



*BUDS "Teen & Young Adult"
Social Group (ages 16 and up)
Calendar of Events
2010 & 2011*

www.bringingupdownsyndrome.org



Bringing Up Down Syndrome

(856) 354-0584

1115 Yardley Road, Cherry Hill, NJ 08034

To The Parents of All BUDS Teens & Young Adults:

Welcome back to another year of fun social events. We will be starting off with a **“Welcome Back Bowling Party”** so our young adults can see all of their friends again now that we are back from Summer vacations. Bowling seems to be the most popular event, so we’ll start with everyone’s favorite. We’ll then have our **“Annual Halloween Costume Party”** where we can still dress up and enjoy the fun of Halloween and have a little karaoke fun.

We are going to try something new this year by **meeting on the same day (2nd Saturday of each month)** at the same time (5 to 7) and same place each month (Cherry Hill Racquet Club). The staff there will provide different activities for us each month, and we will celebrate holiday themes where possible (Valentine’s and St. Patrick’s Day). You’ll be able to plan ahead and know that we have at least one activity each month. As an added bonus, the parents attending the party will have access to use the entire facility absolutely free of charge.

In addition, there will be a **physical fitness class each Saturday morning at Velocity Sports Performance from 10:00 to 11:00**, 2005 Route 70 East, Cherry Hill. The Fall classes will start on September 25 and run through November 20th. Based on participation, we will determine whether or not to continue through the rest of the year.

For the past several years, our events have been planned by the same few families, and it’s now time for YOU to get involved. We always need chaperones, so when you RSVP, please be sure to ask if chaperones are still needed. In addition, it would be greatly appreciated if **YOU WOULD PLAN AN EVENT** that we could add to the calendar. If there is something that your young adult enjoys that you could plan an event around, that would be great. BUDS will pay for the cost—we simply need you to organize and run the event.

There is so much more that we could do, but only if we have additional families involved. Do you want to host a barbeque at your home? Dave & Busters for the over 21 crowd? Camden Aquarium? Movie night? Pot luck dinner? Super Bowl party? Group outing at a Phillies game? Pool party at your home? All of these ideas require multiple chaperones and someone to organize the event. We’d love to do some of these (and BUDS will pay), but not unless some of you step up to the plate to organize and chaperone the event. In the meantime, we will be meeting at the Cherry Hill Racquet Club which is a safe and fun environment and easily accessible from all directions via Route 295 and Route 70. Help us do more by volunteering to organize an event.

If you would like to add YOUR event to the calendar, please come to the “Welcome Back Bowling Party” to share your idea, or feel free to call me at (856) 354-0584.

Sincerely,
Nancy Hennefer

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*

- September 11** (2nd Saturday) **“Welcome Back” Bowling Party at Playdrome, Cherry Hill, NJ**
 Description: Bowling seems to be our most popular event, so we are going to start out with a “welcome back” bowling party. Hope you are all back from vacation and ready to see your friends again, so come on out and let’s get the party started. 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.playdromebowl.com (856) 429-0672
 Time: 5:45 p.m. – 8:00 p.m.
 RSVP by 9/1: Nancy Hennefer at (856) 354-0584 or golforlife@comcast.net
 What to Bring: Please bring a snack or dessert to share.
- October 3** (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 by 9/18: Sue Orthey (856) 751-7421 or regan65@aol.com
 What to Bring: We will provide a BUDS T-shirt for our teen and young adult volunteers.
- October 24** (Sunday) **Annual Halloween Costume & Karaoke Party, Voorhees, NJ**
 Description: The Youth Group at St. Andrew the Apostle Church is hosting our annual Halloween costume party for us. Dress up in a cool costume and enjoy some fun with the Youth Group as we celebrate Halloween. Back by popular demand is KARAOKE! Pizza, 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 10/15: Maria Williams (856) 768-3441 or williamsmcw@verizon.net
 What to Bring: Wear a costume.
- November 13** (2nd Saturday) **Tennis Party at Cherry Hill Health & Racquet Club, Cherry Hill, NJ**
 Description: Tennis was our second most popular event so we will have two sessions this year. Come join us for a fun-filled tennis party. Taught by Chic’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
 Time: 4:45 p.m. to 7:00 p.m. (Lesson begins promptly at 5:00 so be there by 4:45)
 RSVP by 11/1: Jan Brodzinski (856) 232-5312 or 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.
- November 14** (Sunday) **4th Annual Disability Awareness 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. This year’s panel sessions will cover: (1) social inclusion and bullying; (2) financial planning; (3) diet, nutrition, and exercise; and (4) speech therapy. During the conference, all individuals with Down syndrome under age 21 (and interested siblings) will attend a carnival with a Princeton University student volunteer.
 Place: Princeton University, Princeton, NJ
 Time: 12:00 p.m. to 8:00 p.m.
 RSVP: Registration at www.princeton.edu/~pda/register.shtml

- December 11** **Annual Holiday Bowling Party at Playdrome, Cherry Hill, NJ**
(2nd Saturday) Description: Our annual holiday bowling night is back by popular demand. Come get in the holiday spirit and enjoy bowling with the lights dimmed and the music blaring. 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.playdromebowl.com (856) 429-0672
- Time: 5:45 p.m. – 8:00 p.m.
- RSVP by 12/1: Nancy Hennefer at (856) 354-0584 or golfforlife@comcast.net
- What to Bring: Please bring a snack or dessert to share.
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- January 8** **“Zumba Exercise” Party at Cherry Hill Racquet Club, Cherry Hill, NJ**
(2nd Saturday) Description: Come join us for a fun-filled zumba exercise class. Taught by CHHRC’s fitness professionals, we will learn some fun Latin dance moves and get a great Zumba work out while we are at it.
- Place: Cherry Hill Health & Racquet Club, 1820 Old Cuthbert Rd., Cherry Hill, NJ 08034 www.chhrc.com
- Time: 4:45 p.m. to 7:00 p.m. (Class begins promptly at 5:00 so be there by 4:45)
- RSVP by 1/1: Maria Williams (856) 768-3441 or williamsmcw@verizon.net
- What to Bring: Must wear sneakers and exercise clothing, and bring a water bottle. Pizza will be provided after the zumba class.
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- January 29** **“Let’s Dance” Party at Cherry Hill Health & Racquet Club, Cherry Hill, NJ**
(Saturday) Description: Come join us for a night of dancing. Everyone just has to bring their dance moves, and we will dance to fun music with our friends.
- Place: Cherry Hill Health & Racquet Club, 1820 Old Cuthbert Rd., Cherry Hill, NJ 08034 www.chhrc.com
- Time: 7:00 p.m. to 9:00 p.m.
- RSVP by 11/1: Mary Pat DeLaurentis (856) 629-3508 or marypatd@comcast.net
- What to Bring: Your dancing shoes, and refreshments will be served.
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- February 12** **“Valentines Arts & Crafts” Party at Cherry Hill Racquet Club, Cherry Hill, NJ**
(2nd Saturday) Description: We’ll enjoy some arts and crafts taught by the CHHRC party specialists.
- Place: Cherry Hill Health & Racquet Club, 1820 Old Cuthbert Rd., Cherry Hill, NJ 08034 www.chhrc.com
- Time: 4:45 p.m. to 7:00 p.m. (Class begins promptly at 5:00 so be there by 4:45)
- RSVP by 2/1: Sue Orthey (856) 751-7421 4-0584 or regan65@aol.com
- What to Bring: Pizza will be provided.
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- February 26** **“Imagine the PossABILITIES” Conference at Citizens Bank Park, Philadelphia, PA**
(4th Saturday) Description: At this one-day conference, you won’t hear from PhD’s, doctors, educators, or learning specialists. You will hear from self advocates who have navigated through early intervention, classroom inclusion, transitions from high school to higher education and the job world. Sujeet Desai, David Egan, Karen Gaffney and Brad Hennefer are each ready to share the specifics of their journey.
- Place: Citizens Bank Park, Philadelphia, PA
- Time: 8:30 a.m. to 5:00 p.m.
- RSVP: Register by January 15th at www.regonline.com/imagine2011 or visit www.karengaffneyfoundation.com or www.golfforlife.org for more information.

- March 12**
(2nd Saturday) **“St. Patty’s Sports” Party at Cherry Hill Racquet Club, Cherry Hill, NJ**
Description: Wear green and come on out for a fun night of sports fun where we can choose from activities such as: wiffleball, kickball, soccer, flag football, relay races, obstacle courses, and many more.
Place: Cherry Hill Health & Racquet Club, 1820 Old Cuthbert Rd., Cherry Hill, NJ 08034 www.chhrc.com
Time: 4:45 p.m. to 7:00 p.m. (Class begins promptly at 5:00 so be there by 4:45)
RSVP by 3/1: Nancy Hennefer at (856) 354-0584 or golforlife@comcast.net
What to Bring: Pizza will be provided.
- March 26**
(Saturday) **“Cats” Theater Production by Eastern High School, Voorhees, NJ**
Description: The theater production of the infamous musical “Cats” is being put on by Eastern Regional High School. Audrey Williams (sister of Laura & Rachel Williams) is in the play so we thought we would buy a block of tickets to enjoy this show.
Place: Eastern Regional High School, 1401 Laurel Oak Rd, Voorhees, NJ www.eastern.k12.nj.us
Time: 7:30 p.m. (The play starts at 7:30 so meet in the lobby at 7:00).
RSVP by 1/28: Maria Williams (856) 768-3441 or williamsmcw@verizon.net
What to Bring: **You must be accompanied by an adult family member or friend who will stay at the play with you.** BUDS will pay for 4 tickets per family. **Contact Maria Williams no later than January 28th** with the number of tickets that your family needs so they can be pre-ordered and we can all sit together.
- April 9**
(2nd Saturday) **8th Annual Trisomy 21 Symposium at Children’s Hospital of Philadelphia**
Description: This one-day symposium will provide up to date clinical information and therapeutic approaches on selected topics applicable to individuals with Trisomy 21. For more information and registration go to www.chop.edu/cme
- April 9**
(2nd Saturday) **“Karate” Party at Cherry Hill Racquet Club, Cherry Hill, NJ**
Description: Let’s all try karate together. Some of you are already experienced, so come and share your talent and help us all to learn some karate moves where we can practice physical fitness, focus, and discipline as we master some karate moves together.
Place: Cherry Hill Health & Racquet Club, 1820 Old Cuthbert Rd., Cherry Hill, NJ 08034 www.chhrc.com
Time: 4:45 p.m. to 7:00 p.m. (Class begins promptly at 5:00 so be there by 4:45)
RSVP by 4/1: Nancy Hennefer at (856) 354-0584 or golforlife@comcast.net
What to Bring: Pizza will be provided.
- April 15**
(Friday night) **Spring Semi-Formal Dance at Rowan University**
Description: The Rowan University Student Council for Exceptional Children (SCEC) is once again hosting our Spring semi-formal. This is an awesome event with plenty of great photo opportunities. Come enjoy friends, fun and dancing. Parents are welcome to stay.
Place: Enyon Ballroom at Rowan University (on the 3rd floor of the Student Center) 201 Mullica Hill Road, Glassboro, NJ 08028
Time: 7:30 p.m. to 9:30 p.m.
RSVP by 4/1: Nancy Hennefer at (856) 354-0584 or golforlife@comcast.net
Attire: Dresses for the ladies and dress slacks (jackets optional) for the guys

May 14

(2nd Saturday)

“Tennis” Party at Cherry Hill Health & Racquet Club, Cherry Hill, NJ

Description: Let’s brush up on our tennis skills so you can all practice over the summer. 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

Time: 4:45 p.m. to 6:30 p.m. (Lesson begins promptly at 5:00 so be there by 4:45)

RSVP by 5/1: Jan Brodzinski (856) 232-5312 or 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.

June 2011

“Golf for Life” PGA Clinics

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

(Enjoy the summer months of July and August, and we will begin a new calendar of events in September 2011).