

March 2019

Programs & Events



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Open Gym	2 Lakeshore Baby Sign Language Buddy Up Tennis Open Gym
3	4 Shakin' It with Sammy Shape Up Open Gym	5 Music Therapy Book Club Open Gym	6 Open Gym	7 Music Therapy Open Gym	8 Open Gym	9 Lakeshore Baby Sign Language Buddy Up Tennis Open Gym
10	11 Shape Up Open Gym	12 Music Therapy Potty Training Class Open Gym	13 Open Gym	14 Music Therapy Cooking Capers: Group A Kzoo MNO View All 4 Events	15 Open Gym	16 Lakeshore Baby Sign Language OT Playgroup Buddy Up Tennis View All 4 Events
17	18 Shakin' It with Sammy Shape Up Open Gym	19 Music Therapy Book Club Open Gym	20 Open Gym	21 World Down Syndrome Day Advocacy at the Capitol Music Therapy View All 6 Events	22 Open Gym	23 Lakeshore Baby Sign Language 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	29 Open Gym	30 Open Gym



DSAWM
Down Syndrome Association of West Michigan
Empowering individuals. Supporting communities.

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

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ALL AGES

Music Therapy

Tuesday and Thursdays, March 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

EARLY STAGES

Lakeshore Baby Sign Language

Saturdays, March 2, 9, 16 & 23
10-10:45am
Herrick District Library 300 S River Ave, Holland
Loutit District Library 407 Columbus Ave, Grand Haven
RSVP to Nate at nate@dsawm.org

Shakin' It with Sammy

Mondays, March 4 & 18
4:30-5:15pm
DSAWM Office 233 Fulton St E, Ste 124, Grand Rapids
RSVP at dsawm.org

SCHOOL AGE

Buddy Up Tennis

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

Shape Up

Mondays, March 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: Thursday, March 14
Group B: Thursday, March 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, March 14
6:30-8pm
Hopcat 300 E Water St, Kalamazoo
RSVP to Ashley at a.cencer@yahoo.com

GR DNO (Grand Rapids Dads' Night Out)

Thursday, March 28
6-8pm
Vitale's 3868 W River Dr NE, Comstock Park
RSVP to Rich at dads@dsawm.org

FAMILY EVENTS

WSDS Advocacy at the Capitol

Thursday, March 21
11am-12pm
State Capitol Building 100 N Capitol Ave, Lansing

WSDS Dance

Thursday, March 21
6-8pm
3rd floor, GR Masonic Center 233 Fulton St E, 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.

