

## July Activities Calendar

If interested in attending any of the activities, please complete a registration form on last page.

Please contact Renee at [rmccorkle@soshoresupport.org](mailto:rmccorkle@soshoresupport.org) for signup.

Program/ Ages	Dates/ Zoom ID	Time/Cost	Description of program
Fitness Classes (ages 15+)	<b>July 12-19-26</b>	5:15pm -6:00pm Registration Fee \$5.00 per week	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.
Mondays Trivia Games (Ages 13+)	<b>July 12-19-26</b>	7:00pm -8:00pm	Zoom Trivia tests your team’s knowledge on a variety of random topics. To play this game, compile a list of trivia questions and answers. Then, split individuals into groups, and assign a Zoom breakout room to each one. Each time you pose a question, send groups to their respective breakout room. Whichever team returns with the correct answer first earns a point.
Safe Care Parent Workshop Place: 317 Libbey Industrial Parkway Unit B300 Weymouth, MA 02189	<b>July 20 -27</b>	6:30PM -8:00PM	<b>South Shore Support Services is proud to offer a new family support program called Safety-Care for Families. It is a training program that helps support families experiencing challenging behaviors in the home. Essential Skills is designed for any family with a child who engages in challenging behavior with the goal to:</b>  <ul style="list-style-type: none"> <li>- teach skills to effectively prevent and manage behavioral challenges</li> <li>- teach replacement behaviors at home and in the community.</li> <li>-learn new ideas, strategies and tools to use at home</li> </ul>
Tuesdays Music Therapy	<b>July 13-20-27</b>	4:30PM --5:30PM Registration Fee \$5.00 per week	Facilitate social-emotional development Increase individual’s attention and engagement encourage communication and interaction Improve motor skills and body awareness.
Tuesdays *Zumba Class Ages 13+	<b>July 14-21-28</b>	5:30pm – 6:15PM Registration Fee \$5.00 per week	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 NEWS2 YOU (Ages 13+)	<b>July 14-21-28</b>	7:00PM -8:00PM	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.
Wednesday YOGA Class (ages 15+)	<b>July 14-21-28</b>	5:15pm -6:00pm Registration Fee \$5.00 per week	Learn breathing and relaxing techniques along with stretching to promote inner focus and body awareness!
Thursdays *Karate Class Ages 13+	<b>July 14-21-28</b>	5:15pm -6:00pm Registration Fee \$5.00 per week	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.
Friday LEGO Club (ages 4-15)	<b>July 16-23-30</b>	10:00AM -12:00PM	It will cover topics includes <ul style="list-style-type: none"> <li>Collaborative work</li> <li>Sharing and take turning</li> <li>Communication and conversation skills</li> <li>Good sportsmanship</li> <li>Problem solving</li> </ul>

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<b>Saturday Art &amp; Drawing Class (ages 15+ )</b>	<i>July 17-24-31</i>	9:30AM -11:00AM  Or 11:30AM – 1:00PM  One time material Fee \$10.00 per class	Our individuals experience being led by professional artist Perfect for all experience levels, this is a great opportunity for individuals to explore their interest in art, learn new techniques and skills, or interest. All materials are provided. We will offering two classes on Saturdays. We have 30 minute break so at the beginning and end of each class, sanitizing and disinfecting solutions will be used to clean the area used.
<b>Saturday Baseball Game At Nashua Silver Knight</b>	<i>July 17</i>	10:00AM - 5:30PM  Cost : \$30.00 per person includes lunch	<b>Historic Holman Stadium and enjoy a day of family-friendly entertainment. The game will be seeing Nashua Silver Knight vs Brockton Rox.</b>

### Registration Form

Name \_\_\_\_\_

Nickname \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone (     ) \_\_\_\_\_

Parent's E-mail Address: \_\_\_\_\_

Parent/Guardian with legal custody to be contacted in case of illness or injury:

Name: \_\_\_\_\_

Home Phone #: \_\_\_\_\_

Relationship to Individual: \_\_\_\_\_

Cell Phone # \_\_\_\_\_

Email \_\_\_\_\_

Work Phone # \_\_\_\_\_

**Individual Name:**

**Medical Insurance Information**

The individuals is covered by family medical/hospital insurance [ ] Yes [ ] No

Include a copy of your insurance card; copy both sides of the card so information is readable.

Insurance Company \_\_\_\_\_

Policy # \_\_\_\_\_

Subscriber \_\_\_\_\_

Insurance Company Phone # \_\_\_\_\_

**Health Care Providers:**

Name of Individual's primary doctor(s) \_\_\_\_\_

Address: \_\_\_\_\_

Phone \_\_\_\_\_

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Individual Name: \_\_\_\_\_

Program Name	date(s) planning on attending	Cost :	Type of Payment Cash/Check / Money Order

Total cost: \_\_\_\_\_

REGISTRATION CANNOT BE PROCESSED WITHOUT PAYMENT

**You will not be registered until full payment is received. For payment plan information, please contact the Director of Family Support.**

### REFUNDS/CANCELLATIONS

You must notify the Director of Family Support at least two (2) days in advance of your cancellation in order to receive a refund. Refunds will not be

Granted for missed classes or planned absences nor will refunds be granted for special events requiring advance purchase of tickets unless a replacement is found.

Credit or refunds will be granted if the Family Support Center changes the location, time, or date of the program which prohibits your attendance or if the Family Support Center cancels the program due to insufficient registration. All participants will be notified at least two (2) days prior to the start of a program if there has been a cancellation, except in cases of inclement weather.

Program schedules, fees, and/or instructors are subject to change. Occasionally, there may be an error in the day, time, fees or location on a flyer, our Facebook page, or South Shore Support Services' website. If so, we will do everything possible to correct the situation promptly! Thank you for your patience and understanding should these situations arise.