

If you have any questions, please feel free to call: *Em Swinnich, Respite Coordinator*  
845-471-8876 ext 22176 or 845-475-4200  
**FOR RSVPs:** (845) 471-8876 ext 22421

# CRITICAL SHORT STAFFING NOTICE

Due to critical short staffing, we are not able to accommodate RSVPs made within 24 hours of an event; you will be put on a waitlist if you notify us same-day. If you arrive to an event without RSVPing, we will be turning you away.

If you are not able to make an event that you RSVPed for, please update us on the RSVP line. Frequently, we have families on waitlists who could have attended if another family notified us of their cancelation.

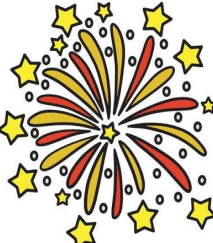
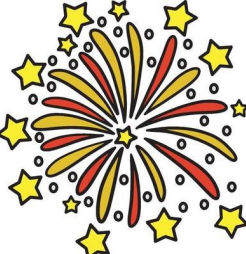

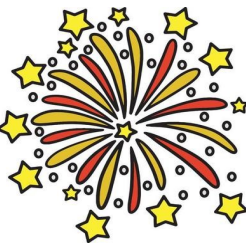
While we have an incredible relief list, we are also attempting to support almost 80 families **with only relief staff**. Please be fair to other families' needs for Respite Services and keep us updated about your change in plans!

- **RSVP more than 24hrs ahead of time.**
- **Call us to cancel your RSVP.**

**RSVP LINE:**

**(845) 471-8876 ext. 22421**

# JOLLY JULY 2024

Sun	Mo	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>				<p><b>IF YOU DO NOT RSVP, WE WILL TURN YOU AWAY FROM PROGRAM.</b></p>		
	1	2	3 Member Mtg & 4th of July Crafts @ Arc 5:30p-9p	4	5 HAPPY INDEPENDENCE DAY WEEKEND!	6 
7 	8	9	10 Dine Around Town <b>\$ Required</b> 5:30p-9p	11 Bowling @ Taft <b>\$ Required</b> 5:30p-8:30p	12 Neon Dance Party @ Arc 5:30p-9p	13 Lake Taghkanic Beach Day @ Arc 10am-3pm
14 	15	16	17 Video & Board Game Night @ Arc 5:30p-9p	18 Bowling @ Taft <b>\$ Required</b> 5:30p-8:30p	19 July Birthday Bash @ Arc 5:30p-9p	20 Zoom Flume <b>\$35 Admission due 7/6</b> 9am-7pm
21 	22	23	24 Paint & Sip Night @ Arc 5:30p-9p	25 Bowling @ Taft <b>\$ Required</b> 5:30p-8:30p	26 Holly Jolly July Dance @ Arc 5:30p-9p	27 Karaoke Jam Session & Ice Cream Social @ Arc 12pm-4pm
28 Bronx Zoo <b>\$40 Admission due 7/14</b> 9am-5pm	29	30	31 Self-Advocacy & Yoga & Meditation @ Arc 5:30p-9p			

# JOLLY JULY EVENT NOTES

Due to critical short staffing, we are no longer offering afternoon respite between 3pm-5:30pm. Thank you for your understanding and flexibility.

## 07/03: MEMBER MEETING & 4TH OF JULY CRAFTS @ ARC: 5:30PM-9:00PM

It's time to plan our AWESOME August calendar! Bring your hopes and requests as we plan together! Then get ready to celebrate AMERICA with some good, old fashioned DIY & Red White & Blue

- **Bring dinner or eat before you arrive; wear clothes you don't mind getting messy!**

## Happy Independence Day!

**Be sure to celebrate with your families this weekend!**

**No program 7/4-7/9**

## 07/10: 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 & a tip!

- **Bring ideas on places to eat, and cash to purchase dinner + leave a tip!**

## 07/11, 7/18, 7/25: BOWLING @ TAFT; 5:30PM-8:30PM; \$ REQUIRED

All are welcome to join us & enjoy a fun night at Taft Ave!

- **Meet at the bowling alley, bring dinner or \$ to purchase; bowling is \$3 a game.**
- **SPECIAL OLYMPICS REQUIREMENTS: no bumpers; print your scores & submit to staff weekly!**

## 07/12: NEON DANCE @ ARC; 5:30-9PM

Wear your craziest neon outfit for this party!

- **Dinner (Mac n Cheese) and drinks provided; wear your BRIGHTEST outfit!**

## 07/13: LAKE TAGHKANIC BEACH DAY; 10AM-3PM

Let's go to the Beach! Lunch options are limited, so we recommend you pack a lunch to picnic with us!

- **Bring bathing suit & towel; sunscreen, sunglasses, and hats recommended to avoid too much sun**

# JOLLY JULY EVENT NOTES

## 07/17: VIDEO/BOARD GAMES @ ARC; 5:30-9PM

Wii can't wait to game with you! Feel free to bring your own video/board games too!

- **Enter at bus doors; eat before arriving or bring dinner; personal consoles are welcome!**

## 07/19: JULY BIRTHDAY BASH @ ARC; 5:30-9PM

Happy Birthday to all of our members born in July, including Dan, Amanda, Qualeek, Devon and Austin! Come celebrate— no gifts required!

- **Dinner (pizza & salad) and drinks served**

## 07/20: ZOOM FLUME; 9AM-7PM; \$35 ADMISSION DUE BY 07/06

Get ready to slide down some slides, wade into the wave pool, and soak up the sun in the lazy river!

- **Meet at Arc, bring cold meals or cash to purchase, bring bathing suit, towel, and dry clothes; \$35 admission due by 7/6**

## 07/24: PAINT & SIP @ ARC; 5:30-9PM

Let's paint a scene together and enjoy some lemonade!

- **Bring dinner or eat before arriving; wear clothes you don't mind getting messy!**

## 07/26: HOLLY JOLLY JULY @ 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!

- **Wear a holiday outfit, dinner (spaghetti & salad) garlic bread, and dessert served with drinks**

## 07/27: KARAOKE/JAM SESSION @ ARC; 12PM-4PM

Let's sing some songs and jam! It's time for our Karaoke Jam party!

- **Bring lunch or eat before arriving; musical instruments welcome!**

## 07/28: BRONX ZOO; 9AM-5PM; \$40 ADMISSION DUE BY 07/14

Please wear walking shoes and your GREEN VIPERS gear to match your peers as we head to this beautiful zoo in NYC! Cash recommended for food, snacks, and gift shop, but you CAN bring your own meals into the park to enjoy at picnic benches throughout the zoo.

- **Enter at bus doors, wear Green Vipers gear and walking shoes, bring cash / meals, \$40 ticket fee due 7/14**

## 07/31: SELF-ADVOCACY & YOGA + MEDITATION @ ARC; 5:30-9PM

This month's topic is "The Right to Be Independent" and the responsibility to advocate for yourself! Join us for a discussion on what independence looks like to you! Then, come relax with Yoga & Meditation night!

- **Bring dinner or eat before you arrive; wear exercise clothes**

# 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..... Vacant

Rec Club Assistant..... Vacant

Rec Club Assistant ..... Vacant

Rec Club Assistant ..... Vacant

## THANK YOU to our Relief Staff:

Neena Faucher, Kelia Johnson, Sarah Rokitowski, Magnolia Garbarino, Michelle Englishby, Sara Spitz, Tosha Emerson, Casey Belcher, Vivian Josiah, Mari Pellerito, Audrey Hubert, Jonita Biscardi, Michael Fitzmaurice, Devon McArdle

### 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 & ONLY if you cancel before 72hrs of the event.

Please remember you must call in your RSVP on the Rec or Teen Club voicemail line. If you RSVP but do NOT submit payment by the deadline, we will cancel your RSVP.

**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 JULY 2024**

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.

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7/28: Bronx Zoo: \$40 Admission due 7/14

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