

Calendar for February – April 2022

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
HEADS-UP GAME	February 7-14-21- 28 & March 7-14-21-28	7:15pm -8:00pm This class is on ZOOM	Race the timer to guess the words you're wearing in your headband based on your teammate's clues ZOOM ID: https://us06web.zoom.us/j/82562705706
Drum Alive Classes Age 15+ Please note: If you sign up for both Monday classes dinner will be provided	February 28 & March 7-14-21-28 & April 4-11-18	4:45pm -5:30pm Registration fee: \$10.00	This original, unique, one of a kind, EVIDENCE-BASED program encompasses a "Whole Mind, Whole Body" approach while fostering individual creativity in a fun and enriched environment. Please wear appropriate fitness attire and sneakers
Group Fitness Classes (ages 16+)	February 14-21- 28 & March 7-14-21-28 & April 4	6:30pm -7:15pm Registration fee: \$10.00	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 Music Therapy	February 15-22 & March 1-8-15-22-29 & April 4	4:30pm -5:30pm Registration fee: \$10.00	Music therapy is an evidence-based practice that utilizes music and its effect on the mind and body to promote growth and positive change. Research has shown the profound effect that music has on the brain. Using this knowledge, board-certified music therapists engage clients in a variety of motivating music and creative arts experiences that supports each individual's developmental, social, and mental health goals.
Tuesdays *Zumba Class Ages 13+	February 15-22 & March 1-8-15-22-29 & April 4	5:30pm -6:30pm Registration fee: \$10.00	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.
Wednesdays Yoga Class	February 16-23 & March 2-9-16-23-30 & April 5	5:15pm -6:00pm Registration fee: \$10.00	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.
Wednesdays Money Management Class Ages 17-23	February 23 & March 2-9-16-23-30 & April 5-12	5:15pm -6:00pm This class is on ZOOM	Pre-registration is required. Please email if interested in attending: rmccorkle@soshoresupport.org

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

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Let's Bake2GETHER 15+	February 23 & Marc-9-16-23-30 & April 5-12	6:45pm -8:00pm <i>If you sign up for both Wednesday classes dinner with be provided</i> Registration fee: \$10.00	DJenny has put a recipe book together for everyone that attends. You will be able to surprise your family by making some delicious Caribbean for all to enjoy.
Thursday News2you Reading Class	February 24 & March 3- 10-17-24-31 & April 5-13	Time: 5:00pm -6:00pm	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.
Thursdays Ages 18+ Cooking with Ms. Kim	February 24 & March 3- 10-17-24-31 & April 5-13	Time: 6:15pm -7:30pm Registration fee: \$10.00	You do not have to book a flight to the Far East to enjoy incredible Asian food. Start recreating it in our kitchen after learning Kim's culinary secrets making delicious dishes. Come and cook up some fun with us
NEW Kids Saturdays Art & Drawing Class Ages 6 -12yrs.	February 12-19-26 & March 5-12-19-26 & April 2	10:15AM -10:45AM Registration fee: \$10.00	Experienced artist teaches our classes. Whether working on a small doodle or a masterpiece, drawing classes for kids can enhance both their motor skills and problem-solving skills.
New Time Art & Drawing Class Ages 13+	February 12-19-26 & March 5-12-19-26 & April 2	10:30AM -1:00PM Registration fee: \$10.00	This class is perfect for all experience levels; a great opportunity for individuals to explore their interest in art, learn new techniques and skills. All materials are provided. We are offering two classes on Saturdays with a 30-minute break between the two to sanitize and disinfect the area.
BINGO & Picture BINGO All ages	February 19-26 & March 5-12-19-26 & April 2-9	4:00pm -4:30pm (Bingo) 4:30pm -5:00pm (Picture BINGO) This class is on ZOOM	Please email if interested in playing rmccorkle@soshoresupport.org BINGO Cards are sent out weekly https://us06web.zoom.us/j/97592056669

Zoom Summary for this Week

Mondays February 7	Fitness Class	6:30pm -7:15pm	https://us06web.zoom.us/j/82590385830
Tuesday February 8	Music Therapy	4:30pm -5:30pm	https://us06web.zoom.us/j/82794050763
Tuesday February 8	Zumba Classes	5:30pm -6:30pm	https://us06web.zoom.us/j/81932757866
Wednesday February 9	Yoga Classes	5:15pm -6:00pm	https://us06web.zoom.us/j/81634835854
Sunday February 13	Theatre Club The War with Grandpa	7:30PM -9:30PM	https://us06web.zoom.us/j/89970040486

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