

## DSANV 2019 Programs

<i>Program Offerings</i>	<i>Target Age Group</i>	<i>Schedule</i>
<b><u>Wellness and Recreation</u></b>		
• BINGO	S-A 13 yrs +	Monthly (3 <sup>rd</sup> Wednesdays)
• Buddy Walk®	Families	Oct 6, 2019
• Champion Football	S-A > 5 yrs	Sept-Oct 2019
• Holiday Party	Families	December 2019
• Most Valuable Kids*	Families	Year round
• Non-English Sp. Playgroup*	Youth/parents	Monthly
• Spring Picnic/Annual Mtg	Families	Spring
• Zumba	13 yrs + Inclusive	Winter, Spring, Fall
<b><u>Education and Skills</u></b>		
• Cooking Club*	8 yrs +	TBD
• IEP Consulting	Parents	On demand
• Include Me* Civic Club	Inclusive Teens/Young Adults	Monthly
• On-line Reading Program*	School age	On demand
• Relationshapes (Circles®)*	Teens/Young Adults	Starting Jan 2019
• Shoe Tying Clinic	All ages	TBD
• The Learning Program®	Families	Monthly (school year)
<b><u>Parent/Family Support</u></b>		
• DADS	Fathers	Monthly
• New Parent Breakfast	Parents	Quarterly
• Parent to Parent Support Group* and Lecture Series	Parents/Adult Siblings	Monthly

\* - indicates new and returning programs some of which will be established as pilot programs in 2019

**Acronyms:**

S-A Self-Advocates (individuals with an intellectual/developmental disability, or IDD)

IEP Individualized Education Plan

DADS Dads Appreciating Down Syndrome

TBD To be determined

*Inclusive* indicates a mixture of individuals with and without IDD