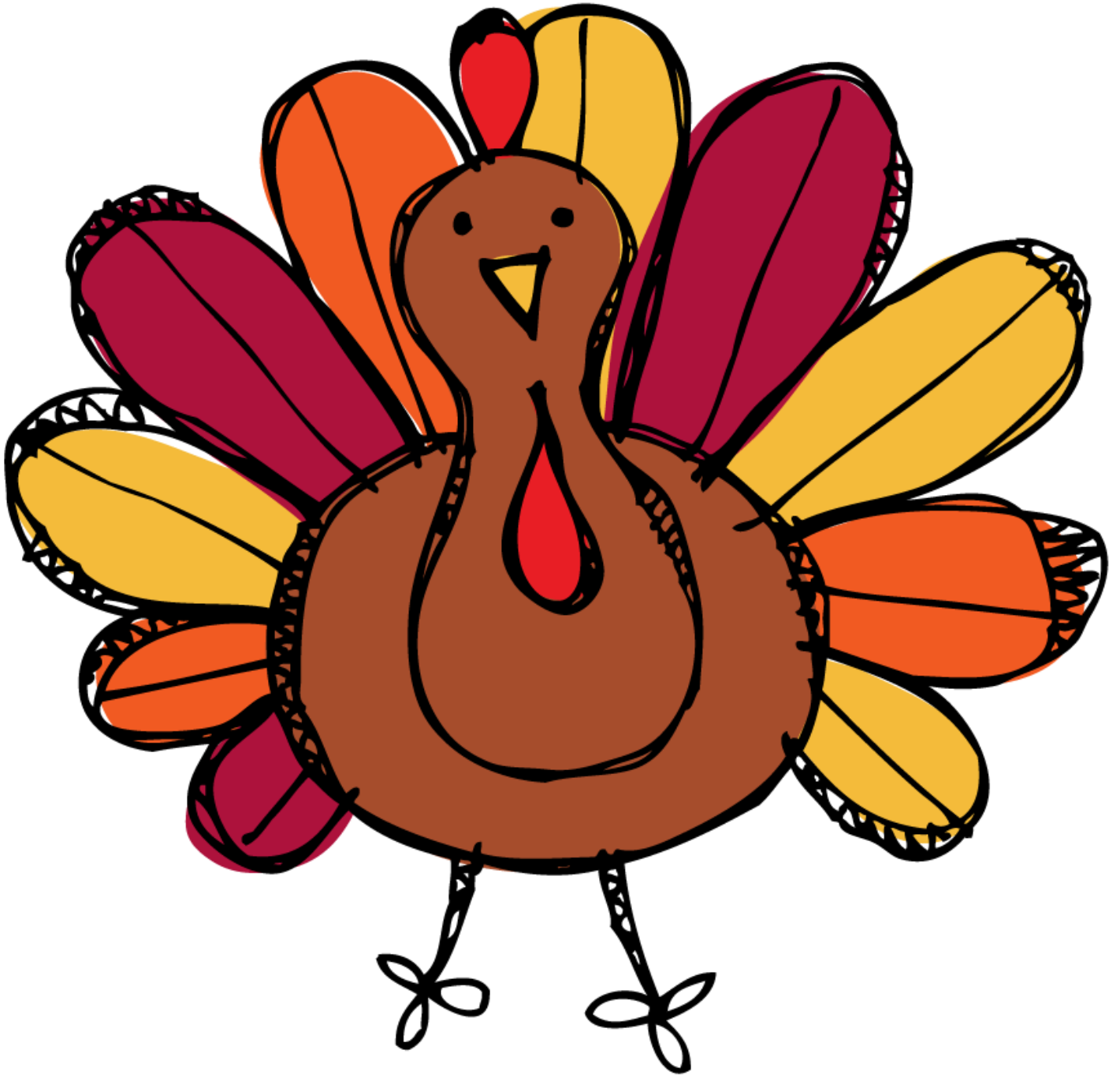


CALENDAR COVER DESIGN CONTEST

Submit your artwork for "Dazzling December" and your artwork 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 NOVEMBER 20TH!**



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 RSVPs at 22176.
Please leave your RSVP at 845-471-8876 ext 22421 only

Important Reminder 2022

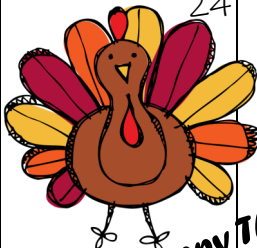
Please read thoroughly the notes section as things may have changed. We want to ensure that everyone is having fun while being safe, as safety is our number ONE priority. If you have any questions or concerns, don't be afraid to reach out.

- **Depending on weather and staffing, some activities are subject to change.**
- **Masks are now optional at programming, unless otherwise specified.**
- **Attestation forms are no longer needed to attend events.**
- **Please enter at bus doors, unless otherwise specified.**
- **Families are now welcome to walk their loved one in to our Friday night parties, but must depart within 30 minutes of the beginning of the event.**
- **Please do not enter the building without staff present.** Please be patient, as staff will be waiting for you at the door as soon as the program area is safe to enter.
- **If there is not a staff available at the doors, or if you plan on arriving late / early to pick up, please call the Rec phone at (914) 474-4525 to reach us directly.** We will be with you as soon as possible.
- **If you do not arrive within 15 minutes of scheduled programming, we will call to ensure you are still planning to attend. If you have to cancel, please inform us so that way we can begin our activities as soon as possible.**

Lastly we ask for everyone to be patient with one another. We are all eager to ensure everything goes smoothly, efficiently, and safely every single day!

The world is short-staffed, so please be kind to those who show up!

Nifty November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>You must RSVP for ALL activities you would like to attend by calling 845-471-8876 ext 22421</p>					<p>SEE NOTES FOR DETAILS ON DEADLINES, ACTIVITIES, AND ADMISSION FEES!</p>	
		1	2 Member Meeting & Craft Party @ Arc 5:30-8:30p	3 Physical Fitness & Healthy Snack @ Arc 5:30-8:30pm	4 Fiesta Friday @ Arc 5:30-9pm	5 Stormville Flea Market 10am-1pm Clue Musical & Dinner @ Olive Garden \$ Required 1p-7p
6 Charlotte's Birthday Lunch & Crafts @ Arc 10am-1pm NFL Sunday Watch Party @ Arc 1pm-4pm SWIMMING @ Arc 4pm-8pm	7	8	9 Bowling @ Taft Ave MEET @ TAFT \$ Required 5:30-8p	10 Physical Fitness & Healthy Snack @ Arc 5:30-8:30pm	11 Gobble Wobble Dance Party @ Arc 5:30-9pm	12 DCC Basketball & Brunch @ Palace Diner \$ Required 10a-4p Jam Night @ Arc 4p-8p
13 Castle Fun Center \$40 Required 10a-4p SWIMMING @ Arc 4pm-8pm	14	15	16 Thanksgiving Paint & Sip @ Arc 5:30-8:30p	17 Physical Fitness & Healthy Snack @ Arc 5:30-8:30pm	18 November Birthday Bash @ Arc 5:30p-9p	19 Germania Christmas Market \$ Recommended 11am-4pm
20 Thanksgiving Family Potluck @ Arc 1pm-6pm RSVP your DISH!	21	22	23 Pumpkin Bread Baking Night & Fire Safety @ Arc 5:30-8:30p	24  Happy Thanksgiving!	25	26 Holiday Cards & Winter Crafts @ Arc 2pm-6pm Festival of Lights Parade 6pm-8:30pm
27 DCC Craft Fair & Lunch @ Dimoran Pizza \$ REQUIRED 11am-5pm	28	29	30 Yoga & Meditation / Self-Advocacy @ Arc 5:30-8:30p			

NIFTY NOVEMBER EVENT NOTES

11/02: MEMBER MEETING & CRAFT PARTY @ ARC; 5:30-8:30PM

Dazzling December is coming soon! Bring your ideas, requests, hopes, and dreams and we'll make our calendar over dinner, and then craft to our hearts' desires!

- ♦ **Enter at bus doors; bring dinner; snacks and drinks provided**

11/03, 11/10, 11/17: PHYSICAL FITNESS & HEALTHY SNACK @ ARC; 5:30-8:30PM

Nothing pushes someone harder than competing against themselves. Join us for Special Olympics Physical Fitness, as we exercise and improve our health! After, we'll enjoy healthy snacks & do some mindfulness meditations to wind down for a restful night.

- ♦ **Enter at bus doors; wear sneakers; bring dinner; healthy snacks and water provided.**

11/04: FIESTA FRIDAY @ ARC; 5:30-9:00PM

Bring your dancing shoes and an appetite for a tacos / nachos / salad bar, along with snacks and drinks!

- ♦ **Enter at bus doors; tacos/nachos/salad, snacks, and drinks provided.**

11/05: STORMVILLE FLEA MARKET; 10AM-1PM / CLUE MUSICAL & DINNER @ OLIVE GARDEN; 1PM-7PM

There may be a chill in the air, but there's flea market deals to spare! Dress weather appropriate for the last outdoor flea market event of 2022!

Then, come back to the Arc for Dover Plain's murder mystery musical: *Clue!* After the 2pm showing, we'll end our evening at Olive Garden. Tickets are \$15 cash for Clue and be sure to bring enough cash for dinner!

- ♦ **STORMVILLE: Enter at bus doors; bring lunch; dress for NOVEMBER WEATHER!**
- ♦ **CLUE & DINNER: Enter at bus doors; bring \$15 cash for tickets and at least \$20 to cover dinner at Olive Garden**

11/06: CHARLOTTE'S BIRTHDAY LUNCH & CRAFTS @ ARC; 10AM-1PM; NFL SUNDAY WATCH PARTY @ ARC; 1PM-4PM

Come celebrate Charlotte's birthday with everything pretty, pink, and crafty! Lunch, snacks, and drinks will be served, no gifts required!

Then, come get ready for FOOTBALL! Watch the Bills vs. Jets game with us and enjoy party snacks, pizza bagels, and drinks!

- ♦ **BIRTHDAY:** Enter at bus doors; sandwich platter lunch, snacks, & drinks provided; come prepared to craft and play party games!
- ♦ **FOOTBALL:** Chips, dips, pizza bagels, and drinks served; come prepared to CHEER for your favorite team!

11/06, 11/13: SWIMMING PRACTICE @ ARC; 4PM-8PM

Hurray! It's the start of our first ever swimming season! We are partnering with North East's Thunderbolts team for a combined practice until we find our own spot. Bring your swimming gear, towel, and dinner as we learn what Special Olympics swimming is all about! The pool is at the Goshen Aquatic Center, and **anyone is welcome to come swimming!**

- ♦ **Meet at Arc; bring swimming gear, towel, dinner; practice at Goshen Aquatic Center**

11/09: BOWLING @ TAFT AVE; 5:30-8PM; \$ REQUIRED; MEET @ TAFT AVE

PINch me, I must be dreaming! It's another bowling night at Spins Bowl in Poughkeepsie! Please bring at least \$10 to cover bowling at \$3/game, additional if you'd like to order food.

- ◆ **Meet at Taft Ave, \$3/game of bowling (\$10 recommended), bring dinner or money to order dinner; PICK UP @ 8PM**

11/11: GOBBLE WOBBLE DANCE PARTY @ ARC; 5:30PM-9PM

Come wobble your way to the Arc for our Gobble Wobble Dance party! Dinner, snacks, and drinks provided!

- ◆ **Enter at bus doors; dinner (grilled chicken salad), snacks, and drinks provided**

11/12: BRUNCH @ PALACE DINER & MEN'S BASKETBALL @ DCC; 10A-4P; JAM NIGHT @ ARC; 4PM-8PM

Let's go Falcons! Watch as the Dutchess Falcons face off against the Laguardia Red Hawks! Before the game, we'll make our way to Palace Diner for some brunch. Be sure to bring cash for brunch and your appetite for good food and good sports!

Then, come back to Arc for another one of our popular karaoke jam night! Bring your song requests, instruments, and singing voice as we rock out to the tunes we love!

- ◆ **BRUNCH & BASKETBALL: Meet at Arc; bring cash for brunch**
- ◆ **JAM NIGHT: Enter at bus doors; bring dinner; snacks and drinks provided**

11/13: CASTLE FUN CENTER; 10AM-4PM; \$40 CASH REQUIRED

The Castle Fun Center is a great place to jump and play all day! Featuring an indoor inflatable park & foam pit, as well as their own restaurant, we're sure to have a blast! \$15 inflatable jump park & \$10 Ball & foam pit; remainder recommended for lunch at Jester's Pub!

- ◆ **Enter at bus doors; lunch at Jester's Pub followed by 2.5 hours of inflatable obstacle courses and a 2-story ball & foam pit; wear socks and jump-friendly clothing! \$40 cash required**

11/16: THANKSGIVING PAINT & SIP @ ARC; 5:30-8:30PM

Cornucopias, fall leaves, and turkeys— let's use our creative side and paint some Thanksgiving themed paintings step-by-step! We'll share some apple cider and relax before the big Turkey day arrives!

- ◆ **Enter at bus doors; wear clothes you don't mind getting messy; bring dinner; snacks and drinks provided**

11/18: NOVEMBER BIRTHDAY BASH @ ARC; 5:30-9PM

Happy birthday to our members born in November, especially Richard & Brandon! Everyone is welcome to come celebrate with us, and no gifts are required!

- ◆ **Enter at bus doors; dinner (pizza & salad), snacks, and drinks provided**

11/19: GERMANIA CHRISTMAS MARKET; 11AM-4PM; \$ RECOMMENDED

Bring out your lederhosen, it's time to welcome the holiday spirit (albeit a little early...) with a quaint little German festival! Germania of Poughkeepsie is hosting "Christkindlmarkt", a traditional Christmas market with a variety of delicious German food and authentic holiday treats! Bring cash to purchase holiday food, gifts, and to participate in all of these festive activities!

- ◆ **Meet at Arc; dress for the outdoors; bring lunch or cash to purchase meal and art**

11/20: THANKSGIVING FAMILY POT LUCK @ ARC; 1PM-6PM; RSVP YOUR DISH!

Join us for a day of jubilee and feasting as we celebrate thanksgiving together. We encourage you to attend as a family and bring a dish to pass. Please RSVP with your dish, so we can avoid having 20 turkeys, but no mashed potatoes! We call HOMEMADE APPLESAUCE! Please check the RSVP line to see what dishes are still available– reservations are first-come first-serve!

- ◆ **Enter at bus doors; family members welcome; RSVP with a dish to share**

11/23: PUMPKIN BREAD BAKING & FIRE SAFETY @ ARC; 5:30-8:30PM

Nothing says fall time like PUMPKIN! Join us in baking some tasty dessert bread with enough to bring home & share with family! While we have the oven on, we'll review the best ways to keep ourselves safe and prepared for when fire can be a danger!

- ◆ **Enter at bus doors; bring dinner; snacks and drinks provided**

~~ HAPPY THANKSGIVING!!!! ~~

The Arc staff will be home celebrating with our loved ones on Thursday & Friday. Have a lovely couple days with family, everyone! We're so thankful to have your support this year!

11/26: HOLIDAY CARDS & WINTER CRAFT MAKING @ ARC; 2PM-6PM;

FESTIVAL OF LIGHTS PARADE @ ARC; 6PM-8:30PM; DRESS FOR OUTDOORS!

It's finally here– the time for winter holiday cheer! Let's make some holiday cards to send to family and friends near and far, as well as make some pretty snowflakes to decorate our space with!

Then, join us for the Festival of Lights parade in Lagrangeville from 6pm-8:30pm. **BE SURE TO DRESS FOR THE OUTDOORS!!**

- ◆ **CARDS & CRAFTS: Enter at bus doors, bring dinner, snacks and drinks provided**
- ◆ **PARADE: Enter at bus doors; DRESS FOR OUTDOORS**

11/27: DCC CRAFT FAIR + LUNCH @ DIMORAN PIZZA; 11AM-5PM; \$ REQUIRED

Creativity is key, food is fantastic, and nothing says, "Think Local" like going to our local community college craft fair! This annual craft fair hosts a variety of vendors and artists offering a wide array of holiday gifts, such as paintings, jewelry, clothing, and even snacks! But first, let's grab a slice of pizza at Dimoran Pizzeria! \$10 recommended for food; \$6 cash admission to Craft Fair required.

- ◆ **Meet at Arc; enter at bus doors; \$10 recommended for pizza; \$6 cash admission to craft fair; additional cash recommended for purchases**

11/30: YOGA & MEDITATION & SELF-ADVOCACY @ ARC; 5:30PM-8:30PM

Self-advocacy is a way for us to express what we need done, so come with your ideas and thoughts! We'll hold group discussions about your rights, as well as policies that affect you! This month's topic is the right to vote! Then we'll unwind with some yoga, meditation and snacks!

- ◆ **Meet at Arc, enter at bus doors, bring dinner, snacks and drinks provided.**

WINTER WEATHER PROTOCOL:

Please be advised, with winter conditions approaching, safety is our first concern.

Some activities may be canceled during inclement weather. We will update the Rec & Teen RSVP line as needed to communicate any changes. Cancellations, delays, and closings will also be reported:

FM		AM	
92.1	Q92	1260	WBNR
96.9/92.7	WRRV	1450	WKIP
93.3	Z93		
97.7	Mix		
100.7	WHUD		Websites
101.5	WPDH		www.iheartmediahv.com
104.7	WSPK		
107.3	WRWD		http://www.whud.com/stormcenter/
96.1	KISS FM		
94.3/97.3	The Wolf		HUDSONVALLEYCLOSINGS.COM

When Wind Chill Advisories are in effect please make sure your family member is dressed warmly— wear hats, gloves and a scarf (to cover mouth and nose from inhaling the cold air). If someone has respiratory issues, please consider keeping them home for the day.

If weather conditions change your RSVP, please notify us by calling the RSVP line or the Rec phone directly.

As always, please call with any questions— we're always happy to help!

The REC & TEEN Club

The Arc of Greater Hudson Valley

8 Industry Street

Poughkeepsie, NY 12603

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..... Christopher Schumacker
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Rec Club Assistant..... Casey Belcher
 cbelcher@arcghvny.org

Rec Club Assistant..... Yvette Bien-Aime
 ybien-aime@arcghvny.org

Rec Club Assistant..... Vacant

For information and reservations

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

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