



Bringing Up Down Syndrome

www.bringingupdownsyndrome.org

(856) 985-5885

504 Centennial Blvd. #1444, Voorhees, NJ 08043

2019 / 2020 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 (2nd 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)	Jessica Epps, Kristen Nardello
BUDS Tweeners	(ages 8 to 12)	Ashli Helfrich, Candy Oline
BUDS Teens & Young Adults	(ages 13 to 17)	Nancy Scully / Kim Brooks
BUDS Adults	(over 18)	Jan Brodzinski / Nancy Hennefer

We also sponsor New Jersey Special Olympics (SONJ) teams in the sports of soccer, golf, basketball, swimming and NEW this year will be bocce ball. There are a few openings on the adult basketball team. Contact Nancy Hennefer or Nancy Scully if you’re interested in any of the teams.

In addition, we will continue the Saturday physical fitness classes **for the athletes on our BUDS Special Olympics teams at “TTR The Training Room (Velocity) from 10:00 to 11:00** at 2005 Route 70 East, Cherry Hill. Please e:mail Nancy Hennefer at nhennefer@comcast.net if you plan to enroll in the Fall classes which **start on October 26th**.

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
(609) 440-6654
nhennefer@comcast.net

**“KIDS” Coordinators
(Ages 7 and under)**
Jessica Epps
jepps1017@gmail.com
Kristen Nardello
knardello@gmail.com

**“Tweeners” Coordinator
(Ages 8 to 12)**
Ashli Helfrich
ashlifrancis@gmail.com
Candy Oline
victorian_angel2@yahoo.com

**“Teens & Young Adults”
(Ages 13 to 17)**
Kim Brooks
(856) 304-3071
kimzoefinn@gmail.com

**“Adults”
(Over 18)**
Nancy Scully Jan Brodzinski
(609) 634-2019 (856) 232-5312
sadhound@comcast.net
ianbrod6@aol.com

SEPTEMBER

“WELCOME BACK MOM’S NIGHT OUT” & GIVE 15 FUNDRAISER

September 10 “Welcome Back Mom’s Night Out” at Treno Pizza, Westmont, NJ

(Tuesday) Scot Seher of Treno Pizza (“Team Bubby Toes” at our Buddy Walk) is once again hosting a “Give 15” fundraiser for BUDS. We are also holding a special “Welcome Back 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). It’s a great way to network with other moms especially after the summer break.

Place: Treno Pizza, 233 Haddon Ave., Westmont, NJ 08108

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

RSBP: 9/5 <https://www.signupgenius.com/go/4090e4baaaa2ba3fd0-welcome>

MOM-to-MOM



BUDS ADULTS OVER 21 ONLY

September 14 Welcome New 21 Year-Olds at Iron Hill Restaurant, Maple Shade, NJ

(2nd Saturday) Join your hosts Peter Brodzinski and Brad Hennefer, 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



FAMILY

September 14 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 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 \$50 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 & Central Park, New York City

Time: 11:00 a.m.

Registration: Register at <https://www.classy.org/event/2019-new-york-city-buddy-walk-r/e227769>



OCTOBER

FAMILY

October 6 “BUDS” 24th Annual Buddy Walk, Washington Lake Park, Turnersville, NJ

(Sunday) Be sure to come out for our 24th annual Buddy Walk. This is a great time for the entire family and a wonderful way to meet other families. Registration is just \$10 per adult and \$5 per child if you register on or before September 19th. If you register after September 19th, registration is an additional \$5 per person. T-shirts can be purchased online in advance for \$10 each, and T-shirt availability cannot be guaranteed after September 19th.

Place: Washington Lake Park, Turnersville, NJ

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

Registration: <https://www.classy.org/event/2019-buds-buddy-walk-bringing-up-down-syndrome/e245295>



BUDS TEENS & ADULTS

October 12 Hayride & Campfire Cookout at Springdale Farm, Cherry Hill, NJ

(2nd 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

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

What to Bring: Wear sneakers, jean or sweats, and bring a jacket.



BUDS KIDS & TWEENERS

October 19 Pumpkin Picking & Hayride 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, 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 immediate family. You may purchase additional tickets for other 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. – 12:30 p.m.

RSVP: 10/1 **RSVP NO LATER THAN OCT 1** to Candy Oglie at 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 ONLY

October 26 Nothing Down "Reach for the Stars Gala" at Bally's in Atlantic City, NJ

(Saturday) Join us for an "Over 18" 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 at nhennefer@comcast.net



NOVEMBER

BUDS ALL AGES

November 9 "My Gym" Cherry Hill, NJ

(2nd Saturday) Come on out for some fun gym and play time with our youngest BUDS members. It's a great way to meet other Moms and establish friends and set up future playdates. Siblings ages 7 and under may also attend and participate in the gym play area.

Place: My Gym, 170 Barclay Farms Shopping Center, Cherry Hill, NJ 08034

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

RSVP: 10/26 **RSVP NO LATER THAN OCT 26** to Jessica Epps at jepps1017@gmail.com



BUDS TWEENERS, TEENS & ADULTS

November 9 "Paint a Treasure" Party, Haddon Heights, NJ

(2nd Saturday) You've all seen those custom painted signs and ceramics for home décor, right? Well guess what, we'll be painting our own custom pieces! For the "BUDS Tweeners & Teens" they'll be painting a ceramic piece at 3:00. The "BUDS Adults" will be painting a wooden piece at 6:00.

Place: Paint-A-Treasure Art Studio, 614 Station Ave., Haddon Heights, NJ

Time: 3:00 p.m. – 5:00 p.m. **BUDS TWEENERS & TEENS ONLY (Ages 8 to 17) LIMIT 15**

Time: 6:00 p.m. – 8:00 p.m. **BUDS ADULTS ONLY (Ages 18 and older) LIMIT 15**

RSVP: 10/26 **RSVP NO LATER THAN OCT 26** to Nancy Scully at sadhound@comcast.net

What to Bring: Snacks will be provided.



BUDS TEENS & ADULTS

November 30 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: 11/16 Toni Slowinski at (856) 427-4088 or 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 7 **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 25 years, and it is a favorite, so be sure to RSVP early.

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)
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 Jessica Epps at jess1017@gmail.com
Menu: Breakfast will include french toast, scrambled eggs, hash browns and sundaes.



BUDS TWEENS, TEENS & ADULTS

December 7 **Johnson’s Farm Holiday “Musical Light Show on the Lake Hayride”**
(Saturday) 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: 11/23 **RSVP NO LATER THAN 11/23 (MUST RSVP ON SIGN UP GENIUS)**
What to Bring: Parent chaperones for ages 8 to 21 are required. Be sure to dress warmly.



BUDS TEENS & ADULTS

December 31 **8th 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 18 adults with Down syndrome! **The “Teen” group (ages 13 to 17) 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
What to Bring: Bring your ID card (over 21) to all BUDS adult events.



JANUARY

BUDS KIDS & TWEENERS MOVIE MATINEE

January 11 **Kids & Tweeners Movie Matinee, Marlton AMC**
(2nd 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



BUDS TEENS & ADULTS MOVIE MATINEE

January 11 **Teen & Adult Movie Night & Dinner, AMC Voorhees 16, Voorhees, NJ**
(2nd 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: AMC Voorhees 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



FEBRUARY

BUDS KIDS & TWEENS

- February 1** **Pizza Party at Treno Pizza, Westmont, NJ**
(Saturday) Come join us for a pizza making party. Our very own BUDS member, Scot Seher is the chef there and he does a fantastic job with this pizza making event.
- Place: Treno Pizza, 233 Haddon Ave., Westmont, NJ 08108
Time: 11:00 a.m.
RSVP: 1/18 **RSVP NO LATER THAN JAN 18** to Scot Seher at chefscots@yahoo.com
What to Bring: Please let us know in advance if you have any special dietary needs (e.g. gluten free)



BUDS TEENS & ADULTS (Friday)

- February 7** **“Night to Shine” Prom Sponsored by the Tim Tebow Foundation**
(Friday) For the past three 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).
- Place: Calvary Chapel Gloucester County, Calvary Plaza, 5360 Route 42N, Turnersville, NJ 08012
Time: 6:00 p.m. to 9:00 p.m.
RSVP: <http://cc-gc.org/events-page/night-to-shine/> (REGISTER BEFORE IT IS AT CAPACITY)
What to Bring: This is a PROM, so please dress appropriately. When you register, there are links to dresses and tuxedos that can be borrowed.



BUDS TEENS & ADULTS

- February TBD** **“Interact Club” Dance at Eastern High School, Voorhees, NJ**
(Friday) The Eastern High School Interact Club has once again invited us to this annual dance. There will be a DJ and snacks and amazing opportunities to interact with the high school students. This is always a fun event and is open to high school ages and older.
- Place: Eastern High School, 1401 Laurel Oak Rd., Voorhees, NJ (cafeteria in the rear of the school)
Time: 6:30 p.m. to 8:30 p.m.
RSVP: **Must RSVP to 856-784-4411 Ext. 6900** Please leave a message of the name(s) of the people attending, bring completed permission form to the dance, and a guardian must sign participants in to the dance. If your child needs 1-1 support or supervision, you need to stay for the event.



MARCH

BUDS KIDS & TWEENS

- March 21** **“World Down Syndrome Day Bowling Bash” “The Great Event” Cherry Hill, NJ**
(Saturday) Let’s celebrate World Down Syndrome Day together with a fun bowling bash for all ages.
- Place: “The Great Event” 1536 North Kings Highway, Cherry Hill, NJ 08034
Time: 1:00 p.m. to 3:00 p.m.
RSVP: 3/07 **RSVP NO LATER THAN MAR 7 (MUST RSVP ON SIGN UP GENIUS)**
What to Bring: Bring bowling shoes and a ball if you have one. Otherwise, they will be provided.



BUDS FAMILIES (All Ages)

- 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 4 **Egg Hunt & Hayride at Johnson's Corner Farm, Medford, NJ**
(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: 3/21 **RSVP NO LATER THAN MARCH 21** to Ashli Helfrich at ashlifrancis@gmail.com
What to Bring: Wear comfortable clothing. Bring a basket to collect eggs. Pizza lunch will be provided.



BUDS TEENS & ADULTS

April 18 **"Karaoke Party" at Songbird Karaoke, Collingswood, NJ**
(Saturday) Join us for a fun afternoon of family karaoke! However, be sure to RSVP to save your spot (there are 50 spots available).

Place: Songbird Karaoke, 790 Haddon Ave., Collingswood, NJ 08108
Time: 3:00 – 6:00 p.m.
RSVP: 3/21 **RSVP NO LATER THAN MAR 21** to Kim Brooks at kimzoeffinn@gmail.com



MAY

BUDS KIDS & TWEENERS

May 9 **Strawberry Picking at Johnson's Corner Farm, Medford, NJ**
(2nd Saturday) Join us for a fun hayride out to the strawberry patches where you can pick your own.

Place: Johnson's Corner Farm, 238 Hartford Road., Medford, NJ 08055
Time: 10:30 a.m. to 1:00 p.m. (Meet at the picnic area)
RSVP: 4/25 **RSVP NO LATER THAN APRIL 25** to Candy Oglie at Victorian_angel2@yahoo.com
What to Bring: Wear comfortable play clothes and sneakers.



BUDS ADULTS

May 9 **Top Golf, Mt. Laurel, NJ**
(2nd Saturday) Join us for a fun hayride out to the strawberry patches where you can pick your own.

Place: Top Golf, 104 Centerton Rd. Mt. Laurel, NJ
Time: 5:00 p.m. to 7:00 p.m.
RSVP: 4/25 **RSVP NO LATER THAN APRIL 25** to Nancy Hennefer at nhennefer@comcast.net
What to Bring: Wear comfortable clothes or golf attire.



FAMILY

May TBD **Down Syndrome Awareness Night at the Phillies**
(TBD) Join us for Down Syndrome Awareness Night at the Phillies! We preordered a limited number of tickets for this game. BUDS will pay for up to four tickets for your family—first come first served. Once the tickets are gone, you can purchase them yourself and request reimbursement, but they are not guaranteed to be in the same section as our group.

Place: Citizens Bank Park, Philadelphia, PA
Time: TBD
RSV: **RSVP NO LATER THAN FEB 1** - If you are interested in going, please e:mail Nancy Hennefer at nhennefer@comcast.net. Tickets will be mailed or hand delivered to you in April.
What to Bring: Bring money to purchase your own snacks.



JUNE

FAMILY

June 25 to 28 2019 National Down Syndrome Congress (NDSC) 47th Annual Convention (New Orleans)

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 NEW ORLEANS!** There is a general convention for parents as well as a “Kids Camp,” “Brothers & Sisters Conference” and “Youth & Adults with DS Conference.”

Place: New Orleans, LA

Registration: Online registration is at www.ndsccenter.org. **Registration will open 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. 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 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

