


Activities Summary for March – May 2020

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
 BINGO (Ages 13+)	<p>Session December 9-16-23 & January 6-13-27 & February 3-10 -27 & March 2-16</p> <p>New Session March 23-30 & April 6-13-27 – May 4-11-18</p>	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.
Fitness Classes (ages 15+) Please note: If you sign up for both Monday classes dinner with be provided	<p>Session December 9-16-23 & January 6-13-27 & February 3-10 -27 & March 2-16</p> <p>New Session March 23-30 & April 6-13-27 -May 4-11-18</p>	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.
Tuesdays *Zumba Class Ages 13+	<p>Session Nov. 19 & Dec. 10-17 & Jan. 7-14-21-28 & Feb. 4 11-18-25</p> <p>New Session March 3-10-17-24-31 & April 7-14-21</p>	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.
Tuesdays *News2you Class Ages 13+	<p>Session December 9-16-23 & January 6-13-27 & February 3-10 -27 & March 2-9</p> <p>New Session March 17-24-31 & April 7-14-28 - May 5-12</p>	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.
NEW PROGRAM FOR ASD We Can Help By FILLING IN THE GAPS Ages 18-22 Meeting Place: Bethany Congregational Church 18 Spear Street Quincy, MA 02169	Tuesdays from March 24 – May 12 8 weeks session	Time: 10:00am -1:30pm Registration Fee: \$25.00	Each group will be run by a behavior therapist from Alternatives ABA and the Autism Coordinator from South Shore Support Services. Curriculum and data collection will be overseen by an Alternatives ABA Master’s level Board Certified Behavior Analyst (BCBA) licensed applied behavior analyst (LABA). We will provide opportunities in real-life situations to practice daily tasks and build independent living skills. Some of the topics covered in the classes are listed below: Personal hygiene Personal safety awareness Shopping & Cooking Managing money Accessing public transit Health and wellness Housing

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

Activities Summary for March – May 2020

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>Emergency Preparedness Workshop</p> 	<p>Thursday, March 5th</p>	<p>5:30pm -7:30pm Cost: FREE Pre-registration is required due to limited Backpack</p>	<p>The purpose of the meeting is to explore how to ensure that people with disabilities have the assistance they need in times of emergency.</p> <ul style="list-style-type: none"> •An ice storm leaves the region without electricity. • Fire in an industrial plant forces evacuation of surrounding communities. • A train jumps the tracks, releasing a cloud of toxic chemicals.
<p>Thursdays *Karate Class Ages 13+</p>	<p>Session January 2-9-16-23-30 & February 6-13-20-27</p> <p>New Session March 12-19-26 – April 16-23-30 May 7-14</p>	<p>5:15pm -6:00pm 8 weeks for \$96.00</p>	<p>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.</p>
<p>Thursdays *Yoga Class Ages 15+</p>	<p>Session January 2-9-16-23-30 & February 6-13-20 -27</p> <p>New Session March 12-19-26 – April 16-23-30 May 7-14</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>Adult Bowling League Ages 17+ South Shore Country Club 274 South Street, Hingham MA 02043</p>	<p>February 28 & March 6-13-20-27 & April 3 & May 1-8-15-22</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>
<p>Theatre Club</p> <p>BROADWAY’S NEXT HIT MUSICAL</p>	<p><i>Saturday, March 28th</i></p>	<p>Drop-off 4:00pm Pick-up: 10:30pm -11pm \$65.00 includes dinner</p>	<p>In this hilarious, unscripted show, master improvisers gather made-up song suggestions from the audience to create a spontaneous evening of music, humor and laughter. Vote for your favorite song, then watch as the cast turns it into a full-blown, improvised musical— complete with memorable characters, witty dialogue and plot twists. Theater Week hailed the show as “brilliant,” The New York Post called it “remarkable,” and The New York Times reviewed it as “hilarious!”</p>
<p>The Wiz</p> 	<p><i>Sunday, April 19th</i></p>	<p>Drop -off: 1:30pm Pick-up: 6:00pm Cost: \$45.00</p>	<p>A soulful retelling of L. Frank Baum’s beloved The Wonderful Wizard of Oz, The Wiz combines fairy-tale glamour with street smarts to make this classic fantasy story sparkle for today. Winner of seven Tony Awards, including Best Musical and Best Score, The Wiz ingeniously mixes rock, gospel, soul, and jazz, and features hits like “Ease on Down the Road,” “A Brand New Day,” and “Home.” With an urban sensibility and a diverse cast, you are sure to fall in love with The Wizard of Oz in a whole new way!</p>

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

Activities Summary for March – May 2020

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>XANADU</p> 	<p><i>Saturday, May 9th</i></p>	<p>Drop-off 4:00pm Pick-up: 10:30pm -11pm \$65.00 includes dinner</p>	<p>his Tony Award-nominated, hilarious, roller skating, musical adventure about following your dreams despite the limitation's others set for you, rolls along to the original hit score composed by pop-rock legends, Jeff Lynne and John Farrar. Based on the Universal Pictures cult classic movie of the same title, which starred Olivia Newton-John and Gene Kelly, Xanadu is hilarity on wheels for adults, children and anyone who has ever wanted to feel inspired..</p>
--	--	---	---

<p>KID'S CLUB MONTHLY TRIPS AGES 4-12YRS.</p>			
<p>Urban Air Adventure Park Bellingham, MA</p>	<p>Sunday, March 29th</p>	<p>Drop-off: 10:30am Pick-up: 3:30pm Cost: \$60.00 per person Included lunch</p>	<p>Urban Air is a unique indoor adventure park with something for everyone. We've got classic trampolines, climbing walls, basketball, obstacle courses and more.</p>

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