



Family Support Center  
435 Columbian Street  
Weymouth, MA 02190

## *Winter Session Activity Summary*




# Winter Session - Activity Summary

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>NEW PROGRAM</b> <b>Skills for Modern Man</b> 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
<b>Mondays</b> <b>*Adult Music Therapy</b> (Ages 14+ )	Nov.-27 & Dec. 4-11 18- & Jan. 8-22-29 & Feb 5 <b>New Session</b> 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
<b>*Mix-Up Mondays</b> (Ages 14+ ) Every Monday we will have different activities.	Nov. 20 -27 & Dec. 4-11 18- & Jan. 8-22-29  <b>New Session</b> Feb. 5-12-26 & March 5-12-19-26 & April 2	6:00PM – 7:30PM \$10.00 per class for includes dinner 8 weeks	<b>1st week – News2you:</b> See Below <b>2nd week: Theme Bingo-</b> Theme Bingo – Each month we will be using different themed bingo cards to teach time, money, weather and much more. <b>3rd week Adult Social Club:</b> 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. <b>4th week-Money Sense: New curriculum:</b> The class will focus on identifying coins, practice making small purchases at the Family Support Center, and learning to make change.
<b>NEW PROGRAM</b> <b>Fun and Fitness Class</b> 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. <b>Place: KidZone</b> <b>175 Washington St.</b> <b>Norwell, MA 02061-1709</b> Please Fill In Zidzone Liability Waiver. Enclosed in the packet.
<b>Tuesdays</b> <b>*Zumba Class</b> Ages 13+	Nov. 14-21-28 & Dec. 5-12-19 & Jan. 9-16 <b>New Session</b> 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.
<b>Tuesdays</b> <b>*News2you Class</b> Ages 13+	Nov. 14-21-28 & Dec. 5-12-19 & Jan. 9-16 <b>New Session</b> 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.
<b>NEW PROGRAM</b> <b>Kids Cooking Academy</b> 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!
<b>MOM to MOM Support Group</b> Facilitated by Ann Joyce, RN	Dec. 13 & January 10 - No group on Feb.14 March 14	<b>6:30pm -8:00pm</b> <b>Place:</b> <b>884 Washington St.</b> <b>Weymouth, MA 02190</b> <b>RSVP: to 781-331-7878 ext. 11</b>	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.

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<p><b>Thursdays</b> <b>*Karate Class</b> <b>Ages 13+</b></p>	<p><b>New Session</b> Dec. 7-14 &amp; Jan. 4-11-18-25 &amp; Feb. 8-15</p>	<p>5:15pm -6:00pm \$80.00 for 8 weeks</p>	<p><i>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.</i></p>
<p><b>Thursdays</b> <b>*Yoga Class</b> <b>Ages 15+</b></p>	<p><b>New Session</b> Nov. 30 &amp; Dec. 14 &amp; Jan. 4-11-18-25 &amp; 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><b>Thursdays</b> <b>*Benefits of Yoga</b> <b>Ages 15+</b></p>	<p><b>New Session</b> Nov. 30 &amp; Dec. 14 &amp; Jan. 4-11-18-25 &amp; 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><b>Adult Bowling League</b> <b>Ages 17+</b> <b>South Shore Country Club</b> <b>274 South Street,</b> <b>Hingham MA 02043</b></p>	<p>January 5-12-19-26 &amp; 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><b>Friendship Dance</b></p>	<p><b>Mark Your Calendar!</b> <b>Friday, February 9</b></p>	<p>7:00pm -9:00pm Cost: \$13.00 in advance by mail or drop-off \$15.00 after February 3 or at the door.</p>	<p><i>Place: First Church in Weymouth 17 Church Street, Weymouth, MA 02189 Snacks &amp; refreshments served. Professional DJ.</i></p>
<p><b>*Social Seekers</b> <b>Ages 18 -28</b></p>	<p>Jan. 26 &amp; Feb. 9-23 &amp; March 9-23 &amp; April 6- 20 &amp; May 4-18 &amp; 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><b>Theatre Club</b> <b>Ages 16+</b> <b>Noises Off</b> <b>Franklin, MA</b></p>	<p>Saturday, Jan. 20<sup>th</sup> 2018</p>	<p>Drop-off: 4:00pm Pick-up: 11:00pm  \$65.00 per person Includes dinner  Meeting Place: 317 Libbey Industrial Parkway Suite B300 Weymouth, MA 02190</p>	<p><i>Called "the funniest farce ever written," Michael Frayn's Noises Off takes a fond look at the follies of theatre folk, whose susceptibility to out-of-control egos, memory loss, and passionate affairs turn every performance into a high-risk adventure. This play-within-a-play captures a touring theatre troupe's production of Nothing On in three stages: dress rehearsal, the opening performance, and a performance towards the end of a debilitating run. Frayne gives us a window into the inner workings of theatre behind the scenes, progressing from flubbed lines and missed cues in the dress rehearsal to mounting friction between cast members in the final performance. Brimming with slapstick comedy, Noises Off is a delightful backstage farce, complete with slamming doors, falling trousers, and -- of course -- flying sardines!</i></p>
<p><b>Theatre Club</b> <b>Ages 16+</b> <b>You Can't Take It With You</b> <b>Concord, MA</b></p>	<p>Saturday, February 10, 2018</p>	<p>Drop-off: 4:00pm Pick-up: 11:00pm  \$65.00 per person Includes dinner  Meeting Place: 317 Libbey Industrial Parkway Suite B300 Weymouth, MA 02190</p>	<p><i>Alice Sycamore falls for banker's son, Tony Kirby. But when she invites her snooty prospective in-laws to dinner to give their blessing to the marriage, Alice's peculiar extended family - including philosophical grandfather Martin Vanderhof, hapless fledgling ballerina sister Essie and fireworks enthusiast father, Paul - might be too eccentric for the staid Kirbys. You Can't Take it With You originally opened in 1936 and won the Pulitzer Prize for Drama. The Frank Capra film adaptation won several Academy Awards including Best Picture.</i></p>
<p><b>Theatre Club</b> <b>Ages 16+</b> <b>DISNEY'S BEAUTY &amp; THE BEAST</b> <b>Boston, MA</b></p>	<p>Sunday, March 4, 2018</p>	<p>Drop-off: 1:00pm Pick-up: 6:00pm \$50.00 per person  Meeting Place: 317 Libbey Industrial Parkway Suite B300 Weymouth, MA 02190</p>	<p><i>Based on the Academy Award-winning animated film, this "tale as old as time" follows Belle, a young woman who doesn't quite fit in her village, and the Beast, a cursed prince. If the Beast can learn to love and be loved, the curse will be lifted and he will be transformed into his former self.</i></p>

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## DAY TIME CLASSES

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Program/ Ages	Dates	Time/Cost	Description of program
<p><b>*Culinary Connections</b> Ages 18+</p>	<p>Wednesdays: November 15-22-29 &amp; Dec. 6-20 &amp; Jan. 3-10-17-24-31 &amp; Feb. 7-14</p> <p><b>New Session</b> Feb. 28 &amp; March 7-14-21-28 &amp; April 4-11-18 &amp; May 2-9-16-23</p>	<p>11:00am -12:30pm \$132.00 includes all materials 12 week session</p>	<p>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!</p>



