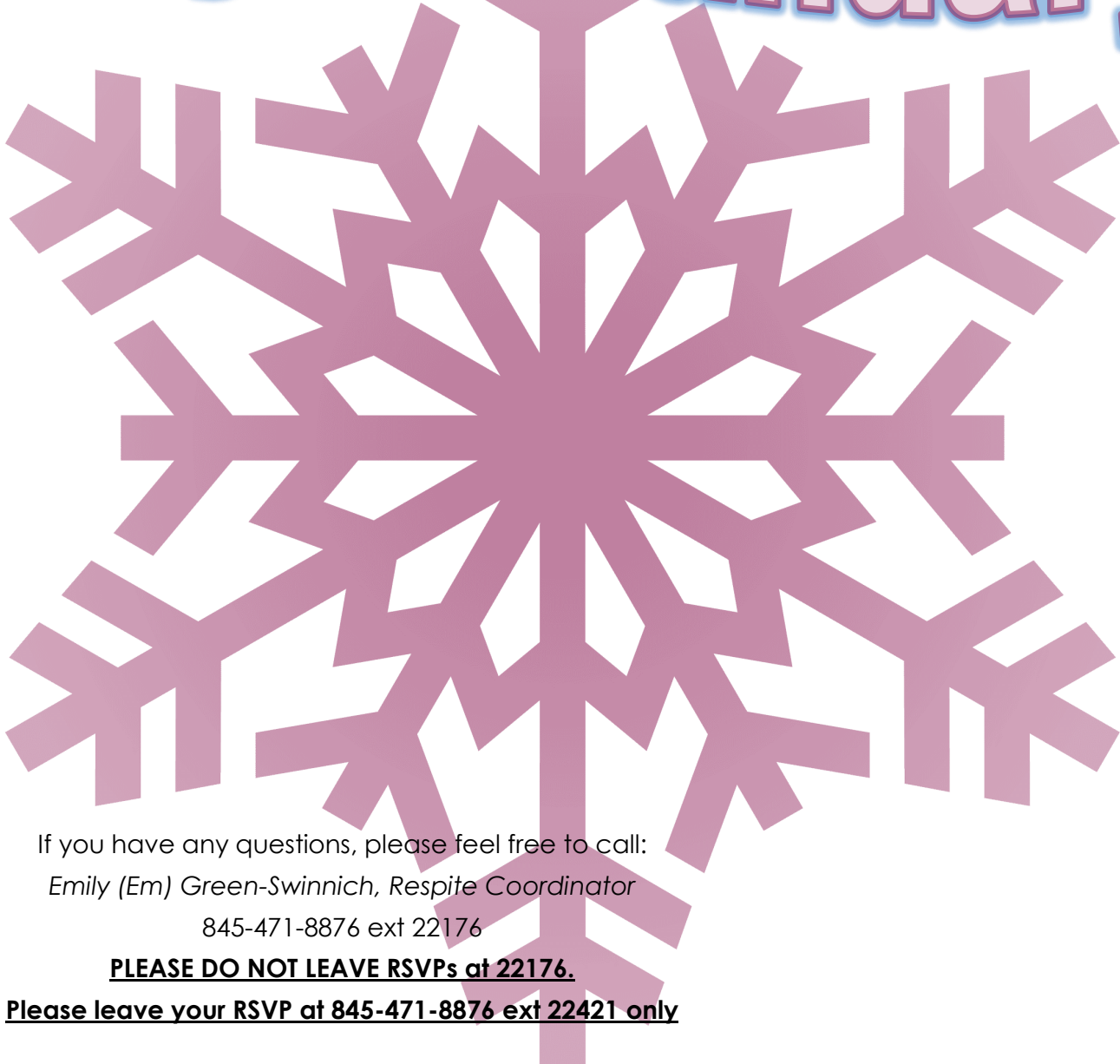


**CALENDAR COVER DESIGN CONTEST**

**Submit your artwork for “Fancy February”** 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 JANUARY 20TH!**

# Joyful January



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**

# JOYFUL JANUARY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>You must RSVP for ALL activities you would like to attend by calling 845-471-8876 ext 22421.</b></p>						
1	2	3	4 Member Meeting @ Chili's & Family Meeting @ Arc <b>\$ Required</b> 5:30p-9p	5 Basketball 5:30pm-7:30pm Open Mic/ Karaoke @ Arc 5:30p-9p	6 Welcome 2023 Party @ Arc 5:30p-9p	7 Girls & Guys Day Out <b>\$ Required</b> 12pm-8pm
8 Self-Care Sunday @ Arc 10am-2:30pm Swim Practice @ Marist 2:30pm-4:30pm Movies @ Arc 4:30pm-8pm	9	10	11 Bowling @ Taft <b>\$ Required</b> 5:30p-8p	12 Basketball 5:30pm-7:30pm Disney Trivia Night @ Arc 5:30-9pm	13 PJs & Pancakes Dance Party @ Arc 5:30p-9p	14 One Way to Beacon Day! <b>\$ Required</b> 10:30am-5pm
15 Brunch & Crafts @ Arc 10am-2:30pm Swim Practice @ Marist 2:30pm-4:30pm Baking @ Arc 4:30pm-8pm	16	17	18 Video Game Tournament @ Arc 5:30p-9p	19 Basketball 5:30pm-7:30pm Yoga & Meditation @ Arc 5:30-9pm	20 January Birthday Bash @ Arc 5:30p-9p	21 Maritime Aquarium <b>\$30 admission fee due 1/14</b> 10a-6pm
22 Board Game Tournament @ Arc 10am-2:30pm Swim Practice @ Marist 2:30pm-4:30pm Movies @ Arc 4:30pm-8pm	23	24	25 Self-Advocacy & Vision Board Crafting @ Arc 5:30p-9p	26 Basketball 5:30pm-7:30pm Paint & Sip Night @ Arc 5:30-9pm	27 Little Italy Dinner & Dance Party @ Arc 5:30p-9p	28 Snow-Tubing @ Windham Mountain <b>\$35 admission due 1/21</b> 10am-3pm Jam Night @ Arc 3pm-8pm
29 Brunch & Crafts @ Arc 10am-2:30pm Swim Practice @ Marist 2:30pm-4:30pm Science Experiments @ Arc 4:30pm-8pm	30	31	<p><b><u>SEE NOTES FOR DETAILS ON DEADLINES, ACTIVITIES, AND ADMISSION FEES!</u></b></p>			

# JOYFUL JANUARY EVENT NOTES

## 01/04: MEMBER MEETING @ CHILI'S; FAMILY MEETING @ ARC; 5:30-9PM; \$ REQUIRED

The time to plan is here– Fancy February is near! Bring your ideas, requests, hopes, and dreams and we'll make our calendar together over dinner at Chili's! Families are welcome to come to Arc and provide feedback and ask questions!

- **Enter at bus doors; bring cash to cover the cost of dinner**

## 01/05, 01/12, 01/19, 01/26: SPECIAL OLYMPICS BASKETBALL SKILLS; 5:30-7:30PM

Bring water and wear sneakers to Arc, and get pumped to participate in our basketball skills practices this year! All of our basketball players are welcome to attend the in-house activity after practice!

- **Meet at Arc; bring water and exercise appropriate clothing; location to be determined**

## 01/05: OPEN MIC/KARAOKE @ ARC; 5:30-9PM

Comedy, singing. Story-telling, dancing– all acts are welcome at this open mic/karaoke night!

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

## 01/06: WELCOME 2023 DANCE PARTY @ ARC; 5:30-9PM

Let's ring in the new year with a spaghetti dinner and our best dance moves!

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

## 01/07: GIRLS'/GUYS' DAY OUT; 12PM-8PM; \$ REQUIRED

Back by popular demand, it's Girls/Guys Day Out! Bring requests on places to go and money to spend on dinner with the Girls/Guys of Rec Club!

- **Enter at bus doors; bring lunch and money to purchase dinner**

## 01/08, 01/15, 01/22, 01/29: SPECIAL OLYMPICS SWIMMING PRACTICE @ MARIST; 2:30-4:30PM

Thanks to Marist College, we have access to a local indoor swimming pool! Get ready to prepare for competition in March with the Green Vipers and Hurricanes with Kathi Nolan!

- **Meet at Arc, bring swim suits, towel, and clothing to change into after practice**

## INTRODUCING: SENSORY SUNDAYS!

Rec & Teen Club is for everyone, including those members who need more site-based activities to feel comfortable attending. These Sunday mornings feature activities that are catered to ALL of our members, and especially to those who need calmer environments to feel welcome.

## 01/08: SELF-CARE SUNDAY @ ARC; 10AM-2:30PM ; MOVIES @ ARC; 4:30PM-8PM

Sundays are for manicures, face masks, and relaxation on this Self-Care Sunday! Come listen to spa music, relax, color, and have a restorative morning to start your week! Then, after swimming, come back and choose a movie to watch with your peers! You bring suggestions, we'll bring popcorn!

- **SELF-CARE SUNDAY: Enter at bus doors, bring lunch, snacks and drinks provided**
- **MOVIES: Enter at bus doors, bring dinner, snacks and drinks provided**

### **01/11: BOWLING @ TAFT; 5:30-8PM; \$ REQUIRED**

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; Meet at Taft, bring cash to pay for your games, plus dinner**

### **01/12: DISNEY TRIVIA NIGHT @ ARC; 5:30-9PM**

Come to Arc and quiz your Disney trivia knowledge! At the end of trivia, we'll watch a Disney movie of your choice! You bring your knowledge, we'll bring the popcorn!

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

### **01/13: PJs & PANCAKES DANCE PARTY @ ARC; 5:30PM-9PM**

Dress in your cutest PJs, because this party features pancakes, dancing, and singing!

- **Enter at bus doors, pancake dinner served plain, blueberry, or chocolate chip, with snacks and drinks, wear your PAJAMAS!**

### **01/14: ONE WAY TO BEACON DAY; 10:30AM-5PM; \$ REQUIRED**

Let's ride the rails down to Beacon for a day of walking, shopping, and merriment. Bring weather appropriate clothing, and money for any purchases and your train ticket! Beacon features many fun toy shops, boutiques, restaurants, bakeries, and chocolate shops!

- **Enter at bus doors; train departs PK station at 11am; bring money to purchase ticket, lunch, or any items we find along the way!**

### **01/15: BRUNCH & CRAFTS @ ARC; 10AM-2:30PM / BAKING NIGHT @ ARC; 4:30PM-8PM**

Let's enjoy brunch with the Rec Club bunch! Eggs, sausage, pancakes, and toast with orange juice over some sensory crafting— slime and rain tubes! Then come back at 4:30pm to bake some cookies!

- **BRUNCH & CRAFTS: Enter at bus doors; brunch provided; wear clothes you don't mind getting messy**
- **BAKING NIGHT: Enter at bus doors; bring dinner; snacks and drinks provided**

### **01/18: VIDEO GAME TOURNAMENT @ ARC; 5:30PM-9PM**

This game day features video games on our Wii Systems, Nintendo64, and any personal consoles you want to bring with you! Bring your competitive spirit and game with us!

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

### **01/19: YOGA & MEDITATION @ ARC; 5:30PM-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**

### **01/20: JANUARY BIRTHDAY BASH @ ARC; 5:30-9PM**

Happy birthday to our members born in January, especially Michael, Kara, Caroline, Brian, Pam and Kane! Everyone is welcome to come celebrate with us, and no gifts are required!

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

### **01/21: MARITIME AQUARIUM; 10AM-6PM; \$30 ADMISSION DUE 01/14**

Sharks, sting rays, and sea lions— OH MY! Let's go to Connecticut to enjoy an aquarium trip with the Rec & Teen Green Vipers.

- **Meet at Arc; enter at bus doors; bring cash for gift shop purchases and to purchase lunch; \$30 admission fee due 01/14**

### **01/22: BOARD GAMES @ ARC; 10AM-2:30PM / MOVIES @ ARC; 4:30PM-8PM**

This game day features board games, puzzles, and even a Rock, Paper, Scissor Tournament. Bring your competitive spirit and game with us! Then, after swimming, come back and choose a movie to watch with your peers! You bring suggestions, we'll bring popcorn!

- **BOARD GAMES: Enter at bus doors, bring lunch, snacks and drinks provided**
- **MOVIES: Enter at bus doors, bring dinner, snacks and drinks provided**

### **01/25: SELF-ADVOCACY & VISION BOARD CRAFTING @ 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 self-determination"—who do you want to be, what do you want to accomplish, and how do you get there? Your answer to all of these questions will be crafted into vision boards to inspire us during the coming year!

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

### **01/26: PAINT & SIP @ ARC; 5:30PM-9PM**

Let's use our creative side and paint some paintings step-by-step! We'll share some drinks and snacks to relax!

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

### **01/27: LITTLE ITALY DINNER & DANCE PARTY @ ARC; 5:30PM-9PM**

Mamma Mia! Let's enjoy some Pasta Faggioli and Caesar salad together before dancing the night away!

- **Enter at bus doors; Pasta Faggioli soup and salad served; snacks and drinks provided**

### **01/28: SNOW TUBING @ WINDHAM MOUNTAIN; 10AM-3PM; \$35 ADMISSION FEE DUE 1/21**

Dress like you're sledding down a mountain, because that's the plan on this fun-filled Saturday! Pack a lunch to eat before we leave, and then we're headed to Windham Mountain to spend the early afternoon snow tubing! Please wear snow pants, gloves, hat, and boots, (and whatever else you need to stay warm!) and come prepared for a day of winter fun!

- **Enter at bus doors; dress for the outdoors; \$35 admission fee due 1/21; bring cash to purchase lunch at the ski lounge**

### **01/28: JAM NIGHT @ ARC; 3PM-8PM**

It's another one of our popular karaoke jam night! Bring your song requests, instruments, and singing voice as we rock out to the tunes we love!

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

### **01/29: BRUNCH & CRAFTS @ ARC; 10AM-2:30PM / SCIENCE EXPERIMENT NIGHT @ ARC; 4:30-8PM**

Let's enjoy brunch with the Rec Club bunch! Eggs, sausage, pancakes, and toast with orange juice over some sensory crafting—slime and rain tubes! Then come back at 4:30pm to experiment with slime and volcanoes!

- **BRUNCH & CRAFTS: Enter at bus doors; brunch provided; wear clothes you don't mind getting messy**
- **SCIENCE EXPERIMENT NIGHT: Enter at bus doors; bring dinner; snacks and drinks provided**

## WINTER WEATHER PROTOCOL:

**Please be advised, with winter conditions approaching, safety is our first concern.**

Some activities may be canceled during inclement weather. We will update the Rec & Teen RSVP line as needed to communicate any changes. Cancellations, delays, and closings will also be reported:

<b>FM</b>		<b>AM</b>	
92.1	Q92	1260	WBNR
96.9/92.7	WRRV	1450	WKIP
93.3	Z93		
97.7	Mix		
100.7	WHUD		<b>Websites</b>
101.5	WPDH		<a href="http://www.iheartmediahv.com">www.iheartmediahv.com</a>
104.7	WSPK		
107.3	WRWD		<a href="http://www.whud.com/stormcenter/">http://www.whud.com/stormcenter/</a>
96.1	KISS FM		
94.3/97.3	The Wolf		HUDSONVALLEYCLOSINGS.COM

When Wind Chill Advisories are in effect please make sure your family member is dressed warmly— wear hats, gloves and a scarf (to cover mouth and nose from inhaling the cold air). If someone has respiratory issues, please consider keeping them home for the day.

If weather conditions change your RSVP, please notify us by calling the RSVP line or the Rec phone directly.

As always, please call with any questions— we're always happy to help!



**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 JANUARY 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.

- 01/21: Maritime Aquarium; \$30 admission due 1/14**
- 01/28: Snow Tubing @ Windham Mtn; \$35 admission fee due 1/21**



**Arc Greater Hudson Valley**

**Rec & Teen Club**

**PAYMENT COUPON FOR JANUARY 2023**

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Amount of check \$ \_\_\_\_\_

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