



Bringing Up Down Syndrome

www.bringingupdownsyndrome.org

(856) 985-5885

504 Centennial Blvd. #1444, Voorhees, NJ 08043

2023 & 2024 Social Events Calendar

Welcome back to another year of fun activities for all ages! Many of our monthly events will continue to be on the same day (**2nd Saturday of each month**). We're also continuing the "**3rd Wednesday Dinner Nights**" for our adults who have Down syndrome. Families will be able to plan ahead and know they have several activities each month. We would also like to host a few "Parent's Night Out" and "Mom's Night Out" events. We've included events that are scheduled through December, but stay tuned, there will be more. If any of you have ideas for future activities and would like to host them, feel free to let us know.

Following are the **social group age guidelines**. They are guidelines only, and we combine age groups for some events.

- BUDS Kids (ages 7 and under)
- BUDS Tweeners (ages 8 to 12)
- BUDS Teens & Young Adults (ages 13 to 17)
- BUDS Adults (over 18)

You'll notice that we've included information on activities hosted by DSASNJ (Formerly *Knowledge & Information About Individuals With Down Syndrome* (KIIDS)). The BUDS and DSASNJ Board members are continuing to collaborate on certain activities and benefit from the synergies and combined talents of both groups. **All families are welcome to attend any activities hosted by either BUDS or DSASNJ and especially events that we're co-hosting together.**

BUDS also sponsors New Jersey Special Olympics (SONJ) teams in the sports of soccer, golf, basketball, and bocce ball. If you're interested in coaching a new team (or a different sport), feel free to contact Nancy Hennefer. All of our BUDS teams are coached by parents and require a commitment to be present at all practices and games.

If you have any questions, ideas for future events, or need any special accommodations at our events (e.g. food allergies) feel free to contact the coordinator for the specific event you're attending.

Sincerely,
Nancy Hennefer
Social Programs Chairperson



BUDS Social Programs
Chairperson
 Nancy Hennefer
 (609) 440-6654
 nhennefer@comcast.net

"KIDS" Ages
 (Ages 7 and under)

"Tweeners" Ages
 (Ages 8 to 12)

"Teens & Young Adults"
 (Ages 13 to 17)

"Adults"
 (Over 18)

SEPTEMBER

NDSS BUDDY WALK IN CENTRAL PARK

September 9 National Down Syndrome Society (NDSS) Buddy Walk in Central Park, New York
(Saturday) If you've never attended the National Down Syndrome Society (NDSS) Buddy Walk in Central Park due to the cost and travel considerations, we have you covered. We'll be reimbursing your immediate family's registration cost plus adding a \$100 travel stipend. For our local families who have photos being shown in Time Square, congratulations! Hope to see lots of our families in New York. For reimbursement, you must send your NDSS registration e:mail to nhennefer@comcast.net.

Place: Times Square (9:30 to 10:30 a.m.) & Central Park (11:00 a.m. to 3:00 p.m.) New York City
Time: 9:30 a.m. – 3:00 p.m.
Registration: Register at <https://give.ndss.org/event/2023-new-york-city-buddy-walk-r/e478474>



OVER 18 WELCOME BACK FUN NIGHT AT FUNPLEX

September 10 Welcome Back Fun Night at "The FunPlex" (Mt. Laurel, NJ)
(Sunday) Welcome back to our "Over 18" adult social group for another year of fun activities! We're going to keep the summer fun going by having our 1st monthly event at FunPlex. It's been a while since we've had this event, and we're excited to bring it back since it was always one of the favorites. Wristbands will be provided (to those who have Down syndrome) which will include the outdoor and indoor amusement rides, mini golf, bowling and some arcade games. There will be a food ticket that can be redeemed for pizza (gluten free available) and a drink. An adult chaperone needs to stay and supervise (no drop offs) since the group can explore FunPlex at their own pace.

Place: The FunPlex, 3320 Route 38, Mt. Laurel, NJ 08054
<https://thefunplex.com/mount-laurel/>
Time: 4:00 p.m. – 8:00 p.m. Everyone will need to arrive **no later than 4:00** to receive their wristband.
RSVP: 9/7 <https://www.signupgenius.com/go/4090E4BAAAA2BA3FD0-over3>



INDOOR PLAY GROUP AT PEEKABOO PLAYGROUND (HOSTED BY KIIDS)

September 17 Play Group at Peekaboo Playground (Medford, NJ)
(Sunday) Peekaboo Playground was started by a certified speech-language pathologist with experience in early intervention. RSVP for a fun afternoon with friends. Light refreshments will be provided. Please indicate any dietary restrictions in your RSVP.

Place: Peekaboo Playground, 175 Route 70, Medford, NJ 08055
<https://peekabooplayground.com/>
Time: 2:00 p.m. – 4:00 p.m.
RSVP by 9/10: <https://www.signupgenius.com/go/5080C4FAEAB2FA2F85-indoor>



TEEN & ADULT HIKING AT PARVIN STATE PARK (HOSTED BY KIIDS)

September 17 Hiking at Parvin State Park (Pittsgrove, NJ)
(Sunday) Join your friends for a hike at Parvin State Park. The trail consists of a 3.3 mile flat loop through wooded areas with lots of shade and a nice lake view. Bring a water bottle, bug repellent and sunscreen. A snack will be provided at the end of the hike. Sneakers are fine for these trails. Hike will start promptly at 1:00 so please arrive by 12:45.

Place: Parvin State Park, 701 Almond Road, Pittsgrove, NJ 08318
Time: 12:45 p.m. – 3:00 p.m.
RSVP by 9/13: <https://www.signupgenius.com/go/5080C4FAEAB2FA2F85-hiking4>



SEPTEMBER (Continued)

TEEN MONTHLY BOOK CLUB (HOSTED BY KIIDS)

September 28 Teen Monthly Book Club (Voorhees, NJ)

(Thursday) Join your friends for the first “Book Club” meet up at the Camden County Library! The group will meet monthly and will be reading books from the “What is” and “Who is” series.

Place: Camden County Library, 203 Laurel Road, Voorhees, NJ 08043

Time: 6:30 p.m. – 7:30 p.m.

RSVP by 9/21: <https://www.signupgenius.com/go/5080C4FAEAB2FA2F85-book1>



TWEENERS HIKING AT RED BANK BATTLEFIELD (HOSTED BY KIIDS)

September 30 Hiking at Red Bank Battlefield (National Park, NJ)

(Sunday) Join your friends for a stroll around historic Red Bank Battlefield. The group will enjoy an easy one-mile paved loop hike through the grounds. Hike will start promptly at 2:00 so please arrive by 1:45. Meet at the Whittall, situated between the two parking lots, along the water. Bring a water bottle and sneakers are fine for this trail. A snack will be provided.

Place: Red Bank Battlefield, 100 Hessian Avenue, National Park, NJ 08063

Time: 1:45 p.m. – 4:00 p.m.

RSVP by 9/27: <https://www.signupgenius.com/go/5080C4FAEAB2FA2F85-historic>



OCTOBER

“BUDS” 2023 ANNUAL BUDDY WALK

October 1 “BUDS” 2023 Annual Buddy Walk, Washington Lake Park (Sewell, NJ)

(1st Sunday) We are pleased to announce the 2023 BUDS Buddy Walk! This is a great time for the entire family and a wonderful way to meet other families. **This year the carnival games, rides, inflatables and characters will return!** Online registration is available up to and include the day of the walk. **Shirts will be available as pre-order only through Wednesday, September 13th.** All are welcome to come out and enjoy a fun day celebrating our loved ones who have Down syndrome. You don't have to be a member of BUDS. Families are invited to pack a picnic lunch (no food or beverages will be provided). Entertainment will be provided by a D.J. and there will be a “selfie” area on the stage, where photos can be taken in front of an official Buddy Walk backdrop.

Place: Washington Lake Park, 626 Hurfville Cross Keys Rd., Sewell, NJ 08080

Time: Families or teams can complete the walk as individual groups on their own any time between **10:00 a.m. and 1:00 p.m.**

Registration: <https://www.classy.org/event/2023-buds-buddy-walk-bringing-up-down-syndrome/e509402>
Families are encouraged to set up “teams” on the Buddy Walk site and share their link on social media with friends, family, employers and anyone else who may want to support our only fundraiser.



TWEENERS HALLOWEEN DANCE AGES 7 to 12 (HOSTED BY KIIDS)

October 7 Halloween Dance (Cherry Hill, NJ)

(Saturday) Get ready for a spooky fun time at this Halloween dance! Don your dancing shoes and be ready to do the mash! The Monster Mash! Light refreshments will be provided. Please indicate any dietary restrictions in your response.

Place: Cherry Hill Performing Arts Center, 1998 Route 70 E. Cherry Hill, NJ 08003

Time: 2:00 p.m. – 3:30 p.m.

RSVP by 9/29: <https://www.signupgenius.com/go/5080C4FAEAB2FA2F85-halloween>



OCTOBER (Continued)

OVER 18 ADULT DINNER AT TOP GOLF

October 18 Over 18 Adult Dinner at Top Golf (Mt. Laurel, NJ)

(3rd Wednesday) Welcome to our “3rd Wednesday Dinner Night!” This month we’ll have dinner at Top Golf and enjoy some driving range fun. No experience is required, and golf clubs are provided for everyone. The actual golfing is only for the adults who have Down syndrome. Parents are encouraged to stay, enjoy dinner, help chaperone, facilitate the golfing, and enjoy fellowship with other parents.

Place: Top Golf, 104 Centerton Rd., Mt. Laurel, NJ <https://topgolf.com/us/mount-laurel/>

Time: 6:00 p.m. – 8:00 p.m.

RSVP: 10/1 **RSVP BY OCT 1** on sign Up Genius.

<https://www.signupgenius.com/go/4090E4BAAAA2BA3FD0-over4>



PUMPKIN PICKING HAYRIDE & CORN MAZE (CO-HOSTED BY BUDS & KIIDS)

October 21 Hayride & Pumpkin Picking at Indian Acres Farm (Medford, NJ)

(Saturday) BUDS has been hosting a pumpkin picking event for over 25 years. Come on out for this group favorite that BUDS & KIIDS are co-hosting, enjoy the bouncy house, playground, and the hayride out to the corn maze and pumpkin patch to pick that special pumpkin.

Place: Indian Acres, 111 Tuckerton Road, Medford, NJ 08055 <http://indianacrestreefarm.com/>

Time: 9:30 a.m. – 12:00 p.m.

RSVP: 10/15 **RSVP BY SEP 30** on Sign Up Genius (**Immediate family only**)

<https://www.signupgenius.com/go/4090E4BAAAA2BA3FD0-pumpkin1>

What to Bring: **Please note that no food or beverages will be provided.** Families are invited to pack a picnic lunch and drinks. There will be a designated tent area where you’ll be able to sit down and enjoy fellowship with each other.



BONFIRE HAYRIDE & CORN MAZE (CO-HOSTED BY BUDS & KIIDS)

October 22 Hayride, Corn Maze & Bonfire at Indian Acres Farm (Medford, NJ)

(Sunday) Join us for a fun hayride to the Indian Acres corn maze (bring your flashlight) and then off to our private bonfire where we’ll have hot chocolate and s’mores. **Ages 13 to 20 MUST attend with a parent chaperone.** Parents are encouraged to stay to help navigate the corn maze and chaperone around the bonfire. **Please eat dinner before you come and indicate in your RSVP if you require gluten free s’mores.**

Place: Indian Acres, 111 Tuckerton Road, Medford, NJ 08055 <http://indianacrestreefarm.com/>

Time: 5:45 p.m. – 8:30 p. m. (**arrive no later than 5:45 or the tractor will leave without you at 6:00**)

RSVP: 10/15 **RSVP BY SEP 30** on Sign Up Genius.

<https://www.signupgenius.com/go/4090E4BAAAA2BA3FD0-hayride1>

What to Bring: Wear sneakers, jeans or sweats, bring a water bottle, jacket and FLASHLIGHT for the corn maze. **Please also bring a small collapsible chair or blanket if you want to sit around the bonfire.**



TEEN MONTHLY BOOK CLUB (HOSTED BY KIIDS)

October 25 Teen Monthly Book Club (Voorhees, NJ)

(Wednesday) Join your friends for a monthly book club.

Place: Camden County Library, 203 Laurel Road, Voorhees, NJ 08043

Time: 6:30 p.m. – 7:30 p.m.

RSVP: RSVP on the KIIDS website <https://www.kiids.info/events/>



NOVEMBER

VETS IN TRAINING FALL SESSION (HOSTED BY KIIDS)

Oct 28 to Nov 25 **Vets in Training with “House Paws Veterinary Services” (Rancocas, NJ)**
This is a 5-week program focusing on animal care and safety for children ages 8 to 13. The program has been held several times in the past and it has always been a big hit. The class has a limit of 15 students, so please only sign up your child who has Down syndrome. If capacity isn't reached, it will be opened up to siblings.

Place: VIT Education Center, The Rancocas School House, 201 Main St. Rancocas, NJ 08073
Dates: **Saturdays 10/28, 11/4, 11/11, 11/18, 11/25**
Time: 11:15 a.m. - 12:15 P.m.
Cost: \$25 for all 5 sessions. KIIDS pays for the majority of the program but is asking families to pay a small portion of the total fee.
RSVP: <https://www.kiids.info/event/vets-in-training-ages-8-13/2023-10-28/>



OVER 18 BATTLE OF THE AXES (CO-HOSTED BY KIIDS & BUDS)

November 3 (Friday) **Ax Throwing at “Battle of the Axes” (Williamstown, NJ)**
Join us for a fun evening of ax throwing and pizza at Battle of the Axes! Note all attendees must wear close-toe shoes. Parents will not participate, and coaches will be available to assist. It will be noisy, so please bring ear protection for anyone with sensitive ears. There is a 30-person limit for the ax throwers! Please indicate any food allergies in your RSVP.

Place: Battle of the Axes, 1041 Glassboro Rd. Suite A2, Williamstown, NJ 08094
<https://www.battleoftheaxesnj.com/>
Time: 7:00 p.m. - 9:00 p.m.
RSVP: 10/27 RSVP on the KIIDS website at <https://www.kiids.info/events/2023-11/>



TEEN FRIENDSGIVING DANCE (HOSTED BY KIIDS)

November 4 (Friday) **Friendsgiving Dance (Cherry Hill, NJ)**
Wear your dancing shoes and be ready for a fun afternoon with friends! Light refreshments will be provided. Please indicate any dietary restrictions in your RSVP response.

Place: Cherry Hill Performing Arts Center, 1998 Route 70 E. Cherry Hill, NJ 08003
Time: 2:00 p.m. – 4:00 p.m.
RSVP: <https://www.signupgenius.com/go/5080C4FAEAB2FA2F85-friendsgiving>



TEEN MONTHLY BOOK CLUB (HOSTED BY KIIDS)

November 15 (Wednesday) **Teen Book Club (Voorhees, NJ)**
Join your friends for a monthly book club.

Place: Camden County Library, 203 Laurel Road, Voorhees, NJ 08043
Time: 6:30 p.m. – 7:30 p.m.
RSVP: RSVP on the KIIDS website <https://www.kiids.info/events/>



MUSIC CLASS (HOSTED BY KIIDS)

November 18 (Wednesday) **Music Class at Muzique (Barrington, NJ)**
Come out and enjoy a music class where the kids will play instruments, sing songs, and dance to some well-known kids songs. A snack will be provided following the class.

Place: Camden County Library, 203 Laurel Road, Voorhees, NJ 08043
Time: 11:30 am – 12:00 pm
RSVP: RSVP on the KIIDS website <https://www.kiids.info/events/>



DECEMBER

BREAKFAST WITH SANTA AT THE POP SHOP (CO-HOSTED BY BUDS & KIIDS)

December 10 Holiday Breakfast with Santa at “The Pop Shop” (Collingswood, NJ)

(Sunday) Back by popular demand is our annual breakfast with Santa. BUDS been hosting an event with Santa for over 30 years, and this year we’re co-hosting with KIIDS. This event quickly reaches capacity (90) so please be sure to RSVP early! **Please limit your RSVP to only your immediate family** so there is space for all of our children who have Down syndrome to attend. When you RSVP, provide the names of all attendees, the number of adults, number of children, and whether they are boys or girls. Santa will provide a gift for each child.

Place: The Pop Shop, 729 Haddon Ave., Collingswood, NJ www.thepopshopusa.com

Time: 9:00 a.m. – 12:00 p.m. (Please be there by 9:00 to be seated and in time for Santa)

Menu: Breakfast will include scrambled eggs, pancakes, bacon, sausage, home fries, danish and muffins.

RSVP by 11/25: <https://www.signupgenius.com/go/4090E4BAAAA2BA3FD0-breakfast>



(Ages 9
and under)

TEEN MONTHLY BOOK CLUB (HOSTED BY KIIDS)

December 11 Teen Book Club (Voorhees, NJ)

(Monday) Join your friends for a monthly book club.

Place: Camden County Library, 203 Laurel Road, Voorhees, NJ 08043

Time: 6:30 p.m. – 7:30 p.m.

RSVP: <https://www.signupgenius.com/go/5080C4FAEAB2FA2F85-45535504-book>



(Ages 13 to 17)

CHRISTMAS DANCE AGES 18+ (HOSTED BY KIIDS)

December 16 Christmas Dance (Cherry Hill, NJ)

(Friday) Join us for a festive evening with friends. Bring your dancing shoes and your best moves! Light refreshments will be provided. Please indicate any dietary restrictions in your response.

Place: Cherry Hill Performing Arts Center, 1998 Route 70 E. Cherry Hill, NJ 08003

Time: 6:00 p.m. – 8:00 p.m.

RSVP by 12/10: <https://www.signupgenius.com/go/5080C4FAEAB2FA2F85-christmas>



Ages 18+

11th ANNUAL NEW YEAR’S EVE BOWLING

December 31 11th Annual New Year’s Eve Bowling Party at “Laurel Lanes” (Maple Shade, NJ)

(Sunday) Join us for our 11th annual New Year’s Eve bowling party! There will be a DJ, dance contests, door prizes, hats & noisemakers, decorations, pizza, snacks, dessert and a New Year’s “count down” at 7:00. This is one of our most popular events. BUDS / KIIDS Teens & Adults (ages 13 and older) are invited to bowl. **Parents should plan on staying to assist with supervision** and enjoy each other’s fellowship. We can accommodate a maximum of 48 bowlers, and the sign up period is 11/20/23 to 12/1/23. If we reach 48 prior to 12/1/23, sign ups will be closed early. Hope you can join us!

Place: Laurel Lanes Bowling & Entertainment Center, 2825 Route 73 South, Maple Shade, NJ 08052

<https://laurellanesnj.com/>

Time: 5:00 p.m. – 8:00 p.m.

RSVP: 12/20 <https://www.signupgenius.com/go/4090E4BAAAA2BA3FD0-11th>



(Ages 13
and older)

JANUARY

ZUMBA DANCE CLASS AT “ART IN MOTION”

January 6 Zumba at Art in Motion Dance & Fitness (Turnersville, NJ)
(Saturday) Art in Motion is once again offering a dance program for individuals with special needs of all ages. Join them for the first class of the season!

Place: Art in Motion, 5360 NJ-42, Turnersville, NJ <https://www.danceatAIM.com/>
Time: 2:15 p.m. – 3:00 p.m.
RSVP: RSVP to info@danceatAIM.com



SPECIAL OLYMPICS (SONJ) POLAR BEAR PLUNGE

January 13 Polar Bear Plunge, Wildwood Convention Center (Wildwood, NJ)
(Saturday) Nancy Scully registered a team again this year (**Scully’s Pink Nightmares**) in honor of Bill Scully (our SONJ soccer and bocce coach) and his uncle who both passed away in 2023. The Scully’s have plunged for many years, and last year we honored Bill by joining the Scully family’s team at the plunge. We hope to see even more of our BUDS and DSASJ families and friends at this annual fundraiser, and you don’t have to be a SONJ athlete to participate.



The Polar Bear Plunge in Wildwood is so much more than an icy dip into the Atlantic Ocean. SONJ provides year-round sports training, competition, leadership opportunities, and health screenings to thousands of athletes. All of these programs and services are completely FREE thanks to fundraising events like the Polar Bear Plunge at Wildwood.

Registration: <https://support.sonj.org/team/545435> Click this the link to join the “Scully’s Pink Nightmares” team. If you’re not up for plunging, you can also donate to the team and share the link with your friends, family and anyone else who may be interested.

Reimbursement: The donation to SONJ to participate in the plunge is \$110. BUDS will provide reimbursement for your family member who has Down syndrome and two adults to accompany them. Email a copy of your SONJ online registration receipt to Nancy Hennefer to request reimbursement at nhennefer@comcast.net.

Time & Place: 10:00 a.m. – 2:00 p.m. at the Wildwood Convention Center, 4501 Boardwalk, Wildwood, NJ

OVER 18 ADULT DINNER AT DAVE & BUSTERS

January 17 Over 18 Adult Dinner at Dave & Busters (Blackwood, NJ)
(3rd Wednesday) Join us for dinner and fun at Dave & Busters. (Limited to first 20 guests to sign up)
Place: Dave and Busters, 200 Premium Outlets Dr., Blackwood, NJ
Time: 6:00 p.m. – 8:00 p.m.
RSVP: 12/22 This event is already at capacity.



NEW YEAR’S DANCE (HOSTED BY DSASNJ)

January 28 New Year’s Dance (Cherry Hill, NJ)
(Sunday) All ages are welcome to join this “New Year’s” dance!
Place: Cherry Hill Performing Arts Center, 1998 Route 70 E. Cherry Hill, NJ 08003
Time: 2:00 p.m. – 4:00 p.m.
RSVP: <https://www.signupgenius.com/go/5080C4FAEAB2FA2F85-46324098-newyears>



FEBRUARY

ZUMBA DANCE CLASS AT “ART IN MOTION”

February 3 Zumba at Art in Motion Dance & Fitness (Turnersville, NJ)
(Saturday) Art in Motion is once again offering a dance program for individuals with special needs of all ages.
Place: Art in Motion, 5360 NJ-42, Turnersville, NJ <https://www.danceatAIM.com/>
Time: 2:15 p.m. – 3:00 p.m.
RSVP: **RSVP to info@danceatAIM.com**



NIGHT TO SHINE (Hosted by Calvary Chapel Gloucester County)

February 9 “Night to Shine” Prom by the Tim Tebow Foundation (Turnersville, NJ)
(Friday) We’re fortunate to have two Night to Shine events in our area. They’ll both be amazing events so feel free to register for either one. There will be a “respite” room for parents to enjoy a relaxing night of fellowship with other parents (must register for it).
Place: Calvary Chapel Gloucester County, Calvary Plaza, 5360 Route 42N, Turnersville, NJ 08012
Time: 6:00 p.m. to 9:00 p.m.
RSVP: <https://ccgc.wufoo.com/forms/night-to-shine-guest-registration-2024/>



NIGHT TO SHINE (Hosted by Crossbridge Community Church)

February 9 “Night to Shine” Prom by the Tim Tebow Foundation (Adventure Aquarium)
(Friday) We’re fortunate to have two Night to Shine events in our area. They’ll both be amazing events so feel free to register for either one. There will be a “respite” room for parents to enjoy a relaxing night of fellowship with other parents (must register for it).
Place: Adventure Aquarium, 1 Riverside Drive, Camden, NJ 08103
Time: 6:00 p.m. to 9:00 p.m.
RSVP: <https://crossbridgecc.org/night-to-shine/> (Waitlist Only)

TENNIS AT RIVERWINDS (AGES 8 TO 15) (CO-HOSTED BY DSASNJ & BUDS)

February 10 Tennis at “Riverwinds Golf & Tennis Club” (West Deptford, NJ)
(Sat) Join us for some tennis fun followed by some social time with snacks. When RSVPing, please note the name of the individual who has Down syndrome playing tennis and any dietary restrictions.
Place: River Winds Golf & Tennis Club, 270 Eagle Point Rd., West Deptford, NJ 08086
<https://www.riverwindsgolfandtennis.com/>
Time: 2:30 p.m. to 4:00 p.m.
RSVP: <https://www.signupgenius.com/go/5080C4FAEAB2FA2F85-46611883-tennis#/>



VALENTINE’S DANCE (AGES 7 TO 12) (HOSTED BY DSASNJ)

February 17 Valentine’s Dance (Cherry Hill, NJ)
(Sat) Join your friends ages 7 to 12 for a fun dance!
Place: Cherry Hill Performing Arts Center, 1998 Route 70 E. Cherry Hill, NJ 08003
Time: 2:00 p.m. to 4:00 p.m.
RSVP: <https://www.signupgenius.com/go/5080C4FAEAB2FA2F85-47003979-valentines>



FEBRUARY (Continued)

WINTER WONDERLAND DANCE (AGES HIGH SCHOOL & ADULT)

February 23 Winter Wonderland Dance at Eastern Regional High School (Voorhees, NJ)

(Friday)

We're so excited that Eastern Regional High School is hosting this popular dance again after a hiatus due to Covid. It was historically hosted by the "Interact Club" and is now being coordinated by Eastern's "Success Club." The "Success Club" is a social organization whose mission is to foster relationships between students with exceptionalities and general education students. These relationships are fostered through participants' engagement in club events and activities. The students and DJ have done a FANTASTIC job through the years of hosting this super fun dance!

Eastern has a long-standing history of providing an excellent education and job training to many BUDS families through the years--including Laura and Rachel Williams who are almost 40 years old. The dance is open to anyone **high school age and above**. The faculty would LOVE to see their former students. If you attended Eastern, don't miss this fun night! Attached is a participation form that you need to bring, and a parent or guardian must sign guests in. If your teen or adult needs 1-1 support or supervision, you should plan on staying.

Place: Eastern Regional High School, 1401 Laurel Oak Road, Voorhees, NJ 08043
(The dance is located in the cafeteria in the back of the school behind Gym 1)

Time: 6:00 p.m. to 8:00 p.m.

RSVP: <https://www.signupgenius.com/go/4090E4BAAA2BA3FD0-47611225-winter>

TENNIS AT RIVERWINDS (AGES 16+) (CO-HOSTED BY DSASNJ & BUDS)

February 24 Tennis at "Riverwinds Golf & Tennis Club" (West Deptford, NJ)

(Sat)

Join us for some tennis fun followed by some social time with snacks. When RSVPing, please note the name of the individual who has Down syndrome playing tennis and any dietary restrictions.

Place: River Winds Golf & Tennis Club, 270 Eagle Point Rd., West Deptford, NJ 08086

<https://www.riverwindsgolfandtennis.com/>

Time: 2:30 p.m. to 4:00 p.m.

RSVP: https://www.signupgenius.com/go/5080C4FAEAB2FA2F85-46611852-tennis#

MARCH

POOL PARTY AT RIVERWINDS (HOSTED BY DSASNJ)

March 8 Pool Party at Riverwinds (Turnersville, NJ)

(Friday)

Come swim with your family and friends and enjoy pizza and snacks afterwards. Please note any dietary restrictions when signing up.

Place: River Winds Golf & Tennis Club, 270 Eagle Point Rd., West Deptford, NJ 08086

<https://www.riverwindsgolfandtennis.com/>

Time: 6:30 p.m. – 8:30 p.m.

RSVP: <https://www.signupgenius.com/go/5080C4FAEAB2FA2F85-46323832-kiids>

ZUMBA DANCE CLASS AT "ART IN MOTION"

March 9 Zumba at Art in Motion Dance & Fitness (Turnersville, NJ)

(Saturday)

Art in Motion is once again offering a dance program for individuals with special needs of all ages.

Place: Art in Motion, 5360 NJ-42, Turnersville, NJ <https://www.danceatAIM.com/>

Time: 2:15 p.m. – 3:00 p.m.

RSVP: RSVP to info@danceatAIM.com



MARCH (Continued)

ST PATRICK'S DANCE (AGES 13 TO 17) (HOSTED BY DSASNJ)

March 16 **St Patrick's Dance (Cherry Hill, NJ)**
(Saturday) Join your friends ages 13 to 17 for a fun dance!
Place: Cherry Hill Performing Arts Center, 1998 Route 70 E. Cherry Hill, NJ 08003
Time: 2:00 p.m. to 4:00 p.m.
RSVP: <https://www.signupgenius.com/go/5080C4FAEAB2FA2F85-47004023-stpatricks>



OVER 18 ADULT DINNER AT CHICKIE'S & PETE'S

March 20 **Over 18 Adult Dinner at Chickie's & Pete's (Marlton, NJ)**
(3rd Wednesday) Join us for a casual dinner and a fun time hanging out with your friends at Chickie's & Pete's. (Limited to first 20 guests to sign up)
Place: Chickie's & Pete's, 25 Route 73, Marlton, NJ 08053
<https://chickiesandpetes.com/marltonextmenu/>
Time: 6:00 p.m. – 8:00 p.m.
RSVP: <https://www.signupgenius.com/go/4090E4BAAAA2BA3FD0-46297640-over>



WORLD DOWN SYNDROME DAY - DOWN SYNDROME ADVOCACY CONFERENCE (DSAC)

March 20-21 **Down Syndrome Advocacy Conference (Washington, DC)**
(Wed & Thurs) Spend "World Down Syndrome Day" on Capitol Hill advocating for the Down syndrome community. The NDSS Down Syndrome Advocacy Conference is a two-day event that brings the community together to advocate for legislative priorities that impact the lives of people with Down syndrome and their families.
Registration: <https://give.ndss.org/event/2024-down-syndrome-advocacy-conference/e514034>
Hotel Link: <https://www.marriott.com/event-reservations/reservation-link.mi?id=1694088463462&key=GRP&app=resvlink>
Location: The training portion of the conference will take place at the Renaissance Arlington Capital View Hotel, Washington, D.C. There is a room block available at the hotel, and all participants are **strongly encouraged to book their hotel room in advance**. The second day of the conference will take place in the House and Senate office buildings on Capitol Hill in downtown Washington, D.C.
Reimbursement: We will reimburse your immediate family (parents/guardians) on behalf of your family member who has Down syndrome **for the "registration" costs paid directly through the NDSS website (and not also reimbursed by any other organization). A travel stipend of \$500 will also be provided.** Email a copy of your online registration receipt to Nancy Hennefer to request reimbursement at nhennefer@comcast.net.



GUEST BARTENDER AT MULLIGANS (AGES 18+) (HOSTED BY DSASNJ)

March 25 **Guest Bartender at Mulligans (Oaklyn, NJ)**
(Monday) Join your friends 18+ for this DSASNJ fundraiser.
Place: Mulligans, 1208 White Horse Pike, Oaklyn, NJ
Time: 4:00 p.m. to 8:00 p.m.
RSVP: https://www.signupgenius.com/go/5080C4FAEAB2FA2F85-46043482-guest#



APRIL

ZUMBA DANCE CLASS AT “ART IN MOTION”

April 6 **Zumba at Art in Motion Dance & Fitness (Turnersville, NJ)**
(Saturday) Art in Motion is once again offering a dance program for individuals with special needs of all ages.
Place: Art in Motion, 5360 NJ-42, Turnersville, NJ <https://www.danceatAIM.com/>
Time: 2:15 p.m. – 3:00 p.m.
RSVP: RSVP to info@danceatAIM.com



OVER 18 DOWN SYNDROME AWARENESS NIGHT AT THE PHILLIES

April 20 **Down Syndrome Awareness Night at the Phillies (Philadelphia, PA)**
(Saturday) We hope you can join the “Over 18” adult group for the 15th Annual Down Syndrome Awareness Night at the Phillies taking place at Citizens Bank Park. It’s a night game starting at 6:05 pm against the Chicago White Sox. All individuals who have Down syndrome must be accompanied by a family member or guardian. All tickets are mobile entry and must be purchased directly by your family. We will reimburse your **immediate** family for the cost of four (4) tickets that **you personally purchase directly through the Down Syndrome Awareness Night link**. Email your receipt to Nancy Hennefer to request reimbursement at nhennefer@comcast.net.

Purchase Link: www.phillies.com/downsyndrome



BOWLING AT “30 STRIKES LANES” (AGES 12 & UNDER) (HOSTED BY DSASNJ)

April TBD **Bowling at “30 Strikes Lanes” (Stratford, NJ)**
Come out and enjoy a fun night of bowling and pizza with friends.
Place: “30 Strikes Lanes” 501 South White Horse Pike, Stratford, NJ <https://30strikes.com>
Time: TBD
RSVP: RSVP on Sign Up Genius is not yet available.



BOWLING AT “30 STRIKES LANES” (AGES 13+) (HOSTED BY DSASNJ)

April TBD **Bowling at “30 Strikes Lanes” (Stratford, NJ)**
Come out and enjoy a fun night of bowling and pizza with friends.
Place: “30 Strikes Lanes” 501 South White Horse Pike, Stratford, NJ <https://30strikes.com>
Time: TBD
RSVP: RSVP on Sign Up Genius is not yet available.



APRIL DANCE (AGES 18+) (HOSTED BY DSASNJ)

April TBD **April Dance (Cherry Hill, NJ)**
Join your friends ages 18+ for a fun dance!
Place: Cherry Hill Performing Arts Center, 1998 Route 70 E. Cherry Hill, NJ 08003
Time: 2:00 p.m. to 4:00 p.m.
RSVP: RSVP on Sign Up Genius is not yet available.



MAY

MOTHER'S DAY TEA (CO-HOSTED BY DSASNJ & BUDS)

May TBD Mother's Day Tea at Mademoiselle Macaron (Mullica Hill, NJ)
Moms you deserve a break! Join us for a delicious tea with friends old and new. This event is for Moms only (maximum attendance is 50). Please note any dietary restrictions with your RSVP.
Place: Mademoiselle Macaron, 41 S. Main Street, Mullica Hill, NJ 08062
<https://www.lamademoisellemacaron.com/>
Time: 12:00 p.m. to 3:00 p.m.
RSVP: **RSVP** on Sign Up Genius is not yet available.



MINIATURE GOLF (AGES 12 & UNDER) (CO-HOSTED BY DSASNJ & BUDS)

May TBD Pleasant Valley Miniature Golf (Voorhees, NJ)
Enjoy a fun afternoon at Pleasant Valley Miniature Golf. We'll play a round of miniature golf followed by water ice!
Place: Pleasant Valley Miniature Golf, 93 NJ-73, Voorhees, NJ 08043
<http://www.pvminigolf.com/>
Time: 2:00 p.m. – 4:00 p.m.
RSVP: **RSVP** on Sign Up Genius is not yet available.



MINIATURE GOLF (AGES 13+) (CO-HOSTED BY DSASNJ & BUDS)

May TBD Pleasant Valley Miniature Golf (Voorhees, NJ)
Enjoy a fun afternoon at Pleasant Valley Miniature Golf. We'll play a round of miniature golf followed by water ice!
Place: Pleasant Valley Miniature Golf, 93 NJ-73, Voorhees, NJ 08043
<http://www.pvminigolf.com/>
Time: 2:00 p.m. – 4:00 p.m.
RSVP: **RSVP** on Sign Up Genius is not yet available.



MAY DANCE (AGES 8 to 12) (HOSTED BY DSASNJ)

May TBD May Dance (Cherry Hill, NJ)
Join your friends ages 18+ for a fun dance!
Place: Cherry Hill Performing Arts Center, 1998 Route 70 E. Cherry Hill, NJ 08003
Time: 2:00 p.m. to 4:00 p.m.
RSVP: **RSVP** on Sign Up Genius is not yet available.



ADULT WINE & CHEESE NIGHT (HOSTED BY DSASNJ)

May TBD Wine & Cheese Night (Moorestown, NJ)
Come and enjoy a night out with some appetizers and drinks. This fun evening is open to adults 21+ years old.
Place: TBD
Time: TBD
RSVP: **RSVP** on Sign Up Genius is not yet available.



JUNE

ICE CREAM SOCIAL (HOSTED BY DSASNJ)

June TBD Ice Cream Social at Fasola Park (Deptford, NJ)

Let's celebrate the end of the school year with a little get together and ice cream! Fasola Park has multiple playground areas and a splash pad.

Place: Fasola Park, 12 Sycamore Lane, Deptford, NJ

Time: TBD

RSVP: **RSVP** on Sign Up Genius is not yet available.



JUNE DANCE (AGES 13 to 17) (HOSTED BY DSASNJ)

June TBD June Dance (Cherry Hill, NJ)

Join your friends ages 13 to 17 for a fun dance!

Place: Cherry Hill Performing Arts Center, 1998 Route 70 E. Cherry Hill, NJ 08003

Time: 2:00 p.m. to 4:00 p.m.

RSVP: **RSVP** on Sign Up Genius is not yet available.



JULY

FAMILY

July 25 to 28 National Down Syndrome Congress (NDSC) 52nd Annual Convention (Phoenix)

2024 Consider planning your summer vacation to attend the NDSC convention. It rotates through the U.S. at various North, South, East and West locations. **IT'S IN PHOENIX!** There is a general convention for parents as well as a "Kids Camp," "Brothers & Sisters Conference" and "Youth & Adults with DS Conference."

Place: J.W. Marriott Phoenix Desert Ridge, Phoenix AZ

Registration: Online registration is at www.ndscenter.org **Registration is expected to open on March 21st**, and be sure to register early if you plan to attend the "Youth & Adults with DS Conference" since it fills up to capacity early.

Reimbursement: We will reimburse your **immediate family** (parents/guardians) on behalf of your family member who has Down syndrome **for the registration costs paid directly through the NDSC website (and not also reimbursed by any other organization)**. This can include any combination of individual or family registration fees, teen & young adult conference fee, sibling conference fee, kid's camp, etc. We do not cover travel costs—only the costs paid directly through the NDSC registration process. Email a copy of your online registration receipt to Nancy Hennefer to request reimbursement at nhennefer@comcast.net



AUGUST

FAMILY DAY AT THE LAKE (HOSTED BY DSASNJ)

August TBD Family Day at "Atsion Recreation Area" (Shamong, NJ)

Join us for a day at the lake! Atsion recreation area is a small lake beach that has lots of lifeguards and designated swimming areas. Come bring your beach gear and coolers for a fun day, snack bar, restrooms and parking, all very accessible for families.

Place: Atsion Recreation Area, US-206, Shamong, NJ

<https://nj.gov/dep/parksandforests/parks/atsionrecreationarea.html>

Time: TBD

RSVP: **RSVP** on Sign Up Genius is not yet available.

