

OPEN SKY FAMILY SUPPORT CENTER



Hello!

Please find our activities for the first week of June. We are excited to continue to meet more of our individuals and families this month at these virtual and in-person events! Watch for the full calendar of June events to come soon!

If you have questions or concerns, please reach out to familysupportcenter@openskycs.org or call us at 508-714-7959 x2359.

Thank you,

Jenna Lane
Family Support Center Coordinator

June 2021 Events!

Zumba, Core & Fitness (Virtual Class)

Tuesday, June 1 at 7:00-7:45 pm

Join fitness instructors Gina and Beth for a virtual fitness class incorporating Zumba, strength, and core exercises. This 45-minute session is a beginner-level workout open to all.



All you need is some light weights*, hand towel, chair, and a water bottle. Get fit in 2021!

(*household items, like soup cans, can be used in place of weights)

[REGISTER NOW](#)

Information Session:

Career Services

Wednesday, June 2 at 6:00 - 7:00

The Open Sky Family Support Center in the Blackstone Valley is happy to announce that we will be hosting an information session on Open Sky Career Services presented by Career Services Director, Amelia Dillon. Career Services works with Massachusetts Rehabilitation Commission (MRC) to help with supported employment opportunities.

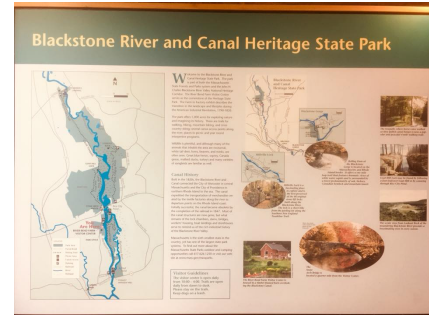


[**REGISTER NOW**](#)

Walking Club - River Bend Farm, Uxbridge

Thursday, June 3 at 6:00-7:00 pm

Join us for a nice evening walk along the Blackstone River and Canal Heritage State Park in Uxbridge. We will meet at 6 p.m at the Visitor Center and continue on for this easy 2-3 mile walk. This is a nice chance to meet new friends and socialize.



WEATHER PERMITTING

[**REGISTER NOW**](#)

Spare Time Family Fun Center - Sensory Friendly Bowling!

Saturday, June 5 at 10:30 - 12:00

Spare Time 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!



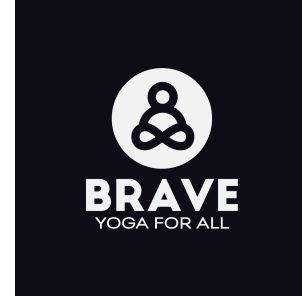
You can email info@bowlsparetime.com for further questions or call 508-266-0699. Spare Time Family Fun Center is located at 117 Church St, Whitinsville, MA 01588.

*This is not a Family Support Center sponsored event, no need to register.

Brave Yoga for All

Monday, June 7 at 6:30-7:00pm

Join us for yoga and learn new yoga and mindfulness activities. All virtual from the comfort of your location.



ValleyCAST Virtual Art & Music Makers Festival

Live on Facebook every Tuesday and Thursday at 12pm

Join ValleyCAST all winter long and into the spring for our first ever Virtual Art & Music Makers Festival with over 30 videos of talented musicians and artists of all abilities sharing music, art, art studio tours, artist demonstrations and personal interviews.



[Check it out!](#)

About the Blackstone Valley Family Support Center

The Open Sky Family Support Center is here to support you and your family. We know that navigating the services and supports available to individuals with developmental/intellectual disabilities and Autism can be challenging. Our goal is to provide the training, support and advocacy to meet both your day-to-day needs and long-term goals.

[Learn more!](#)

