

April- June 2019 Activities Summary

If interested in attending any of the activities, please complete a registration form. Please visit our website: www.soshoresupport.org - go to the Family Support tab and then to registration form. Download and print the registration form or stop by the Family Support Center at the address below. Any questions please call 781-331-7878.

Program/ Ages	Dates	Time/Cost	Description of program
Mondays *Adult Music Therapy (Ages 13+)	New Sessions: April 22-29 & May 6-13-20 & June 3-10-17-24	4:30pm - 5:30pm \$146.00 for 9 weeks	Facilitates social-emotional development and increases individual's attention and engagement. Also encourages communication and interaction with peers. Improves motor skills and body awareness and makes movement enjoyable, stimulates creativity and imagination
Let's Sing, dance and Move Classes Please note: If you sign up for both Monday classes dinner will be provided	New Sessions: April 22-29 & May 6-13-20 & June 3-10-17-24	6:00PM - 7:30PM \$126.00 for 9 weeks	The class gives the opportunity for individuals to learn new dance moves with our Zumba instructor, Loren. The individuals will also get the chance to lead the class with assistance from Loren. There will also be time for individuals to sing using our new karaoke system.
Tuesdays *Zumba Class Ages 13+	New Session April 16-23 & May 7-14-21-28 & June 4-11-18-25	4:30pm - 5:30pm \$90.00 for 10 weeks	Are you ready to party yourself into shape? That is exactly what the Zumba® program is all about. It is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party.
Tuesdays *News2you Class Ages 13+	New Session April 23 & May 7-14-21-28 & June 4-11-18-25	6:00pm - 7:30pm \$99.00 for 9 weeks Includes dinner	This program will offer individuals with developmental disabilities the opportunity to connect to the world of news through symbol-supported news articles, along with dozens of worksheets, games, and activities. News-2-You stands alone as the national newspaper for special education.
----- +Awareness & Action Recognizing, Reporting and Responding to Abuse Training	----- Date: April 30, 2019	----- Time: 5:30pm 9:00pm Cost: 5.00 for dinner	----- See Monthly Training Calendar for more details...
Thursdays *Karate Class Ages 13+	New Session: May 16-23 -30 & June 6-13-20-27	5:15pm -6:00pm \$77.00 for 7 weeks	Specific exercises can be created to fit each student's particular developmental needs. These can help those who may have trouble with walking, flexibility, balance and coordination, strength, physical and motor skills, patience, awareness and attention, determination or other concerns.
Thursdays *Yoga Class Ages 15+	New Session May 16-23 -30 & June 6-13-20-27	6:15pm - 7:15pm \$84.00 for 7 weeks	The Yoga classes are being combined together. Learn breathing and relaxing techniques along with stretching to promote inner focus and body awareness! The instructor wants your individual to "feel empowered," as they learn how to correctly do the poses.
Adult Bowling League Ages 17+ South Shore Country Club 274 South Street, Hingham MA 02043	April 5-26 & May 3-10-17 -31 & June 7-21	7:00 p.m. – 8:30pm \$7.00 per week	Come and join us at the bowling alley! Whether it is your first time or you are an experienced bowler – everyone can learn and have a great time each week!

All Programs with * are held at
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Weymouth, MA 02190


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Spring Dance Ages 13+	Friday, April 12, 2019	7:00pm -9:00pm Fee: \$13.00 in advance by April 5 or \$15.00 at the door.	Snacks & refreshments served. Professional DJ. First Church in Weymouth 17 Church Street, Weymouth, MA 02189
Cook-out Dance Ages 13+	Friday, June 14, 2019	7:00pm -9:00pm Fee: \$13.00 in advance by June 7 or \$15.00 at the door	
Theatre Club Lucky Stiff	Saturday, April 6, 2019	Drop -Off 4:30pm Pick-up: 11:00pm \$60.00 includes dinner	The Man Who Broke the Bank at Monte Carlo by Michael Butterworth, Lucky Stiff is an offbeat, hilarious murder mystery farce, complete with mistaken identities, six million bucks in diamonds and a corpse in a wheelchair. The story revolves around an unassuming English shoe salesman who is forced to take the embalmed body of his recently murdered uncle on a vacation to Monte Carlo. Should he succeed in passing his uncle off as alive, Harry Witherspoon stands to inherit \$6,000,000.00. If not, the money goes to the Universal Dog Home of Brooklyn...or else his uncle's gun-toting ex!



... We are beginning to offer our Monthly Saturday and Sunday programs

Program/ Ages	Dates	Time/Cost	Description of program
IEP HELP Clinic For Parents and/or Caregiver with Gina McClellan,	Saturday, April 27, 2019	11:00 am -3pm Cost: free but pre-registration is required	Does your child have an Individualized Education Plan (IEP) through the school system that outlines the special education services your child is entitled to receive? Do you have problems getting the school system to provide the services listed on your child's IEP? Do you have difficulty getting the services you feel your child needs recommended by a professional, and listed on the IEP? If you answered "yes" to any of these questions, sign up for the IEP HELP CLINIC offered by South Shore Support Services. You will need to bring: A copy of your child's current IEP and/or a copy of the last school evaluation, and Independent Evaluation if you have one. Progress reports for the IEP.
 monthly trips for kid's ages 4-12	Big Apple Circus Peabody, MA Date: Sunday, April 28, 2019 Edaville USA Carver, MA Date: Sunday, May 19, 2019	Drop-off: 10:30am Pick-up: 3:30pm Cost: \$50.00 per person and pack a lunch Drop-off: 11:00am Pick-up: 5:00pm \$55.00 per person and pack a lunch	The Kid's Club is a program for individuals with developmental disabilities. The kid's club will be enjoying new and exciting places each month. This will give your child an opportunity to develop friendships as well having fun. It also gives parents and/or caregiver respite break.

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April is National Humor Month



Reminder take time to laugh it is good for you and your health...

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