

Family Support Programs



November & December 2019



Cooking Club

Class time: 6:00 pm - 7:45 pm

Those **18+** can join a skills group based around planning, preparing and eating a meal together.

The program runs with a 1:5 ratio, and costs **\$10 per class**.

November 7th
November 21st
December 5th

Contact Melanie Santos if interested in learning more.

Sharon House

Friday 4 pm - Sunday 3pm

An overnight Respite program, with a Saturday Community activity.

Ages 18+

Cost: **\$500/weekend** if **OUT OF AREA** or not connected with *Newton South Norfolk DDS*
\$100/ weekend contribution if **WITHIN** Newton South Norfolk

November 1-3 Museum of Fine Arts
November 15-17 Yoga Class
December 13-15 Easton Festival of Trees

** Program requires intake interview prior to acceptance.

Please contact Melanie Santos to learn more or schedule an intake.

Saturday Community Group

11:00 am-4:00 pm

Individuals **aged 18+**, living in **Needham South Norfolk** * areas are invited upon acceptance to join the group for lunch and an event/activity. The program runs out of Needham, with a 1:5 Ratio and costs **\$20/outing**.

November 9th Bowling @ Ryan's Family Amusements

November 23rd Sky Zone

December 7th Lars Anderson Auto Museum

December 21st Paint Your Own Pottery

Dances

Our next Dance will be:
Friday, **November 15th**

7:00pm - 8:30 pm
\$5/per person
(birthday month gets in free)

Ages 16+ Everyone must be accompanied by a chaperone - If this is a hardship, please let us know.

Location: Merritt Center Cafeteria
Snacks and drinks provided!

Final dance of 2019:
December 20th.

Please fill out the registration page and return to:

FamilySupport@charlesrivercenter.org

OR Fax to: (781) 444-5146

OR Mail to: 59 East Militia Heights Drive
Needham MA 02492

Reminder:

Daylight Savings Ends on **November 3rd!** Don't forget to turn your clocks back!

