

Community Enrichment Classes



FALL/WINTER 2025
September - December



**:Down
Syndrome
Association
of Minnesota**

dsamn.org



Welcome.

It's an exciting time for the Down Syndrome Association of Minnesota. Over the last four decades, we've worked hard to live out our mission of empowering individuals and families, creating community, and celebrating all people with Down syndrome.

As we close out 2025 we are excited to introduce many programs and events for parents, caregivers, and individuals with Down syndrome.

We hope you take this time to explore topics of interest and connect with others. You all are truly our greatest asset — yesterday, today, and into the future. DSAMn could not accomplish what we do without your support as advocates, donors, and volunteers.

Sarah Curfman

President & CEO



The Down Syndrome Association of Minnesota (DSAMn) is a statewide nonprofit organization that serves the 4,500 people with Down syndrome living in Minnesota and neighboring communities. Our mission is to empower individuals and families, create community, and celebrate all people with Down syndrome.

We serve the community by providing support, assistance and opportunities to individuals with Down syndrome; provide education and support families and caregivers; and provide accurate, helpful, and balanced information to healthcare professionals, educators and employers. Membership is free and open to anyone with an interest in or passion for empowering, connecting, and celebrating individuals with Down syndrome.

While our organization has been supporting the community for nearly forty years; we've experienced exponential growth in the last five. Since 2019, we've reimagined what that support could look like and introduced a number of new parent support services, hands-on programs, community events, and increased advocacy efforts to better serve you. We will continue to grow and innovate to best serve our community but we cannot do this without your engagement and support! We encourage you to stay engaged with programming; donate your time, talents, or money; and help us tell DSAMn's story to your networks.



To learn more about DSAMn or donate, scan the QR code or visit dsamn.org.



**Register for
classes today!**



DSAMn Offers Financial Support

DSAMn has long offered financial support for families through discounted fees, scholarships, and assistance for families facing financial hardship.

We have a suite of programs and partnerships to support individuals with Down syndrome and their families. Our financial assistance programs, scholarships and subsidies are available to individuals with Down syndrome who reside in Minnesota or any community in our neighboring states that is within 25 miles of the Minnesota border.



EARLY YEARS (0-5)

YOUTH/TWEEN (6-13)

SELF-ADVOCATES (14+)

ALL AGES

RESOURCES



Step Up for Down Syndrome

Step Up for Down Syndrome is our signature fundraising and community building event, held every year in September as a kickoff to Down Syndrome Awareness Month. We join together to celebrate our amazing community, to raise awareness about issues facing our community, and to raise funds to further our mission.



**There's still time to support
Step Up for Down Syndrome 2025!**



**Donate
today!**





New Family Zoom Call

Third Saturday of each month • 9-10 am

Join DSAMn staff and other parents to connect, find support, and get your most pressing questions answered. Open to families with a prenatal diagnosis or a child with Down syndrome, birth-2 years.

Email Tracy Hafeman at tracy@dsamn.org for the Zoom link.



Sensory Friendly Playdate

5:30-7:30pm

Eagles Nest Indoor Playground

Free, sensory friendly playdate for children with Down syndrome age 5 and under and their families.



Clay Pumpkins with Kidcreate Studio

Saturday, October 18th

9:30am-10:30pm

Ages: 12 & Under
(siblings welcome)

\$15 per child

Kidcreate Studio

**Woodbury: 1785 Radio Dr
F, Woodbury, MN 55125**

REGISTER



Leave your broom at the door, come on in and make something spook-tacular! You and your young artist will get messy with paint and clay as you make a jack-o-lantern. Kids are welcome to wear their costumes to class!



Candy Corn Slime with Kidcreate Studio

Saturday, October 25th

9:30am-10:30pm

Ages: 12 & Under
(siblings welcome)

\$15 per child

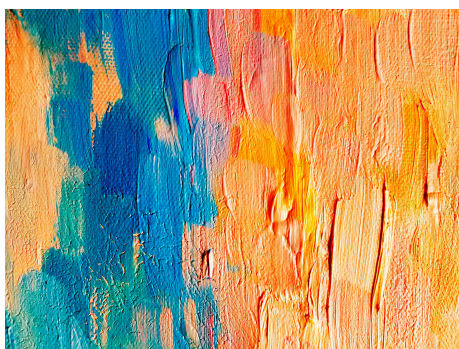
Kidcreate Studio Eden

**Prairie: 7566 Market Pl Dr,
Eden Prairie, MN 55344**

REGISTER



Discover the science of candy corn slime! Kids explore ingredients, reactions, and textures while making their own seasonal edible concoctions.



After School Art Club

Thursdays
4:30pm-6:00pm
 10/16, 10/23, 10/30,
 11/6, 11/13, 11/20, 12/4,
 12/11
Ages: 5th-9th Grade
\$120
906 Mainstreet
Hopkins

REGISTER



Painting, crafting, creating, and exploring the world of art all with support of the amazing teachers at Mess Hall Arts! This art club for middle school students will truly bring out your creative side! We are excited to partner with Mess Hall to offer a new club focused on exploring new art practices and encouraging learning through the exploration of messy art making. Each 90 minute class will provide you with the opportunity to create a one of a kind piece of artwork to take home and the opportunity to help work with a team on a group piece as well. Come join us to explore your artistic side!



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Let's Act!

Sundays

2:00pm-3:30pm

10/12, 10/19, 10/26,
11/2, 11/9, 11/16, 11/23,
12/7

Ages 14+

Cost: \$100

**668 Transfer Road
St. Paul**

REGISTER



This class is a great way to dip your toe into the world of performing arts! If you are 14 years or older and want to see if acting is a good fit for you, this is your chance! In this class you will learn performing and acting techniques. Using theater games and imaginative story-creation, students will gain skills that benefit them inside and outside the classroom. Acting includes exploring emotions and playing pretend in a safe space. Benefits of this class include boosted confidence, skills in collaboration, and creative expression.



Career Exploration

Mondays

4:30pm-6:00pm

10/27, 11/3, 11/10
11/17, 12/1, 12/8

Ages 16+

Cost: \$30

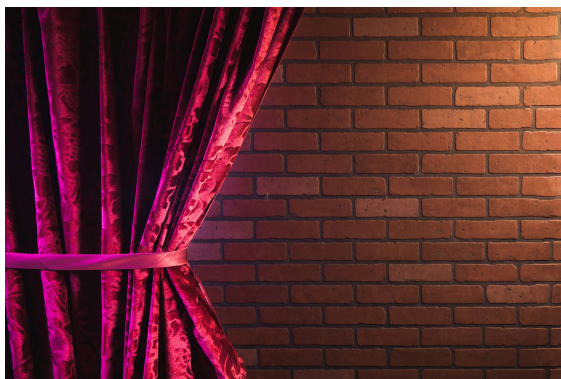
**CLA Convention Center
Vikings Lakes**

**2865 Vikings Cir Suite 125
Eagan, MN 55121**

REGISTER



Curious about the world of work and ways to get involved? Want to learn more about different types of jobs and what work could look like for you? This class could be a perfect fit for you! Aimed at individuals who have not yet had a job or are interested in exploring careers, this 6 week course will provide exposure to different types of careers available, introductions to appropriate work behaviors and social skills—all the while being interactive and fun! Come join us as we explore the world of work!



Improv and Physical Comedy

Thursdays
4:00pm-5:00pm
 10/16, 10/23, 10/30,
 11/6, 11/13, 11/20,
 12/4, 12/11
Ages 14+
Cost: \$50
Via Zoom

REGISTER



In this high energy class, students will learn theatrical techniques in comedy and physical theater. Using theatrical techniques including mime, clowning exercises, and Improv games, students will explore the parts of them that are uniquely hilarious. There is no experience or specific ability required, just a desire to have fun!



Social Hour

Wednesdays
4:00pm-5:00pm
Every Wednesday
unless otherwise noted
Ages 18+
Cost: Free
Via Zoom

REGISTER



Join us for our very lively and interactive Wednesday evening social hour! Our core group of adults meets weekly to socialize, laughs, bond, and builds relationships every week. Haven't been before? No worries! It is a completely drop in class so new people are encouraged to join us anytime! We think you will love it!

ADULT PROGRAMMING

Third Thursdays

Third Thursdays are events for Adults with Down syndrome ages 18+.

These events are drop off in nature and vary by location. All events occur from 6:30pm - 8:30pm.

Questions? Email lukedaily@dsamn.org



**For more
 information and
 to register**





Musical Theater Mondays

Mondays
4:00pm-5:00pm
All Mondays unless
otherwise noted
Ages 18+
Cost: Free
Via Zoom

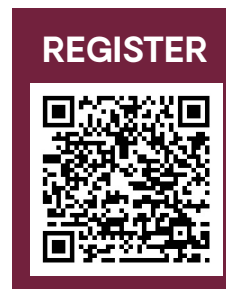


Hairspray, Grease, The Greatest Showman, Oh My! Our weekly Musical Theater Mondays give you a chance to explore all things musical theater from the songs, the themes, the characters, and everything in between. The drop in nature of this class creates a laid back nature for our adults with Down syndrome to talk about musical theater but also just to hangout and socialize!



Cooking Class

Tuesdays
4:30pm-6:30pm
10/14, 10/21, 10/28,
11/4, 11/11, 11/18,
12/2, 12/9
9th Grade+
Cost: \$100



Richfield High School
Culinary Arts Lab/Commercial Kitchen
7001 Harriet Ave, Richfield

Back by popular demand, our cooking class doesn't just allow you to cook yummy meals and snacks, it allows you to connect with your friends! Anyone with Down syndrome or other developmental disabilities who is in 9th grade or through adulthood is welcome to join us. You will gain some new cooking skills, more experience in the kitchen, and learn to impress your friends and family with your tasty creations!



Sensational Singers

Thursdays

5:15pm-6:45pm

10/23, 10/30, 11/6,

11/13, 11/20, 12/4,

12/11, 12/18

Ages 14+

Cost: \$120

Toneworks

5624 Lincoln Dr Suite 280

Minneapolis,

REGISTER



Are you 14 years or older and love to sing? Then this group is for you! Join us as we partner with Toneworks, a highly respected local music therapy provider, to once again offer our adaptive choir The Sensational Singers! Each week the Sensational Singers come together to sing their favorite songs, build confidence, connect with friends, and most importantly — have FUN! If this sounds like a good fit for you, make sure to sign up soon as spots fill up fast!



Self Defense

Wednesdays

6:30-8:00pm

10/15, 10/22, 10/29,

11/5, 11/12, 11/19,

12/3, 12/10

Ages 14+

Cost: \$100

668 Transfer Road

St. Paul

REGISTER



Come and learn from certified Taekwondo Masters about setting and protecting your verbal and physical boundaries in an interactive and physical class. This class will provide a good workout focusing on body alignment, posture, and breathing all while moving. While all techniques learned in this class are not meant to be used in daily life, instructors will differentiate what movements can be used inside the classroom and which outside. Skills touched on in this class also include: balance and flexibility, core and leg strength, cardio, and focus of power. Have a great time learning about your body and ways to stay safe!

Halloween Trunk or Treat



Sunday, October 26

2-4pm

DSAMn Office

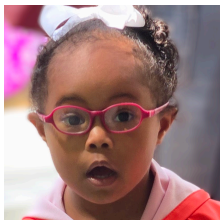
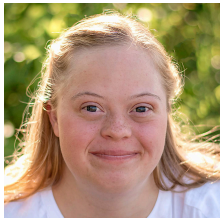
655 Transfer Road St. Paul

Show off your favorite costume as you gather treats from decorated trunks. No registration required and all are welcome.

Questions?

Email ashleyazar@dsamn.org

Sign up to
host a trunk



Pancake Breakfast

Sunday, November 9

9:00am-12:00pm

Bloomington Event Center, 1114 American Blvd W Bloomington

Tickets: Adults \$9, Child \$5, 2 & under Free

Questions? Email ashleyazar@dsamn.org



Scan to
pre-purchase
tickets

Walk-in tickets also
available day of event.

Community Give Back Night



Thursday,
November 20

5–8 PM at Duluth Cider
2307 W Superior Street, Duluth

*Enjoy a beverage, bid on
silent auction items, and
learn more about DSAMn*

STATEWIDE LEARNING CONFERENCE AND SELF-ADVOCATE RETREAT

Save the Date!
SATURDAY, 4.25.2025