

September – November 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+)	July 16-23-30 & August 6-13-20-27 & September 10-17 New Session September 24 & October 1-15-22-29 & November 5-19-26	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 will be provided	New Session September 10 -17-24 & October 1-15-22-29 & November 5	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+	July 17-24-31 & August 14-21-28 & September 11-18 New Session September 25 & October 2-9-16-23-30 & November 6-13	4:30pm - 5:30pm \$70.00 for 8 weeks	Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party.
Tuesdays *News2you Class Ages 13+	New Session September 11-18-25 & October 2-9-16-23-30	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.
Wednesday C.A.L.M CLUB Community-Activities-Life Skills–Money Management Ages 21 +	New Session September 5-12-19-26 & October 3-10-17-24	6:00pm - 8:30pm \$240 for 8 weeks	The goal of this program is to become more engaged in our communities and to build social skills, coping skills, and practice flexibility. Activities will include cooking classes, craft nights, team build activities, going out to eat, and much more!
MOM to MOM Support Group Facilitated by Ann Joyce, RN	Time and dates will be announced soon.		
Thursdays *Karate Class Ages 13+	New Session September 13-20-27 (mini session) New Session September 27 –Oct. 4-11-18-25 & November 1-8-15	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 experience difficulties with walking, flexibility, balance and coordination, strength, physical and motor skills, patience, awareness and attention, determination or other concerns.
Thursdays *Yoga Class Ages 15+	July 19-26 & August 2-9-16-23 & September 13-20 New Session September 27 –Oct. 4-11-18-25 & November 1-8-15	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.

**All Programs with * are held at
Family Support Center
435 Columbian
Weymouth, MA 02190**

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Adult Bowling League Ages 17+ South Shore Country Club 274 South Street, Hingham MA 02043	September 7-14-21-28 & October 19-26	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!
Theatre Club Ages 16 + Sister Act Riverside Theatre Works 45 Fairmount Avenue Hyde Park, MA	Saturday,; September 22 8:00 PM New Drop Off Place: 435 Columbian Street Weymouth, MA	Drop -off: 4:30pm Pick-up: 11:00-11:15p \$58.00 includes dinner at 99 Restaurant & Pub	When disco diva, Deloris Van Cartier, witnesses a murder, she is put in protective custody in the one place the cops are sure she won't be a found: a convent! Disguised as a nun, she finds herself at odds with both the rigid lifestyle and uptight Mother Superior. Using her unique disco moves and singing talent to inspire the choir, Deloris breathes new life into the church and community but, in doing so, blows her cover. Soon, the gang is giving chase, only to find them up against Deloris and the power of her newly found sisterhood



... we are beginning to offer our Saturdays classes

Program/ Ages	Dates	Time/Cost	Description of program
ME –FIRST Bullying Training Ages: 6-13 South Shore Support Services 884 Washington Street Weymouth, MA 02189	Saturdays, September 15-22-29 & October 13-20-27 South Shore Support Services 884 Washington Street Weymouth, MA 02189	Time: 10am-11am Registration Fee: \$25.00	An opportunity to learn more about how bullying can alter our lives. We will talk about how to recognize the many forms of bullying And practice how to neutralize a bully's actions. We will all learn how to create a better, more tolerant and accepting world. There will be 5 sessions for us to learn, practice and grow our abilities to make a kinder, safer world free of bullying. This program is designed for individuals with developmental and intellectual disabilities and their sibling(s) but participants must be 10-14 years old.
Man Up! Building Trust in Relationships Ages: 16-23	Saturdays – September 15-22-29 & October 13-20-27	9:30am -1:00pm \$150.00 for 5 weeks Please pack a lunch	The camp with be offering kids every week new adventure and give parent opportunity safe and structure environment for your child. Have a great time

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