Family Support Programs
November & December 2019

**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

**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.

**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!