



October Virtual Events

Weekly Zoom Events

Monday

Kickboxing with Aida 11 AM ID: 845- 8583 -3488 Password: 321321
Baking with Katie 4:30 PM ID:706-394-448 Password: 321321

Tuesday

Yoga with Angela 5:30 PM ID:878 4778 2819 Password: 321321

Wednesday

3D Art with Laura 5PM ID:880-1751-0512 Password: 321321
*10/21 & 10/28

Thursday

Arts & Crafts with NSSLHA Arts & Crafts 4 PM Zoom Id: 860 3932 1449
Password:321321 *Must Register before class each week

Hip Hop with Kaylee 5 PM ID:433-644-051 Password: 321321

Friday

Ant Paula's Kitchen 4 PM * 10/9 & 10/23 ID:813-0922-3311 Password: 321321

Saturday

Lyrical/Jazz Dance with Julia 4 PM ID: 889-3084-3939 Password:321321

Special Zoom Events

October 3rd Little Steps Parent Connect 11 AM ID: 819 2380 8529 Password:321321

October 9th Pumpkin Painting & Game Night 7 PM *registration required
ID:883 0985 1396 Password:321321

October 16th Cooking with Zach V & Pat 4PM *registration required
ID:812 0348 1526 Password:321321

October 18th Buddy Walk 2020 Car Parade IVDSA Office 11 AM Virtual Events 6 PM

October 30th IVDSA Dance Dance Party 5 PM ID: 884 4687 3163 Password: 321321

Save The Dates

November 10th The aging mind of adults with Down syndrome 6:30 PM *registration required

November 15th IVDSA & CHLA Blood Drive 9AM-3PM *appointment required