



**BUDS “Teen & Young Adult”  
Social Group  
(ages 13 and up)  
Calendar of Events  
Spring 2008**

**BUDS**



**“Bringing Up Down Syndrome”**

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

(856) 354-0584

1115 Yardley Road, Cherry Hill, NJ 08034

**April 12, 2008 Cooking Class at Culinary Express**

(Saturday)

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: 10:00 a.m.— 12:00 p.m.

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.

**April 26, 2008 “Golf for Life” PGA Clinic  
to August**

Description: There is a series of 5 “Golf for Life” clinics this Spring and Summer that are provided exclusively for individuals who have Down syndrome, the first of which is on April 26th. Refer to [www.golfforlife.org](http://www.golfforlife.org) for registration information.

**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 2008)**

**BUDS Teen & Young Adult Group Coordinators**

BUDS Co-Chairperson

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