

PODS NEWSLETTER

Parents of Down Syndrome Support Group OF NEPA

A Division of The Arc of NEPA

January 2010

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Happy New Year!

Just a note of thanks to everyone who helped make 2009 such a great year for PODS! We had several new events and our 2009 Buddy Walk was a huge success! I am looking forward to another great year and would like to invite everyone out to our first meeting, details are below. We will be discussing PODS activities for 2010 and as always lending support to families. I hope to see you there!

Time: 6pm (Board to meet at 5pm)

When: Sunday, January 31st

Where: The Arc, Meadow Avenue (1st floor mtg. room), Scranton

New parents always welcome!

The next swimming session begins Thursday, January 7th. The class time is 5:50pm – 6:30pm. Children with Down Syndrome must be 3 years of age or older. A parent must accompany their child in the water. Please contact the YMCA at 342-8115 to sign up for the class.



2009 Santa Breakfast

Thanks to Carol Demas for organizing yet another wonderful breakfast with Santa!



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PODS of NEPA is on Facebook. If you are on Facebook become our friend! You can e-mail finnertyk@comcast.net or search "Parents of Down Syndrome of NEPA" and request to become a friend of the group.