



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

Micheal Niles (Michelle) Coordinator of At Home
Family Supports 845-471-8876 ext 22130 _
Please do not leave your RSVP on this ext.

OR

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



Frosty February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Happy Valentine's Day!</p>						
1		2	3	4	5	6
			Member Mtg on Zoom 5:30p-8:30p	Viper Fitness on Zoom 5:30p-8p	Super Bowl Party @ Arc/ Zoom 5:30p-9p	Valentine Wreath Mak- ing @ Arc 12p-5p
7	8	9	10	11	12	13
Valentine Card Making/ Arts & Crafts @ Arc 12p-5p			Self Advocacy on Zoom 5:30p-8:30p	Viper Fitness on Zoom 5:30p-8p	Karaoke/ Dance Party @ Arc/Zoom 5:30p-9p	Valentine Paint w/ Martika @ Arc 12p-5p
14	15	16	17	18	19	20
Sweetheart Dance Party @ Arc/Zoom 1p-5:30p			Circle of Friends on Zoom 5:30p-8:30p	Viper Fitness on Zoom 5:30p-8p	Karaoke/ Dance Party @ Arc./Zoom 5:30p-9p	Wooden Art Crafts @ Arc 12p-5p
21	22	23	24	25	26	27
Let's Speak Spanish @ Arc/ Zoom 12p-5p			Valentine Mushy Movie Night @ Arc 5:30p-8:30p	Viper Fitness on Zoom 5:30p-8p	Karaoke/ Dance Party @ Arc 5:30p-9p	Science Exper- iment Day @ Arc 12p-5p
28	<p>You must RSVP for ALL activities you would like to attend 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.</p>					
Game Day @ Arc 12p-5p						

February 2021 Rec Notes

Please note: Most Wednesday and Thursday activities are only being hosted on Zoom.

Viper Fitness on Zoom 02/04, 02/11, 02/18, 02/25

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

Karaoke Dance Party @ Arc/Zoom 02/12, 02/19, 02/26

We are going to have lots of fun singing karaoke and dancing the night away. Bring a list of your favorite songs and let's sing to one another.

Requirements: Bring your singing skills to the test and let's have some fun!

Valentine Weekend Crafts: 02/06, 02/07, 02/13

Let's get creative with some Valentine crafts. Want to make a card for your sweetheart? Or maybe decorate something nice for your front door for all neighbors to see? Come and join the fun!

Requirements: Your creative artistic ideas and your fun self!

Rec Notes February 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 February 2021 calendar. Some events are strictly offered on Zoom (password & ID listed on page 5), 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 ect.**
- 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.
- NO FOOD will be offered, staff will have water available if someone needs a drink.

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

THE REC and TEEN CLUB

The Arc of Dutchess

8 Industry Street

Poughkeepsie, NY 12601

Coordinator of At Home Supports..... Micheal Niles (Michelle)

(845) 471-8876 x22130

Rec Club Supervisor..... Martika Diaz

(845) 471-8876 ext 22186

Rec Club Assistant Alexandra Garcia

Rec Club Assistant.....

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

(For information and reservations)

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