



◆ Down Syndrome ◆

C O M M U N I T Y

July Newsletter

2016

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"Spotlight On"



Sean King manned the helm of the DSC for 6 years and a board member for 16 years, and now that his son Ayman is turning 17, he has decided to step down as Board President. Before we let him off the hook, we decided to ask Sean a few questions:

What is your favorite thing about the DSC? I have loved getting to know everyone and watching the kids grow up over the years. The families have always inspired me. I have really seen that people with Down syndrome are individuals and how truly different they are from each other.

To read the rest, check out the entire [post](#) on the DSC website.

Puget Sound Buddy Walk

Save the date for the 20th Annual Puget Sound Buddy Walk!

Join us on **Sunday, October 2nd, 1-4 pm, at Seattle Center, Next50 Plaza**, for our 20th annual Puget Sound Buddy Walk to promote the acceptance, inclusion and respect of those with Down syndrome. We have created a new logo for this landmark celebration and are planning a very special event. Registration will open later in July, so get your team ready! Watch for updates in our monthly newsletters and on our Puget Sound Buddy Walk Facebook page (have you "liked" us yet?) <https://www.facebook.com/PugetSoundBuddyWalk/>.



We are currently soliciting sponsors for the walk. If you or someone you know would like to sponsor our event, materials can be downloaded from our [website](#) - or you can contact [Becky Ronan](#).

See you there!

Megarama Day

Calling all Cowboys and Cowgirls! The 19th Annual Megarama Day is around the bend.

Date: Saturday, August 13th, 10am - 3pm

Location: [M-Bar-C Ranch](#), 5264 Shore Meadow Rd, Freeland, WA

Cost: FREE!

So giddy up and register at [MegaramaDay.com](#).

Megarama Day is hosted by the M-Bar-C Ranch on Whidbey Island. It's a magical place where adults and kids play together as their imagination leads them into the Wild, Wild West. Come one, come all...join Miss Megan and all her pals from the Down Syndrome Community for a rootin, tootin time.

Call Ms. Kitty with questions: 206 295 2147



DSC Friends Meet-Ups

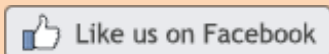
*DSC Friends Meet-Ups are hosted by the DSC at **no cost** to you! Please join us and have fun!*

Babies/Toddlers (ages 0-3)

Down Syndrome in the News

[Statement on
CLEMATIS trial](#)

STAY CONNECTED



Follow us on [twitter](#)

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206-257-7191
or
[contact us](#)

**Please check the DSC
online [Events](#)
[Calendar](#) regularly!**

Contact: [Caitlin Hanney](#)

July

Saturday, July 23rd, 11am - 1pm

Greenlake Wading Pool

The wading pool is located on the north end of Green Lake at the intersection of Wallingford Ave. N and East Lake Dr. North. (The wading pool does not open until 11am.)

August

Saturday, August 27th, 10am - 12pm

Alki Beach

2701 Alki Ave, West Seattle

Meet at the Boathouse located at the south end of the beach.

Kids (ages 4-7), Tweens (ages 8-12) and Teens (ages 13-19)

We have the opportunity for a combined dance class for the Kids 4-7, Tweens, and Teens groups for the July Meet-Ups. We hope you can make it! Check out the details:

Dance class!! An introduction to stage and classical. Come explore movement, music, and rhythm. There's an inherent joy in dance; it can raise self-esteem, improve posture, give a sense of belonging, and stimulate the imagination.

The dance classes will be taught by Eugenia who is a ballet teacher registered with the Royal Academy of Dance and has 30 years of experience teaching students of all ages in Mexico, Spain, and the US.

Sunday, July 17

Ages 4-7 - 10:30am - 11:15am

Tweens and Teens - 11:30am - 12:30pm

Children's Dance Conservatory

8635 SE Street Mercer Island

WA 98040

What to wear: Comfortable clothes that are not too loose, socks (no shoes during the class), long hair away from the face, no jewelry (small earrings are ok)

Please arrive early.

Ages 4-7 - After dancing, we can all go to the play structure at South Mercer Playfields, just a short distance from the Dance Conservatory on the corner of SE 78th & 84th SE

RSVP maura@downsyndromecommunity.org by Friday, July 15.

Tweens (ages 8-12) and Teens (ages 13-19)

Contact: [Sue Adelman](#) 734-274-1839

For the summer, both Tween and Teen groups will combine and have a less formal "Drop-In" format so that if you can make it, great! But if you can't, it's okay.

July

Tuesday, July 5th, 12:30pm - 4 pm

MOHAI (Museum of History and Industry)

860 Terry Ave N, Seattle, WA 98109

RSVP [Sue Adelman](#) and the DSC will pay your admission.

Saturday, July 9th, 10am - 2pm

Let's meet at Greenlake for fun in the sun/sand and lake. We can swim, try paddle boarding (if your parent is okay with that!), or peddle

boat (if your parent goes with you), play cards, play catch, and have a picnic lunch

RSVP [Sue Adelman](#) so she can order sub sandwiches to go around.

August

Wednesday, August 13

Save the date for a trip to the Cougar Mountain Zoo. Details to come.

Moms' Night Out

Saturday July 23 at 7pm

The Rock Wood-fired Pizza at "The Landing" in Renton
830 N 10th Street
Suite A
Renton, WA 98055

Pizza provided by the DSC.

RSVP courtney@downsyndromecommunity.org