

WINTER CALENDAR 2024




If you are interested in attending any of our activities, please visit our website: www.soshoresupport.org. Go to the Program and Services tab, scroll to the bottom of the page, click on “see the calendar” and register online. You may also download a registration form, print it, and mail it in or stop by the Family Support Center at the address below. Any questions, please call 781-331-7878. Beginning July 2, 2023, we no longer accept cash payments. Please pay by check, money order, or credit card. Additionally, if you have DDS funding from another program then payment can be sent in on your individual's behalf.

Name of Program Age	Dates	Time Registration Fee	Description of the Program
Drums Alive Classes Ages: 15 and older	Mondays January 8-22-29 & February 5-12-26 & March 4-11	4:45PM - 5:30PM \$10.00 registration fee	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
2 Fitness Classes Ages 15 and older	We have added another class for ASD individuals in a separate area of the Family Support Center. January 8-22-29 & February 5-12-26 & March 4-11	6:30PM - 7:15PM (This is the time for both classes.) \$10.00 registration fee	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 Ages 13 and older	Tuesdays January 9-16-23 & February 6-13-27 March 5-12	4:30PM - 5:30PM \$10.00 registration fee	Music therapy is an evidence-based practice that uses 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 everyone’s developmental, social, and mental health goals.
Zumba Classes Ages 13 and older	Tuesdays January 9-16-23 February 6-13-27 March 5-12	5:35PM - 6:35PM \$10.00 registration fee	Are you ready to get 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.



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<p>CALLING ALL PARENTS... LEARN HOW TO POTTY TRAIN YOUR CHILD</p> 	<p>Tuesday January 30th</p>	<p>6:30PM - 8:30PM</p> <p>This training on Zoom</p>	<p>The first step you must take is to see if your child is ready to begin potty training. Our own PBS Director will be facilitating the training. She will give you the tools and visuals supports to instruct your child at home.</p> <p>https://us06web.zoom.us/j/81928660777</p> <p>We will be offering this training in person training later this Spring.</p>
<p>Yoga Classes Ages 13 and older</p>	<p>*Please note: There has been a change in the schedule for both classes Wednesdays January 10-17-31 February 7-14 March 6-13-20</p>	<p>5:15PM - 6:00PM \$10.00 registration fee</p>	<p>Learn breathing and relaxation 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>Fitness Class ASD individuals Ages 18 and older</p>	<p>*Wednesdays January 10-17-31 February 7-14 March 6-13-20</p>	<p>6:15PM - 6:45PM Registration fee \$10.00</p>	<p>Exercises that use free resistance bands, or your own body weight, such as sit to stand, seated triceps dips, reverse crunches, or dorsal raises.</p>
<p>Bowling All Ages</p>	<p>Wednesdays January 10-17-24 February 7-14-28 March 6-13</p>	<p>1:00PM - 2:00PM \$7.00 per week Fee includes shoes</p>	<p>Individuals have the opportunity to bowl against each other. Keep the ball the fun. Rolling</p>
<p>Tot's R Us Ages 3 – 6</p>	<p>Thursdays February 1-15 March 7-21 April 4</p>	<p>Please note: There has been a time change for both classes. 5:00PM - 6:00PM Classes will be facilitated by our BCBA and IFFS Coordinators</p>	<p>Teaching individuals social skills, the ability to cooperate, problem solve, be kind, turn taking, and making friends.</p> <p>The group will meet on the first and third Thursday of the month</p>
<p>Kid's Club Ages 7-15</p>	<p>Thursdays January 25 February 8-29* March 14-28</p>	<p>* 4:45PM – 6:15PM Classes will be facilitated by our BCBA and the IFFS Coordinators</p>	<p>The mission of our Kid's club is to provide individuals with an opportunity to make friends and develop social skills. The group will be meeting on the second and fourth Thursday of the month.</p> <p>*February 29th is to substitute for February 22nd.</p>

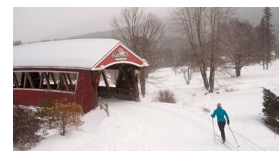
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<p>St. Patrick's Day Dance</p>  <p>Ages 13 and older</p>	<p>Friday</p> <p>March 15</p>	<p>7:00PM -9:00pm</p> <p>\$10.00 per person Due to an increase in attendees. Please complete the online registration form by 3-11-24. We can no longer accept late registrations.</p>	<p>Place: First Church in Weymouth 17 Church Street, Weymouth, MA 02189</p> <p>Snacks & refreshments served. Professional DJ.</p>
<p>Number & Picture BINGO All Ages</p> 	<p>Saturdays</p> <p>January 6 January 13 January 27 February 3 February 10 February 24 March 2 March 9 March 23 March 30</p>	<p>4:00PM - 4:30PM (Bingo)</p> <p>4:30PM - 5:00PM (Picture BINGO)</p> <p>All BINGO games are on ZOOM</p>	<p>If you are interested in playing, please email: kseda@soshoreshsupport.org</p> <p>BINGO Cards are sent out weekly. Please follow the Zoom link to play: Meeting https://us06web.zoom.us/j/89203547049</p>
<p>Sunday Night Dance Party All Ages</p>	<p>Sundays</p> <p>January 21 February 4 March 3 March 31</p>	<p>7:30PM - 8:30PM</p>	<p>Let South Shore Support Services bring the Dance Party to your living room! Invite your family, roommates, staff, and pets and let's dance! The DJs are Family Support staff - we want to see your best dance moves!</p> <p>https://us06web.zoom.us/j/81534305822</p>
<p>Theatre Club All Ages</p>	<p>Sundays</p> <p>January 7 January 28 February 11 February 25 March 17 March 24</p>	<p>7:30PM - 9:30PM</p>	<p>Meeting ID: https://us06web.zoom.us/j/81534305822</p> <p>January 7: Herbie The Love Bug January 28: The Greatest Showman February 11: Lampoons European Vacation February 25: Encanto March 17: Tangled March 24: Lampoons Vegas Vacation</p>

Please continue to scroll down for information about the Winter and Craft Day on Saturday, January 20th.

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Saturday, January 20th
Time: 10:00AM -4:00PM
Place: Family Support Center
435 Columbian Street Weymouth, MA 02190

We will be serving hot chocolate, warm apple cider, coffee, tea, and some tasty treats.

There are great winter art projects, fun snowman crafts, adorable winter animals, snowflake crafts and more! Winter activities kids of all ages will enjoy creating. The activities will take about an hour or so to complete. We are asking everyone to please select a time, so we are able to accommodate everyone. Please return this registration by Tuesday, January 16th and we will let you know by Wednesday, January 17.

Please select 1st and 2nd time slot to arrive from below and email to Renee McCorkle

(10am - 11am) (11am -12pm) (12pm -1pm) (1pm - 2pm) (2pm -3pm) (3pm -4pm)

Individual's Name: _____

Address, City, State, Zip: _____

Home Phone/ Cell Phone _____

E-mail address: _____

First time choice: _____ Second time Choice: _____

Registration is needed; please email this form to rmccorkle@sosshoresupport.org