

Hello
November



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

Amanda Asare at 845-471-8876 ext 22176

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

Important Reminders!

Cancellation Policy Reminder: We understand that emergencies can arise. If you need to cancel an activity, please notify us at least **24 hours in advance** whenever possible. This allows us to adjust staffing appropriately based on confirmed participants. Please note: Once an activity is canceled, you may not attend later that same day. Cancellations made with less than 24 hours' notice will be considered a **no call/no show**, which we kindly ask you to avoid. Thank you!

Important Notice: If members are using any ride services such as Uber/Taxi etc. for drop off, please ensure members check in with a staff **PRIOR** to their ride leaving.

**You must RSVP for ALL activities you would like to attend by calling 845-471-8876
Ext. 22421.**

**IF YOU DO NOT RSVP, WE WILL
TURN YOU AWAY FROM PROGRAM.**

Important Reminders!

Fall has arrived! The weather will vary week to week, so please ensure you wear proper attire (sweatshirt, hat, etc.) and don't forget sunscreen for those especially sunny days!

In case of event cancelations, inclement weather, or other unforeseeable events, our agenda may change.

Some examples of potential back up plans are:

- Crafting (painting, drawing, etc.)
- Yoga and Meditation
- Going to the mall
- Karaoke
- New York Museum
- Movie Night
- Game Night
- Trivia
- Exploring local Art Galleries
- Puzzle Day

LET'S GET MOVING THIS MONTH!



GREEN VIPERS PHYSICAL FITNESS

HAVE YOU CONSIDERED
BEING PART OF

GREEN VIPERS



PHYSICAL FITNESS?



Whether you're new or
you've been with us a
while — come join the
fun and get moving!

**WE'RE KICKING OFF THE MONTH WITH
ENERGY, EXCITEMENT, AND EXERCISE!
JOIN US AS WE DIVE INTO PHYSICAL
FITNESS, WHERE IT'S ALL ABOUT:**

- ✦ Health & Wellness
- ✦ Fun & Friendly Competition
- ✦ Training for the Special Olympics!

Whether you're stretching, stepping, or sprinting — we're building strength, boosting confidence, and celebrating every victory together.

✦ Let's make this month powerful, positive, and full of movement!

Ready, Set, GO!

NOVEMBER 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1. Talent Show Practice 11a-6p
2. Gals and Guys Day-out 10:30a-4p	3.	4.	5. Member MTG & Yoga + Meditation 5:30p-9p	6. Physical Fitness 5:30p-9p	7. Glow in the dark Party 5:30p-9p	8. Thanksgiving Potluck 10:30a-6p
9. Palisades Center Mall 10:30a-5p	10.	11.	12. Self Advocacy @Arc 5:30p-9p	13. Bowling \$3.50/game 5:30p-9p	14. Friendsgiving Party 5:30p-9p	15. Talent Show Practice & Crafts Day 10:30a-6p
16. Paint & Movie day 11a-6p	17	18.	19. Dine Around Town 5:30p-9p	20. Bowling \$3.50/game 5:30p-9p	21. November Birthday Bash 5:30p-9p	22. Bowling Competition 8a-2p
23. Karaoke Jam + Ice Cream social 10:30a-6p	24.	25.	26. Talent Show Practice + Game Day 5:30p-9p	27.	28.	29. DCC Holiday Craft Fair \$7 admission at gate 9:30a-4p
30. Baking Day 12a-5p						



November Notes

11/1 Join us for Talent Show Practice! As we get closer and closer to the show, all members who are interested in participating are strongly encouraged to attend as many practices as they can. **Please bring food or eat prior to the event.**

11/2 Meet up with your fellow rec club members and decide on a day full of activities you want to do. **Please bring a packed lunch or money for food in addition to money for any purchases you would like to make.**

11/5 It's time to brainstorm ideas for our December calendar! Come to our member meeting to discuss how to make rec club better, followed by some calming guided yoga and meditation. **Please bring food or eat prior to the event.**

11/6 Join us for Physical Fitness! This special Olympics practice is full of movement, exercise, and strength building. Make sure to wear proper exercise-appropriate attire. **Please eat prior to event.**

11/7 Show off your bright self at this Glow in the Dark Party! **A light dinner will be served.**

11/8 Give thanks at our Thanksgiving Pot Luck! **Please RSVP which dish you intend to bring that day to contribute to our pot luck.**

11/9 Spend a day at the Palisades Center Mall, a 4-floor mall full of all your favorite food and shopping options. **Please bring food, or money for food, in addition to any purchases you wish to make.**

11/12 Join us for a Green Vipers Self Advocacy meeting where we talk about how to make our voices heard while discussing our rights and needs. **Please eat prior to the event or bring food.**

11/13. 11/20 The end of the Bowling Special Olympics season is here. Meet us at Spins Bowl in Poughkeepsie for our final 2 practices before the bowling competition. **Please bring food or money for food in addition to \$3.50 per game.**

11/14 Thanksgiving is right around the corner, so join us for our version of a Friendsgiving party! **A light dinner will be served.**

11/15 Join us for Talent Show Practice! As we get closer and closer to the show, all members who are interested in participating are strongly encouraged to attend as many practices as they can. We will also be doing some crafts! **Please bring food or eat prior to the event.**

11/16 Come for a chill day of painting and movie watching at the Arc. **Please eat prior to the event or bring food.**

11/19 Come together with your fellow members and decide on a restaurant. **Please bring money for food**

11/21 Celebrate your fellow members at the November Birthday Bash! **A light dinner will be served. Happy Birthday to: Jenna, James, Colin, Charlotte, Christopher and Brandon!!!**

11/22 Join us for the long-awaited Special Olympics Bowling Competition! Please wear your Green Vipers t-shirt and sweat pants. Please eat prior to the event. **Food will be available to purchase after the bowling competition. Transportation will be provided. Please be at the Arc no later than 8am.**

11/23 Join us at the Arc for a fun day full of karaoke jamming, and ice cream eating! **Ice cream will be provided but please bring a packed meal or eat prior to the event.**

11/26 Join us for a day full of talent and entertainment! We will be rehearsing for our upcoming Talent Show and we will have some fun with some games. As we get closer and closer to the show, all members who are interested in participating are strongly encouraged to attend as many practices as they can. **Please bring food or eat prior to the event.**

11/27, 11/28 There will be No Rec Club on the 27th or 28th. **Enjoy your Thanksgiving!**

11/29 Join us for a Holiday Craft Fair held at Dutchess Community College. Featuring over 100 vendors, there will be a variety of handmade pieces, perfect for your holiday shopping! **Please bring food or money for food in addition to money for any purchases you wish to make. Please bring \$7 cash for Admission at gate.**

11/30 Join us for a day of baking. Nothing's better than a freshly baked treat right out of the oven. **Please bring food or eat prior to the event.**

The REC & TEEN Club

The Arc of Greater Hudson Valley
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THANK YOU to our Relief Staff:

Kelia Johnson, Michelle Englishby, Sara Spitz, Melissa Harris, Natalie Rivera,
Emily Green-Swinnich, Vivian Josiah, Jaheim Paul, Ryan Savoy, Jillissa Morris,
Audrey Hubert, Mari Pellerito

For information and reservations

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

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