



2025

COURSE CATALOG

MAY 5TH
THROUGH
AUGUST 15TH

MAB TRC

Training & Rehabilitation Center

WESTBOROUGH

COMMUNITY OFFERINGS

MASSAGES

Experience the relaxation and therapeutic benefits of a 15-minute chair massage at our local studio. Unwind and melt away stress as our certified massage therapists work their magic.

CAFE TRIPS

A delightful outing to a local coffee shop! This offers our team a chance to socialize, enjoy a warm beverage, and savor baked goods while experiencing the vibrant atmosphere of a community cafe.

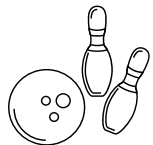
LAWN GAMES

Join your lawn game enthusiasts group for a fun-filled experience that combines friendly competition, outdoor relaxation, and social engagement. This dynamic group will explore a variety of classic and contemporary lawn games, including cornhole, boccee ball, giant Jenga, frisbee, spikeball and more!

MEALS ON WHEELS

Join our Meals on Wheels group to make a meaningful difference in your community! This comprehensive program is designed for individuals interested in delivering nutritious meals to those in need.

BOWLING



Get ready to roll! In our Bowling class, participants will enjoy friendly competition and teamwork at a local bowling alley. This class promotes physical activity, hand-eye coordination, and social interaction all while having fun.

COMMUNITY WALKS

Explore the beauty of our surroundings in this engaging Community Walks class. Designed to promote physical health and social interaction, we'll take leisurely strolls through local parks and neighborhoods.



CAST & CONNECT: FISHING TRIPS



This class offers a unique opportunity to bond with nature, learn essential fishing techniques, and connecting with fellow fishing enthusiasts in a supportive, friendly environment. Whether you're a novice eager to cast your first line or an experienced angler looking to share your passion, this trip provides a perfect backdrop for fun, learning and community camaraderie.

RECYCLING PROGRAM

Make a difference for the environment. In the recycling class participants will learn the importance of recycling, how to identify recyclable materials, and ways to reduce waste.



CULINARY ARTS

SUMMER SANDWICHES

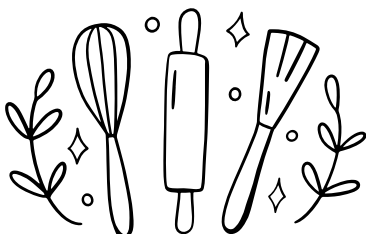
is a fun and flavorful cooking class where participants learn to create light, refreshing, and satisfying sandwiches perfect for warm-weather meals. From crisp veggie wraps to gourmet grilled paninis and fruit-infused creations, this class explores a variety of seasonal ingredients and creative combinations. Great for all cooking levels, it's a delicious way to stay cool and inspired in the kitchen!

CHARCUTERIE BOARDS

Unleash your inner chef in our Charcuterie Boards Cooking Group! participants will learn the art of creating beautiful and delicious charcuterie boards, selecting cheeses, meats, fruits and more. This class focuses on creativity, presentation and the joy of sharing food, culminating in a delightful tasting session where everyone can sample their creations.

BRAVA OVEN

The Brava Oven is a smart countertop oven that uses pulses of light to cook, bake, broil, or sear food. One unique feature of this oven is that it can cook multiple items at different temperatures at the same time, so an entire meal can be prepared and finished at the same time.



PUREE DIETS

is a practical and informative class that teaches participants how to prepare smooth, nutritious, and visually appealing puréed meals. Ideal for those with dietary or medical needs, caregivers, or culinary professionals, this class covers safe preparation techniques, flavor enhancement, and plating tips. Participants will gain the skills to create meals that are both delicious and easy to eat.

COOKING

Unleash your inner chef in our cooking class! learn essential culinary skills while exploring a variety of cuisines and cooking techniques. This Hands -on class will guide you through meal preparation flavor profiling, and presentation skills.

THE ARTS

MUSIC HISTORY

Explore the evolution of music in our Music History class! From ancient tunes to modern hits, delve into genres, composers, and cultural influences. Engage in listening exercises and discussions to understand how music reflects human experiences across time.

SING-O



Discover your voice in our Sing-o class! This fun, interactive singing session combines vocal training with games, suitable for all skill levels. Explore various music styles, sharpen your techniques, and build confidence while connecting with others through music.

DIAMOND ART

is a relaxing and visually rewarding class that introduces participants to the craft of creating sparkling mosaic artwork using tiny resin "diamonds." With guided instruction, participants will learn how to place gems onto adhesive canvases to complete dazzling designs. This class encourages focus, creativity, and patience—perfect for all skill levels looking for a calming and satisfying artistic experience.

COMEDY CLUB

Join our Comedy and Improv Club for laughter and creativity! Perfect for aspiring comedians, this interactive class teaches comedic timing, character development, and improv skills through games and group exercises. Enjoy a fun, risk-taking space for humor and camaraderie, whether you're a beginner or seasoned performer!



FLORAL ARRANGING

Bring beauty into your life with our Floral Arranging class! Participants will discover the basics of floral design, learning how to create stunning arrangements using seasonal blooms and greenery. This hands-on class emphasizes creativity, personal expression, and the therapeutic benefits of working with flowers.

ARTS & CRAFTS

Ignite your creativity in our Arts & Crafts class, suitable for all skill levels! Explore various mediums through guided projects that enhance your artistic skills. Whether you want to relax or learn new techniques, this supportive environment encourages self-expression and community building.

LIVE MUSIC

is a soothing and interactive class that uses the power of live music to support emotional, cognitive, and social well-being. Led by a live musician, participants engage in activities such as singing, listening, movement, and using handheld instruments.

KARAOKE

is a fun and interactive class that encourages participants to sing their hearts out and express themselves through music. Whether you're a seasoned performer or just singing for fun, this class builds confidence, promotes self-expression, and creates a supportive, upbeat environment for everyone to shine.

ACTING FROM THE SCRIPT

Step into the spotlight with our Acting from a Script class! Participants will learn fundamental acting techniques, character development, and script interpretation through various scenes and monologues. This supportive environment encourages self-expression, confidence-building, and teamwork while participants explore the art of performance.



WOODWORKING & MODEL BUILDING

Explore your creativity in our Woodworking and Model Building class, suitable for all skill levels. This hands-on course teaches essential woodworking techniques like measuring, cutting, joining, and finishing, while also delving into model design.

CHESS CLUB

Sharpen your mind and enjoy strategic gameplay in our Chess Club! This class is open to players of all levels, from beginners to experienced chess enthusiasts. Participants will learn about chess strategy, tactics, and etiquette while enjoying friendly matches and discussions with fellow chess lovers.

ARTFUL LEARNING

is a hands-on class where participants create unique, handmade items and learn how to sell them at local markets. From jewelry, crochet hats to home décor and seasonal crafts, this class covers both the creative process and the basics of pricing, presentation, and customer engagement. It's perfect for aspiring artisans looking to turn their hobby into a small business opportunity!

MURAL PAINTING

is a collaborative art class where participants learn the techniques and process of designing and creating large-scale artwork. From sketching concepts to choosing colors and mastering brushwork, students will work together to bring a shared vision to life on a wall or canvas. This class encourages teamwork, creativity, and community expression—perfect for artists of all skill levels!

JEWELRY MAKING

is a hands-on class creating unique, wearable pieces. Students will explore various techniques such as beadwork, wire wrapping, and basic soldering, while working with a variety of materials like beads, metal, and leather. This class encourages creativity, fine motor skills, and personal expression, allowing participants to design and craft their own custom jewelry.

PROP MAKING

Step into the world of creative illusion! In this hands-on course, participants will work closely with Acting from Script Class by learning the art and science behind prop making – from concept to creation. Whether you're dreaming of magical artifacts, sci-fi gadgets, or everyday objects with a twist, this class covers the techniques to bring your vision to life.

ONSITE CLASSES

SELF CARE

Take a moment for yourself in our Self-Care class, where participants will explore various self-care practices focused on mental, emotional, and physical well-being. Topics may include mindfulness techniques, stress relief strategies, and simple activities aimed at enhancing personal well-being. Join us to relax, recharge, and connect with others.

NAIL CARE

Pamper yourself in our Nail Care class! Participants will learn about nail health, basic manicure techniques, and how to create beautiful nail art. This class promotes self-expression and relaxation through hands-on practice and provides tips on how to maintain healthy nails at home.

TRC SPA

Indulge in relaxation and rejuvenation with our Spa class! Participants will explore various spa treatments, including facials, massages, and aromatherapy. This class emphasizes self-care and wellness as participants learn techniques they can use at home to create their own spa experiences.

BINGO

Join the fun in our Bingo class! This classic game engages participants in friendly competition while fostering social connections. Each session promises excitement, laughter, and the chance to win prizes. All skill levels are welcome, so bring your friends and discover why Bingo is a beloved pastime!



CURRENT EVENTS

Stay informed and engaged with our Current Events class! Participants will discuss recent news stories, trends, and issues affecting our communities and the world. This class encourages open dialogue, critical thinking, and informed discussions about topics that matter while fostering a deeper understanding of the world around us.

NEWSLETTER

Get creative and share your voice in our Newsletter class! Participants will work together to write, design, and publish a collaborative newsletter. This class provides an opportunity to learn about journalism, storytelling, and graphic design while highlighting community events and individual accomplishments.

GOAL SETTING

is a personal development class that helps participants identify, plan, and achieve their short- and long-term goals. Through guided exercises, reflection, and practical tools like SMART goals, vision boards, and action plans, students will learn how to stay focused, motivated, and accountable. This class empowers individuals to turn their aspirations into achievable steps and build a clearer path to success.

WORLD CULTURES

Embark on a global journey with our World Cultures class! Participants will explore diverse cultures through discussions, presentations, and activities that celebrate traditions, customs, and cuisines from around the world. This class aims to foster cultural appreciation and awareness among participants while promoting inclusivity and understanding.



BRAIN BUSTERS

Challenge your brain in our Brain Busters class! Participants will engage in fun and stimulating puzzles, riddles, games, and activities designed to enhance cognitive skills and boost mental agility. This class is perfect for anyone looking to have fun while keeping their mind sharp.

PRE VOCATIONAL

Prepare for the workforce with our Pre-Vocational Skills class, designed to develop essential employment skills. Focused on practical application, students will engage in workshops covering workplace communication, problem-solving, time management, and financial literacy.

DISABILITY ACTIVISM AND HISTORY

Discover the history and activism of individuals with disabilities in this insightful course. Explore key movements, legislation, and influential figures while engaging in discussions and multimedia presentations. This class inspires meaningful conversations and actions for disability rights and social justice.

BOARD GAMES

Immerse yourself in the world of board games, from Chess to Catan! This class offers enthusiasts of all ages the chance to learn game rules, strategies, and history, while engaging in friendly competitions and collaborative play. Enhance your critical thinking and social skills in a fun, supportive environment!

INTERNET SAFETY

is a class designed to teach participants how to navigate the digital world responsibly and securely. The class covers key topics such as protecting personal information, recognizing online scams, managing digital footprints, practicing safe social media use, and understanding cyberbullying and its impacts.

TRIP DOWN MEMORY LANE

is a reflective and engaging class that invites participants to share and explore memories from their past. Through guided discussions, storytelling, music, photos, and themed activities, the class fosters connection, nostalgia, and joy.

GARDENING



is a hands-on class that teaches the fundamentals of growing and caring for plants. Participants will learn about soil preparation, planting techniques, watering, composting, and seasonal care for flowers, herbs, fruits, and vegetables. This class promotes sustainability, relaxation, and a deeper connection to nature—perfect for beginners and green thumbs alike!

EXPRESSION EXCHANGE

is a dynamic, interactive class that encourages participants to explore and share their thoughts, feelings, and creativity through various forms of self-expression. Whether through art, writing, music, storytelling, or discussion, this class fosters open communication, emotional awareness, and personal connection. It's a supportive space where every voice is valued, and creativity is celebrated.

PHYSICAL FITNESS



CHAIR YOGA

is a gentle form of yoga that's practiced while seated or using a chair for support. It's perfect for beginners, older adults, or anyone with limited mobility who wants to improve flexibility, strength, and balance in a safe and accessible way. Through mindful movement, breathwork, and relaxation techniques, this class offers all the benefits of yoga—without getting down on the floor. No experience needed!

PT LEAD EXERCISES

Enhance your wellness in our PT Lead Exercises class! Guided by a certified physical therapist, you'll engage in functional movements and tailored workouts that improve strength, flexibility, and mobility, promoting injury prevention in a supportive environment suitable for all fitness levels.

STRENGTH EXERCISES

Build resilience in our Strength Exercises class! Focus on resistance training to improve muscle strength and endurance. Engage in free weights, resistance bands, and body-weight exercises with guidance on proper technique, all in a safe environment for varying fitness levels.

PHYSICAL GAMES

Experience fun and teamwork in our Physical Games class! Enjoy a variety of games that boost agility, coordination, and cardiovascular fitness. Perfect for active individuals, this class offers a lively atmosphere filled with excitement and friendly competition!

CARDIO DRUMMING

is a high-energy fitness class that combines rhythmic drumming with aerobic movements for a full-body workout that's both fun and effective. Using stability balls, drumsticks, and upbeat music, participants will improve their cardiovascular health, coordination, and muscle tone. This class is suitable for all fitness levels and is a great way to relieve stress, boost energy, and enjoy exercise in a lively group setting.

THAI CHI

Moving around is important, but do we all like to? Come join us for our guided Tai Chi class which involves SLOW and GENTLE movements combined with meditation and learning how to control your breathing

EXCITING ANNOUCEMENT

****WE ARE EXPANDING OUR TRC EVENING AND
WEEKEND OFFERINGS!****

WE'RE THRILLED TO ANNOUNCE THAT THE TRC PROGRAM IS EXPANDING ITS EVENING AND WEEKEND ACTIVITIES TO FOSTER GREATER COMMUNITY INTEGRATION AND ENGAGEMENT! THIS NEW INITIATIVE INCLUDES A VARIETY OF SMALL GROUP CLASSES, RANGING FROM AA MEETINGS TO SOCIAL DINNERS, MUSEUM TRIPS ACROSS THE STATE, AND EVEN A FUN-FILLED BOWLING LEAGUE.

TO ENHANCE ACCESSIBILITY, LIMITED TRANSPORTATION OPTIONS WILL BE AVAILABLE BASED ON LOCATION. WE ANTICIPATE LAUNCHING THIS PROGRAM IN LATE SPRING WITH A LIMITED CAPACITY, EXPANDING AS INTEREST GROWS.

FOR MORE INFORMATION OR TO EXPRESS YOUR INTEREST IN PARTICIPATING, PLEASE REACH OUT TO FELECIA AT FWISSEKERKE@MABCOMMUNITY.ORG AND PATRICK AT PPARKER@MABCOMMUNITY.ORG.

JOIN US AS WE CREATE NEW OPPORTUNITIES FOR CONNECTION AND COMMUNITY!