

Activities Calendar



October 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Family Fun Fishing Day 10:00 – 1:00 p.m. Sensory Bowling 10:30 – 12:00 p.m.
3	4 Brave Yoga (Virtual) 6:30 - 7:00 p.m.	5 Caregiver Connections 7:30 – 8:30 p.m.	6 Nutrition Class 6:00 – 7:00 p.m.	7	8	9 Tai Chi (in person) 10:00 – 11:00 a.m.
10	11 Brave Yoga (Virtual) 6:30 - 7:00 p.m. COLUMBUS DAY	12 Bingo Night 6:30 - 7:30 p.m.	13 PINZ Bowling 5:30 - 7:30 p.m.	14 Pathways to Friendship 6:00 – 7:30 p.m.	15	16 Valley Bag Toss 12:00 p.m.
17	18 Brave Yoga (Virtual) 6:30 - 7:00 p.m.	19 Game Night Great Stories & Comics 6:00 - 8:00 p.m. <i>*Autism Specific</i>	20 Painting With Taylor 5:00 – 6:00 p.m.	21 Total Body Strength and Conditioning 6:30 - 7:15 p.m.	22 Drums Alive (Virtual) 6:00 - 6:30 p.m.	23 Walking Club - Nipmuc HS 10:00 – 11:00 a.m.
24 West End Creamery – Mini Golf 1:00 – 3:00 p.m.	25 Yoga (in person) 6:30 – 7:15 p.m.	26	27 Nutrition Class 6:00 – 7:00 p.m. Mindful Moments 7:30 – 8:00 p.m.	28 Move and Groove (Virtual) 4:30 - 5:00 p.m.	29	30 Adaptive Group Exercise 10:00 - 10:45 a.m. <i>*Autism Specific</i>
31  HALLOWEEN	Seven Hills Activities - click here to see what is going on at Seven Hills					

October 2

[Family Fun Fishing Day](#)

10:00 – 1:00 p.m.

Click the link for details and registration.

[Sensory Bowling](#)

10:30 a.m. - 12:00 p.m.

Sparetime Fun Center is sponsoring a sensory bowling experience – no flashing lights or loud music. This is a friendly and accommodating environment! The cost is only \$4.50/string and a \$2.00 shoe rental! You can email info@bowlsparetime.com for further questions or call 508-266-0699.

*This is not a Family Support Center sponsored event.

October 4

[Brave Yoga \(Virtual\)](#)

6:30 – 7:00 p.m.

Please join us every Monday evening as we find our inner peace with this Yoga and Mindfulness Session. Practice proper breathing techniques, calming strategies, and tools for relaxation. This Monday will be virtual.

October 5

[Caregiver Connections](#)

7:30 - 8:30 p.m.

Join us on Zoom for our Caregiver Connection support group. What do you want from your Family Support Center? Join us and let us know!! We would like to provide a sense of community and a safe place to share and support one another on our caregiver journey.

October 6

[Nutrition Class – Healthy Snacking](#)

6:00 – 7:00 p.m.

Michelle Mix, Uxbridge Hannaford Registered Dietitian will be hosting a series of nutrition classes for us. This class is a fun, interactive class on healthy snacking. Where you go, choosing a healthy snack is important. Learn how to make fun and healthy snacks, choose nutrient dense options at the store and try new foods!

October 9

[Tai Chi \(in person\)](#)

10:00 – 11:00 a.m.

Come join us on the plaza at The Mill in Whitinsville in person to learn the benefits of Tai-Chi and Qi gong. This non-aggressive form of martial arts helps with improved circulation, immune functions and increases energy! All abilities are welcome and can benefit from this class.

October 11

[Brave Yoga \(Virtual\)](#)

6:30 – 7:00 p.m.

Please join us every Monday evening as we find our inner peace with this Yoga and Mindfulness Session. Practice proper breathing techniques, calming strategies, and tools for relaxation. This Monday will be virtual.

October 12

[Bingo Night](#)

6:30 - 7:30 p.m.

Come (virtually) to play Bingo with prizes and make some new friends with the Family Support Center. We will play four games with the winners receiving a gift card to some of your favorite spots in the valley. Please provide your own bingo cards and markers – it just may be your LUCKY night!

October 13

[PINZ Bowling](#)

5:30 - 7:30 p.m.

Join us at PINZ for bowling! Each string is \$3 and usually we bowl 2 strings. PINZ does not require shoe rental if you wear sneakers. There is a waitress service for food/drink. The Family Support Center will have 3 lanes reserved for fun!

October 14

[Pathways to Friendship – Introduction to Friendships](#)

6:00 – 7:30 p.m.

Parents often struggle with how to help their children with disabilities connect with their peers without disabilities. Widening the Circle and Open Sky leadership will be providing a workshop with opportunities to learn, network, and discover strategies to support inclusion, belonging, and friendship.

October 16

[Valley Bag Toss](#)

12:00 p.m.

Click on the link to learn more and register.

October 18

[Brave Yoga \(Virtual\)](#)

6:30 – 7:00 p.m.

Please join us every Monday evening as we find our inner peace with this Yoga and Mindfulness Session. Practice proper breathing techniques, calming strategies, and tools for relaxation. This Monday will be virtual.

October 19

[Game Night Great Stories & Comics](#)

6:00 - 8:00 p.m.

This is an autism specific event. Join us for Dungeons and Dragons Monopoly! You can buy, sell, and trade 22 classic monsters as one of six token classes. Chance and Community cards are replaced by Treasure and Encounter cards. The entire board is gorgeous artwork. Cost is \$5/person. **Autism Specific*

October 20

[Painting With Taylor](#)

5:00 – 6:00 p.m.

Let's get in the Halloween spirit with Taylor and create a Butterfly with Jack O'Lantern Face. This is a virtual class using acrylic paints. Materials are in registration email.

October 21

[Total Body Strength and Conditioning](#)

6:30 - 7:15 p.m.

Join fitness instructors Gina and Beth for a virtual fitness class to improve your strength, balance, and flexibility using hand weights, stretch bands and your own body weight! This is a fun class that brings good energy and connection for all involved! All abilities welcome! (*household items, like soup cans, can be used in place of weights)

October 22

[Drums Alive \(Virtual\)](#)

6:00 - 6:30 p.m.

Drums Alive is the original fitness, health, wellness program that is evidence and research based. It is an inclusive program that strives to promote physical, kinesthetic, emotional and cognitive growth at all ages. Equipment could be wooden spoons, utensils, pool noodles or even your hands to drum. You can drum on about anything!

October 23

[Walking Club - Nipmuc HS](#)

10:00 – 11:00 a.m.

Join us on The Loop at Nipmuc Regional High School. The Loop is just under 2 miles and is a quiet trail on Saturdays so it will be great for a leisurely walk with friends. Park at Nipmuc HS (on the front door side) by the woods, the trail entrance is right there. .

October 24

[West End Creamery – Mini Golf](#)

1:00 – 3:00 p.m.

What could be better on a beautiful autumn afternoon than a round of mini golf?! This farm-themed 18-hole mini golf course is fun for all ages. Nine holes are ADA compliant. If we get 10 people or more the price is \$13/golfer and includes a small ice cream, otherwise it is \$10/person. Call Kathy at 714-290-6102 to find the group.

October 25

[Yoga \(in person\)](#)

6:30 – 7:15 p.m.

Fall in love with yoga and mindfulness. Join us at The Mill for a fall themed yoga and mindfulness session. Please bring a mat and plenty of water.

October 27

[Nutrition Class – Simple one dish meals](#)

6:00 – 7:00 p.m.

Michelle Mix, Uxbridge Hannaford Registered Dietitian, will be hosting a series of nutrition classes for us. This class is a fun, interactive class on simple one dish meals. Learn about the food groups and how cooking a simple meal in one dish can accomplish your nutrition goals.

[Mindful Moments](#)

7:30 – 8:00 p.m.

Feeling stressed? Having trouble focusing? Are you having difficulty regulating emotions? Join me, Liz, in a 30-minute segment of Mindful Moments. This class is aimed to help you be present and enjoy the moment. Some of the benefits of being Mindful is reduce stress, help you focus and regulate emotion. Open to caregivers, individuals and siblings.

October 28

[Move and Groove \(Virtual\)](#)

4:30 – 5:00 p.m.

Move and Groove incorporates music, movement, dance, physical education, imagination, and, of course, lots of fun to songs. Jill will explain the movements as you get your groove on! Bring a stuffed animal friend to participate with.

October 30

[Adaptive Group Exercise](#)

10:00 - 10:45 a.m.

Adaptive Group Exercise is a fitness class designed to introduce and support individuals with special needs through a series of exercises. Classes are structured to be social. Classes start with a body weight warm up, followed by a group instruction, then turn-taking and wrap up stretches. **Autism Specific*