

Open Sky Family Support Center - November 2021 Activities

November 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Brave Yoga (Virtual) 6:30 – 7:00 p.m.	2 Caregiver Connections 7:30 – 8:30 p.m.	3	4	5	6 Sensory Bowling 10:30 a.m. – 12:00 p.m.
7	8 Brave Yoga (Virtual) 6:30 – 7:00 p.m.	9 Sing-a-long with Jen 6:30 – 7:15 p.m.	10 PINZ Bowling 5:30 – 7:30 p.m.	11 VETERANS DAY Spare Time Bowling 11:00 a.m. – 1:00 p.m.	12 Female Voices of Autism 10:00 – 11:00 a.m.	13 Tai Chi (In Person) 10:00 – 11:00 a.m.
14 Adaptive Group Exercise 11:00 a.m. – 12:00 p.m.	15 Brave Yoga (Virtual) 6:30 – 7:00 p.m.	16 Game Night Great Stories & Comics 6 – 8 Dungeons and Dragons Monopoly	17 Nutrition Class – Healthy Holidays (Virtual) 6:30 – 7:30 p.m.	18	19	20 Beatz Dance Party 10:00 – 11:00 a.m.
21	22 Brave Yoga (Virtual) 6:30 – 7:00 p.m.	23 Bingo 6:30 – 7:15 p.m.	24 Walk with Liz River Bend Farm 10:00 – 11:00 a.m.	25 THANKSGIVING	26 Palo de Agua Art Project (Rain Stick) 6:30 – 7:30 p.m.	27 SHOP SMALL SATURDAY Holiday Tree Lighting
28	29 Brave Yoga (In Person) 6:30 – 7:30 p.m.	30				

November 1

[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.

November 2

[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.

November 6

[Sensory Bowling](#)

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

Spartime 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.**

November 8

[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.

November 9

[Sing-a-long with Jen](#)

6:30 – 7:15 p.m.

You are invited to virtually sing, move, play and even do a little bit of drawing to songs about friendship and kicking off a holiday feel with Jennifer Lentz, Board Certified Music Therapist. A fun, relaxing and safe way to enjoy favorite songs in your own space over zoom! We will send a list of everyday items to gather to enjoy the activity.

November 10

[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!

November 11

[Spare Time Bowling](#)

11:00 a.m. – 1:00 p.m.

Do you have the day off from school or program in celebration of Veteran's Day? Head down to Spare Time bowling – we will have 3 lanes. The cost is \$10/bowler which includes bowling, shoes and choice of snack or drink. Come for a fun bowling adventure! You can email info@bowlsparetime.com for further questions or call 508-266-0699.

November 12

[Female Voices of Autism](#)

10:00 – 11:00 a.m.

Liz Lefrancois and Amy Begnoce would like you to join Female Voices of Autism, to help them create a community where you can embrace your Autism. Enjoy the company of others who get you. Have your voices heard and join the group! Liz is Family Support Staff and mom of a daughter with ASD, and Amy is a mom who has ASD.

November 13

[Tai Chi \(In Person\)](#)

10:00 – 11:00 a.m.

Come join us 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.

November 14

[Adaptive Group Exercise](#)

11:00 a.m. - 12:00 p.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*

November 15

[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.

November 16

[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*

November 17

[Nutrition Class –Healthy Holidays \(Virtual\)](#)

6:30 – 7:30 p.m.

Holidays are a time to enjoy family traditions, but can also add unwanted saturated fat and sugar. Join Michelle to learn how to enjoy all the festivities while continuing to make healthy choices through recipe substitution, adding superfoods to your plate, or implementing an eating plan to include all your favorites.

November 20

[Beatz Dance Party](#)

10:00 – 11:00 a.m.

Join us at the Singh Theater, upstairs in building 60, at The Whittin Mill. We'll start with a warmup, then learn some basic steps, and put it all together to create a dance party!!! Join Beatz Dance to have some fun, make some friends and bust a move in this high-energy hip-hop style dance class!

November 22

[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.

November 23

[Bingo](#)

6:30 – 7:15 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!

November 24

[Walk with Liz River Bend Farm](#)

10:00 – 11:00 a.m.

Take a walk the Wednesday before Thanksgiving as we enjoy the last days of Autumn. Let's have some fun as we talk and walk together. You can be an individual served and/or family member to take a stroll with Liz. Call 978-429-1125 (Liz). WEATHER PERMITTING.

November 26

[Palo de Aqua Art Project \(Rain Stick\)](#)

6:30 – 7:30 p.m.

The rain stick is a long tube with nails or wood insertions in it, filled with rice/grains. When the rain stick is turned over the grain falls and makes the sound of rain! This class is good for all abilities.

November 27

SHOP SMALL SATURDAY

Holiday Tree Lighting

3:30 – 5:30 pm.

Held at the Whitinsville Town Common on Church Street. Santa will first visit the Rockdale Common and light the tree at 3:30 p.m. and then head up to the Whitinsville Common. Music from area churches, baked goods, hot chocolate, snack table, activities and more. Santa will depart from the Rockdale Common at 3:45 p.m. and head to the Whitinsville Common with ETA of 4:00 p.m. and tree lit at 4:30 p.m.

November 29

[Brave Yoga \(In Person\)](#)

6:30 – 7:30 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.