



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.

<p>Looking Forward in 2018</p>	<p>Support and Networking Groups</p>
<p><b>Circle of Friends – Thursday, March 1</b>  <b>DSAOC Tattoo Day – Saturday, March 3, Gold Rush Tattoo</b>  <b>Red Carpet Ball – Saturday, March 17, Phoenix Club Anaheim</b>  <b>World Down Syndrome Day Event – Wednesday, March 21</b>  <b>DSAOC Jr. “Just Dance” Party – Saturday, April 14, Mater Dei</b>  <b>DSAOC Sibshops – Saturday, April 21 (NO March Meeting)</b>  <b>New Parent Luncheon – Sunday, April 15, SB Yacht Club</b>  <b>Golf Tournament – Monday, June 11, Los Coyotes CC</b>  <b>OC Buddy Walk – Sunday, October 28, Angel Stadium</b>  <i>For more information about DSAOC activities/events visit:</i>  <a href="http://www.dsaoc.org">www.dsaoc.org</a> or call 714-540-5794</p>	<p><b><u>Circle of Friends Support &amp; Networking Group</u></b>  <b>Thursday, March 1</b>  <b>from 7:00—9:00 p.m. at the DSAOC Center</b></p> <p><b>Circle of Friends:</b> Make friends, and share the challenges, milestones, and triumphs as you raise your child. Expectant parents are also welcome. Child care is not provided, but your little one with Down syndrome is welcome to accompany you.</p> <p><b><u>TOPIC: Fitness &amp; Nutrition</u></b>      Raising a family isn't always easy. You are busy, and so are your children. There is a lot to do in little time, but the stakes are high. Today, more than 15% of children are overweight or obese. A healthy, active lifestyle can help maintain weight. It also can prevent health issues, such as diabetes, heart disease, asthma, and high blood pressure. It is important to create healthy habits early. These will help you make smart choices for your family. Children imitate their parents, so it's important to set a good example. Join Lana for tips and tricks to help your family be healthy and happy.  <b>Lana Sawalha</b> - Lana has been involved in fitness her whole life, starting with sports in schools, loves to run 5Ks, and now shares that passion by teaching at the gym. She is a Certified Group Fitness instructor, and teaches BOSU, Pound, Insanity and PiYo. She likes to keep her classes alive and fresh by continually challenging class attendees according to their fitness level. Lana has a strong enthusiasm about health and wellness and enjoys helping others find success through fitness. She is an active mom to two boys and enjoys spending time with her family, especially her nephew (and Godson) Kaden, who just happens to rock an extra chromosome.</p> <p>Please RSVP to Ali at <a href="mailto:admin@dsaoc.org">admin@dsaoc.org</a> or (714) 540-5794</p>
<p>Teen/Adult Activities</p>	<p><b><u>Teen and Adult Bowling League</u></b>  <b>Saturday, March 10</b>  <b>from 10:00 a.m. – 12:30 p.m.</b></p> <p>This activity is for teens and adults with Down syndrome ages 12 and up. Join us for this FUN &amp; social activity! Takes place on the 2nd Saturday of each month from September to May.</p> <p><b>Location:</b> Irvine Lanes – 3415 Michelson Dr. Irvine, CA  <b>Cost:</b> \$6 per session (includes 2 games and shoe rental)  <i>Please RSVP to Ali at <a href="mailto:admin@dsaoc.org">admin@dsaoc.org</a></i></p>
<p><b>Red Carpet Ball</b></p> <p><b><u>Red Carpet Ball</u></b> (&amp; Optional Parent Mixer)  <b>Saturday, March 17 from 6:00—10:00 p.m.</b>  <b>at the Phoenix Club of Anaheim</b>  <b>1340 S. Sanderson Ave, Anaheim, CA 92806</b></p> <p>For more information or to purchase your Red Carpet Ball Tickets Online</p> <p><b>Website:</b> <a href="http://redcarpetball.eventbrite.com">redcarpetball.eventbrite.com</a>  <b>Website Password:</b> RCB2018</p> <p>Standard Ticket Cost:  <b>Per Person Price:</b> \$60.00</p> <p>Parent Mixer Dinner will be on site and cost \$45 per person. There will be a cash bar available. You can purchase tickets at <a href="http://Redcarpetball.eventbrite.com">Redcarpetball.eventbrite.com</a></p> <p>If you have questions about the Red Carpet Ball please contact DSAOC at 714-540-5794, or email Lauren at <a href="mailto:programs@dsaoc.org">programs@dsaoc.org</a></p>	<p><b><u>Homeschool Friends</u></b>  <b>Mondays, beginning March 5 – Schedule Varies –</b>  <b>Please call our center for info.</b>  <b>Starts at noon at the DSAOC Center</b></p> <p>The Homeschool children in this group are participating in a special Speech program. Parents are still welcome to join for discussion and networking with the other parents, however, we cannot accommodate additional children in the program at this time.</p> <p>Questions? Email Ali at <a href="mailto:admin@dsaoc.org">admin@dsaoc.org</a></p>

Unless otherwise stated, activities are held at the DSAOC Center, 151 Kalmus Drive, M-5, Costa Mesa, 92626. Please contact the Center to sign up for activities: 714-540-5794 or email [admin@dsaoc.org](mailto:admin@dsaoc.org)



# Catch Waves of Smiles and Swells of Love at DSAOC's World Down Syndrome Day Celebration!

--- For ALL Ages!

Celebrate World Down Syndrome Day 2018 with DSAOC, cast members from the Emmy Award Winning Show "Born this Way", a few hundred of your friends, and DJ Willpower as he spins some tunes on the Main Deck of Pacific City in Huntington Beach. What's at Pacific City? <https://www.gopacificcity.com/directory/>

Sign in at the DSAOC Booth between 5:30 p.m. and 6:15 p.m. to make sure you are included in the giveaways that will take place throughout the evening. Our group photo will take place at 6:15 p.m. in the Event Center on the Main Deck.

Go with some flair and be sure to wear your blue and yellow, crazy socks, Buddy Walk shirts and let's show pride in this tribe!

**WEDNESDAY, MARCH 21, 2018 ----- 5:30 p.m. to 7:30 p.m.**

An info website will be set up soon at DSAOCforWSD.com. Contact the DSAOC Center for more information. (714) 540-5794 or [admin@dsaoc.org](mailto:admin@dsaoc.org). See you there!



21010 Pacific Coast Hwy  
Huntington Beach, CA 92648



DOWN SYNDROME ASSOCIATION  
OF ORANGE COUNTY  
CHANGING PERCEPTIONS - CHANGING LIVES  
[www.dsaoc.org](http://www.dsaoc.org)

The Down Syndrome Association of Orange County (DSAOC)  
cordially invites you to our annual  
*New Parent Luncheon*  
For new & expectant parents, grandparents, and caregivers of children  
with Down syndrome ages 0 to 4 yrs.

Sunday, April 15, 2018  
1 p.m. – 3 p.m.

Join DSAOC and guests for lunch, drinks, and social time. Cash bar will be available.

This event is a complimentary luncheon for expectant parents and new parents who have a child with Down syndrome ages 0 to 4 yrs. Grandparents and other caregivers are also welcome. This is a smart casual attire luncheon.



Hosted by DSAOC and our friends at the Seal Beach Yacht Club (SBYC).

**SBYC, 255 Marina Drive, Long Beach, CA 90803**

**FREE Parking** – SBYC is near 22fwy/Seal Beach Blvd and is next to Joe's Crab Shack and West Marine.

**Gifts** provided to each family from our friend, Annie, at Signing Time Academy. We will also provide each family a ticket for a chance to win one of our beautiful floral centerpieces. Please **RSVP by Wednesday, April 4** to Ali at [admin@dsaoc.org](mailto:admin@dsaoc.org) or call (714) 540-5794.



## DSAOC's 14<sup>th</sup> Annual Golf Tournament, Banquet & Auction.

Join us as a Golfer, Sponsor, Volunteer and/or Banquet Guest! **REGISTER/INFO:** [give.classy.org/golf2018](http://give.classy.org/golf2018)

**Monday, June 11, 2018**  
**Los Coyotes Country Club - Buena Park**  
**11 a.m. Shotgun Start**

**18 Holes of Golf • Exciting Gift Bag • Lunch • Player's Package**  
**Helicopter Ball Drop • Silent & Live Auction • Dinner & Awards Banquet**

**\$250 Golf Registration / \$225 Early Bird Registration by Monday, April 23, 2018**  
**\$55 Banquet Only Tickets (includes hors d'oeuvres, live entertainment & buffet style dinner)**  
**\$45 Banquet Only Ticket for Golfer Guests / \$30 Child Meal Banquet Tickets**

