



# Fabulous February

This cover is for coloring!

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

*Em Swinnich, Respite Coordinator*

845-471-8876 ext 22176 or 845-475-4200

**FOR RSVPS:** (845) 471-8876 ext 22421

# FABULOUS FEBRUARY 2024

Sun	Mo	Tue	Wed	Thu	Fri	Sat
<p><b>You must RSVP for ALL activities you would like to attend by calling 845-471-8876 ext 22421.</b></p>				<p><b>IF YOU DO NOT RSVP, WE RESERVE THE RIGHT TO TURN YOU AWAY FROM PROGRAM. WHEN YOU DON'T RSVP, IT AFFECTS OUR STAFFING RATIO— SAFETY FIRST, RSVP!</b></p>		
				1 Basketball Skills / Team @ Overlook Elementary 5:30-7pm (Skills) 7-9pm (Team)	2 Favorite Singer / Band Dance @ Arc 5:30p-9p	3 Yoga & Meditation @ Arc 10am-12pm Lunch @ Hudson Buffet & Shop Around Town <b>\$ Required</b> 12-5pm
Talent Show Practice @ Arc 10a-12p Valentine's Day Crafting @ Arc 12pm-4pm	5	6 Track & Field Practice @ Arc 5:30p-8:30p	7 Talent Show Practice @ Arc 5:30p-9p Member Meeting @ Arc 5:30-6:30pm	8 Basketball Skills / Team @ Overlook Elementary 5:30-7pm (Skills) 7-9pm (Team)	9 Sweetheart Dance @ Arc 5:30p-9p	10 Romantic Movies & Hot Cocoa Bar @ Arc 10am-1pm Karaoke/Jam Night @ Arc 1pm-4pm
Talent Show Practice @ Arc 10a-12p Dine Around Town <b>\$ Required</b> 12pm-4pm	12	13 Track & Field Practice @ Arc 5:30p-8:30p	14 Talent Show Practice @ Arc 5:30p-9p Valentine's Baking Night @ Arc 5:30-9p	15 Basketball Skills / Team @ Overlook Elementary 5:30-7pm (Skills) 7-9pm (Team)	16 New Member Welcome Dance @ Arc <b>*ALL ARE WELCOME*</b> 5:30p-9p	17 Polar Plunge & Post-Jump Meal @ Daily Planet Diner <b>\$ Required ALL ARE WELCOME!</b> 9am-3pm
Talent Show Practice @ Arc 10a-12p Board / Video Game Day @ Arc 12pm-4pm	19	20 Track & Field Practice @ Arc 5:30p-8:30p	21 Talent Show Practice @ Arc 5:30p-9p	22 Basketball Skills / Team @ Overlook Elementary 5:30-7pm (Skills) 7-9pm (Team)	23 February Birthday Bash @ Arc 5:30p-9p	24 Dave & Busters + Palisades Mall <b>\$ Required</b> 10am-5pm
Talent Show Practice @ Arc 10a-12p Paint & Sip @ Arc 12pm-4pm	26	27 Track & Field Practice @ Arc 5:30p-8:30p	28 Talent Show Practice @ Arc 5:30p-9p Self-Advocacy @ Arc 5:30-6:30pm	29 Leap Day Bowling Party @ Taft <b>\$ Required</b> 5:30-8:30		



*Track & Field*  
**EVERY TUESDAY**



*Dance Parties*  
**EVERY FRIDAY!!!**



*Basketball*  
**EVERY THURSDAY**



*Polar Plunge & Lunch*  
**February 17th, 9am-3pm**



*Karaoke/Jam Night*  
**February 10th; 1-4pm**

# FABULOUS FEBRUARY EVENT NOTES

## NOW OFFERING AFTERNOON RESPITE!

On **Tuesdays-Fridays**, if you need respite services between the end of day services and the beginning of Rec Club, your loved one can spend the day with us! **From 2:30pm until Rec Club starts at 5:30pm, we have a staff available to watch movies, craft, chat, and jam out to some tunes! YOU MUST RSVP FOR THIS SERVICE!**

If you find yourself rushing to get out of work to get your family member off the bus and then drive them back to Rec Club, we are here for you! Let us know on the RSVP line that you are interested in this service, and we will get you set up with us!

### 02/1, 02/8, 02/15, 02/22: SPECIAL OLYMPICS BASKETBALL SKILLS/TEAM @ OVERLOOK ELEMENTARY: 5:30PM-7PM/7-9PM

Who's ready to shoot some hoops?! Skills will be from 5:30PM-7PM and Team practice will be from 7PM-9PM.

- **Meet at Overlook Elementary School; eat dinner before arriving; bring water, wear sneakers and exercise clothes**
- **Come to the BACK parking lot.**

### 02/2: FAVORITE SINGER/ BAND DANCE @ ARC: 5:30PM-9PM

Who's your favorite singer? What's your favorite song? Come dressed for a concert or as your favorite artist and get ready to Jam out with us!

- **Enter at bus doors; dinner (Mac & Cheese and salad); snacks & drinks provided**

### 02/3: YOGA & MEDITATION @ ARC: 10AM-12PM

Come find your Zen at this Saturday morning yoga class! Come dressed for exercise and don't forget water!

- **Enter at bus doors; wear exercise clothing and sneakers**

### 02/3: LUNCH AT HUDSON BUFFET AND SHOPPING AROUND TOWN: 12PM-5PM; \$ REQUIRED

Who doesn't love a shopping day? Join us for shopping around town and a fun lunch at the Hudson Buffet!

- **Meet @ Arc; \$ required for lunch; additional recommended for purchases**

### 02/6, 02/13, 02/20, 02/27: SPECIAL OLYMPICS TRACK & FIELD @ ARC: 5:30PM-8:30PM

On your mark, get set, GO! Get ready for a new season of track and field. **Event practice is 5:30-7pm; 7-8:30pm features special training from our team of coaches or guest speakers!** 2/13 we are taking a field trip to Fleet Feet to talk about the importance of SNEAKERS and to do a foot shape evaluation! On another date, we also have a Nutritionist coming in to speak with us, and a stretching workshop from some Physical Therapists!

- **Enter at bus doors; eat dinner before arriving; bring water and wear exercise clothing**

### 02/7: MEMBER MEETING @ ARC: 5:30PM-6:30PM

New year, new plans! Let's plan for a fun Frosty February during LEAP YEAR! Bring your ideas, requests, hopes, and dreams and we'll make our calendar together.

- **Enter at bus doors; bring dinner (or eat before arriving) and your ideas!**

# FABULOUS FEBRUARY EVENT NOTES

## 02/07, 02/14, 02/21, 02/28: TALENT SHOW PRACTICE @ ARC; 5:30PM-9PM

It's show time! Let's get ready for Colors! Bring your scripts, singing voice, and dancing shoes- it's time to rehearse!

- **Enter at bus doors; bring dinner (or eat before arriving) and your talent!**

## 02/09: SWEETHEART DANCE @ ARC: 5:30PM-9PM

It's time to dance our hearts out at our Valentines Day Dance! Remember, **we are a friendship club** so our Valentines are just friends here! Let's focus on self-love, the love of friendship, and being happy as we celebrate this holiday!

- **Enter at bus doors; dinner (spaghetti bar and salad) snacks & drinks provided**

## 02/10: ROMANCE MOVIES & HOT COCOA BAR @ ARC; 10A-1PM

There's nothing more romantic than chocolate and movies! Come celebrate Valentine's Day by watching a mushy movie and delicious a hot chocolate bar! Choose between Disney movies OR the 2008 CLASSIC: "Twilight"

- **Eat breakfast before arriving, pack snacks or food as needed.; hot chocolate provided**

## 02/10: KARAOKE JAM NIGHT @ ARC 1PM-4PM

Who's ready for another Karaoke Jam Session! Come with your talents and show us a fun performance!

- **Eat lunch before arriving, pack snacks or food as needed.**

## 02/11: DINE AROUND TOWN: 12PM-4PM; \$ REQUIRED

Come ready to eat some good food at Dine Around Town! We'll vote on a restaurant and go out to a nice meal together!

- **Enter at bus doors; \$ required for lunch**

## 02/14: VALENTINE'S BAKING NIGHT @ ARC; 5:30-9PM

Everyone loves chocolate! Come bake some chocolate goodness in celebration of Valentine's Day!

- **Enter at bus doors; bring dinner or eat before arriving; wear clothes you don't mind getting messy!**

## 02/16: NEW MEMBER WELCOME DANCE @ ARC: 5:30PM-9PM

We are so happy to have so many new faces in Rec Club! Let's welcome them with a

- **Enter at bus doors; dinner & salad (sandwiches- ham & swiss, PB&J, turkey provolone); snacks and drinks provided**

## 02/17: POLAR PLUNGE & POST-JUMP DAILY PLANET MEAL: 9AM-3PM; \$ REQUIRED

Come join us to do (or cheer on our team!) at the Polar Plunge! After we will have a nice warm meal together at Daily Planet.

- **Enter at bus doors, dress warm, \$ required for lunch.**

## 02/18: BOARD GAME AND VIDEO GAME DAY @ ARC: 12PM-4PM

Come join us for an afternoon of fun! We will set up our Wii and play board games! You are welcome to bring your own games too!

- **Enter at bus doors; eat before arriving or bring lunch; come with a friendly competitive spirit!**

# FABULOUS FEBRUARY EVENT NOTES

## 02/23: FEBRUARY BIRTHDAY BASH @ ARC; 5:30-9PM

Happy Birthday to all of our members born in February, including Mikayla, Zachary, and Paul! Come celebrate with us— no gifts required!

- Enter at bus doors, dinner (pizza & salad) and drinks served

## 02/24: DAVE AND BUSTERS & PALISADES MALL 10AM-5PM: \$ REQUIRED

Let's go play some arcade games or go shopping! We will have a shopping group and an arcade group. We will all have lunch at Dave and Busters and then split up!

- Enter at bus doors; bring \$ for lunch, money recommended for additional purchases.

## 02/25: PAINT & SIP @ ARC: 12PM-4PM

It's time for another paint and sip! Come and show us your inner Bob Ross and paint a scene of your choosing with us!

- Enter at bus doors; eat lunch before arriving; wear clothes you don't mind getting messy

## 02/28: SELF-ADVOCACY @ ARC; 5:30-6:30

Let's talk about healthy relationships— ESPECIALLY BOUNDARIES! Everyone can use a little help advocating for their wants, needs, and limits, as well as respecting other people's requests for space, even when their requests don't feel so great to us.

- Enter at bus doors; bring dinner (or eat dinner before arriving)

## 02/29: LEAP DAY BOWLING PARTY @ TAFT: 5:30PM-8:30PM; \$ REQUIRED

Back by popular demand, we're going bowling! Let's celebrate our extra day with a fun night at Taft Ave!

- Meet at the bowling alley, bring dinner or \$ to purchase; bowling is \$3 a game.



# The REC & TEEN Club

The Arc of Greater Hudson Valley  
8 Industry Street  
Poughkeepsie, NY 12603

Director of Day & Respite Services..... Catherine Ottaviani  
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Rec Club Supervisor ..... Vacant

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Rec Club Assistant..... Dana Tartaglia  
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Rec Club Assistant ..... Vacant

## THANK YOU to our Relief Staff:

Peggy Ciulla, Neena Faucher, Alexandra Garcia, Kelia Johnson, Chris Bermeo,  
Michelle Englishby, Melissa Harris, Sara Spitz, Tosha Emerson, Casey Belcher,  
Kim Conte, Audrey Hubert, Jonita Biscardi, Michael Fitzmaurice

### For information and reservations

Rec. Club RSVP Line..... (845) 471-8876 x 22421

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