



[www.bringingupdownsyndrome.org](http://www.bringingupdownsyndrome.org)

**BUDS "Teen & Young Adult"**  
**Social Group**  
**(ages 15 and up)**  
**Calendar of Events**  
**2009**

**BUDS**



**Bringing Up Down Syndrome**

(856) 354-0584

1115 Yardley Road, Cherry Hill, NJ 08034

- January 24**  
(Saturday) **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.  
Place: Cherry Hill Health & Racquet Club, 1820 Old Cuthbert Rd., Cherry Hill, NJ 08034  
[www.chhrc.com](http://www.chhrc.com)  
Time: 4:45 p.m. to 6:30 p.m. (Lesson begins promptly at 5:00 so be there by 4:45)  
RSVP: Jan Brodzinski (856) 232-5312 or [janbrod6@aol.com](mailto:janbrod6@aol.com)  
What to Bring: Must wear sneakers and exercise clothing, and bring a water bottle. Racquets and balls will be provided. Pizza will be provided after the tennis lesson.
- February 14**  
(Saturday) **2nd Annual Valentines Day Party and Game Night, Turnersville, 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. Pizza dinner will be provided.  
Place: 54 White Birch Rd., Turnersville, NJ 08012  
Time: 6:00 p.m. to 8:30 p.m.  
RSVP: Jan Brodzinski (856) 232-5312 or [janbrod6@aol.com](mailto:janbrod6@aol.com)
- March 14**  
(Saturday) **St. Patrick's Day Party**  
Description: We will either have a movie night at the Ritz Theater (if there is anything good playing) or a St. Patrick's day party at the Cherry Hill Health & Racquet Club. More details will follow.
- April 4**  
(Saturday) **6th Annual Trisomy 21 Symposium, Childrens Hospital, Philadelphia, PA**  
Description: The 6th Annual Trisomy 21 Symposium at Childrens Hospital is set for April 4, 2009. For more information go to:  
<http://www.chop.edu/consumer/jsp/division/service.jsp?id=76670>
- April 18**  
(Saturday) **Cooking Class at Culinary Express**  
Description: Have you heard of those places where you go and learn how to prepare a meal and then bring it home to heat up later? Well that's what we are going to do. Join us at Culinary Express for a cooking session and you will each take home a ready-to-cook meal. Hope to see you all there.  
Place: Culinary Express, 1227 Haddonfield-Berlin Rd., 561 Plaza, Voorhees, NJ  
[www.culinaryexpressnj.com](http://www.culinaryexpressnj.com)  
Time: TBD  
RSVP by 4/4: Sue Orthey at (856) 751-7421 or [regan65@aol.com](mailto:regan65@aol.com)  
What to Bring: No need to bring anything.

**BUDS Teen & Young Adult Group Coordinators**

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

Camden County  
Nancy Hennefer  
(856) 354-0584  
[threehens@aol.com](mailto:threehens@aol.com)

Gloucester County  
Jan Brodzinski  
(856) 232-5312  
[janbrod6@aol.com](mailto:janbrod6@aol.com)

**May 9**  
(Saturday)

**Let's Try Yoga**

Description: Come join us for a yoga theme party hosted by the Williams family. More details will follow.

**May/June 2009 "Golf for Life" PGA Clinic**

Description: We haven't set the dates yet, but we will hold several "Golf for Life" golf clinics this year. We'll e-mail the details at a later date. [www.golfforlife.org](http://www.golfforlife.org)

**If anyone would like to organize additional events, please contact Nancy Hennefer at [golfforlife@comcast.net](mailto:golfforlife@comcast.net). Our goal is for each family who participates to try to organize at least one event each year. We are open to new ideas.**

**(Enjoy the summer months of June, July, August and we will begin a new calendar of events in September 2009)**