



**BUDS "Teen & Young Adult"
Social Group
(ages 13 and up)
Calendar of Events
2007 & 2008**

BUDS



"Bringing Up Down Syndrome"

www.bringingupdownsyndrome.org

(856) 354-0584

1115 Yardley Road, Cherry Hill, NJ 08034

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- October 7 (Sunday) Buddy Walk, Washington Lake Park, Turnersville, NJ**
Description: We would love to have you "volunteer" to help out at our annual Buddy Walk. Some of our young adults are needed to help with registration, carnival games, etc. We will meet at the registration tables, but please RSVP so we know you are coming. For more information, check the website www.bringingupdownsyndrome.org
Place: Washington Lake Park, Turnersville, NJ
Time: 9:00 a.m.
RSVP: Nancy Hennefer (856) 354-0584 or golforlife@comcast.net
What to Bring: We will provide a BUDS T-shirt for our teen and young adult volunteers.
- October 28 (Sunday) Halloween Costume Party, Voorhees, NJ**
Description: The Youth Group at St. Andrew the Apostle Church is hosting a Halloween costume party for us. Dress up in a cool costume and enjoy some fun with the Youth Group as we celebrate Halloween. Soda and snacks will be provided.
Place: St. Andrew the Apostle Church, 120 United States Ave., Gibbsboro, NJ
www.standrewsrc.com
Time: 7:00 p.m. – 9:00 p.m.
RSVP by 10/21: Nancy Hennefer at (856) 354-0584 or golforlife@comcast.net
What to Bring: Wear a costume.
- November 10 (Saturday) Mom's Breakfast at Ponzio's Restaurant, Cherry Hill, NJ**
Description: Leave the teens and young adults home with dad and come to our "Mom's Breakfast" at Ponzios. This is geared to help our BUDS moms who have children with Down syndrome under age 12. Join them for their first topic focused breakfast to discuss issues regarding "behaviors." As parents of teens and young adults, come prepared to share your knowledge and experiences with them. This is a great event so don't miss out!
Place: Ponzio's Restaurant, Route 70, Cherry Hill, NJ 08034 www.ponzios.com
Time: 9:00 a.m.— 11:00 a.m.
RSVP by 11/3: Janet Wiedemann (609)953-1606 or janetwiedemann@verizon.net
What to Bring: Leave your family members home. This is for moms only.
- November 10 (Saturday) Hip-Hop Dance Exercise Class, Cherry Hill Health & Racquet Club, Cherry Hill, NJ**
Description: Come on out to a hip-hop dance exercise class followed by pizza for dinner. The Cherry Hill Racquet Club will be offering this private class exclusively to our group. This is a fun physical fitness class which uses hip-hop dance moves and great upbeat music.
Place: Cherry Hill Health & Racquet Club, 1820 Old Cuthbert Rd., Cherry Hill, NJ 08034
www.chhrc.com
Time: 4:30 p.m.— 6:00 p.m.
RSVP by 11/3: Nancy Hennefer at (856) 354-0584 or golforlife@comcast.net
What to Bring: Wear sneakers, exercise clothing, and bring a water bottle.

BUDS Teen & Young Adult Group Coordinators

BUDS Co-Chairperson
Sue Orthey
(856) 751-7421
regan65@aol.com

Camden County
Nancy Hennefer
(856) 354-0584
threehens@aol.com

Gloucester County
Jan Brodzinski
(856) 232-5312
janbrod6@aol.com

- November 17 (Saturday) “Turning the World Upside Down” Conference at Princeton University**
 Description: This is an exhibition of the services and programs offered for families of children and young adults with Down syndrome. Keynote speakers, workshops, and exhibitors will target current issues affecting the Down syndrome community. Children will be paired with a trained Princeton University student for an indoor carnival with music, games, and prizes. For more information, refer to www.camppals.com/convention
 Place: Princeton University, Princeton, NJ
 Time: Noon to 8:00 p.m.
 RSVP: Pre-registration due by October 17 (there is a late fee after 10/17)
 What to Bring: The entire family is welcome to attend.
- November 25 (Sunday) Color Me Mine, Voorhees, NJ**
 Description: Come join us to paint a piece of pottery and enjoy a pizza party at the same time. Pick something out that you can give to someone as a holiday gift. Paint it while we are at the Color Me Mine studio, and then come back in about a week to pick it up and surprise that special family member with a really unique gift.
 Place: Color Me Mine, Ritz Movie Center, 910 Haddonfield-Berlin Rd., Voorhees, NJ 08043 www.sj.colormemine.com
 Time: 10:45 a.m.— 12:30 p.m.
 RSVP: Maria Williams (856) 768-3441 or scarletmcw@comcast.net
 What to Bring: Pizza, soda and snacks will be provided
- December 8 (Saturday) Holiday Bowling Party, Cherry Hill, NJ**
 Description: Back by popular demand is this fun evening of bowling to celebrate the holiday spirit! The bowling center accommodates bowlers of all abilities. Parents are welcome to stay and enjoy pizza, light refreshments and fellowship with other parents.
 Place: Playdrome Bowling, 1536 North Kings Highway, Cherry Hill, NJ 08034 www.playdromeowl.com (856) 429-0672
 Time: 5:45 p.m. – 8:00 p.m.
 RSVP: Nancy Hennefer at (856) 354-0584 or golforlife@comcast.net
 What to Bring: Please bring a snack or dessert to share.
- January 2008 Cherry Hill Health & Racquet Club “Tennis” Party, Cherry Hill, NJ**
 Description: Come join us for a fun-filled tennis party. Taught by CHHRC’s tennis professionals, we will experience the exciting sport of tennis in a fun, semi-instructional environment. We will also play tennis related games. (Eat dinner early since there will not be a snack due to the physical activity).
 Place: Cherry Hill Health & Racquet Club, 1820 Old Cuthbert Rd., Cherry Hill, NJ 08034 www.chhrc.com
 Time: TBD
 RSVP: Nancy Hennefer at (856) 354-0584 or golforlife@comcast.net
 What to Bring: Wear sneakers, exercise clothing, and bring a water bottle. Racquets and balls will be provided.
- February 16 Brodzinski’s Valentines Day Party and Game Night, Merchantville, NJ**
 Description: Come join us for a Valentine’s party and game night hosted by the Brodzinski family. Bring your favorite board games and enjoy some friendly competition with your fellow BUDS friends. Details to follow.
 Place: TBD
 Time: 7:00 p.m. to 9:30 p.m.
 RSVP: Jan Brodzinski (856) 232-5312 or janbrod6@aol.com
 What to Bring: Bring your favorite games.

March 2008

Let's Dish, Marlton, NJ

Description: Come and learn how to cook a meal. Let's Dish will help you prepare a meal that you can take home and then heat up at a later date. It's great for the family on the run. Details to follow.

Place: Let's Dish, Route 70, Marlton, NJ

Time: TBD

RSVP: Nancy Hennefer at (856) 354-0584 or golforlife@comcast.net

What to Bring: No need to bring anything

April 2008

Spring Dance , Voorhees, NJ

Description: The Eastern Regional High School "Interact" Club will once again host a dance for us. Details to follow.

Place: Eastern Regional High School, 1401 Laurel Oak Rd, Voorhees, NJ
www.eastern.k12.nj.us (856) 784-4441

Time: TBD

RSVP: Nancy Hennefer at (856) 354-0584 or golforlife@comcast.net

What to Bring: One-time use camera so you can take pictures.

May 2008

"Golf for Life" PGA Clinic

Description: We haven't set the date yet, but we will hold another "Golf for Life" golf clinic during the month of May. We'll e-mail the details at a later date.
www.golfforlife.org

(Enjoy the summer months of June, July, August and we will begin a new calendar of events in September 2008)