

Hello April



If you have any questions, please feel free to call:

Amanda Asare at 845-471-8876 ext. 22176

FOR RSVPS: (845) 471-8876 ext. 22421

Important Reminders!

Cancellation Policy Reminder: We understand that emergencies can arise. If you need to cancel an activity, please notify us at least **24 hours in advance** whenever possible. This allows us to adjust staffing appropriately based on confirmed participants. Please note: Once an activity is canceled, you may not attend later that same day. Cancellations made with less than 24 hours' notice will be considered a **no call/no show**, which we kindly ask you to avoid. Thank you!

Important Notice: If members are using any ride services such as Uber/Taxi etc. for drop off, please ensure members check in with a staff **PRIOR** to their ride leaving.

You must RSVP for ALL activities you would like to attend by calling 845-471-8876 Ext. 22421.

IF YOU DO NOT RSVP, WE WILL TURN YOU AWAY FROM PROGRAM.

Important Reminders!

Winter has arrived! The weather will vary week to week, so please ensure you wear proper attire (coat, hat, etc.)

In case of event cancelations, inclement weather, or other unforeseeable events, our agenda may change.

Some examples of potential back up plans are:

- Crafting (painting, drawing, etc.)
- Yoga and Meditation
- Going to the mall
- Karaoke
- New York Museum
- Movie Night
- Game Night
- Trivia
- Exploring local Art Galleries
- Puzzle Day



APRIL 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Track and Field Practice @ The Arc 5p-8p	2 Bowling @ Taft 5:30p-8:30p	3 Spring Fling Dance Party 5:30p-9p	4 Painted Gardens and Movies 10:30a-6p
5 Guys and Gals Day-Out 10:30a-6p	6	7	8 Track and Field Practice @ The Arc 5p-8p	9 Member Meeting and Trivia Night 5:30p-9p	10 80's Dance Party 5:30p-9p	11 Time Trials @ Mahopac High School 7:15a-3p
12 Norwalk Aquarium \$ 39.95 10:30a-6p	13	14	15 Track and Field Practice @ The Arc 5p-8p	16 Self-Advocacy + Yoga / Meditation @Arc 5:30p-9p	17 Earth Day Party 5:30p-9p	18 Karaoke and Jam Session 11:30a-5p
19 Game Day and Baking @ The Arc 11:30a-6p	20	21	22 Track and Field Practice @ The Arc 5p-8p	23 Dine Around Town 5:30p-9p	24 April Birthday Bash 5:30p-9p	25 Autism Walk and Lunch Out 10:30a-5p
26 Spring Games @WestPoint 7:15a-4p	27	28	29 Movies and Games Night 5:30p-9p	30 Bowling @ Taft 5:30p-8:30p		

4/1, 4/8, 4/15, 4/22 Join us as we wrap up the 2026 Athletics (Track and Field) season! Join us for practice here @ The Arc each Wednesday leading up to the time trials and Spring Games. Weather permitting, we will provide transportation to and from Union Vale Middle School to utilize their track. Please arrive at The Arc at 5pm, or meet us at the track at 5:45pm. We will notify folks prior to each practice if we intend on going to Union Vale for practice. **Please eat a healthy meal prior to practice, and don't forget a water bottle!**

4/2 Spare! Strike! Turkey! Join us for a night of bowling together @ Spins Bowl! **Please bring money for games (\$3.50 per), and dinner, or pack a meal. *Drop off and pick up @ Taft Ave Spins***

4/3 Join our party, there's plenty of room! Let's dance together as flowers bloom. Join us for a night of fun and dancing at our Spring Fling Dance Party. **A light dinner will be served. Members are welcome to bring desserts to share if they'd like. Desserts will not be provided.**

4/4 Capture the essence of spring as we paint beautiful gardens together, followed by some movies and popcorn to end the day. **Please bring a lunch or eat prior to the event.**

4/5 Bring your ideas of where you'd like us to go as we join our fellow members for Guys and Gals day out! **Please bring food, or money for food and any additional purchases you wish to make.**

4/9 Gather with us for our monthly member meeting as we bring our ideas for May's calendar together. Afterwards let's do some trivia! Come with your trivia ideas. **Please bring food or eat prior to the event. Members not in attendance of the member meeting are invited to call in event ideas to the rsvp line. We want to get your input!**

4/10 The music, the dancing, the vibes. Join us for our 80's party while we jam tunes from the era and dance the night away. **A light dinner will be served. Members are welcome to bring desserts to share if they'd like. Desserts will not be provided.**

4/11 The time trials are upon us! Track and field athletes, join us as we head to Mahopac High School for our time trials to get ready for the Spring Games! We will depart from The Arc @ 7:30am. Please arrive @ 7:15am so we can depart on time. **Please eat a healthy meal prior, and don't forget a water bottle! Please wear proper athletic attire for Special Olympics (sneakers, sweats, etc. NO JEANS)**

4/12 Water we doing? We're off to the aquarium! Join us for a trip to the Norwalk Maritime Aquarium in Connecticut as we see a variety of aquatic life together. Please RSVP for this event prior to Wednesday April 8th as we need to purchase the tickets in advance. **Tickets are \$39.95. Please bring money for food at the aquarium's café and for any additional purchases you wish to make.**

4/16 Join us for a meaningful discussion about self-advocacy and the importance of our rights. Bring whatever topics you'd like to discuss. Afterwards we'll do some relaxing meditation and yoga. **Please bring food or eat prior to the event.**

4/17 The grandeur of the oceans, the might of the mountains. Join us for a night of dancing as we celebrate our beautiful planet Earth together. **A light dinner will be served. Members are welcome to bring desserts to share if they'd like. Desserts will not be provided.**

4/18 Time to jam, time to sing. Let's see what karaoke can bring! Join us for a day of music together. **Please bring a lunch or eat prior to the event.**

4/19 Let's bake, let's play! Gather with us for a day of games and baking together. **We will have some baked goods together, but please make sure to bring a lunch or eat prior to the event.**

4/23 Bring your ideas and your appetite as you and your fellow members vote on a place to go for dinner. **Please bring money for food and gratuity.**

4/24 Let's get together and celebrate our members with April birthdays! Join us for a night of dancing and celebration. **A light dinner will be served. Members are welcome to bring desserts to share if they'd like. Desserts will not be provided.** Happy birthday to Carrie, Giancarlo, Steven, Kiersten, Ryan, Manny, Jonah, Aniello, and Luke!

4/25 Join us for this year's annual Hudson Valley Walk for Autism at James Baird Park! All members walk for free. Afterwards we'll decide on a place to have lunch out together. **Please bring money for lunch after the walk.**

4/26 The day of competition has arrived! Please arrive @ The Arc no later than for we will be departing for West Point by. Let's go Vipers! Please arrive @ The Arc at 7:15am. We will be departing no later than 7:30am to reach west Point on time for registration. **Please eat a healthy meal prior (bring light snacks if desired), and don't forget a water bottle! Please wear proper athletic attire for Special Olympics (sneakers, sweats, etc. NO JEANS)**

4/29 Get your game on, and your cinema! Join us for a fun night of playing games and watching movies together. **Please bring a meal, or eat prior to the event.**

4/30 Spare! Strike! Turkey! Join us for a night of bowling together @ Spins Bowl! **Please bring money for games (\$3.50 per), and dinner, or pack a meal. *Drop off and pick up @ Taft Ave Spins***

The Arc Greater Hudson Valley Check # _____

Rec & Teen Club ... Payment Coupon for the Month of April 2026

Please fill out and return with payment

Name: _____

Amount of Check \$ _____ (Please make check payable to The Arc Greater Hudson Valley)

Please check the appropriate box for which activity/activities you are paying for.

 **4/12/2026 – Norwalk Maritime Aquarium
(payment due by Wednesday 4/8/2026) \$39.95**

***Please note we only accept Check or Money Order**

Please note that all money for ticketed purchases are non-refundable as tickets are purchased in advance.

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 x 22115

cottaviani@arcghvny.org

Respite Coordinator..... Amanda Asare

(845) 471-8876 x 22176

aasare@arcghvny.org

Rec Club Supervisor..... Casey Belcher

(845) 471-8876 x 221860

cbelcher@arcghvny.org

THANK YOU to our Relief Staff:

Kelia Johnson, Michelle Englishby, Sara Spitz, Melissa Harris, Natalie Rivera,
Em Green-Swinnich, Vivian Josiah, Jaheim Paul, Ryan Savoy, Audrey Hubert,
Mari Pellerito, Caroline Oehl

For information and reservations

Rec. Club RSVP Line..... (845) 471-8876 x 22421

Rec Club Cellphone..... (914) 474-4525