

CALENDAR COVER DESIGN CONTEST

Submit your artwork for "Awesome April" 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 FEBRUARY 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**

CRITICAL SHORT-STAFFING NOTICE:

Please be aware, until further notice:

- Activities are subject to staffing availability
 - If the activity is on the calendar, we have staff available at the time of publication; if staffing changes, we will alert families as soon as we can.
- We schedule staff based on the RSVPs we receive / anticipate receiving.
 - We may need to utilize a waitlist on our more popular events.
 - **If we are unable to accommodate you/are putting your loved one on the wait list, we will call and notify you.** If you do not hear from us, please plan on attending!
 - **If you are unable to make an event that you previously signed up for, please notify us ASAP.**
- Please be patient with us as we navigate through this critical short-staffing period.
 - We understand that families rely on respite services and we love that our members enjoy attending. We strive to be as reliable as possible, but we currently have significant limitations on capacity.
 - We apologize in advance for any last minute changes or disappointments, but we need to ensure everyone's safety above all else.

Short-staffing in our field is primarily due to the low wages that most Medicaid-funded positions in human services are facing. We ask that families consider signing this petition to lawmakers in Albany, asking for additional state funds to be allocated to service providers for people with I/DD. This only requires your name, email, and 5 minutes of your time, so please consider participating.

TYPE THIS LINK INTO YOUR BROWSER: <https://p2a.co/bTkYwB6>

Or Visit the Arc Greater Hudson Valley Facebook page for the link

On February 13th, Em & Day Services attended a rally at Albany's Capitol



Building to
ask for
increased
wages!



MARVELOUS MARCH 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
You must RSVP for ALL activities you would like to attend by calling 845-471-8876 ext 22421.				<u>SEE NOTES FOR DETAILS ON DEADLINES, ACTIVITIES, AND ADMISSION FEES!</u>		
			1 Member Meeting & Game Night @ Arc 5:30p-9p	2 Track & Field @ Spackenkill 5:30-6:30p Yoga & Meditation @ Arc 6:30p-9p	3 Under the Sea Dance @ Arc 5:30p-9p	4 St. Patrick's Parade & Dinner at Double O Grill \$ Required 11:30a-5p
5 Antoinette's Birthday Taco Fiesta @ Arc 1pm-4pm Karaoke & Jam Night @ Arc 4pm-7pm	6	7	8 Dine Around Town \$ Required 5:30p-9p	9 Track & Field @ Spackenkill 5:30-6:30p Mark's Birthday Bowling @ Fishkill Lanes \$ Required 6:30-9pm	10 March Birthday Bash @ Arc 5:30p-9p	11 Norwalk, Connecticut Mall (SoNo Mall) 10am-6pm
12 Spongebob the Musical + Brunch @ Eveready Diner \$10 admission due 3/1 + cash 11:30am-5pm	13	14	15 Soda Bread & Potato Pancakes @ Arc 5:30p-9p	6 Track & Field @ Spackenkill 5:30-6:30p St. Patrick's Day Crafting @ Arc 6:30-9p	17 St. Patrick's Day Party @ Arc 5:30p-9p	18 Trevor Zoo \$6 admission due 3/11 11a-4p
19 Brunch & Karaoke @ Arc 10am-2pm	20	21	22 DIY Pasta & Sauce @ Arc 5:30p-9p	23 Track & Field @ Spackenkill 5:30-6:30p Bowling @ Taft \$ Required 6:30-9p	24 Retro Dance Party @ Arc 5:30p-9p	25 Hope Rising Horse Farm & Lunch in Millerton \$ Required 10am-6pm
26 Woodbury Commons Trip \$ Recommended 10am-5pm	27	28	29 Self-Advocacy @ Arc 5:30p-9p	30 Track & Field @ Spackenkill 5:30-6:30p Bowling @ Taft \$ Required 6:30-9p	31 Spring Fling Dance @ Arc 5:30p-9p	

MARVELOUS MARCH EVENT NOTES

03/01: MEMBER MEETING & GAME NIGHT @ ARC; 5:30-9PM

The time to plan is here— Awesome April is near! Bring your ideas, requests, hopes, and dreams and we'll make our calendar together and play some video / board games (Uno, anyone?)!

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

03/02, 03/09, 03/16, 03/23, 03/30: TRACK & FIELD PRACTICE @ SPACKENKILL TRACK; 5:30-6:30PM

Track and field is back! Meet us at Spackenkill HS's Track and we'll get prepared for this season! Transportation available to activity after practice!

PLEASE NOTE: TIME TRIALS—4/15 @ Mahopac HS

WEST POINT GAMES—4/22 @ Shea Stadium.

ALL MEDICAL FORMS DUE 3/31

03/02: YOGA & MEDITATION @ ARC; 6:30-9PM

Bring your Zen and find 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**

03/03: UNDER THE SEA DANCE @ ARC; 5:30-9PM

Wear your craziest ocean-themed outfit and your dancing shoes for our Under the Sea Dance party! Chicken noodle soup & Caesar salad, chips, and drinks provided!

- **Enter at bus doors; dinner (Chicken noodle soup & Caesar salad), snacks and drinks provided**

03/04: ST. PATRICK'S PARADE @ WAPPINGERS & DINNER @ DOUBLE O GRILL 11:30AM-5PM; \$ REQUIRED

This outdoor parade has so much fun to offer! Music, costumes, floats, and so much more! The parade line-up starts at 12pm with kickoff at 1pm; after, we'll head up the road to the Double O Grill for an early dinner!

- **Enter at bus doors; bring money for dinner; DRESS FOR OUTDOORS**

03/05: ANTOINETTE'S BIRTHDAY TACO FIESTA @ ARC; 1PM-4PM;

KARAOKE & JAM NIGHT @ ARC; 4PM-7PM

Happy Birthday to Antoinette! This birthday fiesta features a taco bar, music, and fun times with friends— no gifts required! *After that, bring your instruments and/or karaoke requests to Arc for our next karaoke & jam night!*

- **FIESTA: Enter at bus doors; taco bar (taco shells/salad, meat, & toppings), snacks, and drinks provided**
- **JAM: Enter at bus doors; bring dinner; snacks and drinks provided**

03/08: DINE AROUND TOWN; 5:30PM-9PM; \$ REQUIRED

Do you want to go to a diner? Red Robin? Olive Garden? 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**

03/09: MARK'S BIRTHDAY BOWLING @ FISHKILL SCHNEIDERS LANES; 6:30-9PM; \$5/game

Happy Birthday to Mark! Let's celebrate with a bowling party! Cash required to pay for your games!

- **Enter at bus doors; bring dinner; cash required to pay for your games**

03/10: MARCH BIRTHDAY BASH @ ARC; 5:30-9PM

Happy birthday to our members born in January, especially Danielle, Mark, and Antoinette! Everyone is welcome to come celebrate with us, and no gifts are required!

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

03/11: NORWALK, CONNECTICUT MALL (SoNo MALL); 10A-6P; \$ RECOMMENDED

This mall looks FABULOUS! Located right near the Maritime Aquarium & Stew Leonard's in Norwalk, this mall features 3 levels of shopping along a picturesque Connecticut coast. Cash recommended for lunch or any purchases.

- Enter at bus doors; cash recommended for lunch or any purchases

03/12: BRUNCH @ EVEREADY DINER & SPONGEBOB THE MUSICAL @ FDR HS; 11:30AM-5:30PM; \$ REQUIRED + \$10 ADMISSION TICKET DUE 3/1

Who sings in a pineapple under the sea? Spongebob Squarepants– in the Musical put on at FDR High School. Before the musical at 2pm, we'll grab brunch at a staple of Hyde Park– the Eveready Diner! \$10 admission to the musical is due 3/1 and cash required for food.

- Enter at bus doors; cash required and \$10 admission due 3/1

03/15: IRISH SODA BREAD & POTATO PANCAKES @ ARC; 5:30PM-9PM

Baking soda is the magic ingredient in this traditional Irish bread! Once we're done making the soda bread, we'll start in on some savory potato pancakes! Wear clothes that you don't mind getting messy!

- Enter at bus doors; bring dinner; soda bread and potato pancakes provided

03/16: ST. PATRICK'S DAY CRAFTING @ ARC; 6:30-9PM

Erin Go Bragh! Join us for an evening of crafts and music suited for the holiday!

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

03/17: ST. PATRICK'S DAY PARTY @ ARC; 5:30PM-9PM

We'll be having plenty o' fun with this St. Patrick's Day party! In the spirit of St. Patty's Day, wearing green is strongly encouraged, or maybe even some gold, like the pot at the end of the rainbow!

- Enter at bus doors; turkey, gravy, mashed potatoes, and veggie dinner, salad, snacks, and drinks provided



03/18: TREVOR ZOO TRIP; 11AM-4PM; \$6 ADMISSION FEE DUE 3/11

The Trevor Zoo features endangered animals right in our backyard! This is one adventure you don't want to miss; \$8 admission fee due 3/11.

- **Enter at bus doors; pack a lunch; \$6 admission fee due 3/11**

03/19: BRUNCH & KARAOKE @ ARC; 10AM-2PM

Let's enjoy brunch with the Rec Club bunch! Eggs, sausage, pancakes, and toast with orange juice over some karaoke!

- **Enter at bus doors; brunch provided— you bring the music!**

03/22: DIY PASTA & SAUCE; 5:30PM-9PM

This recipe comes all the way from Italy! Watch a cooking special on making your own pasta, sauce, and garlic bread and put it into practice with us! Bring your appetite!

- **Enter at bus doors; dinner provided**

03/23 & 3/30: BOWLING @ TAFT AVE; 6:30PM-9PM

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**

03/24: RETRO DANCE PARTY @ ARC; 5:30PM-9PM

Lace up those dancing shoes, because it is time to get down with your bad self! Pizza, salad, snacks, and soda provided. Music requests and CDs are always welcome!

- **Enter at bus doors; spaghetti dinner, Caesar salad, garlic bread, drinks, and snacks provided.**

03/25: HOPE RISING HORSE FARM & LUNCH IN MILLERTON, NY; 10AM-6PM

Come learn about horses in Millerton, NY with our community partner— Hope Rising Farm!

- **Enter at bus doors, bring hiking shoes and cash for lunch**

03/26: WOODBURY COMMONS TRIP; 10AM-5PM; \$ RECOMMENDED

Versace!? Gucci!? Alexander McQueen!? And only 45 minutes away?! 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!**

03/29: SELF-ADVOCACY @ ARC; 5:30PM-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 use and manage money"— how do you make change? How do you plan a budget and stick to it? Come chat and find out!

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

03/31: SPRING FLING DANCE @ ARC; 5:30PM-9PM

Dress to impress at this flowery dance, featuring snacks, dinner, and dancing! Get ready to dance the night away with our friends!

- **Enter at production doors, dinner (Garden Salad Bar), 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 Vacant

Rec Club Assistant..... Vacant

Rec Club Assistant..... Vacant

THANK YOU to our Relief Staff:

Lailani Martinez, Alexandra Garcia, Chris Schumacker, Eli Dreilinger, Michelle Englishby, Sara Spitz, Sarah Gonzalez, Jen Barnes, Casey Belcher, Kelia Johnson, Micheal Niles, Audrey Hubert, Jonita Biscardi, & Neena Faucher

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 MARCH 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.

☐ **03/12: Spongebob the Musical @ FDR High School;
\$10 admission due 03/01**

☐ **03/18: Trevor Zoo Trip;
\$6 admission fee due 3/11**

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

PAYMENT COUPON FOR MARCH 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.

☐ **03/12: Spongebob the Musical @ FDR High School;
\$10 admission due 03/01**

☐ **03/18: Trevor Zoo Trip;
\$6 admission fee due 3/11**