



Family Support Center
435 Columbian Street
Weymouth, MA 02190

December Activity Calendar & Summary




December – January 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
NEW PROGRAM <i>Skills for Modern Man</i> young men 21 yrs. old +	January 29 & February 5-12-26 & March 5-12-19-26 & April 2-9	Time: 6:30pm - 8:00pm \$120 for supplies and monthly outings Pre-registration is required	Place: South Shore Support Services 884 Washington Street Weymouth, MA 02189 Please see flyer for more information
Mondays <i>*Adult Music Therapy</i> (Ages 14+)	Nov.-27 & Dec. 4-11 18- & Jan. 8-22-29 & Feb 5 New Session Feb.12-26 & March 5-12-19-26 & April 2-9	4:45pm -5:45pm \$120.00 for 8 weeks	Facilitate social-emotional development Increase individual's attention and engagement encourage communication and interaction Improve motor skills and body awareness
*Mix-Up Mondays (Ages 14+) Every Monday we will have different activities.	Nov. 20 -27 & Dec. 4-11 18- & Jan. 8-22-29 New Session Feb. 5-12-26 & March 5-12-19-26 & April 2	6:00PM – 7:30PM \$10.00 per class for includes dinner 8 weeks	1st week – News2you: See Below 2nd week: Theme Bingo- Theme Bingo – Each month we will be using different themed bingo cards to teach time, money, weather and much more. 3rd week Adult Social Club: The social club will be facilitated by Family Support Coordinator. These will be evenings of fun as well as a great opportunity for social interaction. 4th week-Money Sense: New curriculum: The class will focus on identifying coins, practice making small purchases at the Family Support Center, and learning to make change.
NEW PROGRAM <i>Fun and Fitness Class</i> Ages 6+	Jan. 23- 30 &Feb. 6-13-27 & March 6-13-20	4:30pm -5:30pm \$64.00 for 8 weeks	Wall-to-Wall jumping, sliding, and bouncing fun features inflatable slides, jumps, and obstacle courses, guaranteed to keep your kids active, happy, and healthy. Place: KidZone 175 Washington St. Norwell, MA 02061-1709 Please Fill In Zidzone Liability Waiver. Enclosed in the packet.
Tuesdays <i>*Zumba Class</i> Ages 13+	Nov. 14-21-28 & Dec. 5-12-19 & Jan. 9-16 New Session Jan. 23- 30 &Feb. 6-13-20-27 & March 6-13	4:30pm -5:30pm \$64.00 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 <i>*News2you Class</i> Ages 13+	Nov. 14-21-28 & Dec. 5-12-19 & Jan. 9-16 New Session Jan. 23- 30 &Feb. 6-13-20-27 & March 6-13	6:00pm -7:30pm \$80.00 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.
NEW PROGRAM <i>Kids Cooking Academy</i> Ages 8-15 years	January 17-24-31 & Feb.7-21-28 & March 7-14	4:30pm -6:00pm \$120.00 for 8 weeks Includes dinner Min – 3 kids Max – 6 kids	They will begin learning to follow recipes and gain confidence in the kitchen; they also get to practice their growing math and reading skills. Watch them learn about the science of cooking when they see their pizza dough rise and much more. Knife skills and kitchen safety are built into this curriculum. Come and cook up some fun with us!
MOM to MOM Support Group Facilitated by Ann Joyce, RN	Dec. 13 & January 10 No group on Feb.14	6:30pm -8:00pm Place: 884 Washington St. Weymouth, MA 02190	This group will provide an opportunity for you to share common feelings, fears and experiences that only moms of a child with a developmental disability can relate to. In addition, the group provides support and community resources addressing topics that are relevant both today and for the future of your family.
Thursdays <i>*Karate Class</i> Ages 13+	New Session Dec. 7-14 & Jan. 4-11-18-25 & Feb. 8-15	5:15pm -6:00pm \$80.00 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.

December – January 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.

<p>Thursdays *Yoga Class Ages 15+</p>	<p>New Session Nov. 30 & Dec. 14 & Jan. 4-11-18-25 & Feb. 8-15</p>	<p>6:15pm -7:15pm \$88.00 for 8 weeks</p>	<p><i>Learn breathing and relaxing techniques along with stretching to promote inner focus and body awareness!</i></p>
<p>Thursdays *Benefits of Yoga Ages 15+</p>	<p>New Session Nov. 30 & Dec. 14 & Jan. 4-11-18-25 & Feb. 8-15</p>	<p>7:15pm -8:00pm \$88.00 for 8 weeks</p>	<p><i>The yoga class will be at a slower pace with more repetition to ensure that the any individual can follow along. The instructor wants your individual to “feel empowered,” as they learn how to correctly do the poses.</i></p>
<p>Adult Bowling League Ages 17+ South Shore Country Club 274 South Street, Hingham MA 02043</p>	<p>January 5-12-19-26 & Feb. 2-9-23</p>	<p>7:00 p.m. – 8:30pm \$7.00 per week</p>	<p><i>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!</i></p>
 <p>Holiday Dance</p>	<p>Mark Your Calendar! Friday, December 15</p>	<p>7:00pm -9:00pm Cost: \$13.00 in advance by mail or drop-off \$15.00 after December 12 or at the door.</p>	<p><i>Place: First Church in Weymouth 17 Church Street, Weymouth, MA 02189 Snacks & refreshments served. Professional DJ.</i></p>
<p>*Social Seekers Ages 18 -28</p>	<p>Jan. 26 & Feb. 9-23 & March 9-23 & April 6- 20 & May 4-18 & June 1</p>	<p>5:00pm -7:30pm \$250.00 for 10 weeks</p>	<p><i>We meet every other week for fun and social interaction. We will play games, do crafts, community outings (i.e. movies, eating out, paint night, etc.) as we practice socializing with a variety of staff and friends.</i></p>
<p>Theatre Club Ages 16 + ELF THE MUSICAL</p>	<p>Saturday, December 9 317 Libbey Industrial Parkway Weymouth, MA</p>	<p>Drop -off: 4:30pm Pick-up: 11:00-11:15p \$72.00 includes dinner at 99 Restaurant & Pub</p>	<p><i>ELF The Musical is the hilarious tale of Buddy, a young orphan child who mistakenly crawls into Santa’s bag of gifts and is transported back to the North Pole. Unaware that he is actually human, Buddy’s enormous size and poor toy-making abilities cause him to face the truth. With Santa’s permission, Buddy embarks on a journey to New York City to find his birth father, discover his true identity, and help New York remember the true meaning of Christmas. This modern day Christmas classic is sure to make everyone embrace their inner ELF.</i></p>
<p>ALL NEW KIDS THEATRE CLUB Ages 10-15 Charlie Brown Christmas the Musical</p>	<p>Sunday, December 10 317 Libbey Industrial Parkway Weymouth, MA</p>	<p>Drop -off: 11:00am Pick-up: 3:00pm - 3:30pm \$40.00 includes lunch</p>	<p><i>Everyone’s favorite holiday television special LIVE in BCT’s stage production of A CHARLIE BROWN CHRISTMAS. Join Charlie Brown, Snoopy, Lucy and all the Peanuts gang as they produce their own Christmas pageant and ultimately learn the true meaning of Christmas...complete with the little Christmas fir tree.</i></p>



at Next Page

We are beginning to offer our individuals day time classes

December – January 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.

DAY TIME CLASSES

page 3

Program/ Ages	Dates	Time/Cost	Description of program
*Healthy Relationship Ages 18+	Mondays: Nov. 20-27 & Dec. 11-18 January 8-22-29 & February 5-12-26	11:30am -1:00pm * One-time registration fee: \$75.00 this cover cost of materials. Please pack a lunch.	Join us for a brown bag lunch series and learn how to identify meaningful work, build healthy relationships at home, in the community and in the workplace and become a contributing member of society. Facilitated by: Ken Renaud and Diane E. Westerman, MA They are certified as sexuality educators from the Massachusetts Department of Developmental Services and Planned Parenthood of Massachusetts.
*Culinary Connections Ages 18+	Wednesdays: November 15-22-29 & Dec. 6-13-20 & Jan. 3-10-17-24-31 & Feb. 7	11:00am -12:30pm \$132.00 includes all materials 12 week session	Strengthen kitchen and safety skills in this class. In addition to the delicious and nutritious food, you will make two delicious recipes while socializing with friends. Improve your cutting, measuring, and mixing skills, follow a recipe, and learn to waiting for your delicious creation to cook. Have a great time!

