

# Jolly January 2021



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**



# Jolly January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>You must RSVP for <b>ALL</b> activities you would like to attend by calling <b>845-471-8876 ext 22421</b>. We reserve the right to turn you away without a reservation and/or not adhering to scheduled deadlines.</p>					<p>1 No Rec Club</p>	<p>2 Welcome 2021 Bash @ Arc/Zoom 1:30p-5:30p</p>
<p>3 Bring Your Own Puzzle Day @ Arc 12p-4p</p>			<p>6 Member Mtg @ Arc/Zoom 5:30p-8:30p</p>	<p>7 Viper Fitness @ Arc/Zoom 5:30p-8:30p</p>	<p>8 Karaoke/ Dance Part y @ Arc/Zoom 5:30p-9p</p>	<p>9 Bring Your Own Brunch/ Movie @ Arc 11am-4p</p>
<p>10 Paint w/ Martika @ Arc 12p-4p</p>	<p>11</p>	<p>12</p>	<p>13 Self Advocacy @ Arc/Zoom 5:30p-8:30p</p>	<p>14 Viper Fitness @ Arc/Zoom 5:30p-8:30p</p>	<p>15 Karaoke/ Dance Part y @ Arc/Zoom 5:30p-9p</p>	<p>16 Winter Dance Celebration @ Arc/Zoom 1:30p-5:30p</p>
<p>17 Let's Speak Spanish @ Arc 12p-4p</p>	<p>18</p>	<p>19</p>	<p>20 Circle of Friends @ Arc/Zoom 5:30p-8:30p</p>	<p>21 Viper Fitness @ Arc/Zoom 5:30p-8:30p</p>	<p>22 Brian Decker's Virtual Birthday 5:30p-9p</p>	<p>23 Wear Your Favorite Jersey Fiesta @ Arc 1:30p-5:30p</p>
<p>24 Winter Door Décor Craft @ Arc 12p-4p</p>	<p>25</p>	<p>26</p>	<p>27 Who Wants To Be A Millionaire @ Arc/Zoom 5:30p-8:30p</p>	<p>28 Viper Fitness @ Arc/Zoom 5:30p-8:30p</p>	<p>29 Karaoke/ Dance Party @ Arc/Zoom 5:30p-9p</p>	<p>30 Superhero Shindig @ Arc 1:30p-5:30p</p>
<p>31 DIY Winter Hat @ Arc 12p-4p</p>						

## January 2021 Rec Notes

January 1: Happy New Year's! No Rec Club; enjoy your day with the people close to you! :)

Karaoke/Dance Party 1/8, 1/15, 1/29: 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!

Saturday Parties 1/2, 1/16, 1/23, 1/30: Let's get creative and rock on beginning in the New Year. Show off your moves at these fun events and wear your stylish outfits to show off your friends.

Requirements: Bring your own DISPOSABLE lunch to have and your amazing self!

Viper Fitness @ Arc 1/7, 1/14, 1/21, 1/28: Come and get your exercise before the holidays. Don't miss out on great music and great energy!

Requirements: Please bring a bottled water, wear comfortable shoes.

# **Rec Notes January 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 January 2021 calendar. Some events are strictly offered on Zoom (password & ID listed on cover page), Some events are @ The Arc & will be available on Zoom, and some are just @ The Arc because we are going on a trip.

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 (attestations will be emailed in advance of Respite events/ or pick up can be arranged ahead of time)
- 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 this is all new.

# 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**