

February 2019

Programs & Events



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Open Gym	2 Buddy Up Tennis Open Gym
3	4 Shape Up Open Gym	5 Music Therapy Open Gym	6 Dine to Donate Open Gym	7 Music Therapy Cooking Capers: Group A Open Gym	8 Open Gym	9 Buddy Up Tennis Open Gym
10 Catch Air Fundraiser	11 Shape Up Open Gym	12 Music Therapy Open Gym	13 Open Gym	14 Music Therapy Cooking Capers: Group B Open Gym	15 Open Gym	16 Buddy Up Tennis Open Gym
17	18 Shape Up Open Gym	19 Music Therapy Open Gym	20 Open Gym	21 Music Therapy Cooking Capers: Group A Kzoo MNO View All 5 Events >	22 Open Gym	23 Buddy Up Tennis Open Gym
24	25 Shape Up Open Gym	26 Music Therapy Open Gym	27 Open Gym	28 Music Therapy Cooking Capers: Group B GR DNO View All 4 Events >		



*Schedule subject to change. Please visit dsawm.org/calendar for the most up-to-date calendar.

January 2019 Programs & Events

ALL AGES

Music Therapy

Tuesday and Thursdays, February 5-28
DSAWM Office 233 Fulton St E, Ste 124, Grand Rapids
*Classes are full.

Open Gym

Mondays-Saturdays
12-1pm
Gymco 2306 Camelot Ridge Ct. SE, Grand Rapids

SCHOOL AGE

Buddy Up Tennis

Saturdays, February 2, 9, 16 & 23
4-5:30pm
MVP Athletic Club 115 Crahen Ave NE, Grand Rapids
RSVP to grandrapids@buddyuptennis.com

TEEN & ADULT

Book Club

Tuesdays, February 5 & 19
5:30-6:30pm
Chapbook Café 2660 28th St. SE, Grand Rapids
RSVP to Bobbie at bobbie@diecadgroup.com

Shape Up

Mondays, February 4, 11, 18 & 25
6:30-8pm
4th floor, GR Masonic Center 233 Fulton St E, Grand Rapids
RSVP to Tabitha at fitwithtab@gmail.com

Cooking Capers: Group A

Group A: Thursdays, February 7 & 21
Group B: Thursdays, February 14 & 28
6-8pm
4th floor, GR Masonic Center 233 Fulton St E, Grand Rapids
*The winter session is full. Email Nate at nate@dsawm.org to be added to the waitlist.

PARENT SUPPORT

Kzoo MNO (Kalamazoo Moms' Night Out)

Thursday, February 21
6:30-8pm
Los Amigos 3317 Stadium Dr., Kalamazoo
RSVP to Katherine at katherinejane@gmail.com

GR MNO (Grand Rapids Moms' Night Out)

Thursday, February 21
6:30-8pm
Location TBD
RSVP to Rachael at rwegym@aol.com

GR DNO (Grand Rapids Dads' Night Out)

Thursday, February 28
6-8pm
Fowling Warehouse 6797 Cascade SE, Grand Rapids
RSVP to Rich at dads@dsawm.org

FUNDRAISING EVENTS

Dine to Donate at Olive's

Wednesday, February 6
6-9pm
Olive's 2162 Wealthy SE, Grand Rapids

Catch Air Fundraiser

Sunday, February 10
5-8pm
Catch Air Grand Rapids 2978 28th St SE, Grand Rapids

Visit dsawm.org for more details about this month's programs and events. For general inquiries regarding DSAWM programming, please contact Nate at nate@dsawm.org or 616-956-3488.

