



## Bringing Up Down Syndrome

www.bringingupdownsyndrome.org

(856) 985-5885

504 Centennial Blvd. #1444, Voorhees, NJ 08043

### 2018 / 2019 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

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 October 27<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

### BUDS ADULTS OVER 21 ONLY

#### **September 10 Welcome New 21 Year-Olds at Iron Hill Restaurant, Maple Shade, NJ**

(Monday) Join your hosts Brad Hennefer and 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. We will also be hosting a separate dinner for the parents to enjoy each other's fellowship and catch up from the summer break.

Place: Iron Hill Restaurant, 124 E. Kings Highway, Maple Shade, NJ

Time: 6:30 p.m. – 8:30 p.m.

RSVP: 9/5 **RSVP NO LATER THAN SEP 5** to Nancy Hennefer at [nhennefer@comcast.net](mailto:nhennefer@comcast.net)



(Over 21 Only  
Bring your ID)

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

#### **September 11 “Give 20 Fundraiser & Mom’s Night Out” at Iron Hill Restaurant, Maple Shade**

(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: 9/5 **RSVP NO LATER THAN SEP 5** to Nancy Hennefer at [nhennefer@comcast.net](mailto:nhennefer@comcast.net)

MOM-to-MOM



### FAMILY

#### **September 15 National Down Syndrome Society (NDSS) Buddy Walk in Central Park, New York**

(Saturday) We don't have a local event planned on this date since many families will be heading up to New York to the National Down Syndrome Society (NDSS) Buddy Walk in Central Park. For our local families who have photos being shown in Time Square, congratulations! Hope to see lots of our families in New York.

Place: Times Square & Central Park, New York City

Time: 11:00 a.m.

Registration: Register at <https://www.classy.org/event/2018-new-york-city-buddy-walk-r/e149649>



### BUDS TWEENS, TEENS & ADULTS

#### **September 29 “Down 2 Dance” Workshop, Level Dance Complex, Pennsauken, NJ**

(Saturday) Free dance workshops for individuals who have Down syndrome! Several of our BUDS families LOVED the first “Down to Dance” workshop, and we’re so excited to invite all of you to the next one. There’s a hip-hop class with Kenny Clutch (1:30 – 2:15) and then salsa with Darlin Garcia (2:15 – 3:00). Feel free to come to one or both.

Place: Level Dance Complex, 6820 N. Crescent Blvd., Pennsauken, NJ 08110 [www.down2dance.org](http://www.down2dance.org)

Time: 1:30 to 3:30 p.m.

RSVP: RSVP to Nancy Hennefer at [nhennefer@comcast.net](mailto:nhennefer@comcast.net) so we have an idea of how many from our group will be there. If you’re on Facebook, “follow” Down 2 Dance and RSVP to the “Event” they created.



(Ages 8 and  
older)

## OCTOBER

### FAMILY

**October 7**  
(Sunday)

#### **“BUDS” 23<sup>rd</sup> Annual Buddy Walk, Washington Lake Park, Turnersville, NJ**

Be sure to come out for our 23<sup>rd</sup> annual Buddy Walk. This is a great time for the entire family and a wonderful way to meet other families. Registration is just \$5 per person if you register on or before September 20<sup>th</sup>. If you register after September 20<sup>th</sup>, registration is \$10 per person. T-shirts can be purchased online in advance for \$10 each, and T-shirt availability cannot be guaranteed after September 20<sup>th</sup>.

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)



### BUDS KIDS & TWEENERS

**October 13 Pumpkin Picking & Hayride at Indian Acres Farm, Medford, NJ**

(2<sup>nd</sup> Saturday)

BUDS has been hosting a pumpkin picking event for over 25 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. – 11:30 p.m.  
RSVP: 10/1 **RSVP NO LATER THAN OCT 1** to Candy Ogline 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 TEENS & ADULTS

**October 13 Hayride & Campfire Cookout at Springdale Farm, Cherry Hill, NJ**

(2<sup>nd</sup> 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. **Ages 13 to 20 MUST attend with a parent chaperone.** For ages over 21, it's optional for parents to stay.

Place: Springdale Farm, 1638 Springdale Rd., Cherry Hill, NJ 08034 [www.springdalefarms.com](http://www.springdalefarms.com)  
Time: 6:00 p.m. – 8:30 p.m. (**don't be late or the tractor will leave without you at 6:30**)  
RSVP: 10/1 RSVP to 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 ADULTS OVER 21 ONLY

**October 20 Nothing Down “Reach for the Stars Gala” at Bally’s in Atlantic City, NJ**

(Saturday)

Join us for an “Over 21” gala in Atlantic City. We'll be supporting this awesome fundraiser of our friends at “Nothing Down.” You will be responsible for your own transportation to and from Atlantic City. BUDS will cover the cost of the ticket for your family member who has Down syndrome and one adult to attend with them (formal attire for all attendees and black-tie optional).

Place: Bally's, 1900 Boardwalk, Atlantic City, NJ <http://www.nothingdown.org/reach-for-the-stars-gala>  
Time: 7:00 p.m.  
RSVP: 9/15 **RSVP NO LATER THAN SEP 15** to Nancy Hennefer @ [nhennefer@comcast.net](mailto:nhennefer@comcast.net)



## NOVEMBER

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

**November 10 “Musique”**

(2<sup>nd</sup> Saturday)

Join us for a fun time at “Musique.” Due to space limitations, please be sure to RSVP early before we reach capacity.

Place: Musique  
Time: TBD  
RSVP: 11/1 **RSVP NO LATER THAN NOV 1** to Ashli Helfrich at [ashlifrancis@gmail.com](mailto:ashlifrancis@gmail.com)



## BUDS TEENS & ADULTS

### **November 17 Diggerland, West Berlin, NJ**

(Saturday) Who wants to drive? Well here's your chance! Drive, ride and operate actual heavy machinery at this construction themed park. We have 20 spots for drivers that will be on a first-come first-serve basis. Be sure to RSVP sooner rather than later because this event will quickly be at capacity.

Place: Diggerland, 100 Pinedge Dr., West Berlin, NJ 08091 [www.diggerlandusa.com](http://www.diggerlandusa.com)  
Time: 11:00 a.m. – 2:00 p.m.  
RSVP: 10/15 RSVP to Nancy Hennefer at [nhennefer@comcast.net](mailto:nhennefer@comcast.net)  
What to Bring: This is an outdoor event, wear warm clothing, sneakers, jean or sweats.



## BUDS TEENS & ADULTS

### **November 24 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 (Time will be e:mailed to all of those who RSVP to Toni)  
RSVP: 11/10 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 2 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 11/10: **RSVP NO LATER THAN NOV 10 (so Santa has time to get gifts) and Please limit your RSVP to your immediate family** so there is space for all of our children with 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. 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 TWEENS, TEENS & ADULTS

### **December Johnson's Farm Holiday "Musical Light Show on the Lake Hayride"**

(TBD) Join us for one of Johnson Farm's most popular holiday events. The "Musical Light Show on the Lake Hayride" complete with roasting s'mores on the open fire and hot chocolate.

Place: Johnson's Corner Farm, 133 Church Rd., Medford, NJ  
Time: 5:45 p.m. (Ride will leave promptly at 6:00)  
RSVP: TBD **TBD**  
What to Bring: Parent chaperones for ages 8 to 21 are required. Be sure to dress warmly.



## BUDS TEENS & ADULTS

### **December 31 7<sup>th</sup> Annual New Year's Eve Bowling Party at "The Great Event" Cherry Hill, NJ**

(Sunday) Join us for our 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: "The Great Event" 1536 North Kings Highway, Cherry Hill, NJ 08034  
Time: 5:00 p.m. – 8:00 p.m.  
RSVP: 12/15 **RSVP NO LATER THAN 12/15** to 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 TEENS & ADULTS MOVIE MATINEE

**January 12** **Teen & Adult Movie Night & Dinner, Carmike Ritz 16, Voorhees, NJ**  
(2<sup>nd</sup> 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: 1/1 The movie selection and time will be emailed to everyone who RSVPs.  
RSVP : **RSVP NO LATER THAN JAN 1** to Maria Williams (856) 768-3441 [williamsmcw@verizon.net](mailto:williamsmcw@verizon.net)



### BUDS KIDS & TWEENERS MOVIE MATINEE

**January 12** **Kids & Tweeners Movie Matinee, Marlton AMC**  
(2<sup>nd</sup> 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: 1/1 **RSVP NO LATER THAN JAN 1** to Ashli Helfrich at [ashlifrancis@gmail.com](mailto:ashlifrancis@gmail.com)



## FEBRUARY

### BUDS TEENS & ADULTS (Friday)

**February TBD** **"Night to Shine" Prom Sponsored by the Tim Tebow Foundation**  
(Friday) For the past two years, BUDS has been graciously invited to this AMAZING PROM for individuals who have special needs ages 14 and older. Parents are encouraged to stay. There will be a "respite" room for parents to enjoy a relaxing night of fellowship with other parents (must register for it). As soon as we know the date and location for this year, we'll let you know.

Place: TBD  
Time: 6:00 p.m. to 9:00 p.m.  
RSVP: 1/20 **TBD** Signs ups will be first come first serve and registration will be closed at 120 guests.  
What to Bring: This is a PROM, so please dress appropriately.



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

**February 23** **Pizza Party at Iron Hill Restaurant, Maple Shade, NJ**  
(Saturday) Come join us for a pizza making party at Iron Hill. Our very own BUDS member, Scot Seher is the chef there, and he does a fantastic job with this pizza making event.

Place: Iron Hill, 124 E. Kings Highway, Maple Shade, NJ 08052  
Time: 11:00 a.m.  
RSVP: 2/3 **RSVP NO LATER THAN FEB 3** to Scot Seher at [scots@ironhillbrewery.com](mailto:scots@ironhillbrewery.com)  
What to Bring: Please let us know in advance if you have any special dietary needs (e.g. gluten free)



## MARCH

### BUDS KIDS & TWEENS

**March 9** **Bowling Party at "The Great Event" Cherry Hill, NJ**  
(2<sup>nd</sup> Saturday) Join us for a fun bowling party!

Place: "The Great Event" 1536 North Kings Highway, Cherry Hill, NJ 08034  
Time: TBD  
RSVP: 2/23 **RSVP NO LATER THAN FEB 23** to Kristen Nardello at [knardello@gmail.com](mailto:knardello@gmail.com)  
What to Bring: Bring bowling shoes and a ball if you have one. Otherwise, they will be provided.





## BUDS TEENS & YOUNG ADULTS

### **March 9 Color Me Mine Ceramic Painting, Voorhees, NJ**

(2<sup>nd</sup> 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: 4:45 p.m. – 6:45 p.m.

RSVP: 2/23 **RSVP NO LATER THAN FEB 23** to Nancy Scully (609) 634-2019 or [sadhound@comcast.net](mailto:sadhound@comcast.net)

What to Bring: Pizza dinner will be provided.



(Ages 13 and older)

## BUDS FAMILIES

### **March 21 National Down Syndrome Society "Racing for 3.21 on World Down Syndrome Day"**

Place: "Virtual" The NDSS has set up a "virtual" race for World Down Syndrome Day. Similar to last year, BUDS has set up a team page. By registering, you'll get a NDSS team T-shirt and other items mailed to you. They then encourage you to take photos in the "racing" gear and post them on social media for advocacy and awareness. If you'd like to host a local "race" or "walk" or just post pictures of your family doing something athletic to support the fundraiser, feel free to do so. Last year, one of our families hosted a gathering in their neighborhood. It's all up to you. As soon as we have the registration link, we'll e-mail it.



## APRIL

## BUDS KIDS & TWEENERS

### **April 13 Egg Hunt & Hayride at Johnson's Corner Farm, Medford, NJ**

(2<sup>nd</sup> Saturday) BUDS has been hosting an egg hunt event for over 25 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: Johnson's Corner Farm, 133 Church Rd., Medford, NJ 08055

Time: 11:00 a.m.

RSVP: 3/30 **RSVP NO LATER THAN MARCH 30** to 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.



(Ages 12 and under)

## FAMILY

### **April TBD "Spring Carnival & DJ Party" at Rowan University, Glassboro, NJ**

(Saturday) The Rowan University Student Council for Exceptional Children (SCEC) is once again hosting a "carnival" with music, games, prizes and snacks. This is a family event and open to all ages, including siblings. **Parents (ages under 18 must stay).**

Place: Rowan University (James Hall, 2<sup>nd</sup> Floor) 201 Mullica Hill Road, Glassboro, NJ 08028

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

RSVP: [rowanscec@gmail.com](mailto:rowanscec@gmail.com) (RSVP with the name of the family member who has Down syndrome, and how many family members will be attending with them).



## MAY

## BUDS KIDS & TWEENERS

### **May 11 Strawberry Picking at Johnson's Corner Farm, Medford, NJ**

(Saturday) Join us for a fun hayride out to the strawberry patches where you can pick your own.

Place: Johnson's Corner Farm, 133 Church Rd., Medford, NJ

Time: TBD

RSVP: 5/01 **RSVP NO LATER THAN MAY 1** to Candy Ogline at [Victorian\\_angel2@yahoo.com](mailto:Victorian_angel2@yahoo.com)

What to Bring: Wear comfortable play clothes and sneakers.



(Ages 7 and under)

## **BUDS TEENS & ADULTS**

- May TBD**      **Down Syndrome Awareness Night at the Phillies**  
(TBD)      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 3/15:      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.



(Ages 16 and older)

## **JUNE**

### **FAMILY**

- June 27 to 30 2019**      **National Down Syndrome Congress (NDSC) 46<sup>th</sup> Annual Convention (Pittsburgh, PA)**  
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 BACK ON THE EAST COAST AND YOU CAN DRIVE TO THIS CONVENTION!** There is a general convention for parents as well as a “Kids Camp,” “Brothers & Sisters Conference” and “Youth & Adults with DS Conference.”
- Place:      Dallas, TX
- Registration:      Online registration is at [www.ndsccenter.org](http://www.ndsccenter.org) **Registration will open up in April**, and be sure to register early if you plan to attend the “Youth & Adults with DS Conference” since it fills up to capacity early. Last year, the hotel block of rooms filled up in the first 48 hours.
- Reimbursement:      For our BUDS members, we 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 through the NDSC registration process. Email a copy of your online registration receipt to Nancy Hennefer to request reimbursement at [nhennefer@comcast.net](mailto:nhennefer@comcast.net)

