



## Bringing Up Down Syndrome

www.bringingupdownsyndrome.org

(856) 985-5885

504 Centennial Blvd. #1444, Voorhees, NJ 08043

### 2016 / 2017 Social Events Calendar

#### To ALL BUDS Families:

Welcome back to another year of fun social events. Similar to prior years, most of our regular **monthly events will continue to be on the same day (2<sup>nd</sup> Saturday of each month)**. Families will be able to plan ahead and know that they have at least one activity each month. We would also like to host a few “Parent’s Night Out” and “Mom’s Night Out” events. If any of you have any ideas for these parent only nights or would like to host, feel free to let us know.

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

BUDS Kids	(ages 7 and under)	Ashli Helfrich, Candy Oglie, Kristen Nardello
BUDS Tweeners	(ages 8 to 12)	Kim Brooks
BUDS Teens & Young Adults	(ages 13 to 20)	Nancy Scully
BUDS Adults	(over 21)	Jan Brodzinski, Nancy Hennefer, Toni Slowinski

Similar to prior years, we continue to partner with both the Cherry Hill Health & Racquet Club (CHHRC) and Velocity Sports Performance. The “Teens & Young Adults” will generally have at least one combined event at CHHRC each month on the same day (2nd Saturday) around the same time (6 to 8 or 7 to 9). The staff there will provide different activities for us each month, and we will celebrate holiday themes where possible. As an added bonus, the parents attending will have access to use the entire facility absolutely free of charge.

In addition, we will continue the Saturday physical fitness classes **for the athletes on our BUDS Special Olympics teams at Velocity Sports Performance from 10:00 to 11:00** at 2005 Route 70 East, Cherry Hill. Please e:mail Nancy Hennefer at [nhennefer@comcast.net](mailto:nhennefer@comcast.net) if you plan to enroll in the Fall classes which **start on September 24<sup>th</sup>**.

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 your age group.

Sincerely,  
Nancy Hennefer  
Social Programs Chairperson



**BUDS Social Programs  
Chairperson**

Nancy Hennefer  
(856) 354-0584  
[nhennefer@comcast.net](mailto:nhennefer@comcast.net)

**“KIDS” Coordinators  
(Ages 7 and under)**

Ashli Helfrich  
[ashlifrancis@gmail.com](mailto:ashlifrancis@gmail.com)  
Candy Oglie  
[victorian\\_angel2@yahoo.com](mailto:victorian_angel2@yahoo.com)

**“Tweeners” Coordinator  
(Ages 8 to 12)**

Kim Brooks  
(856) 304-3071  
[kimzoefinn@gmail.com](mailto:kimzoefinn@gmail.com)

**“Teens &  
Young Adults”  
(Ages 13 to 20)**

Nancy Scully  
(609) 634-2019  
[sadhound@comcast.net](mailto:sadhound@comcast.net)

**“Adults”  
(Over 21)**

Jan Brodzinski      Toni Slowinski  
(856) 232-5312      (856) 427-4088  
[janbrod6@aol.com](mailto:janbrod6@aol.com)  
[tonislowinski@yahoo.com](mailto:tonislowinski@yahoo.com)

## SEPTEMBER

### “GIVE 20” FUNDRAISER” and “MOM’S NIGHT OUT”

#### **September 13 Mom’s Night Out, Iron Hill Restaurant, Maple Shade, NJ**

(Tuesday) Scot Seher of Iron Hill (“Team Bubby Toes” at our Buddy Walk) is once again hosting a “Give 20” fundraiser for BUDS. All you need to do is present the coupon, and Iron Hill will donate 20% of the cost of your dinner to BUDS as a fundraiser. We are also holding a special “Mom’s Night Out” at 6:00 for any of you who would like to enjoy a fun dinner with other moms (no children please). If you’d like to join the “Mom’s Night Out” please RSVP to Nancy Hennefer. If you’d just like to go to lunch or dinner with your family, no need to RSVP, just present the coupon when you order.

Place: Iron Hill Restaurant, 124 E. Kings Highway, Maple Shade, NJ (reservations are recommended)

Time: 6:00 p.m. for the “Mom’s Night Out”

Time: Families and friends can go any time and present the “Give 20” coupon, and 20% of the cost of their dinner will be donated to BUDS as part of Buddy Walk team “Bubby Toes.”

RSVP: Nancy Hennefer at [nhennefer@comcast.net](mailto:nhennefer@comcast.net)



### BUDS ADULTS OVER 21 ONLY

#### **September 21 Welcome New 21 Year-Olds at Benihana, Pennsauken, NJ**

(Wednesday) Join your host Peter Brodzinski, let’s get reacquainted and celebrate a toast for any new 21 year-olds, enjoy dining with your BUDS over 21 friends and ordering your own meal.

Place: Benihana, 5255 Marlton Pike, Pennsauken, NJ 08109 [www.benihana.com/Cherry-Hill](http://www.benihana.com/Cherry-Hill)

Time: 6:30 p.m. – 8:30 p.m.

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



### BUDS TEENS & YOUNG ADULTS

#### **September 24 Welcome Back Teens & Young Adults at “Painting With a Twist” Haddonfield, NJ**

(Saturday) Welcome back from the summer, and come join us for a painting party where you will be able to paint your own masterpiece on canvas! The class is **limited to the first 20 people to RSVP.**

Place: Painting With a Twist, 115 East Kings Highway, Haddonfield, NJ 08033

Time: 5:45 p.m. to 8:00 p.m. (Class begins promptly at 6:00)

RSVP: Nancy Scully (609) 634-2019 or [sadhound@comcast.net](mailto:sadhound@comcast.net)

What to Bring: Wear comfortable clothing. Pizza dinner from 7:30 to 8:00.



## OCTOBER

### FAMILY

#### **October 2 “BUDS” 21<sup>st</sup> Annual Buddy Walk, Washington Lake Park, Turnersville, NJ**

(Sunday) Be sure to come out for our 21<sup>st</sup> annual Buddy Walk. This is a great time for the entire family and a wonderful way to meet other families. To ensure that you receive a T-shirt, please register early!

Place: Washington Lake Park, Turnersville, NJ

Time: 10:00 a.m. registration with walk at 11:00 a.m.

Registration: Registration information is at [www.bringingupdownsyndrome.org](http://www.bringingupdownsyndrome.org)



### FAMILY

#### **October 9 “21 Down” 18<sup>th</sup> Annual Buddy Walk, Ocean City Boardwalk, Ocean City, NJ**

(Sunday) Since many BUDS families enjoy the shore, let’s team up and support our friends at 21 Down for their 18<sup>th</sup> Annual Buddy Walk. There is no registration fee for your family member who has Down syndrome, and they will receive a wristband at no charge for unlimited rides at Playland from 3:00 to 5:00. Registration for family members is \$15 (without a wristband) and \$25 (with a Playland wristband).

Place: Meet at the 6<sup>th</sup> Street Civic Center building in Ocean City, NJ (near Wonderland rides) and then the Buddy Walk is from 6<sup>th</sup> Street to Playland (10<sup>th</sup> Street) for two hours of rides.

Time: 1:00 p.m. registration with walk at 2:45 p.m. and unlimited rides at Playland 3:00 p.m. – 5:00 p.m.

Registration: Registration information is at [www.21down.org](http://www.21down.org)

RSVP: If you plan on going, please register at [www.21down.org](http://www.21down.org) but also let Nancy Hennefer [nhennefer@comcast.net](mailto:nhennefer@comcast.net) know that you are going so we can meet as a team and families can enjoy the walk and rides together.



## BUDS TEENS & YOUNG ADULTS

**October 10 High Elevations Trampoline Park, Sewell, NJ**  
(Monday) It's Columbus Day, everyone is off from school, so come join us and jump the night away! **Limited to the first 25 people to RSVP.**

Place: High Elevations Trampoline Park, 7 Enterprise Court, Sewell, NJ 08080  
Time: 5:45 p.m. to 8:00 p.m. (Begins promptly at 6:00)  
RSVP: Nancy Scully (609) 634-2019 or [sadhound@comcast.net](mailto:sadhound@comcast.net)  
What to Bring: Wear comfortable clothing. Pizza dinner from 7:30 to 8:00.



## BUDS KIDS & TWEENERS

**October 15 Pumpkin Picking & Hayride at Indian Acres Farm, Medford, NJ**  
(Saturday) BUDS has been hosting a pumpkin picking event for over 20 years. Come on out for this group favorite, enjoy the bouncy house, playground, and the hayride out to the pumpkin patch to pick that special pumpkin, and then snacks in the party area. BUDS will pay for your child with Down syndrome and up to 3 additional family members. You may purchase additional tickets for other immediate family members as long as you RSVP to let us know they are attending.

Place: Indian Acres, 111 Tuckerton Road, Medford, NJ 08055  
Time: 9:30 a.m. – 12:00 p.m.  
RSVP: Candy Oglie at [Victorian\\_angel2@yahoo.com](mailto:Victorian_angel2@yahoo.com)  
What to Bring: Snacks will be provided. If you'd like to bring a healthy treat, please RSVP to Candy.



## BUDS ADULTS OVER 21

**October 22 Hayride & Campfire Cookout at Springdale Farm, Cherry Hill, NJ**  
(Saturday) Join your hostess Michelle Raubertas for a fun hayride to the Springdale Farm campfire site where we will roast hot dogs, s'mores, and have fun preparing our own meal. **The "Young Adults" (ages 16 to 20) are also welcome to attend with parent chaperone.**

Place: Springdale Farm, 1638 Springdale Rd., Cherry Hill, NJ 08034 [www.springdalefarms.com](http://www.springdalefarms.com)  
Time: 5:30 p.m. – 8:00 p.m. (don't be late or the tractor will leave without you at 5:45 to our camp site).  
RSVP: Cecilia Raubertas (856) 577-1360 or [craubertas@gmail.com](mailto:craubertas@gmail.com)  
What to Bring: Wear sneakers, jean or sweats, and bring a jacket.



## BUDS TEENS & ADULTS

**October 29 Halloween Costume Dance Party at Cherry Hill Racquet Club, Cherry Hill, NJ**  
(Saturday) The teens, young adults and over 21 will all join together for our first dance of the year, and it's a Halloween costume party. Our DJ will play all of the popular line dances that we all enjoy.

Place: Cherry Hill Health & Racquet Club, 1820 Old Cuthbert Blvd., Cherry Hill, NJ 08034  
Time: 7:00 p.m. – 9:30 p.m.  
RSVP: Toni Slowinski at (856) 427-4088 or [tonislowinski@yahoo.com](mailto:tonislowinski@yahoo.com)  
What to Bring: Feel free to wear a costume or just dress casual if you don't want to wear one. Please eat dinner before you come. There will be light refreshments (cheese & crackers, vegetables & dip, fruit, snacks).



## NOVEMBER

### FAMILY

**November 5 Down Syndrome Awareness Day at the Zoo, Philadelphia, PA**  
(Sunday) The T21 Club of Delaware Valley is organizing a "Down Syndrome Awareness Day at the Zoo" and BUDS is a sponsor. Tickets will be a discounted \$15 person (children under two free). **If you register in advance, you will receive a T-shirt** and be eligible for face painting. BUDS will reimburse you for up to 4 tickets per family. Mail your receipt to Nancy Hennefer at 1115 Yardley Rd., Cherry Hill, NJ 08034 and a reimbursement check will be mailed to you.

Place: Philadelphia Zoo, Girard Ave., Phila, PA  
Time: 9:30 a.m. to 5:00 p.m.  
Questions: Jen Bonawitz at [t21club@comcast.net](mailto:t21club@comcast.net) or (215) 990-8730  
RSVP: Registration information is at [www.t21clubofthedelawarevalley.org](http://www.t21clubofthedelawarevalley.org)



### **BUDS KIDS (2<sup>nd</sup> Saturday)**

#### **November 12 Pump It Up, Marlton, NJ**

(2<sup>nd</sup> Saturday) Join us at “Pump it Up” for a fun party with lots of activities for the kids.

Place: Pump It Up, 8 East Stow Rd., Marlton, NJ 08053

Time: TBD

RSVP: Kristen Nardello at [knardello@gmail.com](mailto:knardello@gmail.com)

What to Bring: Shoes must be removed while playing, so be sure to wear socks (preferably with rubber grippers).



### **BUDS TWEENERS (2<sup>nd</sup> Saturday)**

#### **November 12 Karate Class at Cherry Hill Health & Racquet Club, Cherry Hill, NJ**

(2<sup>nd</sup> Saturday) Come join us for a karate class. Taught by CHHRC’s Karate professionals, we will learn some fun karate moves and get a great work out while we are at it.

Place: Cherry Hill Health & Racquet Club, 1820 Old Cuthbert Rd., Cherry Hill, NJ 08034

Time: 2:00 p.m.

RSVP: Kim Brooks (856) 304-3071 or [kimzoefinn@gmail.com](mailto:kimzoefinn@gmail.com)

What to Bring: Must wear sneakers and exercise clothing, and bring a water bottle.



### **BUDS TEENS & ADULTS (2<sup>nd</sup> Saturday)**

#### **November 12 Zumba Exercise Class at Cherry Hill Health & Racquet Club, Cherry Hill, NJ**

(2<sup>nd</sup> Saturday) Come join us for a fun-filled zumba exercise party. 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

Time: 5:45 p.m. to 7:30 p.m. (Class begins promptly at 6:00 so be there by 5:45)

RSVP: Nancy Scully (609) 634-2019 or [sadhound@comcast.net](mailto:sadhound@comcast.net)

What to Bring: Must wear sneakers and exercise clothing, and bring a water bottle. Pizza will be provided after the class.



### **BUDS TEENS & ADULTS**

#### **November 26 Dicken’s Village and Light Show, Philadelphia, PA**

(Saturday) Join us for some transportation training on the “PATCO” high speed line to Philadelphia. We will then be visiting the Dickens village and light show at Macy’s.

Place: Meet at the PATCO Woodcrest Station, 200 Tindale Drive, Woodcrest, NJ 08003

Time: TBD.

RSVP: Toni Slowinski at (856) 427-4088 or [tonislowinski@yahoo.com](mailto:tonislowinski@yahoo.com)

What to Bring: Parent chaperones are required, and be sure to dress warmly since we will be doing some walking outside in Center City.



## **DECEMBER**

### **BUDS KIDS**

#### **December 3 Holiday Breakfast with Santa at “The Pop Shop” Collingswood, NJ (7 & Under)**

(Saturday) Back by popular demand is our annual breakfast with Santa. We have been hosting an event with Santa for over 20 years, and it is a favorite, so be sure to RSVP early.

Place: The Pop Shop, 729 Haddon Ave., Collingswood, NJ [www.thepopshopusa.com](http://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)

RSVP by 11/20: **Please limit your RSVP to your immediate family** so there is space for all of our children with Down syndrome to attend. RSVP to Candy Oglie at [Victorian\\_angel2@yahoo.com](mailto:Victorian_angel2@yahoo.com)

Menu: Breakfast will include french toast, scrambled eggs, hash browns and sundaes.



**BUDS TWEENERS, TEENS & ADULTS (2<sup>nd</sup> Saturday)**

**December 10** **Holiday Dance Party at Cherry Hill Health & Racquet Club, Cherry Hill, NJ**  
(2nd Saturday) Let's celebrate the upcoming holidays with what many of us like to do best—dance, dance, and more dance! We will have a DJ and dance the night away.  
Place: Cherry Hill Health & Racquet Club, 1820 Old Cuthbert Rd., Cherry Hill, NJ 08034  
Time: 7:00 p.m. to 9:00 p.m.  
RSVP: Cecilia Raubertas (856) 577-1360 or [craubertas@gmail.com](mailto:craubertas@gmail.com)  
What to Bring: Casual dresses for the ladies and dress slacks for the guys. Please eat dinner before you come. There will be light refreshments (cheese & crackers, vegetables & dip, fruit, snacks).



**BUDS TEENS & ADULTS**

**December 31** **5<sup>th</sup> Annual New Year's Eve Bowling Party at Playdrome, Cherry Hill, NJ**  
(Saturday) Join your host Brad Hennefer for our 5<sup>th</sup> annual New Year's Eve bowling party! The dark lights will be on, there will be a DJ, decorations, and a real New Year's Eve party for our over 21 adults with Down syndrome! **The "Young Adult" group (ages 16 to 20) are also welcome to attend with parent chaperone.**  
Place: Playdrome, 1536 North Kings Highway, Cherry Hill, NJ 08034  
Time: 5:00 p.m. – 8:00 p.m.  
RSVP: Nancy Hennefer at (856) 354-0584 or [nhennefer@comcast.net](mailto:nhennefer@comcast.net)  
What to Bring: Bring your ID card (over 21) to all BUDS adult events.



**JANUARY**

**BUDS KIDS & TWEENERS MOVIE MATINEE**

**January 14** **Kids & Tweeners Movie Matinee, Marlton AMC**  
(Saturday) Join us for a fun movie matinee, we'll pick one of the new movies released over the holidays that will appeal to both the kids and tweeners age groups.  
Place: AMC Marlton, 800 Route 73, Marlton, NJ 08053  
Time: The movie selection and time will be emailed to everyone who RSVPs.  
RSVP : Ashli Helfrich at [ashlifrancis@gmail.com](mailto:ashlifrancis@gmail.com)



**BUDS TEENS & ADULTS MOVIE MATINEE**

**January 14** **Teen & Adult Movie Night & Dinner, Carmike Ritz 16, Voorhees, NJ**  
(Saturday) Join your hostesses Laura and Rachel Williams for a movie at Carmike. We will have an early meal at Applebees and then walk over to the movie theater.  
Place: Carmike Ritz Center 16, 900 Haddonfield-Berlin Rd., Voorhees, NJ 08043  
Time: The movie selection and time will be emailed to everyone who RSVPs.  
RSVP : Maria Williams (856) 768-3441 [williamsmew@verizon.net](mailto:williamsmew@verizon.net)



**FEBRUARY**

**BUDS KIDS (2<sup>nd</sup> Saturday)**

**February 11** **Valentine's Party at California Pizza Kitchen, Cherry Hill, NJ**  
(2<sup>nd</sup> Saturday) Come join us for a valentine-themed pizza making party at California Pizza Kitchen.  
Place: California Pizza Kitchen, Cherry Hill Mall, NJ  
Time: TBD  
RSVP: Candy Ogline at [Victorian\\_angel2@yahoo.com](mailto:Victorian_angel2@yahoo.com)  
What to Bring: Please let us know in advance if you have any special dietary needs (e.g. gluten free)





**BUDS KIDS (2<sup>nd</sup> Saturday)**

**February 11** **Valentine’s Cupcake Decorating Party, Barrington, NJ**  
(2<sup>nd</sup> Saturday) Come join us for a valentine-themed cup cake decorating party at Sweetie Pie Boom Boom.  
Place: Sweetie Pie Boom Boom, 131 Clements Bridge Rd., Barrington, NJ 08007  
Time: TBD  
RSVP: Kim Brooks (856) 304-3071 or [kimzoeffinn@gmail.com](mailto:kimzoeffinn@gmail.com)  
What to Bring: Please let us know in advance if you have any special dietary needs (e.g. gluten free)



**BUDS TEENS & ADULTS (2<sup>nd</sup> Saturday)**

**February 11** **Valentine’s Dance Party at Cherry Hill Health & Racquet Club, Cherry Hill, NJ**  
(2<sup>nd</sup> Saturday) Let’s celebrate Valentine’s Day with a dance!  
Place: Cherry Hill Health & Racquet Club, 1820 Old Cuthbert Rd., Cherry Hill, NJ 08034  
Time: 7:00 p.m. to 9:00 p.m.  
RSVP: Nancy Scully (609) 634-2019 or [sadhound@comcast.net](mailto:sadhound@comcast.net)  
What to Bring: Casual dresses for the ladies and dress slacks for the guys. Please eat dinner before you come.



**MARCH**

**BUDS KIDS & TWEENERS (2<sup>nd</sup> Saturday)**

**March 11** **“Bounce U” Party, Cherry Hill, NJ**  
(2<sup>nd</sup> Saturday) Join us for a fun time at “Bounce U.”  
Place: Bounce U, 1205 Warren Ave., Cherry Hill, NJ 08002  
Time: TBD  
RSVP: Kristen Nardello at [knardello@gmail.com](mailto:knardello@gmail.com)  
What to Bring: Shoes must be removed while playing, so be sure to wear socks (preferably with rubber grippers).



**BUDS TEENS & YOUNG ADULTS (2<sup>nd</sup> Saturday)**

**March 11** **Color Me Mine Ceramic Painting, Voorhees, NJ**  
(Saturday) Come select the ceramic piece you’d like to paint, create your one-of-a kind design by selecting whatever colors you like, have fun painting, it will be glazed and fired for you, and then just pick up your finished piece one week later.  
Place: Color Me Mine, 910 Haddonfield-Berlin Rd., Voorhees, NJ 08043  
Time: 5:00 p.m. – 6:30 p.m.  
RSVP: Nancy Scully (609) 634-2019 or [sadhound@comcast.net](mailto:sadhound@comcast.net)  
What to Bring: Pizza dinner will be provided.



**BUDS TWEENERS, TEENS & ADULTS**

**March 18** **World Down Syndrome Day Dance at Cherry Hill Health & Racquet Club**  
(Saturday) Let’s celebrate “World Down Syndrome Day” with what many of us like to do best—dance, dance, and more dance! We will have a DJ and dance the night away. Families and siblings are welcome to attend this celebration.  
Place: Cherry Hill Health & Racquet Club, 1820 Old Cuthbert Rd., Cherry Hill, NJ 08034  
Time: 7:00 p.m. to 9:00 p.m.  
RSVP: Toni Slowinski at (856) 427-4088 or [tonislowinski@yahoo.com](mailto:tonislowinski@yahoo.com).  
What to Bring: Please eat dinner before you come. There will be light refreshments (cheese & crackers, vegetables & dip, fruit, snacks).



## APRIL

### FAMILY

April 3

#### **National Down Syndrome Society 1<sup>st</sup> Annual “NDSS #DSWORKS Employment Conference” Arlington, VA**

Our BUDS Board is PASSIONATE about doing everything we can to help empower our members to be employed as they transition from school to adulthood. The National Down Syndrome Society is hosting their first annual “NDSS #DSWORKS Employment Conference.” The conference is a half-day conference targeted at self-advocates (ages 14 and older). Conveniently, this conference immediately precedes the “2017 NDSS Buddy Walk on Washington” (not really a Buddy Walk like BUDS, but more of an advocacy event). We encourage you to take advantage of this new NDSS #DSWORKS initiative and to stay for the Buddy Walk advocacy event if you are able to.

Place: The Westin Arlington Gateway Hotel in Arlington, VA

Registration: Online registration is at [www.ndss.org/DSWORKS/Employment-Conference/](http://www.ndss.org/DSWORKS/Employment-Conference/)

Reimbursement: BUDS will reimburse your immediate family (parents/guardians) on behalf of your family member who has Down syndrome (ages 14 and older) **for up to \$500 of costs paid directly through the NDSS website.** This can include any combination of fees for #DSWORKS or Buddy Walk on Washington, but cannot exceed \$500. We do not cover travel costs—only the costs paid directly to the NDSS through the registration process. Email a copy of your online registration receipt to Nancy Hennefer to request reimbursement at [nhennefer@comcast.net](mailto:nhennefer@comcast.net)



### BUDS KIDS & TWEENERS

April 16

(Saturday)

#### **Egg Hunt & Hayride at Springdale Farm, Cherry Hill, NJ**

BUDS has been hosting an egg hunt event for over 20 years. Come on out for this group favorite, enjoy the hayride and the mad dash to hunt down those eggs. BUDS will pay for your child with Down syndrome and both parents. You may purchase additional tickets for other family members as long as you RSVP to let us know they are attending.

Place: Springdale Farm, 1638 Springdale Rd., Cherry Hill, NJ 08034 [www.springdalefarms.com](http://www.springdalefarms.com)

Time: 11:30 a.m. - 1:30 p.m.

RSVP: Ashli Helfrich at [ashlifrancis@gmail.com](mailto:ashlifrancis@gmail.com)

What to Bring: Wear comfortable clothing. Bring a basket to collect eggs. Pizza lunch will be provided.



### BUDS TWEENERS, TEENS & ADULTS

April TBD

(Friday)

#### **Spring Semi-Formal Dance at Rowan University, Glassboro, NJ**

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 (ages under 16 must stay).**

Place: Enyon Ballroom at Rowan University (on the 3rd floor of the Student Center) 201 Mullica Hill Road, Glassboro, NJ 08028

Time: 7:00 p.m. to 9:00 p.m.

RSVP: Nancy Hennefer at [nhennefer@comcast.net](mailto:nhennefer@comcast.net)

Attire: Dresses for the ladies and dress slacks (jackets optional) for the guys



## MAY

### BUDS TEENS & ADULTS

May TBD

(TBD)

#### **Down Syndrome Awareness Night at the Phillies**

The “Young Adults” and “Over 21” group leaders will be coordinating our participation in Down Syndrome Awareness Night at the Phillies. We will preorder a limited number of tickets for this game. BUDS will pay for up to four tickets for your family to bring you to the game.

Place: Citizens Bank Park, Philadelphia, PA

Time: Game time is 7:05 p.m. Transportation is to be provided by your parent.

RSVP: If you are interested in going, please e-mail Nancy Hennefer at (856) 354-0584 or [nhennefer@comcast.net](mailto:nhennefer@comcast.net) Tickets will be mailed or hand delivered to you in April.

What to Bring: Bring money to purchase your own snacks.



## **BUDS KIDS & TWEENERS**

**May 6** **Storybook Land, Egg Harbor Twp., NJ**  
(Saturday) Join us for a fun afternoon at Storybook Land. If you haven't been there for a while, it's a real treat, and especially when you are with your BUDS friends. BUDS will pay for your child with Down syndrome and both parents. You may purchase additional tickets for other family members as long as you RSVP to let us know they are attending.

Place: Storybook Land, 6415 E. Black Horse Pike, Egg Harbor Township, NJ 08234  
Time: 11:00 a.m. – 5:00 p.m.  
RSVP: Candy Oglie at [Victorian\\_angel2@yahoo.com](mailto:Victorian_angel2@yahoo.com)  
What to Bring: Wear comfortable play clothes and sneakers for outdoor play.



## **BUDS TWEENERS & YOUNG ADULTS (2<sup>nd</sup> Saturday)**

**May 13** **Yoga at Cherry Hill Health & Racquet Club**  
(2nd Saturday) Join us for a fun yoga exercise class taught by the yoga professionals at the Cherry Hill Health & Racquet Club.

Place: Cherry Hill Health & Racquet Club, 1820 Old Cuthbert Rd., Cherry Hill, NJ 08034  
Time: 5:45 p.m. to 7:30 p.m. (Class begins promptly at 6:00 so be there by 5:45)  
RSVP: Kim Brooks (856) 304-3071 or [kimzoefinn@gmail.com](mailto:kimzoefinn@gmail.com)  
What to Bring: Must wear sneakers and exercise clothing, and bring a water bottle.



## **JUNE**

### **FAMILY**

**June TBD** **10<sup>th</sup> Annual BUDS / KIIDS Picnic**  
(Sunday) We invite you to join us for the 10<sup>th</sup> annual family picnic with the "KIIDS" group. It's an afternoon with food, crafts, and lots of fun for the family. **All ages and entire families are welcome!**

Place: Fasulo Park & Splash Pad, 12 Sycamore Lane, Deptford, NJ 08096  
Time: 3:00 p.m. to 5:00 p.m.  
RSVP: Maria Covello at [nickcov@yahoo.com](mailto:nickcov@yahoo.com) with how many attending, ages of children, and what side dish or dessert you would like to bring to share. If you'd like to coordinate a craft or game, please let Maria know.  
What to Bring: Wear comfortable clothing.



### **BUDS YOUNG ADULTS & OVER 21**

**June TBD** **Welcome Summer Fun at Fun Plex, Mount Laurel, NJ**  
(TBD) Join us for fun at The Fun Plex where we will have full use of laser tag, bumper boats, go karts, miniature golf, amusement rides, bowling, arcade and more. This is our last event before the summer break. **The "Young Adult" group (ages 16 to 20) must attend with a parent chaperone.**

Place: The Fun Plex, 3320-24 Route 38, Mount Laurel, NJ  
Time: 6:00 p.m. – 9:00 p.m.  
RSVP: Nancy Hennefer (856) 354-0584 [nhennefer@comcast.net](mailto:nhennefer@comcast.net)  
What to Bring: Wear comfortable clothing and sneakers. We will be eating dinner promptly at 6:00 (choice of pizza or hot dogs). We need 5 chaperones, so please volunteer to stay if you can.





**FAMILY**  
**July 21-23**  
**2017**

**National Down Syndrome Congress (NDSC) 45<sup>th</sup> Annual Convention (Sacramento, CA)**

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

Place: Sacramento, CA

Registration: Online registration is at [www.ndsccenter.org](http://www.ndsccenter.org) Registration usually opens up in March, 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: BUDS will reimburse your immediate family (parents/guardians) on behalf of your family member who has Down syndrome **for up to \$500 of costs paid directly through the NDSC website.** This can include any combination of individual or family registration fees, teen & young adult conference fee, sibling conference fee, kid’s camp, etc. but cannot exceed \$500. We do not cover travel costs—only the costs paid directly to the NDSC through the registration process. Email a copy of your online registration receipt to Nancy Hennefer to request reimbursement at [nhennefer@comcast.net](mailto:nhennefer@comcast.net)

