

CALENDAR COVER DESIGN CONTEST

Submit your artwork for "Delightful December" 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 NOVEMBER 15TH!**

Nice November



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
FOR RSVPS: (845) 471-8876 ext 22421

NICE NOVEMBER 2023

Sun	Mo	Tue	Wed	Thu	Fri	Sat
You must RSVP for ALL activities you would like to attend by calling 845-471-8876 ext 22421.				IF YOU DO NOT RSVP, WE RESERVE THE RIGHT TO TURN YOU AWAY FROM PROGRAM. WHEN YOU DON'T RSVP, IT AFFECTS OUR STAFFING RATIO— SAFETY FIRST, RSVP!		
			1	2	3	4
			Member Meeting & TALENT SHOW AUDITIONS @ Arc 5:30p-9p	Physical Fitness @ Arc 5:30-7:30p Board/Video Game Night @ Arc 5:30pm-9pm	Favorite Color Dance @ Arc 5:30p-9p	Palisades Mall Day 10a-5p
5	6	7	8	9	10	11
Arlington Musical & Olive Garden \$25 Admission due 10/29 1p-8p		Walking Club @ Arc 5:30p-7:30p	TALENT SHOW @ Arc 5:30p-9p Yoga & Meditation @ Arc 5:30pm-9pm	Physical Fitness @ Arc 5:30-7:30p BINGO Night @ Arc 5:30pm-9pm	November Birthday Bash @ Arc 5:30p-9p	NYC Trip 10a-8p Brunch Crafts, & Vassar Art Museum 10a-3p
12	13	14	15	16	17	18
Dana's Disney Day @ Arc 10am-4pm		Walking Club @ Arc 5:30p-7:30p	TALENT SHOW @ Arc 5:30p-9p Paint & Sip @ Arc 5:30pm-9pm	Physical Fitness @ Arc 5:30-7:30p Martial Arts w/ Ralph @ Arc 5:30pm-9pm	Gobble Wobble Dance @ Arc 5:30p-9p	Thanksgiving Potluck @ Arc 12pm-5pm
19	20	21	22	23	24	25
Girls' / Guys' Day out @ Arc 10am-5pm		Walking Club @ Arc 5:30p-7:30p	TALENT SHOW @ Arc 5:30p-9p Baking Night @ Arc 5:30pm-9pm	Happy Thanksgiving!!!		DCC Craft Fair 1pm-4pm Holiday Spirit Festival \$25 admission due 11/18 4pm-9pm
26	27	28	29	30		
Brunch & Crafts @ Arc 10am-1pm Karaoke / Jam Session @ Arc 1pm-4pm		Walking Club @ Arc 5:30p-7:30p	TALENT SHOW @ Arc 5:30p-9p Self-Advocacy & Snacks 5:30p-9p	Physical Fitness @ Arc 5:30-7:30p Winter Crafts @ Arc 5:30pm-9pm		

NICE NOVEMBER EVENT NOTES

NOW OFFERING "BETWEEN PROGRAM" RESPITE!

On **Wednesdays-Fridays**, if you need respite services between the end of day services and the beginning of Rec Club, your loved one can spend the day with us!

From 2:30pm until Rec Club starts at 5:30pm, we have a staff available to watch movies, craft, chat, and jam out to some tunes!

If you find yourself rushing to get out of work to get your family member off the bus and then drive them back to Rec Club, we are here for you! Let us know on the RSVP line that you are interested in this service, and we will get you set up with us!

11/01: MEMBER MEETING & TALENT SHOW @ ARC: 5:30-9PM

Goodbye to frightful; let's plan something DELIGHTFUL! Bring your dinner, ideas and talents and we will make our calendar together! Then break into song and dance to show Em what you've got planned for this year's Musial Talent Show. The name of our original production will be revealed at a later date...

- **Enter at bus doors, bring dinner; be prepared to show the group what you plan to perform at the Talent Show this year!**

11/02, 11/09, 11/16, 11/30: PHYSICAL FITNESS @ ARC: 5:30-7:30PM

Calling all Green Vipers! If you are an athlete for our team, you should try our physical fitness season! There are 3 levels of difficulty, so everyone can participate and work on their strength and stamina in preparation for the 2024 season! Baseline skills required: sit-ups, speed walking, and jumping side to side.

- **Enter at bus doors; wear sneakers and exercise clothes; bring dinner**

11/02: BOARD/VIDEO GAME NIGHT @ ARC: 5:30PM-9PM

If being Physical Fit isn't your thing, or if you're looking for something to do until 9, we have just the thing for you! Video & board game night is as fun as you want to make it. We have games here, or your own personal consoles are welcome as well!

- **Enter at bus doors, bring dinner and any board/video games you'd like to play!**

11/03: FAVORITE COLOR DANCE @ ARC: 5:30-9PM

Come dressed in your favorite color for our COLOR DANCE! Let's party and eat some rainbows at the Garden Salad bar!

- **Enter at bus doors, dress in your signature color; dinner (garden salad bar), drinks, and snacks available.**

11/04: PALISADES MALL DAY: 10-5PM

Time to shop till we drop... or until it's time to go home for dinner. Come along with us and enjoy all the Palisades has to offer!

- **Enter at bus doors, pack a lunch or bring money to purchase; cash recommended for any purchases you want to make!**

11/05: ARLINGTON MUSICAL & OLIVE GARDEN: 1-8PM; \$25 ADMISSION FEE DUE 10/29

Time for dinner and a show! We will attend the Admiral Players production of *A Gentleman's Guide to Love and Murder* at 2pm and finish the night with Olive Garden! Time for Breadsticks & Broadway!

- **Enter at bus doors; cash for dinner required; \$25 admission fee due 10/29**

NICE NOVEMBER EVENT NOTES

11/7, 11/14, 11/21, 11/28: WALKING CLUB @ ARC; 5:30PM-7:30PM

Wear sneakers and your Green Viper gear because we're doing a winter REMIX of our WALKING CLUB! Plan for an indoor walk-a-thon with silly stations and pit stops to catch your breath! How many miles can you walk this month?! Let's have a friendly competition with our peers to see who walks the most!

- **Enter at bus doors, wear exercise clothes and walking shoes, eat dinner before arriving, water and FUN TIMES provided**

11/08, 11/15, 11/22, 11/29: TALENT SHOW PRACTICE @ ARC; 5:30PM-9PM

Come one, come all! Let's see those talents and get writing this year's musical talent show! All instruments and talents are welcome!

- **Enter at bus doors; bring dinner and your talent**

11/08: YOGA & MEDITATION @ ARC: 5:30-9PM

Come find your Zen at beginner's yoga!

- **Enter at bus doors, bring dinner, wear exercise clothes**

11/09: BINGO NIGHT @ ARC: 5:30-9PM

If being Physical Fit isn't your thing, or if you're looking for something to do until 9, we have just the thing for you! And BINGO was his name-o! Come test your luck with a fun game of BINGO! Prizes available for our winners!

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

11/10: NOVEMBER BIRTHDAY BASH @ ARC: 5:30-9PM

Get ready to dance and sing for our November Birthdays! Time to celebrate with pizza and a party! No gifts required! Happy Birthday to Richard, Matthew, Jenna, Brandon, Charlotte, James, CJ, as well as our staff Dana and Chris!!!

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

11/11: NYC TRIP; 10A-8PM; CASH REQUIRED; **SPACE LIMITED**

It's 11/11 and your wish came true! Let's go back to NYC! Our new staff Ralph has lived in NYC his whole life, and so he's going to give us the best of NYC in a day! Let's see the Statue of Liberty, have a Picnic Lunch at Battery Park, do some holiday shopping, and so, so much more!

- **Enter at bus doors; pack a picnic lunch; bring cash for any shopping and for dinner & a show at Ellen's Stardust Diner!**

SPACE IS LIMITED TO 6 MEMBERS; FIRST COME, FIRST SERVE

11/11: BRUNCH, CRAFTS AND VASSAR ART MUSEUM; 10AM-3PM

For those of you who prefer local, come have some brunch, make some crafts and visit the Vassar College's Art Museum, "The Frances Lehman Loeb Art Center."

- **Enter at bus doors; brunch (eggs, pancakes, and OJ) provided**

11/12 DANA'S DISNEY DAY @ ARC 10-4PM

Who's ready to have Ariel-y good time and do some magical crafts, sing some Disney karaoke and watch Disney movies?! Come celebrate our ~~Mermaid~~, I mean SUPERVISOR, Dana!

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

11/15: PAINT & SIP @ ARC: 5:30-9PM

Let's paint a FESTIVE FALL scene together!

- **Enter at bus doors, bring dinner; wear clothes you don't mind getting messy**

11/16: MARTIAL ARTS W/ RALPH @ ARC: 5:30PM-9PM

How does that song go? ... Everybody was KUNG-FU fighting! Ralph is a black belt in karate who has taught adaptive Martial Arts for many years! Come learn some moves from the Master!

- **Enter at bus doors; bring dinner; wear exercise clothes**

11/17: GOBBLE DANCE @ ARC: 5:30-9PM

Time to Gobble until you Wobble at this Thanksgiving dance!

- **Enter at bus doors, dinner (baked ziti), salad, snacks, and drinks provided**

11/18: THANKSGIVING POTLUCK @ ARC: 12-5PM

Come celebrate Thanksgiving with us at our annual potluck! Bring a dish and celebrate a holiday of gratitude with your Rec Club friends! We asked our staff what they're feeling grateful for this year; Sarah said, "my job, family and Big Time Rush;" Dana said, "my family, Rec Club, and books"; and Em said, "My husband, my dog, and finally having staff at Rec Club!" Come share your gratitude and dish together!

- **Enter at bus doors; RSVP with a dish to share (we call stuffing!) and come HUNGRY!**

11/19: GIRLS AND GUYS DAY OUT; 10-5PM; CASH RECOMMENDED

Let's go girls (and guys) and get ready for a day out! Meet at Arc and we will plan the day!

- **Enter at bus doors; pack a lunch or bring money to purchase; bring your ideas for a place to go; cash recommended for any purchases**

11/22: BAKING NIGHT @ ARC: 5:30-9PM

Nothing says fall like PUMPKIN SPICE! Come watch fall movies and bake a scrumptious pumpkin treat!

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

11/25: DCC CRAFT FAIR; 1-4PM & KEVIN MCCURDY'S HOLIDAY SPIRIT FESTIVAL 4-9PM; \$25 ADMISSION DUE 11/18

Jeepers Creepers— it's a double feature! Join us in the afternoon for DCC's annual craft fair and hit the holiday shopping season running. Then in the evening, join us for Kevin McCurdy's Holiday Spirit Festival!

- **CRAFT FAIR: Enter at bus doors; eat lunch before arriving; cash recommended for purchases;**
- **HOLIDAY SPIRIT FEST: DRESS FOR COLD WEATHER; \$25 admission for the Spirit Festival due 11/18**

11/26: BRUNCH AND CRAFTS; 10AM-1PM + KARAOKE/JAM NIGHT 1-4PM

Come join us for a morning of crafts and brunch; pancakes, eggs and orange juice! Then stick around for some jamming and karaoke performances! A day of music and fun!

- **Enter at bus doors, brunch provided; musical instruments welcome**

11/29: SELF ADVOCACY & SNACKS @ ARC: 5:30-9PM

The topic of the month is "The right to vote and the responsibility to learn about the candidates!"

****This is not a time to debate who's right or who's wrong****— this is about learning about the voting process and why it's important to have an opinion!

- **Enter at bus doors; 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..... Dana Tartaglia
dtartaglia@arcghvny.org

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

Rec Club Assistant..... Ralph Gonzalez
rgonzalez@arcghvny.org

Rec Club Assistant..... vacant

THANK YOU to our Relief Staff:

Peggy Ciulla, Neena Faucher, Alexandra Garcia, Kelia Johnson, Chris Bermeo,
Michelle Englishby, Melissa Harris, Sara Spitz, Casey Belcher, Kim Conte,
Micheal Niles, Audrey Hubert, Jonita Biscardi, Michael Fitzmaurice

For information and reservations

Rec. Club RSVP Line..... (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 by request.

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 NOVEMBER 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.

- 11/05: "A Gentleman's Guide to Love & Murder" \$25 admission due 10/29
- 11/25: HOLIDAY SPIRIT FEST; \$25 admission due 11/18

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

PAYMENT COUPON FOR DECEMBER'S HOLIDAY FORMAL DANCE
PLEASE FILL OUT AND RETURN WITH PAYMENT

NAME: _____

Amount of check \$50.00

(Please make check out to In-Flight, Inc.)

Sunday, December 17, 2023

12:30p-4p

Location: The Grandview in Poughkeepsie, NY

Cost: \$50 per person

Payment due no later than 11/1/2023

RSVP due ASAP



We are thrilled to announce the 17th Annual Holiday Formal!

Sunday, December 17, 2023

12:30p-4p

Location: The Grandview in Poughkeepsie, NY

Cost \$50 per person*