



### CALENDAR COVER DESIGN CONTEST

Submit your artwork for "Magical May" and you could be featured on the front page of the Rec & Teen Calendar!

All entries must be submitted to a Rec & Teen Staff via mail or in-person delivery **NO LATER THAN APRIL 18TH!**

If you have any questions, please feel free to call:

Emily (Em) Green-Swinnich, Respite Coordinator 845-471-8876 ext 22176

**Please do not leave your RSVP on this ext.**

**OR**

**You can leave a message on the RSVP line 845-471-8876 ext 22421**

# April 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>You must RSVP for ALL activities you would like to attend @ The Arc by calling 845-471-8876 ext 22421. We reserve the right to turn you away without a reservation and/or not adhering to scheduled deadlines.</b></p>				1 Viper Fitness on Zoom  5:30p-8p	2 April Fools Comedy Night @ Arc/Zoom  5:30p-9p	3 Easter Bunny Party @ Arc/ Zoom*  1p-5:30p
4  Happy Easter!	5	6	7 Member Mtg & Self Advocacy on Zoom  5:30p-8:30p	8 Viper Fitness on Zoom  5:30p-8p	9 1950's Sock Hop Dance @ Arc/Zoom  5:30p-9p	10 Autism Aware- ness Party @ Arc/ Zoom  1p-5:30pm
11 Creative Write- A-Long Work- shop @ Arc / Zoom  12p-5p	12	13	14	15 Viper Fitness on Zoom  5:30p-8p	16 DIY Ice Cream Social @ Arc/Zoom*  5:30p-9p	17 Picnic @ Bowdoin Park  12p-5p
18 Gardening 101 @ Arc*  12p-5p	19	20	21 Circle of Friends / Game Night: Fam- ily Feud on Zoom  5:30p-8:30p	22 Viper Fitness on Zoom  5:30p-8p	23 Earth Day Party @ Arc/ Zoom*  5:30p-9p	24 Walkway Over the Hudson  12p-5p
25 Hiking @ Stringham Park  12p-5p	26	27	28	29 Viper Fitness on Zoom  5:30p-8p	30 April Birthday Bash @ Arc/ Zoom  5:30p-9p	

\* there is an activity fee attached- please see notes for details

# **Awesome April 2021 Rec Notes**

## **VIPER FITNESS ON ZOOM 04/01, 04/08, 04/15, 04/22, 04/29**

Come and get your exercise. Don't miss out on great music and great energy!

## **APRIL FOOLS COMEDY NIGHT @ ARC/ZOOM 04/02**

Bring your best jokes for our comedy contest, your favorite bag of tricks for show and tell, and your funny bone because we will be laughing the night away!

## **EASTER BUNNY PARTY @ARC/ZOOM 04/03**

We'll decorate baskets, hunt for Easter Eggs, and take your photo with a real live Easter Bunny!! **\$2 activity fee due by April 1st.**

## **MEMBER MEETING & SELF-ADVOCACY ON ZOOM 04/07**

Warmer weather is coming! Please come and let us know your thoughts about next month's calendar!

## **1950's SOCK HOP & DANCE @ ARC/ZOOM 04/09**

Come to our Grease sing-a-long Dance Party, where you can decorate your own Poodle skirt with the Pink Ladies or design a classic Hot Rod with the Greasers!

## **AUTISM AWARENESS PARTY @ ARC/ZOOM 04/10**

Everyone wear blue to celebrate Autism Awareness month! Together we can celebrate, identify our rights, and find outlets to self-advocate!

## **CREATIVE WRITE-A-LONG WORKSHOP @ARC/ZOOM 04/11**

It's time to encourage our blossoming writers to bloom! As a team or independently, the Green Vipers will write and illustrate a creative story of their choosing!

## **DIY ICE CREAM SOCIAL @ ARC/ZOOM 04/16**

Make your own vanilla or chocolate ice cream! Ingredients are supplied and independently assembled, so they are completely COVID safe! Low sugar option available! **\$3 activity fee due April 8th.**

# **Awesome April 2021 Rec Notes**

(continued...)

## **PICNIC AT BOWDOIN PARK 04/17**

Get ready to enjoy the outdoors with the Green Vipers! Wear your Green Viper pride (sneakers preferred) and bring a cold lunch because we have so many fun outdoors experiences planned!

## **GARDENING 101 @ ARC 04/18**

The season for gardening is ALMOST here! Time to prep and paint our pots! Come learn how to start and take care of a garden with the Green Thumbs-I mean Green Vipers! **\$2 activity fee due April 15th.**

## **CIRCLE OF FRIENDS/FAMILY FEUD @ ZOOM 04/21**

Come spend time with friends while competing in Family Feud!

## **EARTH DAY PARTY @ ARC/ZOOM 04/23**

The Earth takes such great care of us, so let's learn how we can take care of it! Animals, crafts, and so much more await! **\$5 activity fee due April 15th.**

## **WALKWAY OVER THE HUDSON 04/24**

Bring sneakers, your Green Viper gear, and your sense of adventure because we are walking over the Hudson today! Don't forget to put on your sunscreen!

## **HIKING @ STRINGHAM PARK 04/25**

The outdoors are calling us, so let's go on a Green Viper Adventure! Make sure you wear sunscreen and hiking shoes!

## **APRIL BIRTHDAY BASH 04/30**

Happy Birthday to all of our April-born Green Vipers! Come celebrate good times with us! No gifts required!

# Important Reminder 2021

Please read thoroughly the notes section as things may have changed due to Covid-19. We want to ensure that everyone is having fun while being safe, safety is our number ONE priority. If you have any questions or concerns, don't be afraid to reach out. Thank you!

Please pay close attention to the events listed in the April 2021 calendar. Some events are strictly offered on Zoom (password & ID listed on page 6), Some events are @ The Arc & will be available on Zoom, and some are just @ The Arc.

Due to Covid-19, we ask all members adhere to the following guidelines:

- Site-based events are limited to 15 people (not including staff) and community events are limited to 10 people (including staff).
- Please be aware: At this time we will be utilizing our wait list policy.
- All members to arrive within 30 minutes of the start time of the activity with a completed attestation form ready (please let staff know if you need new copies)
- We ask everyone to pull up to the canopy door with the bright orange cone and wait patiently to be checked in by designated staff. This process may take a few minutes.
- All members MUST have their temperature taken upon arrival and use hand sanitizer before entering the building
- Members are strongly encouraged to wear a face masks throughout the activity. If a member shows up to activity with no facemask, they will be given a disposable mask at no cost.
- **At this time NO non-essential visitors will be permitted to enter the building, this includes parents, family members, care managers, etc.**
- Please arrive as close to end of activity time as possible when picking up. Again, pull up to the canopy door with the bright orange cone where you will be greeted by a staff member while you remain in your vehicle. This process may take a few minutes.
- Members are asked to follow the designated markings throughout the building for safety
- Members must practice social distancing of 6 feet during activity.

Lastly we ask for everyone to be patient with one another as safety must be priority.

# **THE REC and TEEN CLUB**

The Arc of Greater Hudson Valley

8 Industry Street

Poughkeepsie, NY 12601

**Director of Day & Respite Services..... Catherine Ottaviani**

**(845) 471-8876 ext 22115**

**cottaviani@arcghvny.org**

**Respite Coordinator ..... Emily Green-Swinnich**

**(845) 471-8876 x 22176**

**egreen-swinnich@arcghny.org**

**Rec Club Supervisor..... Vacant**

**Rec Club Assistant ..... Alexandra Garcia**

**agarcia@arcghvny.org**

**Rec Club Assistant..... Vacant**

**Rec Club Assistant..... Vacant**

**Rec. Club Voicemail..... (845) 471-8876 x 22421**

**(For information and reservations)**

**Rec Club Cellphone..... (914) 474-4525**