



March NEWSLETTER



BGCDSO Member Events & Community Resources

MARCH

2026

MARCH 11	BINGO NIGHT-Members Only BGCD SO Office @ 6Pm RSVP to events@bgcdowndownsyndrome.org by 3/08
MARCH 14	COFFEE & CONVERSATIONS- Special presentation by Talhia Rangel Law BGCD SO Office @ 10am RSVP to events@bgcdowndownsyndrome.org by 3/12
MARCH 15	ZUMBA-Members Only BGCD SO Office @ 10am RSVP to events@bgcdowndownsyndrome.org by 3/12
MARCH 21	WORLD DOWN SYNDROME DAY-Members Only Fashion Show to kick-off WSD Celebration! Vista View Park-4001 SW 142 nd Ave., Shelter #4, Davie, FL 33330 from 11am-2pm
MARCH 25	ESE ADVISORY COUNCIL GENERAL MTG Plantation Middle School- 6600 W. Sunrise Blvd, Plantation from 6:15pm-8:45pm COOPER CITY HS COLLEGE & CAREER FAIR 9401 Stirling Road, Cooper City, FL 33328 from 6:00pm-8pm
MARCH 28	LET'S GO HIKING Fern Forest Nature Center-201 S. Lyons Rd, Coconut Creek, FL 33063 9:00am RSVP to Coach Barry at Bearsbehavioralfitness@gmail.com
MARCH 28	NEW FAMILIES LUNCHEON- By Invitation Only Sponsored by A Special Miracle
MARCH 31	SILICILIAN OVEN FUNDRAISER 801 S. University Drive B116, Plantation, FL 33324 from 11:30am-10pm Please tell them you are there to support BGCD SO! Enjoy!

STAY INFORMED!

Topic	Page
Growth	2-3
Birthdays	4
Upcoming Events	5-8
Upcoming Fundraisers	9
Community Events	10
Save the Date	11
Special Recognition	12-14
Special Thanks	15



GROWTH

FUNDRAISING, LEADERSHIP, COMMUNITY

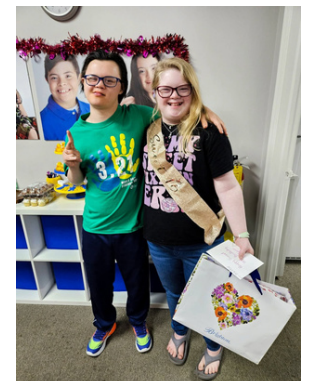
> **Read Along-** Our Read Along book for February was, "I Am A Masterpiece" by Mia Armstrong and was graciously read by Kori and Alina. Thank you to this month's book sponsors: Victoria and Ryan Robinson. Our activity of personalizing a heart puzzle for a special loved one demonstrated our kiddos creativity! Thank you all for your support of our monthly Read Along!



> **Zumba-** Thank you to Zinvana Toa, who taught the class, it was so much fun! Check out our upcoming Zumba schedule on page 6 and join us! Parents are always welcome to participate!



> **BINGO Night-** Bingo Night was a hit! Everyone enjoyed their games and winnings. We also celebrated one of our member's 16th Birthday.



See more on



GROWTH CONT.

FUNDRAISING, LEADERSHIP, COMMUNITY

- > **Let's Go Hiking-** Nothing can compare to a morning with nature and friends. We had a wonderful time at our first hiking with Coach Barry, from Bears Behavioral Fitness. Stay tuned for a date and location of our next hike.



- > **Greater Plantation Chamber of Commerce-** Had a great time networking and connecting at our monthly luncheon. Learned plenty about our heart health. We had a vendor table to showcase our organization and share our upcoming events.



- > **Advisory Board Meeting-** We are thankful for those who graciously accepted our invitation to join our BGCDSO Advisory Board! These are dedicated volunteers/members who go above and beyond to help facilitate our Mission on a daily basis!



- > **Coffee & Conversations-Special Presentation by ADP (Agency for Persons with Disabilities)** Thank you, Milory Senat, for presenting facts about all the services APD offers. She is a wealth of knowledge and is excited to help our members. **To see if you qualify, visit: apd.myflorida.com**



See more on



Birthdays



Chad

Eva



Happy
Birthday!



UPCOMING EVENTS

World Down Syndrome Day Shirts

Get your limited edition 2026
WSDS Shirts today!
Scan the QR code on your
right to get yours today!



Get your
Limited Edition
2026 WSDS
Shirt here!



2026 MEMBERSHIP INFO

All memberships start January 1st and expire on December 31st of the calendar year.

- Early Bird Special runs December 19, 2025-January 31, 2026, at the rate of \$45 per family.
- February 1, 2026-November 15, 2026-\$55 annual fee
- November 16, 2026-December 31, 2026-\$65 annual fee

***Only current members can participate in our annual Holiday Party ***

Members of BGCSO:

Membership dues cover **Parents/Caregivers and INDIVIDUALS WITH DOWN SYNDROME and their siblings**. Membership benefits include Monthly newsletter, Children Group 0-12yrs, Teen & Young Adult Group 13-22yrs, Adult Social Group - 23yrs+, Advocacy, Scholarship Opportunities, Social Events, Holiday Party (for Broward Gold Coast members only (parents and children), Educational Workshops/Seminars, Speakers and Presentations.

***Friends of Broward Gold Coast Down Syndrome Organization (BGCSO), are individuals or families that DO NOT HAVE INDIVIDUAL WITH DOWN SYNDROME** and would like to join our organization to benefit BGCSO member events. The annual fee is \$55. (Annual membership includes Monthly newsletter, Children Group 0-12yrs, Teen & Young Adult Group 13-22yrs, Adult Social Group - 23yrs+, Advocacy, Social Events, Holiday Party (for Broward Gold Coast members only (parents and children), Educational Workshops/Seminars, Speakers and Presentations. However, this membership excludes scholarships.

Contact info@bgcdownsyntax.org with any questions.

***Memberships are non-refundable. ***

REGISTER TODAY!

<https://givebutter.com/BGCSOMembership>



SAVE THE DATE!
Our WSDS Celebration
will be Celebrated
on March 21st, 2026!

Scan the QR code to renew
your membership today!



UPCOMING EVENTS CONT.



ROCK YOUR SOCKS

MARCH 21ST IS WORLD DOWN SYNDROME DAY!

ROCK YOUR BRIGHTLY COLORED, CRAZY, OR MISMATCHED SOCKS TO SUPPORT AND RAISE AWARENESS FOR WORLD DOWN SYNDROME DAY



Why Socks?

Individuals with Down syndrome have an extra chromosome on number 21, and chromosomes look like socks under a microscope. March 21st was designated as World Down Syndrome Day as there are 3 chromosomes on #21, hence 3*21 Day, a day to ROCK YOUR SOCKS!

How can YOU participate?

- Designate a Site Captain @ your School, Business or City
- Recruit your group to join our WSDS celebration
- Start a Donation Collection – set a goal, deadline, and date to Rock Your Socks
- Send group photos of your participants in wacky socks + a short blurb about your organization
- Spotlight an individual you know with Down syndrome – submit a photo + brief bio and we'll share on our social media
- Collect donations through March; contact us for pickup
- Volunteer at our Celebration – sign-up at bgcdownsindrome.org
- Email all photos & blurbs: admin@bgcdownsindrome.org
- See your photos featured on our Facebook page

To purchase our 2026 WSDS shirt, wacky socks or other 3*21 merch, scan the QR code



Thank you for your support!



Fashion Show Kicks-Off our World Down Syndrome Day Picnic Celebration

See
flyers
below




BROWARD GOLD COAST DOWN SYNDROME ORGANIZATION

FASHION SHOW

WSDS KICKOFF

MARCH 21, 2026

MORE DETAILS TO FOLLOW

15 models (members)

NO LIMITS FOUNDATION INC. Everyone has Purpose.

Broward Gold Coast Down Syndrome Organization

ON PURPOSE



World Down Syndrome Day

PICNIC IN THE PARK

FUN | GAMES | CRAFTS | FOOD

SATURDAY, MARCH 21ST 11:00AM-2PM

VISTA VIEW PARK
4001 SW 142ND AVE, SHELTER #4
DAVIE, FL 33330

PLEASE RSVP BY SUNDAY 3-15 TO:

EVENTS@BGCDOWNSYNDROME.ORG

Broward Gold Coast Down Syndrome Organization

Sheriff Gregory Toney, Ph.D. Sheriff's Office Broward County

See more on



UPCOMING EVENTS CONT.

UPCOMING MONTHLY MEMBER EVENTS



Read Along

 Broward Gold Coast Down Syndrome Organization

UPCOMING DATES

2026 Dates

- Jan. 8th
- Feb. 5th
- March 4th
- April 2nd
- May 7th
- June 4th

Where? BGCD SO Office
7301 NW 4th Street, Ste 103
Plantation, FL 33317

JOIN US FOR A NIGHT OF...

- Food
- Craft
- Read Along
- Socialization

time 6:00 pm

Please RSVP by the prior Tuesday before to:
events@bgcdownsyrndrome.org



Join us for COFFEE & CONVERSATIONS

DATE: 2nd Saturday of each Month (or alternative date post 6pm)
TIME: 10am-12pm
Where: BGCD SO Office
7301 NW 4th Street, Suite #103
Plantation, FL 33317

Please RSVP by the prior Thursday to events@bgcdownsyrndrome.org

UPCOMING DATES

January 17 th	February 28 th	March 14 th
April 11 th	May 9 th	June 6 th
July 11 th	August 8 th	September 12 th
October 10 th	November 14 th	December 12 th

If less than five people RSVP, the meeting will be cancelled.
**This is a group for parents only, we will be discussing adult topics. However, if you bring your child, we will make accommodations. **

 Broward Gold Coast Down Syndrome Organization



Members Only

MARK YOUR CALENDAR DATES:
Dec. 7th, Jan. 11th, Feb. 6th,
Mar. 15th and Apr. 12th
more dates will be added

Time: 10:00 am
Location: BGCD SO Office
7301 NW 4th St., Suite 103
Plantation, FL 33317

Please RSVP by the Thursday before the class to:
events@bgcdownsyrndrome.org

 Broward Gold Coast Down Syndrome Organization



 Broward Gold Coast Down Syndrome Organization

Presents a Member's Only Event

Join us for a night of fun, socializing, food & prizes!

Location:
BGCD SO Office
7301 NW 4th Street
STE. 103
Plantation, FL 33317

BINGO Night

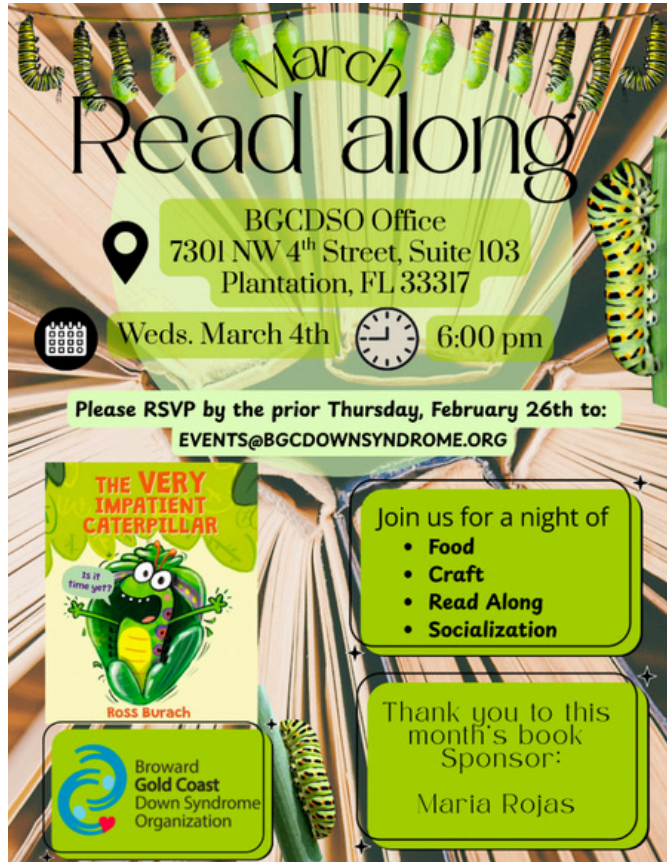
UPCOMING DATES

February 11 th	March 11 th	April 22 nd
May 27 th	June 24 th	July 21 st

All events begin at 6pm

Please RSVP by the Thursday before to:
events@bgcdownsyrndrome.org

UPCOMING EVENTS CONT.



March
Read along

BGCDSO Office
7301 NW 4th Street, Suite 103
Plantation, FL 33317

Weds. March 4th 6:00 pm

Please RSVP by the prior Thursday, February 26th to:
EVENTS@BGCDOWNSYNDROME.ORG

THE VERY IMPATIENT CATERPILLAR
Is it time yet?
Ross Burach

Join us for a night of

- Food
- Craft
- Read Along
- Socialization

Thank you to this month's book Sponsor:
Maria Rojas

Broward Gold Coast Down Syndrome Organization



*By Invitation Only

Broward Gold Coast Down Syndrome Organization

New Families Luncheon

PLEASE JOIN US IN WELCOMING NEW FAMILIES TO OUR BEAUTIFUL COMMUNITY

MARCH

SAT 28 2026

12PM-2PM

7301 NW 4TH STREET, SUITE #103
PLANTATION, FL 33317

SPONSORED BY:

ASiM
A Special Miracle
Uplifting Families for Down Syndrome



Broward Gold Coast Down Syndrome Organization

Egg Hunt 2026

PICNIC, ARTS, CRAFTS AND EGG HUNT!

Saturday, April 4th at 10:00 am - 12:00 pm

Tree Tops Park - Davie
Sabal Palm Shelter
(near safety town)

RSVP: events@bgcdownsyntax.org
By March 28th

an event for all ages

BGCDSO Member Event

UPCOMING FUNDRAISERS

SICILIAN OVEN GIVEBACK



Tuesday, March 31, 2026

11:30 am - 10:00 pm

801 S University Dr., Unit B116, Plantation, FL

INVITE YOUR FAMILY AND FRIENDS!

15% of your purchase will be donated to



Yum!



BGCDSO Spring Shopping Social

Great Drawings and Prizes

Bagels, Sweets, Treats and more Vendors

When: Saturday, April 25th 10:00 am-2:00 pm

Where: Lucy Whitson's House

RSVP: Lucy (954)-214-1360 or shopgogirl@aol.com

come and go as you please eat, shop, laugh, mingle

Park Lane Jewelry

Manilu's Creations

LimeLife (skincare/makeup)

Starbucks Coffee

Deb's salad dressings

Tasteful Thoughts

The Bag Lady

Percentage of the proceeds donated to:



DUCK POND

While Supplies Last



See more on



COMMUNITY EVENTS



GUARDIANSHIP NIGHT 2026
















































Join Us for an Informative Evening on Guardianship
 Discover the guardianship process and how it supports individuals with intellectual disabilities. We will cover key topics such as how guardianship is established and the role it plays in ensuring the well-being of individuals with disabilities.
 In addition, representatives from Community Agencies and Adult Day Training (ADT) programs will be on-site to share valuable resources available in the community.

When: Thursday, March 5, 2026
Time: 6:00 8:00 p.m.
Where: The Quest Center
 6401 Charleston St.
 Hollywood, FL 33024

For additional information, please email Mrs. Pratt at ivy.pratt@browardschools.com





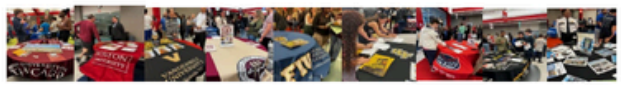


Cooper City High School

College & Career Fair

Wednesday, March 25, 2026
 From 6PM to 8PM
 In the CCHS Cafeteria

All students and their families are welcome to browse over 70 Colleges, Universities, Military, and Technical Colleges to learn about their programs, admission requirements, and other important information



Mini-Fairs at the Fair in the CCHS Media Center

Resources for ESE Families
 Resources for ESOL Families

SPONSORED BY CCHS PARTNERS IN EDUCATION



AT THE
28TH ANNUAL
**FAMILY
CAFÉ**

★ ★ ★ ★ ★

**JUNE 12-14,
2026**

★ ★ ★ ★ ★

HYATT REGENCY ORLANDO
9801 INTERNATIONAL DRIVE, ORLANDO, FL

Registration now OPEN!

<https://familycafe.net/>

See you soon!

NATIONAL DOWN SYNDROME CONGRESS

ORLANDO

— 2026 CONVENTION —



Together, We Create Magic

July 23 - 26, 2026

Now featuring the DSAIA Pre-Con
July 22 - 23, 2026

Sponsorships & Naming Opportunities

Contact Executive Director, Jim Hudson
for more information: jim@ndscenter.org



SAVE THE DATE



SAVE THE DATE



OCTOBER 17, 2026



MARKHAM PARK, SUNRISE, FL



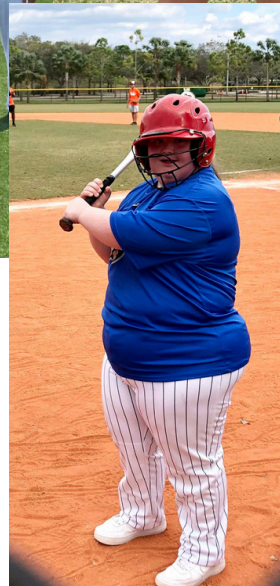
See more on



Special Recognition

Way to Go Alyssa, Cassidy & Jero!

Baseball



Proud
of you



Special Recognition Cont.

Congratulations to Xavier and Kyra!



Special Recognition Cont.

Congratulations to Preston: Straight A's and Perfect Attendance!



It Takes
a Village!

Special Thanks

Thank you all so much for your generous donations toward our new office furniture. Your support truly means a lot and will make a big difference in the organization and layout of our office/center! We're incredibly grateful for each of you!

Yvonne Squire
Lisa Scott
Talhia Rangel
Garrett/Olga Baken
Elizabeth Long

