

## Newsletter for English-speaking Families (Jan to Mar 2024)

### News from Integrated Family Support Service (IFSS)

#### The 36 th Annual General Meeting of the HKDSA cum Luncheon

In the past three years, due to the epidemic, the Annual General Meeting of the HKDSA was held in online format only. With the recovery of the society, the Society has decided to resume the Annual General Meeting in face to face this year. The event will be held on 25 November 2023 (Saturday) at the Royal Luncheon at Choi Fook Royal Banquet. Nearly 400 guests, parents, members and staff have already signed up for the event. By the time you receive this newsletter, we believe the programme has been successfully completed. We would like to thank all the guests for their participation and sharing the achievements of the Association!

#### Hong Kong Island Flag Day 2024

The Association will hold the Hong Kong Island Flag Day on January 20, 2024 (Saturday), which requires many volunteers to assist. We sincerely invite all members and the public to reserve time to participate in becoming flag selling volunteers. I believe that with your support, next year's Flag Day will definitely achieve the desired success!

#### Hong Kong Island Flag Day 2024

"DS Flag Day 120, we need your support to make it happen!" The Flag Day on Hong Kong Island will be held on 20 January 2024 (Saturday). To celebrate this event, a special edition Golden Flag stickers postcard is to give out for donations \$100 or above made during the period from 20 November 2023 to 31 January 2024. All the flags are designed by our members with Down Syndrome or other disabilities. Your contribution will directly go to the development of our self-financed projects, such as sports and arts related services for our direct beneficiaries, those are people with Down Syndrome and other disabilities. We are now calling for 3,000 volunteers aged 14 or above to support our flag day. It is required to be accompanied by a parent or guardian for volunteers aged under 14. As a token of appreciation, a certificate will be issued to each volunteer.

## Weekday's Programs




### "Fun & Learn Classes"

Date: 23/1 - 5/3/2024 (Every Tue, except 13/2, total 6 sessions)

Venue: JCDSC (Chai Wan)

Target: Mainly for English speaking members aged 18 or above

Quota: 6 persons per class

Program Name	Content	Time	Fee	Enquiry	Remark
<b>Art for all</b>	Self-expression and relaxation thru art activities	1:00pm 2:00pm	\$300	  3460 5093 Ms. Poon	  Join 3 classes at <b>\$900</b> only  *Mainly conducted in English
<b>Sports for all</b>	Enhance better physical health thru doing exercises and sports activities	2:00pm 2:45pm	\$270		
<b>Cooking for all</b>	Enhance cooking skills and independent living skills 	2:45pm 4:00pm	\$420		

## Weekend's Programs "Healthy Saturday Morning"

Date: 13/1/2024 - 9/3/2023 (Every Sat, except 20/1 & 10/2, total 7 sessions)

Format: Zoom

Target: Members aged 18 or above

Quota: 8 persons per class



Program Name	Content	Time	Fee	Instructors
<b>Jazz for Fun</b>	Jazz, Disco Freestyle and Hip-Hop in a joyful way.	10:30 – 11:30am	\$560	Ms. Monica
<b>Yoga for Health</b>	Explore own bodies and abilities thru music therapy, breath exercises and basic yoga movements.	11:35am- 12:20pm	\$560	Ms. Mable Chan

Enquiry: Ms. Meiling Kam 2718 7774 / Ms. Poon 3460 5093