

WELCOME SPRING!

**LMDSS SOCIAL CLUB:**

Activity: Extreme Air
 Date: March 9th 2024
 Time: 6:30pm to 7:30pm
 Address: 9499 198 Street Langley, BC
 Cost: \$23 per hour + \$3 for Air Sox (grippy socks for jumping)



Instructions: Meet at the venue 25 minutes prior to jump time. Please fill out the attached waiver (can be filled out at the venue as well. Please wear athletic clothes as we will be jumping around! *REGISTRATION IS MANDATORY.*

RSVP: FRIDAY MARCH 8TH 2024

**Social Club**

This group is for ages 13+

We would like to welcome our new Social Club volunteers: James Allan, Sophie Gjervan, and Pareena Sidhu.

Our Social Club meets bi-weekly on Saturdays.

On Saturday Feb 24th we all gathered for a great time of bowling. Our next outing will be on March 9th. If you are interested in joining this group, please contact the office so you can be added to the group chat.

If anyone is interested in this they can contact our office to register.

ONLINE Music Therapy group

Ages 6-12
 Led by Katherine Graff
 Costs:
 LMDSS Members - \$97.50 for 13 weeks
 Non-Members - \$117.00 for 13 weeks
 Tuesdays 4:15 pm - 4:45 pm
 Running March 5 - June 18
 No Classes: March 19, March 26, May 14

ONLINE Music Therapy group

Ages 13+
 Led by Jen Charters
 Costs:
 LMDSS Members - \$195.00 for 13 weeks
 Non-Members - \$210.00 for 13 weeks
 Tues 6:15 - 7:15 pm
 Running March 5 - June 18
 No Classes: March 19, March 26, May 7

Speech Classes

Few spots open in Surrey location. Contact info@lmdss.com for more info

Educational Classes

Online and in-person. Contact info@lmdss.com for more info

Mom & Tots group

Monday from 10:30 a.m. to 11:30 a.m.
 #108-17828-65A Ave, Surrey.
 This group is for ages 0 to 5 years. If anyone is interested please contact our office to register.

CONTACT INFO@LMDSS.COM FOR
 SUBSIDY INFORMATION

“WE BELIEVE IN OPPORTUNITIES”

LOOKING FOR MUSIC EQUIPMENT WISH LIST FOR LMDSS

Electronic Keyboards: 60 or 66 keys is fine (instead of the full 88) - but preferably would have full sized keys

Small "toy" keyboards are also fun to have around

Acoustic guitars: "Folk style" (not classical) - 3/4 body or 1/2 size body would be best (so slightly smaller than regular guitar would be best)

Electric Bass if you can find one (plus amp)



Conga drums
Djembe Drums
Drum kit or at least one snare drum and one hi-hat drum
Drum Sticks

Microphones (Shure is the leading mic brand)
Amplifier or Sound Board with Speakers
XLR cable



Ukuleles! - not too picky but not "toys" - actual instruments
Small percussion: Maracas, Claves, Cabasa, etc!

LMDSS Summer Day Camp

July 22nd -July 26th.
2024

Costs: Member \$187.50 /
Non-Members \$ 207.00.

To register or to find out more details about this camp contact
info@lmdss.com



Worried about or unsure how to talk about periods and caring for menstruation? 

WE'VE GOT YOU COVERED! 11+

Join us for a FREE workshop all about periods and menstrual health, and discover some of your fav solutions!

Saturday, April 6 1-3pm
LMDSS #108-17828-65A Ave, Surrey

WE BELIEVE THAT NORMALIZING CONVERSATIONS AROUND PERIODS HELPS REDUCE THE SHAME AND STIGMA

MENSTRUAL EDUCATION: LET'S LEARN ABOUT IT, AND HOW TO STAY HEALTHY!

- Why do we get periods?
- Managing symptoms
- Demonstration & exploration of product options
- Debunking myths
- Opportunity for questions

PRODUCT GIVEAWAY and Snacks!
You will go home with some FREE product samples to try!

MORE INFO: Hello@periodsforall.org

Feeding and Swallowing Workshop

Donna Giachino M.Sc.,S-LP(C)
Reg CSHHPBC #0696
Speech-Language Pathologist

Date: April 22nd,2024
Time: 10:30am-11:30am
Location: #108-17828-65A Ave,
Surrey

What exactly will be covered in this session:

- Typical feeding development and the impact of Down Syndrome on feeding
- key anatomy and physiology information critical to feeding
- red flags for aspiration/benefits of videofluoroscopic evaluation of swallow
- strategies on moving children through different textures to fully independent feeding

To register: info@lmdss.com



LMDSS MEMBERSHIP RENEWAL

All membership renewals were required by Feb 1/24. If you have not renewed your membership, please go to our website and complete membership details or contact the office for more info.

LMDSS Board Members - If you or someone you know is interested in joining our team please fill out a board application form from our website and email it in to info@lmdss.com. Board application forms can be found under Contact Us/Volunteer.

"WE BELIEVE IN OPPORTUNITIES"