

CALENDAR COVER DESIGN CONTEST

Submit your artwork for "Super September" 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 AUGUST 20TH!**

Artsy August

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This cover is for coloring!

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

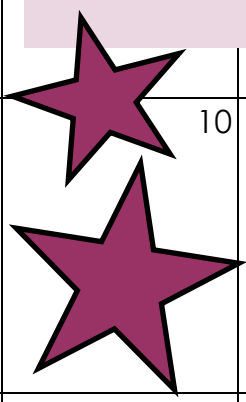
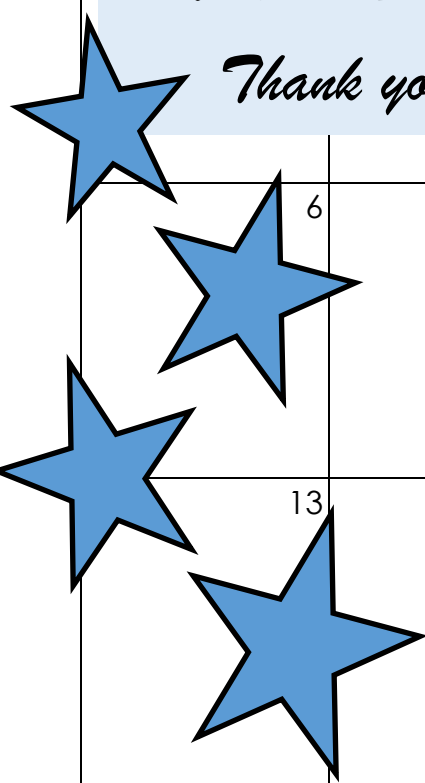
Emily (Em) Green-Swinnich,

Respite Coordinator

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

ARTSY AUGUST 2023

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>						
		1	2	3	4	5
<p><i>Welcome Dana & Sarah!</i> <i>Thank you Relief Staff!</i></p>				<p><i>Thank you for your patience as we train our new team!</i></p>		
	6	7	8	9	10	11
			Member Mtg + Tie-Dye @ Arc 5:30p-9p		Karaoke / Jam Session @ Arc 5:30p-9p	Poughkeepsie Riverfest \$ Recommended 11:30a-5p
	13	14	15	16	17	18
			Yoga & Meditation 5:30p-9p	Bowling @ Taft \$ Required 5:30-9p	Tie-Dye Dance Party @ Arc 5:30p-9p	Woodbury Commons \$ Recommended 10a-5p
	20	21	22	23	24	25
Bowdoin Park Field Day 10a-3p			Dine Around Town \$ Required 5:30p-9p	Bowling @ Taft \$ Required 5:30-9p	August Birthday Bash @ Arc 5:30p-9p	Zoom Flume \$35 admission due 8/19* 9am-7pm
	27	28	29	30	31	
Dutchess County Fair \$20 admission due 8/20 12p-6p			Self-Advocacy + Paint & Sip 5:30p-9p	Bowling @ Taft \$ Required 5:30-9p	Zoom Flume was rescheduled from June. Those who previously RSVP'ed and paid for their ticket get priority RSVP for this event. If you paid in June, do NOT pay again. Additional space <u>is</u> available.	



ARTSY AUGUST EVENT NOTES

08/09: MEMBER MEETING + TIE-DYE NIGHT @ ARC; 5:30-9PM

The time to plan is here– SUPER SEPTEMBER is near! Bring your ideas, requests, hopes, and dreams and we'll make our calendar together! Then, grab a white t-shirt and make it colorful at our TIE-DYE party!

- **Enter at bus doors; bring dinner; snacks and drinks provided; BRING A WHITE SHIRT TO DYE!**

08/11: KARAOKE / JAM NIGHT @ ARC; 5:30PM-9PM

Bring your instrument of choice and play, sing and JAM the night away! All instruments welcome!

- **Enter at bus doors; dinner (spaghetti dinner & salad), snacks, and drinks provided; all instruments welcome!**

08/12: POUGHKEEPSIE RIVERFEST; 11:30A-5P; \$ RECOMMENDED

Let's go to a festival down by the river! This park has views, rides, food, and more! Cash is recommended to cover any snacks or purchases.

- **Enter at bus doors; wear outdoor clothing; cash recommended for purchases**

08/16: YOGA & MEDITATION @ ARC; 5:30-9PM

Come find your Zen and your happy place with us at beginner's yoga! Participation in yoga is optional for those of you whose happy place involves crafting.

- **Enter at bus doors; wear exercise clothing; bring dinner; snacks and drinks provided**

08/17, 08/24, 08/31: SPECIAL OLYMPICS BOWLING @ TAFT AVE; 5:30-9PM

With summer coming, people will certainly be busy, but make sure you SPARE some time to go bowling! ALL ARE WELCOME!

- **Meet at Taft Ave. bring dinner/money to purchase, cash required for bowling: \$3 / game**

08/18: TIE-DYE DANCE PARTY; 5:30PM-9PM

Let's get GROOVY at this colorful dance! Wear your brightest tie-dye (or the one you made on August 9th!) and dance the night away!

- **Enter at bus doors; dinner (Garden Salad Bar), snacks, and drinks provided**

08/19: WOODBURY COMMONS; 10A-5PM

Let's do some window shopping at this beautiful outdoor mall, where the fashion options vary from Old Navy and Crocs to Tom Ford and Balenciaga! Bring money for lunch!

- **Enter at bus doors; dress for the outdoors and to do some walking; \$ recommended for lunch or purchases OR pack a lunch!**

08/20: FIELD DAY @ BOWDOIN PARK; 10A-3PM

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! Between kickball, water blasters, and wiffleball, we're going to have a blast!

- **Meet @ Arc; bring a cold lunch; snacks & drinks provided**

08/23: DINE AROUND TOWN; 5:30-9PM; \$ REQUIRED

Do you want to go to a diner? Olive Garden? Texas Roadhouse? Make a list of places you'd like to go, and we'll vote on places we enjoy! Bring money to cover your dinner!

- **Enter at bus doors, bring ideas on places to eat, and cash to purchase dinner**

ARTSY AUGUST EVENT NOTES

08/25: JULY BIRTHDAY BASH @ ARC; 5:30-9PM

Happy Birthday to our members born in August: Philip, Patrick, Nicky, Kaitlin, Martin, and Ashley! Everyone is welcome to come celebrate with us, and no gifts are required!

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

08/26: ZOOM FLUME; 9A-7P; \$35 ADMISSION DUE 8/19***

Get ready to slide down some slides, wade into the wave pool, and soak up the sun in the lazy river!

- **Meet at Arc, bring cold meals or cash to purchase, bring bathing suit, towel, and dry clothes!**

*****Zoom Flume was rescheduled from June. Those who previously RSVP'ed and paid for their ticket get priority RSVP for this event. If you paid in June, do NOT have to pay again. If you were on the original list and cannot attend, PLEASE LET US KNOW! Additional space IS available on a first-come first-serve basis.**

08/27: DUTCHESS COUNTY FAIR; 12P-6P; \$20 ADMISSION DUE 8/20

The wait is over— now it's Dutchess County's turn to have a fair! Please bring money if you wish to make any purchases and wear sunscreen and your walking shoes! Tickets are reserved online, so please provide us with your ticket money via check or money order by August 20th to reserve your spot!

- **Meet at Arc, enter at bus doors, \$20 admission due 8/20; ride wristband additional \$35 cash + cash for meals; wear walking shoes and sun screen**

08/30: SELF-ADVOCACY + PAINT & SIP @ ARC; 5:30-9PM

Bring topics you'd like to discuss on a day where we can let our voices be heard! The topic of the month is "The right to be as INDEPENDENT as possible!" Come chat and find out! Let's paint a scene and sip lemonade together on this Wednesday!

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



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..... Vacant

Rec Club Assistant..... Sarah Rokitowski
srokitowswkia@arcghvny.org

Rec Club Assistant Dana Tartaglia
dtartaglia@arcghvny.org

Rec Club Assistant..... Vacant

THANK YOU to our Relief Staff:

Peggy Ciulla, Neena Faucher, Alexandra Garcia, Chris Schumacker, Eli Dreilinger, Chris Burmeo, Michelle Englishby, Sara Spitz, Michael Fitzmaurice, Melissa Harris, Sarah Gonzalez, Kelia Johnson, Casey Belcher, Micheal Niles, Audrey Hubert, Jonita Biscardi

For information and reservations

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

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

**Arc Greater Hudson Valley
Rec & Teen Club**

A few friendly reminders.....

Please remember that REFUNDS / CREDITS are distributed on a QUATERLY basis.
PLEASE do not deduct a credit without attaching a credit voucher with your payment.
When using a partial credit, I will give you a new slip with your current credit balance.

Please remember you must call in your RSVP on the Rec or Teen Club voicemail line.

Mailing in a payment without RSVPing through the phone line will not place you on the Attendance List for the activity/activities of your choice.

PLEASE DO NOT SEND CASH- WE ONLY ACCEPT CHECKS/MONEY ORDERS!

Please drop off or mail in your check with one of the payment coupons below.

*Arc Greater Hudson Valley
8 Industry St.
Poughkeepsie, NY 12603
Attn: Rec and Teen Club*

**Arc Greater Hudson Valley
Rec & Teen Club**

PAYMENT COUPON FOR AUGUST 2023
PLEASE FILL OUT AND RETURN WITH PAYMENT

NAME: _____

Amount of check \$ _____

(Please make check out to ARC Greater Hudson Valley)

Please check the appropriate boxes for which activity/activities you are paying.

- 8/26: ZOOM FLUME: \$35 admission due 8/19
- 8/27: DUTCHESS CO FAIR: \$20 admission due 8/20

**Arc Greater Hudson Valley
Rec & Teen Club**

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