



2025 calendar

ASSOCIATION OF
DOWN SYNDROME

Hello to All of You,

Parents, Foster Family Coordinators, Individuals with Down Syndrome, Volunteers, Employees, and Partners, first of all, I want to wish each and every one of you a wonderful year 2025, filled with good health and exciting new projects.

I am also honored to present to you the new program for January to December 2025 from the Down Syndrome Association.

If you are part of the Health and Social Services Network, please help us share this calendar with anyone you meet who might benefit from our services. Thank you.

This calendar includes many activities planned throughout the year. Anyone interested in joining our association can call us at (819) 569-8112.

Some activities are returning, while others are brand new, such as country dance classes for our clients and various conference topics for parents. During the spring break from March 3 to 7, the theme will be "Outlaws," and we will prepare a show to be presented on March 21 as part of World Down Syndrome Day, in front of our loved ones and special guests. Stay tuned... Volunteers interested in helping us with the show are more than welcome!

We have also planned an outing for our volunteers as part of Volunteer Action Week in April. Yes, you read that right!

The day camp calendar is included, and this will be its 31st edition. As for the camp brochure, it will be provided later. Many employees from last year are eager to return and are preparing wonderful activities for you once again.

In closing, the Board of Directors and staff join me in wishing you a joyful holiday season with your loved ones and memorable moments together.

We will see you at the beginning of the new year. Until then, happy holidays to all!

Pierrette Therrien-Fernet
President



Radiant Activities for Adults:

A wide variety of recreational activities are offered for adults with Down syndrome on Mondays, 10 months a year, to help them maintain their skills or develop new ones. Examples include art workshops, cooking, crafts, board games, educational games, or even learning practical tasks like doing laundry, grocery shopping, and more.

Socio-professional Activities for Adults:

A work platform is provided for adults with Down syndrome on Tuesdays and Thursdays, 10 months a year, through "Chocolatri21." Alongside the chocolatier, participants create various chocolate products for sale to the public. Participants are involved in chocolate production, packaging, and retail sales. If you're lucky, you might get a chance to taste their creations!

Sports Activities for Adults:

The Center strives to stand out with a wide range of sports activities. This year, the goal is to continue meeting the need for adults with Down syndrome to stay active on Wednesdays, 10 months a year. To achieve this, qualified staff, such as kinesiologists or other professionals depending on the chosen sport, will be hired. Additionally, various equipment is available to encourage physical activity, and some items may even be loaned to parents upon request.

Conferences for Caregivers:

From January to December 2025, several varied conferences will be offered to interested parents. Topics include foot care in January, the RDSP in February, stress reduction in March, self-determination in April, the Canadian Food Guide in May, and career guidance in June. There will be no conferences during the summer. They will resume in September with a notary session, followed by aging in October, TEVA in November, and testimonials in December.

Housing Committee:

Some parents from the housing committee will meet as needed from January to December 2025 to advance the housing project. In January, the survey results will be reviewed. The creation of a new non-profit organization (NPO) for the project is being considered; if you have name suggestions, please email them. A survey is also available on Facebook. The Down Syndrome Association is proud to support parents in this endeavor.

Country Dance Classes for Teenagers and Adults:

New this year! From January to March, join us for seven Wednesday evenings of country dance. Learn and practice dance steps with an experienced instructor in a fun and welcoming atmosphere while getting familiar with this musical genre.

Country-Themed Spring Break for Teenagers and Adults:

From March 3 to 7, 2025, we are looking for individuals with Down syndrome to prepare a show for March 21, World Down Syndrome Day, to be presented to family, friends, and the community. The detailed schedule for Spring Break will be available in January, with surprises in store! Volunteers are welcome, but spots are limited. The participants will end the week by dancing to country music with the audience.

Show "A More Inclusive World, Count Me In!":

We plan to organize a festive and inclusive evening for individuals with Down syndrome, their families, and special guests. Join the adventure as a volunteer to help create this event and ensure plenty of shared joy and fun!

Summer Day Camp for Children, Teenagers, and Some Adults:

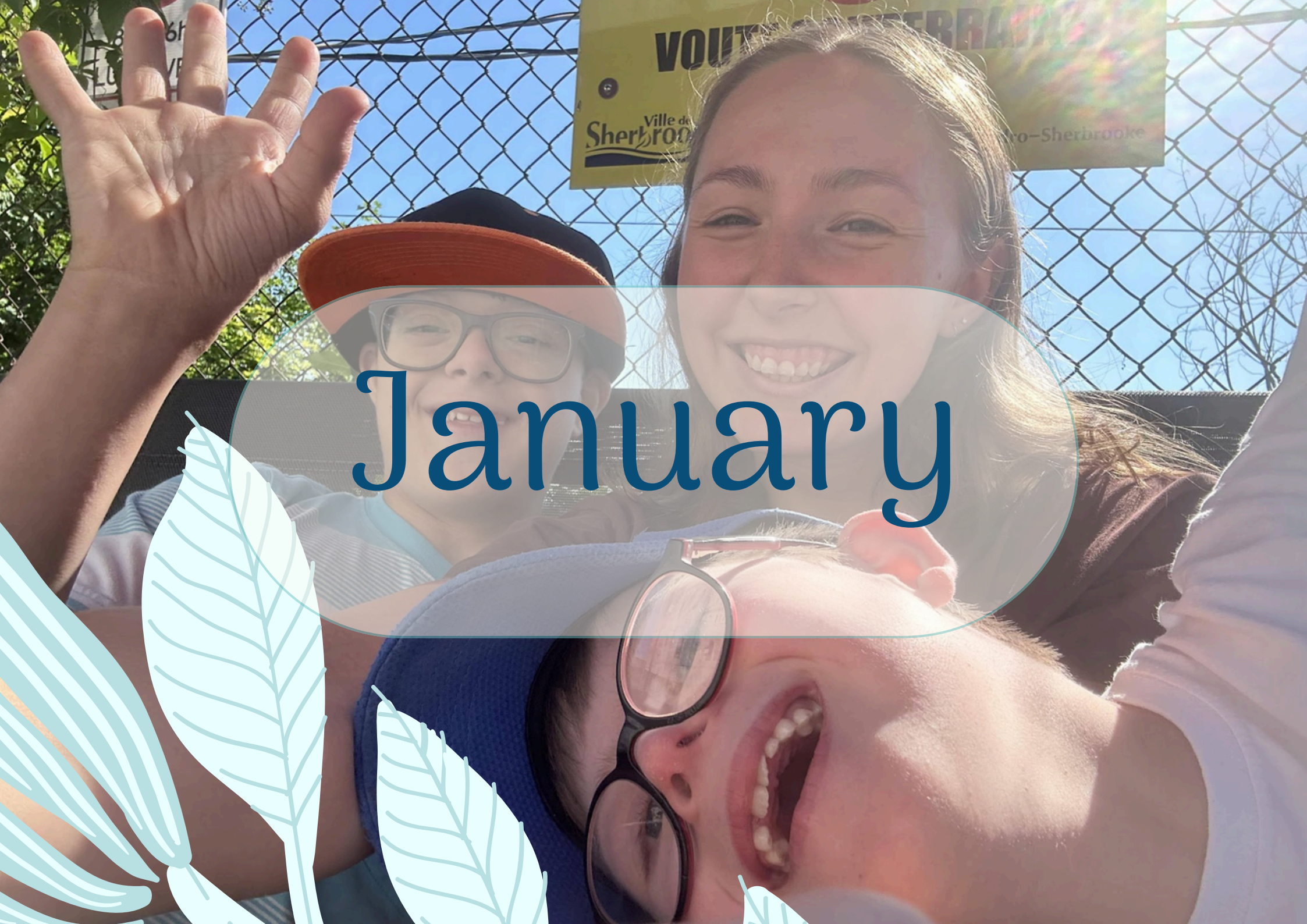
The association will host a summer camp in 2025 for individuals with Down syndrome. Parents can register their loved ones for as few as one day or up to 40 days for the entire summer, depending on their needs. Many coordinators and animators from last year have expressed their interest in returning for summer 2025. The central theme of the day camp will be "Search and Find." Act fast—spots are limited!

Special Activities or Outings for Families:

Throughout the year, we organize various family activities to encourage gatherings and foster exchanges among parents.

The Down Syndrome Association welcomes children, teenagers, and adults with Down syndrome, as well as parents, through an annual program outlined in this calendar. However, please note that changes may occur in case of unforeseen circumstances.

Note: We do accept a few individuals with intellectual disabilities in our activities, but our mission primarily focuses on supporting individuals with Down syndrome and their families. This remains our top priority!



VOU...
VILLE DE SHERBROOKE
ro-Sherbrooke

January

JANUARY

Legend:

-  Radiant Activities: 9h- 15h30

-  Socioprofessional Activities: 9h- 15h30

-  Physical Activities: 9h- 15h30

-  Country Dance Classes: 18h30- 20h30

-  Foot Health Training: 18h30- 20h30

-  C.A. and Christmas Dinner 18h- 21h

-  Housing Committee: 18h30- 20h30



























-  Association Members' Birthdays

-  New Year

-  International Popcorn Day

-  International Hug Day



	M	T	W	T	F	S	S
				2	3	4	5
				 Kevin G.		 Thomas J.	
6		7		8		9	10
							
					 Philippe S.		 Alexandra H.
13	 	14		15		16	17
		 38e de l'ASDE				 Benoit C.	
20		21	 	22		23	24
				 Esther B. Marie-Josée L.			
27		28		29		30	31
				 Josianne L. Sylvie S.P.			
							 Donna D. Michelle T.



February

FEBRUARY

Legend:

-  Radiant Activities: 9h- 15h30

-  Socioprofessional Activities: 9h- 15h30

-  Physical Activities: 9h- 15h30

-  Country Dance Classes: 18h30- 20h30

-  REEI Training: 18h30- 20h30

-  C.A.: 18h- 21h

-  Housing Committee: 18h30- 20h30































-  Association Members' Birthday

-  Groundhog Day

-  National Pizza Day

-  Valentine's Day



M		T		W		T		F		S		S	
										1			 2
3		4		5		6		7		8			 9
	Jeffrey L.								Marc-Antoine D.				
10		11		12		13		 14		15			16
	Alicia R.				Karine S.		Bertrand L.						
17	 	18		19		20		21		22			23
													 Melvin C. Rachel D.
24		25	 	26		27		28					
			Maryse M. Tamara P.L. Sawssane B.		Yanni B. Sara C.				Ginette C.				



March

N.D.P.S.


mass

MARCH

Legend:


 Country Spring Break Camp: 9h- 15h30

 Radiant Activities: 9h- 15h30

 Socioprofessional Activities: 9h- 15h30


 Physical Activities: 9h- 15h30


 Stress Management Conference: 18h30- 20h30

 C.A.: 18h- 21h

 Un monde plus inclusif, j'embraque!: 19h

 Housing Committee: 18h30- 20h30

 Association Members' Birthdays

 International Women's Day

 Daylight Saving Time Begins




































 Saint Patrick's Day

 Spring Equinox

 World Down Syndrome Day



M	T	W	T	F	S	S
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					1	2
3	4	5	6	7	8	9
 Nathanaël B.D.		 Brenda J.		 Nathalie T.	 Amélie D. Maude B.T.	 Josée P.
10	11	12	13	14	15	16
	 Amélie B.				 Royalee M.	 Emma C.
17	18	19	20	21	22	23
	 		 		 Louis-Charles D.	
 Charlotte F.	 Pascal J.		 Katrine G.	 Réjean B.		
24	25	26	27	28	29	30
			 Ana Maria S.G.	 Marie-Soleil B.	 Dominick G.B.	 Ali M. M.
31						
						
 Jason C. Nathaniel G.						

Centre de services
solaires de la
Région de Sherbrooke
Québec

From March 3 to 7: School Spring Break Week



From March 16 to 22: Quebec Intellectual Disability Awareness Week



April


APRIL

Legend:


-  Radiant Activities: 9h- 15h30


-  Socioprofessional Activities: 9h- 15h30

-  Physical Activities: 9h- 15h30

-  Self-Determination Conference: 18h30- 20h30


-  Housing Committee: 18h30- 20h30

-  C.A.: 18h- 21h

-  Association Members' Birthdays

-  April Fool's Day

-  World Autism Awareness Day























































-  World Unicorn Day

-  Easter Holiday

-  Earth Day



M	T	W	T	F	S	S
---	---	---	---	---	---	---

	 	 	3 	4  Ethan G.D. Pierre B.	5	6
7		8 	9  Marie-Pier C. Juliette A.	10  Martin B.	11	12
13		 Camey C.A. Cécile T. Mélissa C.		10 David L.T.	11	13  Julianne D.
14		15 	16 	17  	18 	19
		 Marie-Ève T. Sara R.		 Mohamed B.	17 	18 
		 	23 	24 	25	26
		23	24 	 Audrey T. Raf Y.	25	26
28	 	29 	30 		28  	29 
	 	29 	30 	 Pierre-Charles D.	28  	29 



From April 27 to May 3: National Volunteer Week



May



MAY

Legend:

-  Radiant Activities: 9h- 15h30

-  Socioprofessional Activities: 9h- 15h30

-  Physical Activities: 9h- 15h30

-  Volunteer Appreciation Brunch: 10h- 13h

-  Conference on Canada's Food Guide: 18h30- 20h30

-  Housing Committee: 18h30- 20h30

-  C.A.: 18h- 21h

-  Association Members' Birthdays

-  Mother's Day

-  International Day of Families


-  National Patriots' Day

-  World Bricolage Day



M T W T F S S

				1	2	3	4
5	6	7	8	9	10		
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	31		


 From April 27 to May 3: National Volunteer Week




June

JUNE

Legend:


 Conference with Work Orientation: 18h30- 20h30


 C.A: 17h30

 A.G.A.: 19h

 Housing Committee: 18h30- 20h30


 Day Camp: 9h- 15h30

 Association Members' Birthdays

 World Physical Activity Day

 Father's Day

 Summer Solstice

 Quebec National Holiday



M

T

























W

T

F

S

S

						1  Olivianne L.
2	3  Frédéric	4	5  5  Ella L.	6  3	7  Francine B.	8
9	10  10  Émilie F.	11	12  Jessica B.R.	13	14  Ana Sofia S.E.	15  Louise M.
16  Caroline M. François P.	17 	18  Théo G.M.	19	20  Geoffrey H.	21 	22
23 	24  24 	25  Amir H.	26 	27 	28 	29
30 						



From June 1 to 7: Quebec Week for Persons with Disabilities

Le RANCH Massawippi
L'AVENTURE au grand galop!

July





August

VERT&OR
SI RBROOKE

J'AI MA
PLACE!

SOCIÉTÉ QUÉBÉCOISE
DE LA DÉPENDANCE
INTELLECTUELLE

AUGUST

Legend:



Camp Day: 9h- 15h30



C.A.: 18h- 21h



Association Members' Birthdays



Buy a Quebec Book Day



International Left-Handers Day

M	T	W	T	F	S	S
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				1	2	3
4	5	6	7	8	9	10
Céline B.			Gaétan B.		Hagmail C.	
11	12	13	14	15	16	17
		Lucie S.P.	Vincent F.	Kevin D. Suzelle B. Simon G.		
18	19	20	21	22	23	24
		Henriette R.	Laurie J.			
25	26	27	28	29	30	31
		Élizabeth F.	Charlotte L.			Anis A.



From August 13 to 17: Festival des traditions du monde

A photograph of four young men sitting on a green lawn in front of a large, multi-story stone building with arched windows. The man on the far left is wearing a grey t-shirt and black pants with neon green accents on his shoes. The man next to him has long hair and is wearing a red t-shirt. The man in the center is wearing a blue polo shirt, a blue baseball cap with a white 'P', and sunglasses. The man on the far right is wearing a black t-shirt, glasses, and light-colored shorts. A silver water bottle is on the grass between the two men in the center. The word 'September' is overlaid in a large, dark blue font across the middle of the image. The image is framed by light blue decorative shapes, including a large circle on the left and a stylized shape on the right.

September

SEPTEMBER

Legend:

-  Radiant Activities: 9h- 15h30

-  Socioprofessional Activities: 9h- 15h30

-  Physical Activities: 9h- 15h30

-  Uplands Outing: 9h- 12h

-  Conference with a Notary: 18h30- 20h30

-  C.A.: 18h- 21h

-  Housing Committee: 18h30- 20h30

-  Association Members' Birthdays
































-  Labor Day

-  International Day of Peace

-  Fall Equinox

-  Day of Reconciliation



M	T	W	T	F	S	S
	2 	3 	4 	5	6	7 
 Jessica H.	 Mélanie P.V.			 Roman F.		Jérémy L. Vicky T.
8 	9 	10 	11 	12	13	14 
	 Yannick L.R.					
15 	16 	17 	18 	19	20	21 
 Jacob M.	 Annick L.					
22 	23 	24 	25 	26	27	28
	 Étienne J.		 Hélène B.K.	 William C.R.		
29 	 30 					



October

OCTOBER

Legend:

-  Radiant Activities: 9h- 15h30

-  Socioprofessional Activities: 9h- 15h30

-  Physical Activities: 9h- 15h30

-  Conference on Aging: 18h30- 20h30

-  C.A.: 18h- 21h

-  Housing Committee: 18h30- 20h30


























-  Association Members' Birthdays

-  World Chocolate Day

-  Thanksgiving

-  Halloween

M T W T F S S

		 	2 	3	4 	5
6  Antoine D.R.	7  	8 	9   Gabriel B.L. Josée L.	10	11	12
13   Sarah L.	14  Nathalie R.	15 	16  	17	18	19  Pierrette F.
20	21    Arjuna G. Daphnée D. Renée F.	22 	23 	24	25	26
27	28   Camille M.	29	30	31 		





November

NOVEMBER

Legend:

-  Radiant Activities: 9h- 15h30

-  Socioprofessional Activities: 9h- 15h30

-  Physical Activities: 9h- 15h30

-  C.A.: 18h- 21h

-  Christmas Party: 13h30- 20h30

-  Housing Committee: 18h30- 20h30

-  Conference on TEVA: 18h30- 20h30






















-  Christmas Workshop: 9h- 12h

-  Association Members' Birthdays

-  Daylight Saving Time Ends

-  Remembrance Day



							M	T	W	T	F	S	S
												1	2
													 Loïc D.
3		4		5		6		7		8		9	
10		11		12		13		14		15		16	
		 Maxime B.				 Alexandre T.							
17		18		19		20		21		22		23	
 Liam B.		 Marc S.											
24		25		26		27		28		29		30	
												 Jacob P.L.	

December

DECEMBER

Legend:

-  Radiant Activities: 9h- 15h30

-  Socioprofessional Activities: 9h- 15h30

-  Physical Activities: 9h- 15h30

-  Christmas Workshop: 9h- 12h

-  C.A.: 18h- 21h

-  Conference on Testimonials : 18h30- 20h30

-  Housing Committee: 18h30- 20h30

-  Association Members' Birthdays





























-  International Day of Persons with Disabilities

-  Winter Solstice

-  Christmas Eve / Christmas Day

-  New Year's Eve



M	T	W	T	F	S	S
1 	2 	3  	4 	5	6 	7  Fama B.
8  	9 	10  	11 	12  William F.	13	14
15  	16 	17 	18 	19	20	21 
22 	23 	24 	25 	26  Nicolas Q.	27	28
 Faith S.	 Alan D.	31 				
29	30					



Phone book

Paratransit service

- Reservation : 819 566-1848
- Cancellation : 819 564-7785
- Vérification / Check : 819 564-7785

Emergency phone numbers

- Emergency : 911
- Quebec Poison Control Centre : 1 800 463-5060
- Info-Santé and Info-Social : 811
- Hospital : 819 346-1110
- JEVI Suicide Prevention Centre - Estrie : 819 564-1354
- Municipal Police Station : 819 821-5555
- Sherbrooke Fire Protection Service : 819 821-5517

Support for Caregivers

- Caregiver Support Helpline : 1 855 852-7784

Down's Syndrome Organizations

- Association du Syndrome de Down : 819 569-8112
- Regroupement pour la trisomie 21 : 514 850-0666
- Canadian Down's Syndrome Society : 1 800 883-5608

Other complementary services

- Reception adult mental health, children-youth-family and speech therapy : 819 780-2220 ext : 43864
- Specialized services for intellectual disabilities or autism spectrum disorder : 819 346-8471
- Centre de réadaptation de l'Estrie : 819 346-8411
- CSSS Institut universitaire de gériatrie de Sherbrooke : 819 780-2222
- Office des personnes handicapées du Québec : 819 475-8585
- Association de Sherbrooke pour la déficience intellectuelle : 819 346-2227
- Respite home : 819 562-6881
- Attention Deficit Hyperactivity Disorder (ADHD) : 819 565-7131
- Autism spectrum disorder : 819 822-3918
- Language development disorder : 819 569-6449

Schooling and employability

- Special education school in Sherbrooke : 819 822-5577
- Adult education school and Social integration training : 819 822-5520 ext. 16555
- Educational, francization and literacy services : 819 562-1466
- Eastern Townships Learning Disabilities Association of Quebec : 819 580-7704
- Career guidance service in Sherbrooke : 819 822-3226

Aide solidaire / Solidarity help

- Social Assistance : 819 820-3411 ext.3
- Legal services provider in Sherbrooke : 819 563-4721
- Solidarité Transport : 819 821-5807 ext. 1

Leisure activities

- Companion Leisure Card : 1 833 693-2253
- Conseil Sport Loisir de l'Estrie : 819 864-0864
- Adaptive Sports Foundation : 450 243-5985
- Inclusion of immigrants through outdoor activities :
Activite.PleinAir@gmail.com
- Maison de la famille de Sherbrooke : 819 791-4142 ext. 221
- Sherbrooke Public Library : 819 821-5596
- Destination Sherbrooke : 819 560-4280
- Association sportive des jeunes handicapés de l'Estrie : 819 849-0351
- L'Accorderie de Sherbrooke : 819 780-2867



This calendar was created by Ann-Sophie Schlegel using illustrations and the Canva Pro software. The photos were taken during the summer camp by the association's team of facilitators. The texts were written by Louise Meunier and Ann-Sophie Schlegel. The programming was carried out by Louise Meunier and Rachel Dubuc. The review was done by Louise Meunier, with English corrections provided by Ann-Sophie Schlegel. A special thanks is extended to the valuable partners and collaborators for their invaluable contribution.



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ASSOCIATION DU
SYNDROME DE
DOWN