

February – April 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: February 11-18 & March 4-11-18-25 & April 1-8	4:30pm - 5:30pm \$130.00 for 8 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 with be provided	New Sessions: February 11-18 & March 4-11-18-25 & April 1-8	6:00PM - 7:30PM \$112.00 for 8 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 February 12-19-26 & March 5-12-19-26 & April 2	4:30pm - 5:30pm \$72.00 for 8 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 February 12-19-26 & March 5-12-26 & April 2-9	6:00pm - 7:30pm \$88.00 for 8 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.
----- Self- Directed Supports: Taking Control of Your Future	 Date: March 19, 2019	 Time: 6:00pm - 8:00pm	 See Monthly Training Calendar for more details...
Thursdays *Karate Class Ages 13+	New Session: February 28 & March 7- 14-21-28 & April 11-25 & May 2	5:15pm -6:00pm \$45.00 for 3 weeks 5:15pm -6:00pm \$88.00 for 8 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 February 28 & March 7-14- 21 & April 18-25 & May 2-9 Instructor is on vacation March 28 – April 12	6:15pm - 7:15pm \$96.00 for 8 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	February 1-8 & March 1-8 &22-29 & April 5-12	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
Family Support Center
435 Columbian St.
Weymouth, MA 02190

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<p>Friendship Dance First Church in Weymouth Ages 13+ 17 Church Street, Weymouth, MA 02189</p>	<p>Friday, February 15, 2019</p>	<p>7:00pm -9:00pm Fee: \$13.00 in advance by Feb. 10 or \$15.00 at the door.</p>	<p>Snacks & refreshments served. Professional DJ.</p>
<p>Theatre Club Ripcord Musical</p>	<p>Saturday, February 2, 2019</p>	<p>Drop –Off 5:00pm Pick-up: 11:00pm \$55.00 includes dinner</p>	<p>A sunny room on an upper floor is prime real estate in the Bristol Place Senior Living Facility, so when the cantankerous Abby is forced to share her quarters with new-arrival Marilyn, she has no choice but to get rid of the infuriatingly chipper woman by any means necessary. A seemingly harmless bet between the old women quickly escalates into a dangerous game of one-upmanship that reveals not just the tenacity of these worthy opponents, but also deeper truths that each would rather remain hidden.</p>



... We are beginning to offer our Saturday's classes

Program/ Ages	Dates	Time/Cost	Description of program
<p>Family Swimming Program</p> <p>1st Session for Children and their family member ages 4-13 years old</p> <p>2nd session for Children and their family member ages 14 + years old.</p>	<p>Saturdays, February 2-9-16-23 & March 2, 9, 2019</p>	<p>1st Session: Time: 12:00pm - 1:00pm One time registration fee: \$110.00 per Family</p> <p>2nd Session: Time: 1:30pm -2:30pm One time registration fee: \$110.00 per Family</p>	<p>Learn safety in the water, practice swimming, learning strokes, and interacting with family members and peers. We will have a swimming instructor to help assist individuals with swimming techniques but these are not swimming lessons. We will also have a lifeguard poolside. All family members must complete a medical consent form. Visit our website to download form. South Shore Support Services is collaborating with New England Village, Inc.</p> <p>Place: Sollar Wellness Center – New England Village, Inc. 664 School Street Pembroke, MA 02359</p>

HAPPY FRIENDSHIP MONTH - International Friendship Month is February



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