



# 2025 Spring Adult Program Schedule

Day/Time/Dates

Program

Location

Ages

Price

## Programs

### Sunday

**1:00 PM - 2:30 PM**      **Hiking**      **Middlesex Fells**      **18 +**      **\$635**

3/23    3/30    4/6    4/27  
5/4    5/11

Group members will come together to hike in the great outdoors. Hiking as a group will provide natural opportunities to build social connections and develop flexibility and adaptability. Group members will meet at the same drop off location for each hike and will explore different hikes from a central meeting point.

### Monday

**1:00 PM - 2:30 PM**      **Aspire Works Internship**      **Virtual**      **18 +**      **\$2625**

2/3    2/10    2/24    3/3  
3/10    3/17    3/24    3/31  
4/7    4/14

Our internship program carefully matches participants with employer partners who are eager to develop their talent. We support employers in understanding how to best work with interns, while helping internship participants to solidify their professional skills. Dates and times listed are for the virtual seminar only. Internship schedule and location will vary by placement.

Internship applications are accepted on a rolling basis. The Internship program offers limited placements each session. Applicants are not guaranteed a placement. Placement opportunities will be discussed during the interview and matching process.

### Tuesday

**5:00 PM - 6:30 PM**      **Geeks, Games & Grub - Full Series**      **Lexington**      **18 +**      **\$1190**

1/21    1/28    2/4    2/11  
2/25    3/4    3/11    3/18  
3/25    4/1    4/8    4/15

Looking for a chance to meet new people that share your love of gaming? Geeks, Games & Grub invites adults to get together to play fun and exciting games. Sessions will focus on quick-to-learn party games, card games, board games, as well as games on the Nintendo Switch. There will also be opportunities to learn and play complex strategy games if that aligns with the groups interest. Did we mention there will be food?

**5:00 PM - 6:30 PM**      **Geeks, Games & Grub - Session 1**      **Lexington**      **18 +**      **\$635**

1/21    1/28    2/4    2/11  
2/25    3/4

Session 1 - Interested in the Geeks, Games & Grub group? Participate in this shortened session of the group, which includes half of the sessions.

**5:00 PM - 6:30 PM**      **Geeks, Games & Grub - Session 2**      **Lexington**      **18 +**      **\$635**

3/11    3/18    3/25    4/1  
4/8    4/15

Session 2 - Interested in the Geeks, Games & Grub group? Participate in this shortened session of the group, which includes half of the sessions.

### Wednesday

**6:00 PM - 7:30 PM**      **Dungeons & Dragons**      **Lexington**      **18 +**      **\$1190**

1/22    1/29    2/5    2/12  
2/26    3/5    3/12    3/19  
3/26    4/2    4/9    4/16

Calling all adventurers! Dungeons & Dragons is a popular tabletop game where players form an adventuring party and explore fantasy worlds together as they embark on epic quests and level up in experience. At its core, D&D is a game that focuses on storytelling with an emphasis on communication, creativity, and collaboration. It can be a powerful learning tool that provides numerous social, emotional, and creative benefits. The collective creativity in your D&D game helps to build stories that you'll tell again and again—from overcoming the toughest foes to funny hijinks that'll make you laugh long after the game has concluded.

### Thursday

**1:30 PM - 3:00 PM**      **Aspire Works Internship**      **Virtual**      **18 +**      **\$2625**

2/6    2/13    2/20    2/27  
3/6    3/13    3/20    3/27  
4/3    4/10

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Day/Time/Dates	Program	Location	Ages	Price
<b>5:00 PM - 6:15 PM</b>	<b>Relationships</b>	<b>Virtual</b>	<b>18 +</b>	<b>\$1080</b>
1/23 1/30 2/6 2/13 2/27 3/6 3/13 3/20 3/27 4/3 4/17 5/1	This group provides an opportunity for participants to come together to talk about relationships in adulthood. Discussion topics, to be determined by the interests and needs of the group members, may include romantic relationships, intimacy & sexuality, friendships and work relationships.			
<b>6:00 PM - 7:30 PM</b>	<b>Geeks, Games &amp; Grub - Full Series</b>	<b>Lexington</b>	<b>18 +</b>	<b>\$1190</b>
1/23 1/30 2/6 2/13 2/27 3/6 3/13 3/20 3/27 4/3 4/17 4/24	Looking for a chance to meet new people that share your love of gaming? Geeks, Games & Grub invites adults to get together to play fun and exciting games. Sessions will focus on quick-to-learn party games, card games, board games, as well as games on the Nintendo Switch. There will also be opportunities to learn and play complex strategy games if that aligns with the groups interest. Did we mention there will be food?			
<b>6:00 PM - 7:30 PM</b>	<b>Geeks, Games &amp; Grub - Session 1</b>	<b>Lexington</b>	<b>18 +</b>	<b>\$635</b>
1/23 1/30 2/6 2/13 2/27 3/6	Session 1 - Interested in the Geeks, Games & Grub group? Participate in this shortened session of the group, which includes half of the sessions.			
<b>6:00 PM - 7:30 PM</b>	<b>Geeks, Games &amp; Grub - Session 2</b>	<b>Lexington</b>	<b>18 +</b>	<b>\$635</b>
3/13 3/20 3/27 4/3 4/17 4/24	Session 2 - Interested in the Geeks, Games & Grub group? Participate in this shortened session of the group, which includes half of the sessions.			
<b>6:15 PM - 7:30 PM</b>	<b>Improv</b>	<b>Lexington</b>	<b>18 +</b>	<b>\$1080</b>
1/23 1/30 2/6 2/13 2/27 3/6 3/13 3/20 3/27 4/3 4/17 5/1	Are you ready to take center stage? In the Improv group, participants will engage in various improv exercises and games that focus on humor, collaboration, communication, environment work, and relationship building. Participants will learn how to build engaging and believable characters, how to create compelling storylines, and how to deliver lines that are both funny and true to life.			
<b>Saturday</b>				
<b>10:00 AM - 11:30 AM</b>	<b>The Breakfast Club</b>	<b>Lexington/Burlington Area</b>	<b>18 - 25</b>	<b>\$675</b>
3/8 3/15 3/22 3/29 4/5 5/3	Ready to add some flavor to your Saturday morning? Join us for delicious breakfast outings filled with fun and socializing. In this group, members will go to a different location each week and build connections while enjoying breakfast together. This group offers a chance to mingle with like-minded individuals, engage in lively conversations, and boost your confidence in a supportive environment. Locations will be in the Lexington/Bedford/Burlington area			
<b>12:00 PM - 4:30 PM</b>	<b>Outings</b>	<b>Newton</b>	<b>18 +</b>	<b>\$2095</b>
1/25 2/1 2/8 3/1 3/8 3/22 3/29 4/5 5/3 5/10	Are you looking to make new friends and explore new places? In this group, participants help plan and go on trips in the metro Boston area. From museum visits to new restaurants, this group gives participants a chance to get to know one another while enjoying new experiences. This group is intended for those looking to expand their social circle and try new things in a supportive and welcoming environment.			
<b>1:00 PM - 5:30 PM</b>	<b>Outings</b>	<b>Newton</b>	<b>18 +</b>	<b>\$2095</b>
1/25 2/1 2/8 3/1 3/8 3/22 3/29 4/5 5/3 5/10	Are you looking to make new friends and explore new places? In this group, participants help plan and go on trips in the metro Boston area. From museum visits to new restaurants, this group gives participants a chance to get to know one another while enjoying new experiences. This group is intended for those looking to expand their social circle and try new things in a supportive and welcoming environment.			
<b>3:00 PM - 4:30 PM</b>	<b>Dungeons &amp; Dragons</b>	<b>Lexington</b>	<b>18 +</b>	<b>\$1080</b>
1/25 2/1 2/8 3/1 3/8 3/15 3/22 3/29 4/5 5/3	Calling all adventurers! Dungeons & Dragons is a popular tabletop game where players form an adventuring party and explore fantasy worlds together as they embark on epic quests and level up in experience. At its core, D&D is a game that focuses on storytelling with an emphasis on communication, creativity, and collaboration. It can be a powerful learning tool that provides numerous social, emotional, and creative benefits. The collective creativity in your D&D game helps to build stories that you'll tell again and again—from overcoming the toughest foes to funny hijinks that'll make you laugh long after the game has concluded.			

## Special Events

### Friday

**6:00 PM - 9:00 PM**

2/21

**A Night of Dungeons & Dragons**
**Lexington**
**18 +**
**\$20**

Join us for a one-shot Dungeons & Dragons experience! Prepare for an immersive evening of fantasy and adventure as you embark on a thrilling quest tailored exclusively for this occasion. Refreshments will be provided to keep your spirits high as you immerse yourself in this intriguing narrative. This is an event for people who enjoy D&D and would like the opportunity to meet some new people.

**7:00 PM - 9:00 PM**

4/25

**Adult Game Night**
**Lexington**
**18 +**
**\$20**

Prepare for an evening of entertainment, featuring an assortment of board games, card games, and a Super Smash Brothers tournament! We will have a variety of classic game offerings to choose from as well as snacks and refreshments. We hope you will join us for a night of casual gaming and good company! This is an event for people who enjoy gaming and would like the opportunity to meet new people.

### Saturday

**11:00 AM - 1:30 PM**

5/31

**Hike & BBQ**
**Westwood**
**18 +**
**\$35**

Attendees will socialize with peers and soak in the great outdoors on a group hike. Following the hike, Participants will enjoy a traditional catered barbecue lunch at Hale in Westwood, MA. Participants are welcome to bring a peer-aged friend or sibling to enjoy this event. This special event is open to both newcomers and returning participants.

## ASPIRE WORKS

Throughout Aspire's programming, success is measured by individual goals and personal achievements. Aspire staff communicate participants' progress in a variety of ways. During the spring session, parents can expect the following:

- Weekly Intern career coaching session to discuss strategies for successes and challenges during the internship and progress toward goals
- Virtual transition planning workshop for support persons/parents to discuss how to transition from internship program to next steps in employment
- End of program summary which includes a review of progress made toward personal goals; an evaluation of skills within Aspire's core curriculum (i.e., Social Competency, Stress Management and Self-Awareness); and a recommendation of tools and strategies to pursue in their next employment endeavor.

## ABOUT ASPIRE PROGRAMS

- Aspire's unique matching process groups participants together based on a myriad of factors. These may include learning and cognitive profile, shared passions, level of therapeutic support needed, personality, and personal goals.

- Age levels for our programs may overlap. If the participant is 17-19, look into our teen and adult offerings. Aspire staff will work with you to determine the best fit for the applicant.

- [To apply to a program or special event, please fill out our online application.](#)

## Aspire Coaching

**As Scheduled**
**Career Coaching**
**Virtual/Lexington 18+**
**\$150 per**

Aspire offers career coaching services designed to support neurodiverse adults seeking to develop and achieve short-term and long-term professional goals. Whether this includes learning new workplace skills, building upon established success, or embarking on a career transition, our expert staff are here to support you.

**50-minute session**

To help address a growing need in the virtual work environment, our individualized sessions now include these additional focus areas:

<i>Day/Time/Dates</i>	<i>Program</i>	<i>Location</i>	<i>Ages</i>	<i>Price</i>
	<ul style="list-style-type: none"> <li>• Creating and monitoring daily/weekly schedules</li> <li>• Strategies to reduce work-related anxiety and manage stress</li> <li>• Skill building activities to promote and practice job readiness</li> <li>• Professional etiquette in a virtual world</li> </ul>			<b>50-minute session</b>
	Aspire coaching services are not psychotherapy.			
<b>As Scheduled</b>	<b>College Coaching</b>	<b>Virtual/Lexington</b>	<b>16+</b>	<b>\$150 per session</b>
	<p>Aspire offers College Coaching services to support students, aged 16 or older, with the exploration of and transition to college. For pre-college students, Aspire coaches work collaboratively with teens and parents to set personal goals for college and explore programs supportive of students on the spectrum. Once in college, our individualized coaching is available to help address goals and needs in the following areas:</p> <ul style="list-style-type: none"> <li>• Making connections on campus</li> <li>• Strategies to improve executive function and adulting skills</li> <li>• Skill building in the area of self-advocacy</li> <li>• Facilitating access to supportive services</li> <li>• Support for wellness and mental health needs</li> </ul>			<b>50-minute session</b>
	Aspire coaching services are not psychotherapy.			
<b>As Scheduled</b>	<b>Relationship Coaching</b>	<b>Virtual/Lexington</b>	<b>18+</b>	<b>\$150 per session</b>
	<p>Aspire offers relationship coaching services to support adults seeking to have more connection in their lives. Adulthood can be a particularly challenging time to find others who share one's interests and passions and with developing romantic relationships. Aspire coaches work collaboratively with adults to develop and make progress with personal goals and needs in the following areas:</p> <ul style="list-style-type: none"> <li>• Making authentic connections with others sharing interests and passions</li> <li>• Breaking down the how-to of developing romantic relationships</li> <li>• Developing a dating profile</li> <li>• Tolerating vulnerability and building more intimacy with others</li> <li>• Exploring the "hidden rules" of dating</li> <li>• Virtual friendships and transitioning from virtual to in-person.</li> </ul>			<b>50-minute session</b>
	Aspire coaching services are not psychotherapy.			

• [To apply to a coaching service, please fill out our online application.](#)