

Community Enrichment Classes



Winter/Spring 2026
January - May



**:Down
Syndrome
Association
of Minnesota**

dsamn.org

:DSAMn



Empower.
Connect.
Celebrate.

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

WORLD DOWN SYNDROME DAY



3.21.26

Celebrate with us at the
Huntington Bank Rotunda at MOA

Music, Shopping, Crafts, and the World's Largest WDSO Dance Party!

SAVE THE DATE
April 24 - 25, 2026



STATEWIDE
LEARNING
CONFERENCE
AND
SELF-ADVOCATE
RETREAT



After School Art Club

Thursdays

4:30pm-6:00pm

Session 1:

1/8, 1/15, 1/22, 1/29,

2/5, 2/12, 2/19, 2/26

Ages 5th-9th grade

Cost: \$120

Mess Hall

906 Mainstreet, Hopkins, MN 55343

REGISTER



Session 2:

3/5, 3/12, 3/19, 3/26,

4/2, 4/9, 4/16, 4/23,

4/30

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!



Career Search

Thursdays

4:30pm-6:00pm

**1/8, 1/15, 1/29, 2/5,
2/12, 2/26 (classes will
not be held on the 3rd
Thursday of the month
as students are
encouraged to join our
3rd Thursday event)**

Ages 16+

Cost: \$30

**316 Brookview Pkwy S, Golden Valley, MN
55426**

REGISTER



In this highly engaging class we will dive into all aspects of the job search process. Through interactive activities we will learn about finding job openings, resumes, interviews, post interview follow up, and how to communicate with your supervisor. Self advocates will complete or fine tune their resumes, participate in mock interviews, and learn how to search and apply for positions. We hope you join us! (While taking Career Exploration is not required prior to taking this course, it is encouraged that self advocates have a good idea of the types of jobs they are interested in and other foundational work understanding.)



Career Exploration

Thursdays

4:30pm-6:00pm

**3/12, 3/26, 4/2, 4/9,
4/30, 5/7**

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!



Musical Theater Mondays

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

REGISTER



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!



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**





Sensational Singers

Thursdays

5:15pm-6:45pm

1/29, 2/5, 2/12, 2/19

2/26, 3/5, 3/12, 3/19

Ages 14+

Cost: \$120

Toneworks

5624 Lincoln Dr Suite 280

Minneapolis, MN 55436

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!



Cooking Class

Tuesdays

4:30pm-6:30pm

1/6, 1/13, 1/20, 1/27

2/3, 2/10, 2/17, 2/24

Ages 9th grade+

Cost: \$100

Richfield High School

Culinary Arts Lab/

Commercial Kitchen 7001 Harriet Ave,

Richfield

REGISTER



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!



Improv & Physical Comedy

Thursdays

4:00pm-5:00pm

SESSION 1:

1/8, 1/15, 1/22,

1/29, 2/5, 2/12,

2/19, 2/26

SESSION 2:

3/12, 3/19, 4/2,

4/9, 4/16, 4/23,

4/30, 5/7

Ages 14+

Cost: \$50/session

Via Zoom

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!

**REGISTER
SESSION 1**



**REGISTER
SESSION 2**



Advanced Acting

Saturdays

10:00am-12:00pm

SESSION 1: 1/24, 1/31, 2/7,

2/14, 2/21, 2/28, 3/7, 3/14

SESSION 2: 4/4, 4/11, 4/18,

4/25, 5/2, 5/9, 5/16, 5/23

Ages 14+

Cost: \$125/session

DSAMn Conference Room

and The Hive

677 Hamline Avenue N,

St. Paul, MN

This Summer DSAMn Advanced Acting troupe will be working on playwriting techniques through language, movement, and other modes of theater creation. DSAMn's Saturday morning acting troupe is a dedicated group of performers with Down syndrome, many of whom have been working together since 2021. Past performances have included original plays written by the students as well as adaptations of Shakespeare's Romeo and Juliet and A Midsummer Night's Dream. This class is led by theater practitioners and performers Shelby Richardson and Sazanami Ostlund. Skills we work on in this class: collaboration, community building, social skills, focus, context-switching, sequencing, movement, acting, emotional awareness, and more! We ask that students have taken a theater class with DSAMn in the past or have other theater experience. Please email shelbyrichardson@dsamn.org with any questions.

**REGISTER
SESSION 1**



**REGISTER
SESSION 2**

