

Calendar for July – August 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
Red, White & Blue Dance Ages 13+	Sunday, July 24	4:00PM -6:00PM Registration fee: \$10.00	Place: King Oak Park 790 Commercial St, Weymouth, MA 02189 WE'RE HAVING AN ICE CREAM SOCIAL CELEBRATING THE BEGINNING OF THE SUMMER Music & Dancing
Drum Alive Classes Age 15+ Please note: If you sign up for both Monday classes dinner with be provided	Monday, July 11-18-25 & August 1-8-15-22-29	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+)	Monday, July 11-18-25 & August 1-8-15-22-29	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.
Music Therapy	Tuesday, July 12-19-26 & August 2-9-16-23-30	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.
*Zumba Class Ages 13+	Tuesday, July 12-19-26 & August 2-9-23-30 No class on 8-16	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.
Yoga Class Ages 13+	Wednesdays, July -20-27 & August 3-10-17--31 No Classes July 13 & August 24	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.
News2you Reading Class	Thursdays, July 14-21-28 & August 4-11-18-25 No class on Sept. 1	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.
NEW PROGRAM FUN FRIDAY NIGHT RESPITE FOR ADULTS	July 15-22-29 & August 5-12-19-26	Time: 5pm -10pm	The fun Friday we will be going out to dinner and then going to different mini golf on the South Shore. We are excited offer adult – friendly activities. Adult build social skills, achieve goals and get motivated.

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

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<p>The Art Classes with Be taught by new instructor Kids Saturdays Art & Drawing Class Ages 5-13 yrs. Old</p>	<p>July 9-16-23-30 & August 6-13-20</p>	<p>11:00AM -12:00PM Registration fee: \$10.00</p>	<p>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.</p>
<p>New instructor Art & Drawing Class Ages 14+</p>	<p>July 9-16-23-30 & August 6-13-20</p>	<p>12:30PM – 1:30PM Registration fee: \$10.00</p>	<p>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.</p>
<p>Respite Program Teens Time Out on Evening Ages 14-22</p>	<p>Saturday, August 6</p>	<p>Time: 5pm – 11pm</p>	<p>We will be going to see Matilda the musical and then out to dinner.</p>
<p>Kids Respite Day. Baseball Game Ages 5-13yrs </p>	<p>Sunday, August 7</p>	<p>Time: 11:00AM -- 5:00PM includes snack and lunch</p>	<p>Worcester Polar Park to see Worcester Red Sox If interested in attending the game, please complete the registration form found on our website: www.soshoresupport.org return with payment by August 6</p>
<p>BINGO & Picture BINGO All ages</p>	<p>Saturday, July 1 -16-23-30 & August 13-20 No BINGO on July 9 & August 6-13-20</p>	<p>4:00pm -4:30pm (Bingo) 4:30pm -5:00pm (Picture BINGO) This class is on ZOOM</p>	<p>Please email if interested in playing rmccorkle@soshoresupport.org BINGO Cards are sent out weekly https://us06web.zoom.us/j/83762216455</p>
<p>Dance Party is back for the summer. All ages</p>	<p>July 23-30 & August 13-20</p>	<p>Time: 7:30PM -8:30PM This is on Zoom</p>	<p>The zoom link will be good for the month. Zoom Link https://us06web.zoom.us/j/82972899438</p>

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