Community Enrichment Classes







FALL 2026
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 kick off fall, 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

Down Syndrome Association of Minnesota

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, October 4
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.

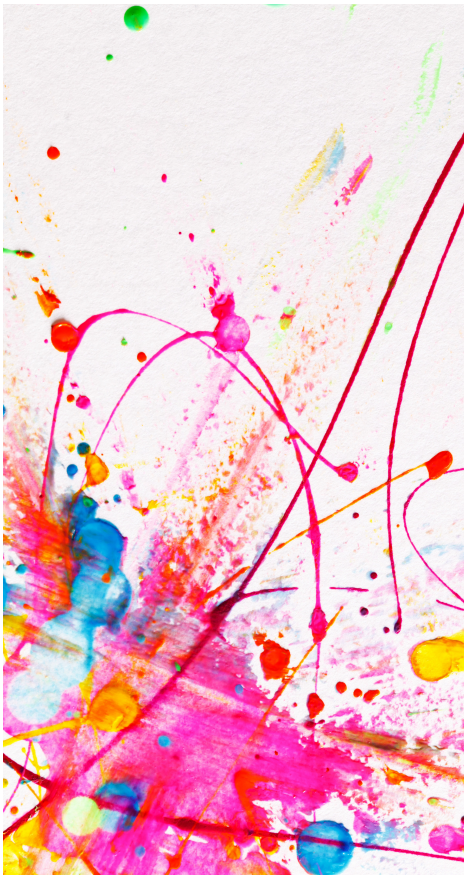


Family Music Class

Sundays
3:00pm-4:00pm
111/1, 11/8, 11/15, 11/29, 12/6, 12/13
Infant - School Age
Cost: $30 per family
Grace Church of Apple Valley
7800 150th St W, Apple Valley, MN 55124

REGISTER

Join us as we partner with Toneworks, a highly respected local music therapy provider, to provide a six week music program for families with children infant-through school aged. Siblings are welcome. Parents are asked to stay and participate in the class with their child.



Movement, Balance, and Martial Arts

Mondays
6:30pm-8:00pm
10/19, 10/26, 11/2, 11/9, 11/16, 11/23, 12/7, 12/14
Ages: 14+
$100
St. Paul Pilates & Fitness
2327 Wycliff St Ste 150, St Paul, MN 55114

Come and learn from certified Taekwondo Masters about setting and protecting your verbal and physical boundaries in an interactive and physical class Skills touched on in this class also include: balance and flexibility, core and leg strength, cardio, and focus of power.

REGISTER



Cooking Class

Tuesdays
4:30pm-6:30pm
10/20, 10/27, 11/3, 11/10, 11/17, 12/1, 12/8, 12/15
9th Grade+
Cost: $100
Richfield High School Culinary Arts 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!

REGISTER



Friday Night Social & Career Services

Fridays
4:30pm-6:00pm
10/9, 10/16, 10/23,
11/6, 11/13, 11/20
Ages 16+
Cost: $30
656 Transfer Rd, St. Paul

REGISTER

This fall, 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 followed by an interactive improv and acting session taught by Jäc 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 - Musical Theater

Saturdays
10:00am-12:00pm
10/17, 10/24, 10/31, 11/7,
11/14, 11/21, 12/5 & 12/12
Ages 14+
Cost: $125
The Hive, 677 Hamline Ave North, St. Paul

REGISTER

Join DSAMn for an exciting 8-week Musical Theater class in partnership with Northern Starz Center for the Performing Arts! Northern Starz is a Minnesota performing arts organization dedicated to providing innovative, inclusive, and high-quality performing arts education. Their programs include theater, music, and performance opportunities for people of all ages and abilities, with an emphasis on creating a welcoming environment that encourages creativity, self-expression, and confidence. Whether you love being center stage or are looking to try something new, this class is designed to give everyone an opportunity to participate, build their skills, and express themselves. The fall session will be working on the show: Jingle Jam Theatre Time

Get ready to act, sing, dance, and laugh your way through eight weeks of theatre fun!



Musical Theater

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!



Sensational Singers

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!

Thursdays
5:30pm-6:30pm
10/15, 10/22. 10/29, 11/5, 11/12, 11/19, 12/3, 12/10, 12/17 (concert)
Ages 14+
Cost: $120
Toneworks
5624 Lincoln Dr Suite 280 Minneapolis

REGISTER

Saturdays
11:30am-12:30pm
10/17, 10/31, 11/7, 11/14, 11/21, 12/5, 12/12, 12/19 (Concert)
Ages 14+
Cost: $120
Toneworks
5624 Lincoln Dr Suite 280 Minneapolis

REGISTER

Transition-Age Parents

WEBINAR SERIES

October 12
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, Gaurdianship and Supported Decision Making, and health care.

PARENT SOCIAL & SUPPORT HOUR

November 9
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

November 2
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 & SUPPORT HOUR

November 5
6:30-7:30pm, Virtual

This hour long virtual social hour is your time as parents 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! We are lucky to have a wonderful parent willing to host to get us started and we hope to see you there!

Adult Siblings Group

Every 2nd Tuesday of The Month
6:30-7:30pm, Virtual

Having a sibling with Down syndrome is a unique experience that can lead to meaningful connections, important questions, changing roles, and a wide range of emotions throughout adulthood.

DSAMn's new Adult Sibling Support Group offers a welcoming space to connect with others who understand. Together, siblings can find community and support while talking through the emotional and practical questions and considerations that come with having an adult sibling with Down syndrome. The group meets virtually via Zoom on the second Tuesday of each month from 6:30–7:30 p.m. We hope you'll join us to connect, share, and find support among fellow siblings. Please email Anushka Shiell at anushka@dsamn.org to be added to the email list for this group.

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.

EVENTS

Minnesota Wild Game Night



:Down Syndrome Association of Minnesota

Big fan of the Wild or just looking for a fun night out? Join us for Minnesota Wild Game Night!

Thursday, October 15

7 PM

Grand Casino Arena, St. Paul

Whether you know every rule of hockey or you're just here for the experience, everyone is welcome. Come cheer on the Wild as they face off against the St. Louis Blues!

Open to everyone! Bring your family and friends and join us for a fun night of hockey.

Tickets:

$100 each

(Section 121)



Down Syndrome Association of Minnesota

EVENTS

Halloween Trunk or Treat

Saturday, October 24 • 10am-12pm
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!

JOIN US FOR A

Grandparent BRUNCH

Learn | Connect | Share

NOVEMBER 14TH, 10AM-NOON

10:00 Guest Speaker
Dr. Tori Bahr, Gillette Childrens Down Syndrome Clinic

11:00 Brunch Served

Down Syndrome Association of Minnesota
656 Transfer Rd
St. Paul, MN 55114
RSVP: Tracy@dsamn.org



:Down Syndrome Association of Minnesota

EVENTS

:Down Syndrome Association of Minnesota

Community Give Back Night



Thursday, November 19

5-8 PM at Duluth Cider

2307 W Superior Street, Duluth

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

EVENTS



:Down Syndrome Association of Minnesota

Third Thursday Turkey Bowling

Thursday, November 19, 2026
6:30pm - 8:00pm
DSAMn Office
655 Transfer Road St. Paul

Join us this November for Turkey Bowling—a fun-filled event with friends, laughter, and festive bowling fun!

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

Register Here!

EVENTS

YOU'RE INVITED

A Festive Feast *Fundraiser*

BENEFITING
THE DOWN SYNDROME
ASSOCIATION OF MINNESOTA

DECEMBER | 5 | 5:30-10PM

Underground Music Event Center
408 3RD AVE NORTH
MINNEAPOLIS, MN 55401

https://onecau.se/dsamnfestivefeast