

December 2017 Fridge Post



DSAOC's **Mission** is to create a place for connection, information and hope for people with Down syndrome and their families throughout greater Orange County, to promote Down syndrome awareness through community outreach, and to offer programs, services and support that aim to empower individuals with Down syndrome to reach their full potential. Our **Vision** is to be a one-stop-shop for all things Down syndrome related, and to be a model organization for community collaboration and Down syndrome awareness, to change perceptions and change lives.

Looking Forward in 2017 & 2018

Breakfast with Santa – Saturday, December 2
Circle of Friends: Holiday Party – Thursday, December 7
Teen/Adult Bowling – Saturday, December 9
Sibshops Holiday Party – Saturday, December 9
Circle of Friends – Thursday, January 4
Teen/Adult Bowling – Saturday, January 13
Red Carpet Ball – Saturday, March 17, Phoenix Club Anaheim
 For more information about DSAOC events visit www.dsaoc.org

Support/Networking Groups

Circle of Friends Support & Networking Group
 Thursday, December 7
 from 7—9 p.m.
 at the DSAOC Center



Circle of Friends: Join DSAOC for a festive “Holiday Pajama Party”, complete with yummy food, hot chocolate, holiday movies, friends and photo fun! Pajama attire is optional, but come dressed casual and comfortable.

For food purposes, please RSVP as soon as possible. Food provided by our friends at *Bella's Kitchen in Orange*.

Please RSVP to admin@dsaoc.org or (714) 540-5794

Please feel free to bring a side dish or something sweet to share

DSAOC SibShops

Sibshops – Holiday Party
 Saturday, December 9
 from 4:30 - 6:30 pm.
 at the DSAOC Center



What to Expect: Join us for our annual “Sibshops Holiday Party” for the whole family! DSAOC will provide Pizza and beverages, and you are welcome to bring a fun snack or dessert to share. Please note the later than usual start time for the December Sibshops. Crafts, Holiday movies & more... See you soon!

To register contact DSAOC at programs@dsaoc.org and please provide the name & age of the interested sibling(s).

Breakfast with Santa

Breakfast with Santa
 Saturday, December 2 from 9—11 a.m.
 At Garden Grove Elks Lodge
 11551 Trask Ave, Garden Grove, CA 92843



Join us for DSAOC's Annual Breakfast with Santa!

This event is especially for families who have children with Down syndrome 11 years and younger, but all ages are welcome. Enjoy holiday crafts and festive music guaranteed to put you in the holiday spirit! Remember to bring your camera to get a photo with our **special guests—and also Santa and his elf!**

Suggested donation: \$5 per adult.

When you RSVP please indicate how many adults and children will be attending.

RSVP Today! (714) 540-5794 or admin@dsaoc.org

This event is sponsored by the National Charity League – Pacific Coast Chapter and the Garden Grove Elks Lodge
 Special Guests – Sean McElwee from A&E's “Born this Way” and musical performer, Sean Oliu, from Club Mickey Mouse

Teen/Adult Activities

Teen and Adult Bowling League
 Saturday, December 9
 from 10 a.m. – 12:30 p.m.
 at Irvine Lanes



This activity is for teens and adults with Down syndrome ages 12 and up. Join us for this FUN & social activity! Takes place on the 2nd Saturday of each month from September to May.

Location: Irvine Lanes – 3415 Michelson Dr. Irvine, CA
Cost: \$6 per session (includes 2 games and shoe rental)

Please RSVP to admin@dsaoc.org

DSAOC Center Closure Dates

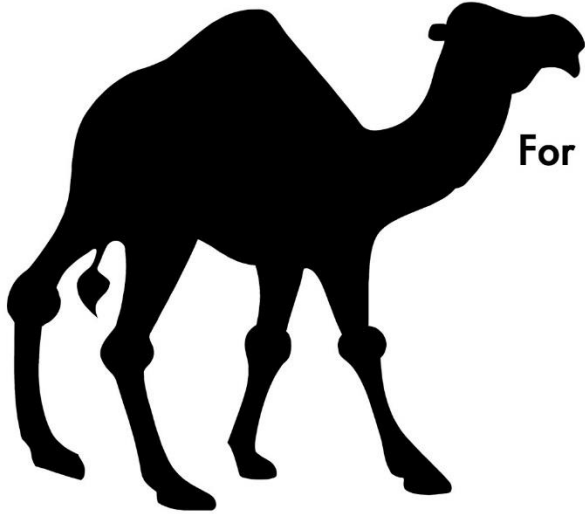
The DSAOC Center is open Monday-Thursday. Below are the Center closure dates for the upcoming Holiday Season:

Tuesday, November 21 – Thursday, November 23
 Monday, December 25 – Thursday, December 28
 Monday, January 1 – Tuesday January 2, 2018

Happy Holidays!

SAVE THE DATE!

DSAOC RED CARPET BALL 2018



Join us on a magic carpet ride,
as we enjoy a night of dinner & dancing.
For teens and adults (15+) with Down syndrome.

At The Phoenix Club of Anaheim
March 17, 2018 from 6:00 - 10:00 PM

FOR MORE INFORMATION VISIT
WWW.DSAOC.ORG
OR CALL 714-540-5794

BEGINNING JANUARY 10TH YOGA AND FITNESS



FOR TEENS AND ADULTS 15+

AT THE DSAOC CENTER | WEDNESDAYS

NEXT CLASS BEGINS JANUARY 10TH

(**NO** CLASSES ON THE FIRST WEDNESDAY OF THE MONTH)

YOGA

ZEN OUT IN OUR YOGA CLASS TAUGHT BY
SPECIAL NEEDS YOGA TEACHER
JULIE FORD REISTER

TAKES PLACE FROM 5 TO 5:45 PM
COST | \$40 PER MONTH
NEXT CLASS BEGINS JANUARY 10TH.
SIGN UP TODAY WITH LAUREN
AT PROGRAMS@DSAOC.ORG
OR CALL 714-540-5794

FITNESS & NUTRITION

WORK OUT AND LEARN ALL ABOUT EATING
HEALTHY! TAUGHT BY TAYLOR PORTER
A CERTIFIED PERSONAL TRAINER

TAKES PLACE FROM 6 TO 7:15 PM
COST | \$60 PER MONTH
NEXT CLASS BEGINS JANUARY 10TH
SIGN UP TODAY WITH LAUREN
AT PROGRAMS@DSAOC.ORG
OR CALL 714-540-5794