



Young Adult Series (Yas!)

Young Adult (and Adolescent) Series (YAS!) is programming for tweens, teens, and young adults to adulthood. Classes and events connect those who have developmental disabilities with education, advocacy and support through programming that aims to strengthen social connections, safety, wellness, and advocacy.

Where – T.B.A., location depends on event type and is subject to change.

Please register via our website, www.dsamidlands.org, on our events calendar. Registration is required. SOME ACTIVITIES HAVE AN ASSOCIATED FEE. PLEASE EMAIL info@dsamidlands.org for scholarship assistance. Some activities specify age-ranges at registration.

* Dates are subject to change – please register so you can get updated via email.

2021-2022 Schedule

May

Tuesdays **Down To Box** 5:30 p.m. (virtual)

Saturday 1st and 8th **Down to Box** Noon (in-person) at DSA

Wednesday May 5th and 12th **Improv** (virtual)

Thursdays **Running Club** 5-6 p.m. (in-person) at Elmwood Park

June

Tuesdays **Down To Box** 5:30 p.m. (virtual)

Friday 11th and Saturday 12th **IMPROVAGANZA** time T.B.A. (in-person) at DSA

Wednesdays **Improv** 6 p.m. (virtual)

Thursdays **Running Club** 5-6 p.m. (in-person) at Elmwood Park

*no meeting on June 3rd

*Saturday 19th and *26th **Down to Box** 3 p.m. (in-person) at DSA
*tentative dates/times – may change

July

Tuesdays **Down To Box** 5:30 p.m. (virtual)

Thursdays **Running Club** 5-6 p.m. (in-person) at Elmwood Park

*no meeting on July 15th or July 22nd

*Saturdays **Down to Box** 3 p.m. (in-person) at DSA
*tentative dates/times/location – may change



August

Tuesdays **Down To Box** 5:30 p.m. (virtual)

Thursdays **Running Club** 5-6 p.m. (in-person) at Elmwood Park

*Saturdays **Improv** (in-person) at DSA *tentative
dates/times/location – may change

September

Mondays **Circles** 5 p.m. (in-person) at DSA

*no class on Labor Day

Tuesdays **Down To Box** 5:30 p.m. (virtual)

*Saturdays **Improv** (in-person) at DSA *tentative
dates/times/location – may change

October

Mondays **Healthy Boundaries at Work** 5 p.m. (in-person) at DSA

Tuesdays **Down To Box** 5:30 p.m. (virtual)

*Saturday the 2nd and 9th **Improv** (in-person) at DSA *tentative
dates/times/location – may change

Improv performance on *October 16th

*Saturday the 23rd and 30th **Down to Box** (in-person) at DSA
*tentative dates/times/location – may change

November

Tuesdays **Down To Box** 5:30 p.m. (virtual)

*Saturday the 6th, 13th and 20th **Down to Box** (in-person) at
DSA *tentative dates/times/location – may change

December

Tuesdays **Down To Box** 5:30 p.m. (virtual)

*no meeting on Dec. 28th

*Saturday the 4th, 11th and 18th **Down to Box** (in-person) at
DSA *tentative dates/times/location – may change



2022

January

Tuesdays **Down To Box** 5:30 p.m. (virtual)

*no meeting on Jan. 4th

*Saturdays **Improv** (in-person) at DSA *tentative
dates/times/location – may change

*no meeting on Jan. 1st

February

Tuesdays **Down To Box** 5:30 p.m. (virtual)

*Saturdays **Improv** (in-person) at DSA *tentative
dates/times/location – may change

*no meeting on Jan. 1st

March

Mondays **Healthy Boundaries at Work** 5 p.m. (in-person) at DSA

Tuesdays **Down To Box** 5:30 p.m. (virtual)

*Saturdays 5th and 12th **Improv** (in-person) at DSA *tentative
dates/times/location – may change

Improv Performance T.B.A.

*Saturday the 19th and 26th **Down to Box** (in-person) at DSA
*tentative dates/times/location – may change

April

Mondays **Circles** 5 p.m. (in-person) at DSA

Tuesdays **Down To Box** 5:30 p.m. (virtual)

*Saturdays **Down to Box** (in-person) at DSA *tentative
dates/times/location – may change