



# Revised: Summer Activities Summary for July – September 2019

If interested in attending any of the activities, please complete a registration form. Please visit our website: [www.soshoresupport.org](http://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
 <b>Musical BINGO</b> (Ages 13+)	<b>New Program</b>  August 5-12-19-26 & Sept. 9-16-23-30	4:30pm -5:30pm \$80.00 for 8 weeks	When players match the song excerpt they hear with a title on their game sheet they simply mark with a cross as with conventional bingo games. Each excerpt is between 10 and 30 seconds long allowing plenty of time to remember, identify and mark the song sheet.
<b>Group Fitness Classes</b> (ages 15+)  <b>Please note: If you sign up for both Monday classes dinner will be provided</b>	<b>NEW PROGRAM</b>  August 5-12-19-26 & Sept. 9-16-23-30	6:00pm – 7:15pm 8 weeks for \$120.00	This program is designed to utilize movement patterning, exercise, and physical development to improve day to day life. Along with improving their physical ability, individuals will build their self-confidence and independence. Each weekly session will be broken down into three phases, mobility, strength, and personalized development to reach the goals of the individual.
<b>Tuesdays</b> <b>*Zumba Class</b> <b>Ages 13+</b>	<b>Summer Session</b> July 16-23-30 & August 6-13-20-27 & September 10	4:30pm - 5:30pm \$88.00 for 8weeks	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.
<b>Tuesdays</b> <b>Adult</b>  <b>Cooking Classes</b> <b>Ages 18+</b> <b>Bethany Congregational Church</b> <b>18 Spear St, Quincy, MA 02169</b>	<b>NEW PROGRAM</b> Tuesdays, July 16-23-30 & August 6-13-20-27 & Sept. 10-17  July 30 <sup>th</sup> – canceled due heat advisory	5:30pm -7:30pm \$125.00 for 8 weeks Space is limited. Register by July 12, 2019	Individuals will learn to cook on a Nuwave Cooktop Stove ... it's fun and safe! We will make fun and yummy foods that everyone can enjoy! Learn nutrition in a real life setting.
<b>Tuesdays</b> <b>*News2you Class</b> <b>Ages 13+</b>	<b>Summer Session</b> July 16-23-30 & August 6-13-20-27 & September 10	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.
<b>Wednesdays</b> <b>Chatterbox</b> <b>A Social Group for Adults that Use AAC</b> <b>Ages 18 +</b>	<b>NEW PROGRAM</b>  <b>Sept. 11-18 -25 &amp; Oct. 2-9-16-23-30 &amp; November 6</b>	4:30-5:30 PM \$200.00 for 8 weeks	This activity-based social group is geared towards adults with developmental disabilities that use AAC to communicate. The goal of the group is to support and facilitate social interaction and development of relationships among participants. Lauren Marble, MS, CCC-SLP will lead the group. Lauren works as Director of Speech & Language Services at Alternatives ABA in Norwell and is a fierce advocate for access to AAC for all. Questions regarding group content should be directed to Alternatives ABA by calling: 781-923-0900
<b>Thursdays</b> <b>*Karate Class</b> <b>Ages 13+</b>	<b>No Classes this summer...</b>  Our classes are on hold. The karate instructor is out on medical leave. Keep Traci in your thoughts for a speedy recover.	Have a great Summer  	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.

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

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<p><b>Thursdays</b> <b>*Yoga Class</b> <b>Ages 15+</b></p>	<p style="text-align: center;"><b>Summer Session</b> July -27 &amp; August 1-8-15-22-29 &amp; Sept. 12 -19</p>	<p>6:15pm - 7:15pm \$100.00 for 8weeks</p>	<p>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.</p>
<p><b>Adult Bowling League</b> <b>Ages 17+</b> <b>South Shore Country Club 274</b> <b>South Street, Hingham MA</b> <b>02043</b></p>	<p style="text-align: center;"><b>Summer Session</b> July 19 – 26 &amp; August 2-9-16</p>	<p>7:00 p.m. – 8:30pm \$7.00 per week</p>	<p>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!</p>
<div style="text-align: center;">  <p><b>End of Summer Dance</b> <b>Ages 13+</b></p> </div>	<p style="text-align: center;">Friday, Sept. 6, 2019</p>	<p>7:00pm -9:00pm Fee: \$13.00 in advance by August 29 or \$15.00 at the door</p>	<p style="text-align: center;">Snacks &amp; refreshments served. Professional DJ. First Church in Weymouth 17 Church Street, Weymouth, MA 02189</p>
<p><b>Theatre Club</b> <b>(Ages 16+ )</b></p> <p><b>The Company Theatre</b> <b>Paragon Park the Musical</b></p>	<p style="text-align: center;"><i>August 10th, 2019</i></p>	<p>Drop –Off 5:30pm Pick-up: 11:00pm \$75.00 includes dinner</p>	<p>Let Mystery Cafe usher you into the secret world of the mafia elite, all while enjoying a delicious dinner. Mob Boss Carmine Pelagatti is set to bestow a great honor upon one of his top men, but in a world where murder comes with a smile, the night is bound to be marred by betrayal, double-dealing, and even death! You will need to keep your wits about you to keep up with this cast of fast-talking, fast-shooting characters and make it out with your honor and your life intact! Figure out who whacked whom and maybe you will have it "made!"</p>

<div style="text-align: center;">  <p>monthly trips for kid's ages 4-12</p> </div>	<p style="text-align: center;">Next Trip is in September Information will be coming out soon.</p>		<p>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.</p>
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