

Down Syndrome Community September News Blast

19th Annual Puget Sound Buddy Walk

Join over 1,500 friends and supporters for a day of fun, and help us raise funds for the Down Syndrome Community. We have plenty of volunteer opportunities available as well, [click here](#). #PSBW2015

Register for the Buddy Walk Here!

DADS of Puget Sound

Please join us for our regular DADS bimonthly meeting to connect with other DADS members, plan for the Puget Sound Buddy Walk and enjoy some college football.

Saturday, September 26, 3pm-5pm

Pegasus Pizza - Kirkland
12669 NE 85th St
Kirkland, WA 98033

Please RSVP to: dadsofps@gmail.com

Moms' Night Out

Join us as the DSC continues the Moms' Night Out tradition started by Cathy Murahashi at the Arc! The first DSC Moms' Night Out will be in Seattle at Pazzo's on Eastlake. DSC will buy the pizza, and you'll pick up the tab for your drinks.

Friday, October 16, 7pm

Pazzo's on Eastlake Restaurant and Bar
2307 Eastlake Ave E
Seattle, WA 98102

Please RSVP to Courtney: courtney@downsyndromecommunity.org

DSC Friends Meet-Ups

Ages 0-3, generally meets the 4th Saturday of the month

For more information, contact Caitlin Hanney: caitlinhanney@gmail.com

September meet-up

Date & Time: **September 26th, 10am-12pm**

Location: Alki Beach

Additional Details: We'll meet at the Alki Bathhouse at 10am and then find a location nearby to set up blankets and hang out. Hopefully the weather continues to be gorgeous and our kiddos can play in the sand and water. Drinks and snacks provided by DSC.

October meet-up

Date & Time: October 24th, 10am-12pm

Location: [Play Happy Cafe](#) in Lynnwood

Additional Details: DSC will cover the cost of play admission (for kids), coffee (for adults), and **breakfast (for adults and kids)**. Visit the website to check out this awesome cafe and play area!

November meet-up

Date & Time: November 21st, 10am-12pm

Location: (reservation still pending) [Burien Community Center](#)

14700 6th Ave SW, Burien, WA 98166

Additional Details: **Fun Indoor Play Zone Package!** Great place for kids to play in a contained space, and adults to hang out and chat! Drinks and snacks provided by DSC.

Ages 4-7

Contact Kara Freel-Sparks: kara@freel-sparks.com 206-850-4129

or Shane Sparks: shane.sparks@icfi.com

Date & Time: **Sunday, October 11, 10:15am-12pm**

Location: [Skymania Trampolines](#)

11801 NE 116th Street, Suite B, Kirkland, WA

Phone: 425-825-7599

We'll meet at 10:15am, get our waiver stuff signed and, kiddos can be off and jumping for 1.5 hours from 10:30am-12:00pm

Ages 8-12 generally meets the 2nd Saturday of the month

Contact Maura Dunn: mauradunn@comcast.net 954-665 8621

An hour of fitness fun! Workout, fitness games, dance and lots of laughs!

Tweens should wear workout gear and sneakers. Bring water. No experience required!

Date & Time: **Saturday, October 10, 1pm-2pm**

Location: [Strength Studio](#)

2925 Fuhrman Ave E

Seattle, WA 98102

206-300-0709

Please RSVP by Oct. 7, Maura Dunn, mauradunn@comcast.net

Parents are welcome to stay and watch, go next door to Canal Market for a coffee, or go for a walk...you have the hour free!

Ages 13-19 generally meets the last Sunday of the month

Contact Sue Adelman: sadel47714@me.com 734-274-1839

Sunday, September 27, 11am-2pm for Buddy Walk Prep :-)) We will meet at the most convenient Public Library for those that RSVP or at Sue's house near Children's Hospital. For more information and to RSVP: sadel47714@me.com or 734-274-1839. I'm also on Facebook at Susan Roy Adelman and RaiseExpectations.

Sunday, October 4 The [Buddy Walk](#)!! Join us for an inspirational day! You can volunteer, walk or just hang out!

LETS MAKE A PLAN!

- Thanksgiving craft
- Pike Place Market scavenger hunt
- Afternoon at the movies
- Cooking group

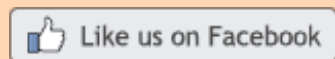
- Hike...

I need your input to make this a TEEN Group that meets your needs :-). Does Sunday work? We can mix it up, so let's work together to have a great community! sadel47714@me.com or 734-274-1839. I'm also on Facebook at Susan Roy Adelman and RaiseExpectations.



Down Syndrome Community | 206-257-7191 | contact@downsyndromecommunity.com

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