Submit your artwork for “Artsy August” 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 JULY 20TH!

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
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You must RSVP for ALL activities you would like to attend by calling 845-471-8876 ext 22421.
JOLLY JULY EVENT NOTES

07/01: STORMVILLE FLEA MARKET; 10A-4PM; $ RECOMMENDED
Bargains, bargains, everywhere! Come prepared for a day in the sun, enjoying all the vendors have to offer! Pack a cold lunch, or bring cash to purchase!
• Enter at bus doors; dress for outdoors & walking; $ required for any purchases and/or lunch

07/02: FIELD DAY @ BOWDOIN PARK; 10A-4PM
Get ready to enjoy the outdoors with the Green Vipers! Wear your Green Viper pride (sneakers preferred) and bring a cold lunch because we have so many fun outdoors experiences planned! Between kickball, water blasters, and wiffleball, we're going to have a blast!
• Meet @ Arc; bring a cold lunch; snacks & drinks provided

07/05: MEMBER MEETING + YOGA & MEDITATION @ ARC; 5:30-9PM
The time to plan is here— ARTSY AUGUST is near! Bring your ideas, requests, hopes, and dreams and we’ll make our calendar together! Then come find your Zen and 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

07/06, 07/13, 07/20, 07/27: SPECIAL OLYMPICS BOWLING @ TAFT AVE; 5:30-9PM
With summer coming, people will certainly be busy, but make sure you SPARE some time to go bowling! ALL ARE WELCOME!
• Meet at Taft Ave, bring dinner/money to purchase, cash required for bowling: $3 / game

07/07: LUAU DANCE PARTY @ ARC; 5:30PM-9PM
Aloha! Let’s get our hula on at this LUAU themed party! Wear your most colorful Hawaiian shirt and get ready to DANCE!
• Enter at bus doors; dinner (pulled pork sliders & salad), snacks, and drinks provided

07/08: MINNEWASKA & NEW PALTZ DAY; 9AM-7PM; $ REQUIRED
Hiking, swimming, shopping, and dinner over the river— what a fun day! Hiking & swimming at Minnewaska in the morning, picnic lunch at the park, then window shopping in the afternoon and walking around the college campus before grabbing dinner in town and heading home.
• Enter at bus doors; wear hiking clothes; bring bathing suits and towels if you’re interested in swimming; pack a cold lunch; $ required for dinner and/or for any purchases

07/09: ELEPHANT’S TRUNK FLEA MARKET; 10A-5PM; $3 CASH ADMISSION
Pack a lunch and come on adventure to the Elephant’s Trunk Flea Market in Connecticut! Cash required for any purchases. $3 cash admission required to enter market
• Enter at bus doors; wear outdoor clothing; pack a lunch; $3 cash admission required

07/09, 07/16, 07/23, 07/30: SPECIAL OLYMPICS SOFTBALL SKILLS @ FAITH ASSEMBLY; 5PM-6:30P
It’s softball season! Tag the bases, catch those grounders, and start the season with a strong swing in preparation for our season!
• Meet at Arc; transportation to and from practice available; wear sneakers and running clothes
JOLLY JULY EVENT NOTES

07/12: DINE AROUND TOWN; 5:30-9PM; $ REQUIRED
Do you want to go to a diner? Olive Garden? Texas Roadhouse? 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

07/14: DECADES DANCE PARTY @ ARC; 5:30-9PM
Let’s get GROOVY for this decades dance party! It’ll be totally RAD! Wear your most EPIC decades outfit and get ready to dance the night away, dude!
• Enter at bus doors; dinner (mac n cheese & salad), snacks, and drinks served; dress in your best Decade outfit!

07/15: DAY AT DUBOIS FARM; 12PM-5PM / RENEGADES GAME; 5PM-10PM; $10 ADMISSION DUE 7/1
Let’s go pet some farm animals and enjoy the sunshine! July is also a picking season for vegetables, so bring cash if you’d like to pick some produce to bring home. Pack a cold lunch or bring money to purchase lunch for our picnic! Then get ready for a baseball game at the Renegades Stadium, featuring end of night fireworks!
• FARM: Enter at bus doors; dress for the outdoors; pack a cold lunch or bring cash to purchase
• GAME: Enter at bus doors; dress for the outdoors in the evening; bring cash to purchase dinner; $10 admission due 7/1

07/16: HYDE PARK WALKING & PICNIC AT EM’S HOUSE; 10A-5PM
Arguably the most patriotic part of the Hudson Valley (but maybe I’m biased), come spend the day in the Historic Village of Hyde Park! Explore the grounds of President Franklin D. Roosevelt’s home, his wife Eleanor Roosevelt’s cottage at Valkill, and the Vanderbilt Mansion! Then stop by Em’s house for a picnic lunch and some yard games! Em also has a very nice dog (her name is Beatrice or “Bea”) so be prepared to pet her and throw a ball or two!
• Enter at bus doors; dress for walking outdoors; bring a picnic lunch; be prepared to be around a dog!

07/19: PAINT & SIP @ ARC; 5:30PM-9PM
Let’s paint a scene and sip lemonade together on this Wednesday!
• Enter at bus doors; wear clothes you don’t mind getting messy; bring dinner; snacks and drinks provided

07/21: JULY BIRTHDAY BASH @ ARC; 5:30-9PM
Happy Birthday to our members born in July: Dan, Amanda, and Sachit! Everyone is welcome to come celebrate with us, and no gifts are required!
• Enter at bus doors; dinner (pizza & salad), snacks, and drinks provided

07/22: AMERICAN DREAM MALL; 11AM-7PM; $ REQUIRED
This mall has EVERYTHING! While there are a lot of attractions to experience (a skiing slope, ice rink, water park, and amusement park inside a mall?!), Rec Club is going window shopping and sightseeing! Cash required for any purchases, plus extra to cover dinner.
• Enter at bus doors; wear walking shoes; bring cash for any purchases, plus additional for meals (lunch @ food court; dinner @ restaurant).
**07/23: MUSEUM @ BETHEL WOODS; 9A-5PM $20 ADMISSION DUE 7/16**
Let’s celebrate American Music History at the Museum at Bethel Woods! Pack a lunch and we’ll explore the grounds and the exhibits at this museum!
- Enter at bus doors; wear walking shoes; pack a lunch; $20 admission due 7/16

**07/26: SELF-ADVOCACY & TYE-DYE PARTY @ ARC; 5:30-9PM**
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 be as INDEPENDENT as possible!” Come chat and find out! Then, grab a white t-shirt and make it colorful at our TYE-DYE party!
- Enter at bus doors; bring dinner; healthy snacks and drinks provided; BRING A WHITE SHIRT TO DYE!

**07/28: HOLLY JOLLY JULY DANCE PARTY @ ARC; 5:30-9PM**
Let’s get Holly Jolly in July! We’ll be singing & dancing to carols, so come spread winter joy with our festive crew! Dinner and drinks will be served.
- Enter at bus doors, come wearing holiday outfits, dinner (spaghetti & salad) garlic bread, and dessert served with drinks

**07/29: NYC TRIP; 10A-8PM; $ REQUIRED**
Rec Club is taking the Big Apple by storm! We’re driving down to New York at 10am once everyone arrives, taking the subway to Rockefeller Center and Times Square. We’re going to walk, shop, and explore the city– 2 club members to 1 staff for extra safety. Bring money for any purchases (including subway tickets), as well as for dinner & a show at ELLEN’S STAR-DUST DINER!
- Meet at Arc, bring walking shoes, backpack, cash for subway & dinner, and a list of places you want to go! Places planned so far: Rockefeller Center & Times Square.

**7/30: KARAOKE / JAM NIGHT @ ARC; 1PM-5PM**
Bring your instrument of choice and play, sing and JAM the afternoon away! All instruments welcome!
- Enter at bus doors; snacks and drinks provided; all instruments welcome!
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@arcghvny.org

Rec Club Supervisor......................................... Sarah Rokitowski  
(845) 471-8876 x 22186  srokitowski@arcghvny.org

Rec Club Assistant.......................................... Dana Tartaglia  
(845) 471-8876 ext 22186  dtartaglia@arcghvny.org

Rec Club Assistant........................................... Vacant

Rec Club Assistant........................................... Vacant

THANK YOU to our Relief Staff:
Peggy Ciulla, Neena Faucher, Alexandra Garcia, Chris Schumacker, Eli Dreilinger, Chris Burmeo, Michelle Englishby, Sara Spitz, Michael Fitzmaurice, Melissa Harris, Sarah Gonzalez, Kelia Johnson, Casey Belcher, Micheal Niles, Audrey Hubert, Jonita Biscardi

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

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Arc Greater Hudson Valley
Rec & Teen Club

**PAYMENT COUPON FOR JULY 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.

- [ ] 7/15: RENEGADES GAME: $10 admission due 7/1
- [ ] 7/23: MUSEUM @ BETHEL WOODS: $20 admission due 7/16
Arc Greater Hudson Valley
Rec & Teen Club

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