Norwood Civic Center - 165 Nahatan St. Norwood, MA 02062
Price: $50.00

SPORTS SAMPLER: This includes an intro to Kickball and Floorball. Whether you are new to the sports or looking to improve your skills, come join the sports sampler! Kickball combines elements of soccer and baseball, such as kicking and running the bases, trying to earn points for you team. Floorball, formerly known as Floor Hockey, is played similarly to floor hockey and practices skills such as stick handling, passing, and shooting.
Date: Weekly on Saturdays starting 12/12/26 through 04/03/27
Time: 3:30-5:00pm
Location: Johnson Middle School - 111 Robbins Rd. Walpole, MA 02081
Price: $40.00

HOLIDAY PARTY: Come enjoy some holiday fun by celebrating with sing-a-longs, a Yankee Swap, pizza, and friends! Jump Jive and Sing will kick the night off with some holiday songs and music activities and will be followed up with pizza and a Yankee Swap. A Yankee Swap is a fun gift exchange game where everyone leaves with a gift.
Date: Thursday 12/10/26
Time: 4:30-6:30pm
Location: Lifeworks - 789 Clapboardtree St. Westwood, MA 02090
Price: $15.00
Please Note: please bring a gift with a value of $15.00.

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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.

JUMP JIVE & SING: Join music company Jump Jive and Sing as they lead this tailored music program that prioritizes individual needs and interests.
Date: Weekly on Thursdays starting 01/07/27 through 01/28/27
Time: 5:30-6:15pm
Location: Lifeworks - 789 Clapboardtree St. Westwood, MA 02090
Price: $50.00

HOMETOWN ARCADE: Enjoy a fun night out with peers! Meet at Hometown Arcade for a night of games and pizza!
Date: Friday 01/15/27
Time: 5:00-7:00pm
Location: Hometown Arcade - 61 Endicott St. Norwood, MA 02062
Price: $20.00 (this includes unlimited game play and pizza)

DANCE: This is an introduction to dance class for all levels and abilities. So if this is your first class or you've been dancing for years, consider signing up. A variety of dance styles will be explored.
Date: Weekly on Thursdays starting 02/04/27 through 02/25/27
Time: 4:45-5:30 or 5:45-6:30pm (depending on registration)
Location: Lifeworks Employment Services Norwood - 1400 Providence Hwy. Norwood MA 02062
Price: $30.00

PAINT NIGHT: Create a one-of-a-kind masterpiece through step-by-step instruction while spending time with friends. This class is taught by artist Rachel Rasnick.
Date: Tuesday 02/09/27
Time: 5:00-7:00p
Location: Lifeworks - 789 Clapboardtree St. Westwood, MA 02090
Price: $30.00 (this includes the art supplies and pizza)
For more information on Rachel Rasnick, go to: https://www.rachelrasnick.com/

December 2026

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Social and Recreational Calendar

(781) 762-4001 ext 308

kkalinoski@lifeworksarc.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 **Yoga** 4:45-5:45p or 6:00-7:00p	2 **Our Club** 6:00-7:00p	3	4 **Hip Hop Cafe** 7:00-9:00p	5
6	7 **Basketball** 6:30-8:00p	8 **Social Club** 6:00-7:30p	9	10 **Holiday Party** 4:30-6:30p	11	12 **Sports Sampler** 3:30-5:00p
13	14 **Basketball** 6:30-8:00p	15 **Yoga** 4:45-5:45p or 6:00-7:00p	16	17	18	19 **Sports Sampler** 3:30-5:00p
20	21	22	23	24	25 **Holiday**	26
27	28	29	30	31	1	2

January 2027

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Social and Recreational Calendar

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 Holiday	2
3 Sunday Bowling 9:30-11:00a	4 Basketball 6:30-8:00p	5 Social Club 6:00-7:30p	6 Wednesday Bowling 5:00-6:30p	7 Jump Jive & Sing 5:30-6:15p	8	9 Sports Sampler 3:30-5:00p
10 Sunday Bowling 9:30-11:00a	11 Basketball 6:30-8:00p	12	13 Wednesday Bowling 5:00-6:30p	14 Jump Jive & Sing 5:30-6:15p	15 Hometown Arcade 5:00-7:00p	16 Sports Sampler 3:30-5:00p
17	18 Holiday	19 Social Club 6:00-7:30p	20 Wednesday Bowling 5:00-6:30p	21 Jump Jive & Sing 5:30-6:15p	22	23 Sports Sampler 3:30-5:00p
24 Sunday Bowling 9:30-11:00a 31 Sunday Bowling 9:30-11:00a	25 Basketball 6:30-8:00p	26	27 Wednesday Bowling 5:00-6:30p Our Club 6:00-7:00p	28 Jump Jive & Sing 5:30-6:15p	29	30 Sports Sampler 3:30-5:00p

February 2027

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Social and Recreational Calendar

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 **Basketball** 6:30-8:00p	2 **Social Club** 6:00-7:30p	3 **Wednesday Bowling** 5:00-6:30p	4 **Dance** 4:45-5:30p or 5:45-6:30p	5	6 **Sports Sampler** 3:30-5:00p
7	8 **Basketball** 6:30-8:00p	9 **Paint Night** 5:00-7:00p	10 **Wednesday Bowling** 5:00-6:30p	11 **Dance** 4:45-5:30p or 5:45-6:30p	12	13 **Sports Sampler** 3:30-5:00p
14 **Sunday Bowling** 9:30-11:00a	15 **Holiday**	16 **Social Club** 6:00-7:30p	17 **Wednesday Bowling** 5:00-6:30p	18 **Dance** 4:45-5:30p or 5:45-6:30p	19	20 **Sports Sampler** 3:30-5:00p
21 **Sunday Bowling** 9:30-11:00a	22 **Basketball** 6:30-8:00p	23	24 **Wednesday Bowling** 5:00-6:30p **Our Club** 6:00-7:00p	25 **Dance** 4:45-5:30p or 5:45-6:30p	26 **Hip Hop Cafe** 7:00-9:00p	27 **Sports Sampler** 3:30-5:00p
28 **Sunday Bowling** 9:30-11:00a	1	2	3	4	5	6