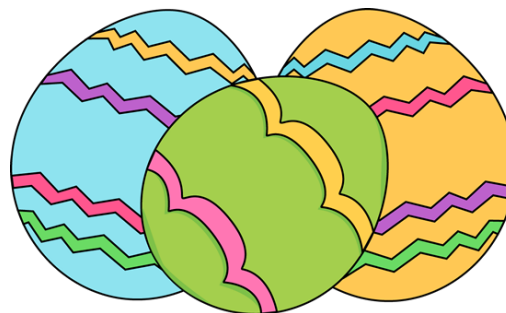


April 2019

Programs & Events



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Open Gym	2 Music Therapy Book Club Open Gym	3 Dine to Donate Open Gym	4 Music Therapy Open Gym	5 CLOSED Open Gym	6 Open Gym
7	8 Shape Up Open Gym	9 Music Therapy Open Gym	10 Open Gym	11 Music Therapy Cooking Capers: Group A Open Gym	12 Dine to Donate Open Gym	13 OT Playgroup Open Gym
14	15 Shakin' It with Sammy Shape Up Open Gym	16 Music Therapy Book Club Open Gym	17 Open Gym	18 Music Therapy Cooking Capers: Group B GR MNO View All 4 Events >	19 Open Gym	20 Open Gym
21	22 Shape Up Open Gym	23 Music Therapy Open Gym	24 Open Gym	25 Music Therapy Cooking Capers: Group A GR DNO View All 5 Events >	26 Open Gym	27 Open Gym
28	29 Shape Up Aging with Down Syndrome Open Gym	30 Music Therapy 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.

April 2019

Programs & Events

ALL AGES

Music Therapy

Tuesday and Thursdays, April 2-30
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

OT Playgroup

Saturday, April 13
12-2pm
DSAWM Office 233 Fulton St E, Ste 124, Grand Rapids
RSVP at dsawm.org

Shakin' It with Sammy

Monday, April 15
4:30-5:15pm
DSAWM Office 233 Fulton St E, Ste 124, Grand Rapids
RSVP at dsawm.org

TEEN & ADULT

Book Club

Tuesdays, April 2 & 16
5:30-6:30pm
Chapbook Café 2660 28th St. SE, Grand Rapids
RSVP to Bobbie at bobbie@diecadgroup.com

Shape Up

Mondays, April 8-29
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, April 11 & 25
Group B: Thursday, April 18
6-8pm
4th floor, GR Masonic Center 233 Fulton St E, Grand Rapids
*The winter session is full.

PARENT SUPPORT

Lakeshore MNO (Lakeshore Moms' Night Out)

Date TBD
6:30-8pm
Location TBD
RSVP to Kristina at krisica02@gmail.com

GR MNO (Grand Rapids Moms' Night Out)

Thursday, April 18
6:30-8pm
Location TBD
RSVP to Rachael at rwegym@aol.com

GR DNO (Grand Rapids Dads' Night Out)

Thursday, April 25
6-8pm
Fowling Warehouse 6797 Cascade Rd SE, Grand Rapids
RSVP to Rich at dads@dsawm.org

Kzoo MNO (Kalamazoo Moms' Night Out)

Thursday, April 25
6:30-8pm
Location TBD
RSVP to Ashley at a.cencer@yahoo.com

FUNDRAISING EVENTS

Dine to Donate: Panera

Wednesday, April 3
4-8pm
Panera 3770 28th St SE, Kentwood
Download flyer at dsawm.org

Dine to Donate: City Barbeque

Friday, April 12
City Barbeque 3050 28th St SE, Kentwood
Download flyer at dsawm.org

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.

