



5001 South Hurstbourne Parkway  
Louisville, KY 40291

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LOUISVILLE, KY  
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**DSL Annual Transition Conference  
First Steps - Preschool - Elementary  
Saturday, February 18th  
10:00-11:30am**

**DSL's Lifelong Learning Center - Louisville Campus**

Representatives from the Public School System will be here to discuss transitioning from First Steps to Preschool, and from Preschool to Elementary School.

FIND (Family Information Network for Disabilities) will present on I.E.P. development and parent rights.

This is a great opportunity to learn more and begin planning your child's transition.

**Please RSVP by Wednesday, February 15th  
Childcare Provided**

**Behavior Supports**

Down Syndrome of Louisville is now offering behavioral supports to our members of all ages on a limited basis. If this is a service you are interested in accessing under your son or daughter's Michelle P Waiver, please ask your case manager to contact Kathy Mullen at (502) 495-5088 or [kathym@dsl.win.net](mailto:kathym@dsl.win.net).

**Developmental Intervention Services**

DSL has expanded early childhood services by offering one-on-one educational sessions with our Developmental Interventionists for children 3 years old and older. Services will be fee-based and will take place in the DSL Lifelong Learning Center - Louisville Campus. If interested, please contact Kathy Mullen at (502) 495-5088 or [kathym@dsl.win.net](mailto:kathym@dsl.win.net).

**Announcing the Family Fit Club at  
DSL's Lifelong Learning Center**

- A great way to work out and network too!
- For parents & extended family 18 years old or older
- No Fee
- MUST sign a liability waiver
- **This class is not staffed by DSL & not intended for individuals with Down syndrome.**
- This weekly P90X Turbo Fire cardio workout will be hosted by DSL member/dad Scott McCorkle.
- For more info, contact Scott at rscottmcc@hotmail.com or connect with DSL on Facebook.
- Sessions will be held at 8:00pm and alternate Tuesday & Wednesday evenings beginning January 18th.

**Potluck Supper**

*for Families with Children in Grades K-5*

**Friday, February 24th**

**6:00 - 8:00 P.M.**

**DSL's Lifelong Learning Center  
Louisville Campus**

**Please RSVP by Wednesday, February 22nd  
& indicate what side dish you will bring.  
DSL will provide the meat, drinks, & desserts.**

**RSVP by calling (502) 495-5088 or [info@dsl.win.net](mailto:info@dsl.win.net)**

**Community Health Screening**

**Tuesday, February 14th**

**9:30am - 7:30pm**

Celebrate Valentine's Day with your loved ones by giving the gift of good health! The DSL Lifelong Learning Center will be hosting health screenings for DSL members and the community. Invite a Friend!

**The Screenings will include:**

**Blood Pressure, Resting Heart Rate,  
Body Mass Index & Body Fat Percentage**

**Nutrition Class For DSL Parents**

**Thursday, February 16th**

**6:30 - 8:00 P.M.**

**DSL's Lifelong Learning Center - Louisville Campus**

**OPEN TO ALL FAMILIES!**

**Please RSVP by Wednesday, February 15th**

**Creative Educational Enrichment Program for Grades K-5**

**Saturday, February 11th**

**10:00am-12:00pm**

**DSL's Lifelong Learning Center - Louisville Campus**

The Parent Session will consist of an iPad workshop, hosted by Alison Amshoff from Entech. Alison will present information on using the iPad for communication & educational apps. Parents should bring their iPad, iPhone, or Android to the workshop along with a list of favorite apps.

**Please RSVP by Wednesday, February 8th**

**Associates In Pediatric Therapy**

Michelle P. Waiver - Private Insurance - Private Pay  
Serving Adults and Children

**Providing PT, OT, & Speech Therapy at the  
DSL Lifelong Learning Center - Louisville Campus**

**Call APT for more information  
(502) 633-1007**

**TWEENER EVENT**

***Play at Actors Theatre***

**Saturday, February 4th 2:10 – 4:30pm**

**Actors Theatre of Louisville**

(316 West Main Street - Louisville, KY 40202)

Do you have an interest in wrestling or just enjoy theatrical shows?

Then join us at Actors Theatre to see the show:

**"The Elaborate Entrance of Chad Deity"**

a show about three wrestlers fighting for much more than a title belt.

**Cost for Tweeners = \$25.00**

**Cost for Additional Family Members = \$35.00**

*\*Please Note: There is occasional "adult language" used in the show.*

**It is very important that you RSVP NO LATER THAN January 26th.**

**We MUST turn in our ticket count this day.**

# TEEN/ADULT EVENTS

## Play at Actors Theatre



Saturday, February 4th 2:10 – 4:30pm  
Actors Theatre of Louisville

Join us at Actors Theatre to see the show:

“The Elaborate Entrance of Chad Deity” - a show about three wrestlers fighting for much more than a title belt.

Cost for Teens/Adults = \$25.00 Cost for Additional Family Members = \$35.00

*\*Please Note: There is occasional “adult language” used in the show.*

It is very important that you RSVP NO LATER THAN January 26th.

(502) 495-5088 or [info@dsl.win.net](mailto:info@dsl.win.net)

### IPAD TRAINING - OPEN TO ALL FAMILIES!

February 11th from 10:00am - 12:00pm

DSL's Lifelong Learning Center - Louisville Campus

Please RSVP by February 8th: (502) 495-5088 or [info@dsl.win.net](mailto:info@dsl.win.net)

### Shake, Rattle, & Bowl!

Sunday, February 12th

3:00 p.m.

Blackiston Bowl

(1516 Blackiston Mill Road - Clarksville, IN)

Looking for something FUN to do on a Sunday?! Join us for an exciting afternoon of bowling! Please bring \$ for concessions.

RSVP required by Friday, February 10th

RSVP by calling (502) 495-5088 or [info@dsl.win.net](mailto:info@dsl.win.net) OR call our TOLL FREE number: 1-855-DSL-JOIN

### GAME NIGHT!

Friday, February 17th

6:30 - 8:30pm

DSL's Lifelong Learning Center

(5001 S. Hurstbourne Pkwy.)

Whether you like cards, board games, or Twister, we've got it all for you!

RSVP required by Thursday, February 16th

## “STEPS TO INDEPENDENCE” - for ages 16 years & older

### LOUISVILLE CAMPUS

Please Note:

Enrollment is currently FULL for this program at the Louisville Campus.

This is simply a reminder to current participants.

The sessions this month will be on

Thursday, February 2nd &

Thursday, February 16th

6:30-8:00 p.m.

We will be working on “Healthy Cooking.”

There will be a Parent Session on February 16th.

Topic: “Nutrition”

Please RSVP by Wednesday, February 1st & 15th

(502) 495-5088 or [info@dsl.win.net](mailto:info@dsl.win.net)

### INDIANA CAMPUS

Tuesday, February 7th

6:30-8:00 p.m.

Indiana Campus

1939 State Street - New Albany, IN

We will be working on “Money and Time.”

There will also be a Parent Session.

Topic: “Making Community Connections”

Please RSVP by Monday, February 6th

(502) 495-5088 or [info@dsl.win.net](mailto:info@dsl.win.net) or call our

TOLL FREE number: 1-855-DSL-JOIN



**Our Louisville Campus Address:**

5001 South Hurstbourne Parkway  
Louisville, KY 40291  
Phone: (502) 495-5088  
Fax: (502) 495-5038

**Our Southern Indiana Campus Address:**

1939 State Street  
New Albany, IN 47150  
Phone: (812) 725-1416



**\*Attention families!\***



We now have a toll-free number!  
Contact us at 1-855-DSL-JOIN  
or email us at [info@dsl.win.net](mailto:info@dsl.win.net)

**facebook**

Name:  
Down Syndrome  
of Louisville



Fans:  
1713

Stay up-to-date  
on DSL events &  
programs by  
"liking" our  
Facebook page!  
Make sure to  
check in with us  
regularly!

# Children's Programming

## \*Louisville Campus\*

### Early Intervention Class Schedule:

Infant Parent Network Group- for families with children birth-18 months  
Saturday, February 25th from 12:30pm - 2:00pm

Toddler Class (18 months-3 years)  
Thursdays 9:30am-11:30pm  
1st & 3rd Saturdays 10:00am-12:00pm

Preschool Class (3-5 years)  
Fridays 9:30-11:30am  
2nd and 4th Saturdays 10:00-12:00pm

### School-Age Enrichment Program for K-5th Grade

Held the 2nd Saturday of each month  
Call or email the DSL office for Enrollment

## \*Southern Indiana Campus\*

### Early Intervention Class Schedule:

Infant Parent Network Group- for families with children birth-18 months  
Monday, February 20th from 11:00am-12:30pm

Toddler Class (18 months-3 years)  
Wednesdays 9:30am-11:30am

### Also offered in Southern IN:

Speech Enrichment Program (for Indiana residents)  
Call Jill Smith for enrollment information: (502) 299-8911

## KENTUCKY/INDIANA PARENT SUPPORT GROUP MEETINGS

### Mom's Night Out - Louisville Area

Wednesday February 1, 2012 7:00pm-Location TBD  
Saturday February 18, 2012 3:00pm -Location TBD  
Contact Angela Kerrick 836-6241 for locations

### Southern Indiana

No February sessions scheduled  
Check back in March

Indiana Parents always welcome at  
Louisville Parent Support Groups

### Down Syndrome Association of Western KY

Monday February 20, 2012 6:00pm  
All Meetings at Heartland Worship Center  
4777 Alben Barkley Dr. Paducah, KY  
Phone: (270) 444-9687 or (270) 564-0949

### Owensboro Area - GRADSA

Contact Carla Renfrow  
(270) 281-0093 or [info@gradsa.org](mailto:info@gradsa.org)  
Website: [www.gradsa.org](http://www.gradsa.org)

### Down Syndrome of South Central KY

Contact Rheanna Plemons for more information:  
[Rheanna.plemons@wku.edu](mailto:Rheanna.plemons@wku.edu)  
Website: [www.dssgsk.com](http://www.dssgsk.com)

### Dad's Night Out - Louisville Area

Date & Location TBD Monthly  
Contact Scott McCorkle (502) 664-4596 for more info  
and/or to be added to the Dad's Night Out Email Loop  
Also, check out the "Down Syndrome of Louisville Dad's  
Group" on Facebook for more info!

### Elizabethtown

Friday February 17, 2012 6:00pm  
Panera Bread  
Contact Toneau Heath for questions:

### Northern Kentucky Area - K.I.D.S.

Monday February 13, 2012 7:00pm  
K.I.D.S. (Kentuckians Interested in Down Syndrome)  
Redwood School in Fort Mitchell  
Contact Pam Steele at (859) 282-8030

### Lexington & Surrounding Areas

Down Syndrome Association of Central KY  
[www.DSACK.org](http://www.DSACK.org)  
Contact (859) 494-7809 for information