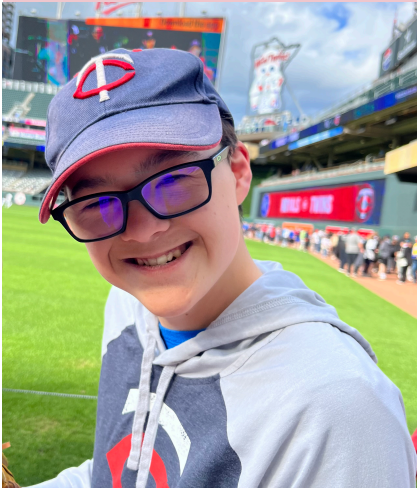


Community Enrichment Classes



SUMMER 2026
May - August



**: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.

: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



Sensory Friendly Playdate

Sunday, June 7

5:30-7:30pm

**Eagles Nest Indoor Playground
New Brighton Community Center
400 10th St NW, New Brighton**

Free, sensory friendly playdate for children with Down syndrome age 8 and under and their families.

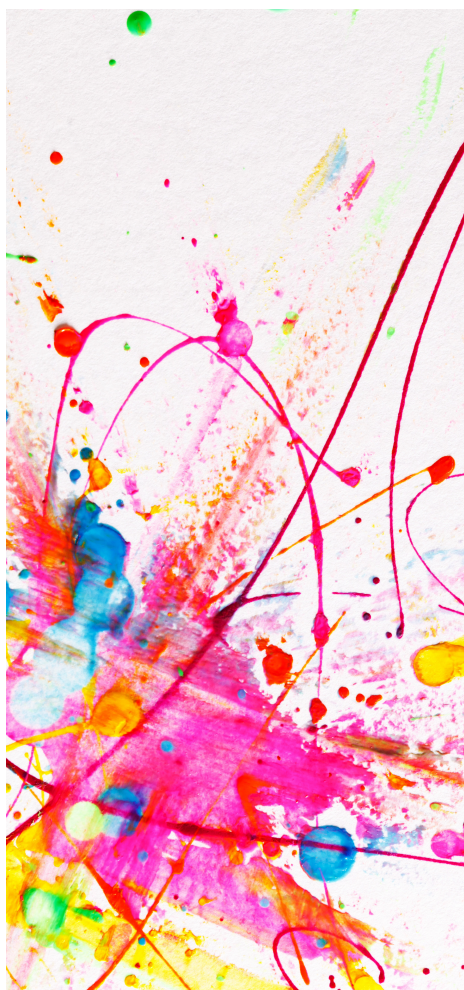


New Family Zoom Call

Third Saturday of each month, 9-10am

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.



Movement and Art Camp

Monday-Thursday

9:00am-12:00pm

7/27-7/30

Ages: Middle School

\$200

Mess Hall Arts

906 Mainstreet, Hopkins, MN

Create art that moves! Campers will design spinning sculptures, mobiles, and interactive projects while exploring motion, balance, and hands-on creativity in a fun, energetic week.

REGISTER



Friday Night Social and Career Services

**Fridays****4:30pm-6:00pm****5/8, 5/15, 5/22, 5/29, 6/5, 6/12****Ages 6+****Cost: \$30****656 Transfer Rd, St. Paul****REGISTER**

This summer, join us for a special 6-week Friday night class designed just for adults with Down syndrome who want to grow in their careers and connect socially in a fun, supportive environment

Whether you already have a job or are just beginning to explore what work could look like for you in the future, this class is a great fit. Each week will include a short, engaging career lesson led by Luke Daily, followed by an interactive improv and acting session taught by Jác Miller that brings real-life work and social situations to life. Participants will practice skills like communication, problem-solving, teamwork, self-advocacy, handling feedback, and navigating common workplace and community scenarios — all through hands-on activities, role-play, and games.

This class is designed to build confidence, strengthen social skills, and provide practical tools you can use right away at work, at home, and in the community. It's also a great opportunity to learn more about Down Syndrome Association of Minnesota's new Career Services Program and the supports available to help you reach your employment goals.

Come ready to learn, laugh, practice new skills, and spend Friday nights having fun with friends!



Advanced Acting

Saturdays
10:00 - 12:00pm
 10/11, 10/18, 10/25,
 11/8, 11/15,
 11/22, 12/6, 12/13
Ages 14+
Cost: \$125
668 Transfer Road
St. Paul

REGISTER

DSAMn's Saturday morning acting troupe is a dedicated group of performers with Down syndrome, many of whom have been working together since 2021.



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
5/26, 6/2, 6/16, 6/23,
6/30, 7/7, 7/14, 7/21
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
6:00pm-7:30pm
6/11, 6/18, 6/25, 7/2,
7/9, 7/23, 7/30, 8/6
Ages 14+
Cost: \$120
Toneworks
5624 Lincoln Dr
Suite 280
Minneapolis



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

Mondays
6:30-8:00pm
6/8, 6/15, 6/22, 6/29
7/13, 7/20, 7/27, 8/3
Ages 14+
Cost: \$100
668 Transfer Road
St. Paul



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!

Transition-Age Parents

WEBINAR SERIES

May 18 and August 10

6:30–7:30pm, Virtual

Join us for a series of webinars exploring a range of topics specific to individuals and families in the transition years. Webinars will include topics like IEPs, employment post graduation, Guardianship and Supported Decision Making, and health care.

PARENT SOCIAL & SUPPORT HOUR

June 15, 6:30–7:30pm, Virtual

Being the parent of a young adult during these transition years has its own set of unique challenges and rewards. This hour long virtual social hour, hosted by a fellow parent, is your time to get together and discuss issues and topics that are important to you or even just to spend time socializing with other parents who get it. DSAMn will provide the virtual space, but you all get to make it your own!

Parents of Adults

WEBINAR SERIES

June 8, 6:30–7:30pm

Virtual

This series of webinars will explore a variety of topics unique to our adults with Down syndrome. We will be joined by specialists in their field to discuss everything from health related topics to health care, housing, Social Security, employment, and more! We hope you will join us as we learn more!

PARENT SOCIAL HOUR

Every Third Thursday

6:30–8:30pm

DSAMn Office or Otherwise Specified

While your adults are participating in our Third Thursday programming, we hope you will take the opportunity to get together with other parents of adults with Down syndrome. These gatherings will be casual in nature. If at the DSAMn Office, we will provide coffee and light refreshments. We will also have menus for local restaurants if you would like to order in food. This is your opportunity to relax and build community!

60+ Parent Support Group

Every 4th Wednesday of The Month, 12:00–1:00pm. Virtual

This virtual monthly group is designed for parents 60+ and supporting a child with Down syndrome. As caregivers grow older, new questions and concerns often arise around long-term planning, changing roles, health, and maintaining quality of life for both the caregiver and their loved one. This group provides a welcoming space to explore those topics together. Through open conversation, shared stories, and peer-to-peer learning, participants can exchange ideas, resources, and strategies in an informal support group setting. There is no pressure to prepare—just a chance to listen, learn, and support one another. Whether you are beginning to think about the future or are already navigating changes in caregiving, this group offers connection, understanding, and community.



**Down
Syndrome
Association
of Minnesota**



iCan Bike Camp

June 8-12, 2026

Hamline University, St. Paul, MN

Session 1: 10:15am - 11:30am

Session 2: 11:50am - 1:05pm

Session 3: 2:05pm - 3:20pm

Session 4: 3:40pm - 4:55pm

Session 5: 5:15pm - 6:30pm

Fee: \$200 | Ages 8+

iCan Bike uses adapted bicycles, a specialized instructional program and trained staff to enable individuals with disabilities to learn to ride a conventional two-wheel bicycle. Riders attend one 75 minute session each day for five consecutive days where they learn to ride while accompanied and encouraged by volunteer "spotters". Over the course of the week we continually adjust the bikes' stability in an effort to challenge riders' balance as they gradually discover the skill and joy of riding.

**Register
Today**



Requirements for Participation

(Rider must meet all of below criteria):

- Minimum age - 8 years old
- Able to sidestep to both sides
- Have a disability
- Able to attend camp all 5 days
- Able to walk without assistive device
- Maximum weight 220 lbs.
- Willing and able to wear a properly fitted bike helmet
- Minimum inseam of 20" (measure from floor while rider is wearing sneakers)
- Accompanied by parent/guardian willing and able to intervene or assist staff as requested in addressing any prolonged disruptive or aggressive behavior

NOTE: Dropping-off Riders at the program is not permitted. A parent, legal guardian or other adult authorized to take responsibility for the Rider (e.g. another parent) must remain on site for duration of each day's 75-minute program

Cost should not be a barrier to participation in any DSAMn program. All our programs are offered on a sliding fee scale based on Federal Poverty Level Guidelines. If fees are an issue, please email dsamn@dsamn.org - we can help.

Questions?

Contact Jenn at Jenn@dsamn.org.



Summer Picnics

Summer is just around the corner, and it is time to celebrate!

DSAMN is hosting picnics in communities all across the state! All ages welcome, meal provided.



WARROAD

Tuesday, June 2
5pm - 7pm

The Point Park, North Shelter
1101 Lake St NE, Warroad



BEMIDJI

Saturday, July 18
11am - 7pm

City Park Warming House
1330 23rd St NW, Bemidji



Baxter

Monday, June 8
5pm - 7pm

Berrywood Picnic Shelter
13199 Berrywood Dr, Baxter



DULUTH

Sunday, July 19
4pm - 7pm

Chambers Grove Park
13404 MN-23, Duluth



OWATONNA

Thursday, June 25
5pm - 7pm

Manthey Park Pavillion
225 24th St NE, Owatonna



ROCHESTER

Thursday, July 30
5pm - 7pm

Cascade Lake Park Shelter
88 23rd Avenue SW, Rochester



TWIN CITIES

Sunday, July 12
5pm - 8pm

Veteran's Park Shelter
6335 Portland Ave, Richfield



MARSHALL

Tuesday, August 11
5pm-7pm

Justice Park Shelter
704 Oak St, Marshall



ST. CLOUD

Thursday, July 16
5pm - 7pm

Watab Park Shelter
10 Riverside Ave N Sartell



WILLMAR

Wednesday, August 12
5pm-7pm

Robbins Island Regional Park
945 US-71 BUS, Willmar

REGISTER



Registration is encouraged but not required.

Your registration helps us plan food and reduce food waste.

**Note: GF food is ordered based on RSVPs. If you or someone you know with a food allergy/accommodation is planning to attend, please register or encourage them to register.*

Questions? Reach out to tracy@dsamn.org.