



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



# Awesome April



# AWESOME APRIL 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 RESERVE THE RIGHT TO TURN YOU AWAY FROM PROGRAM. WHEN YOU DON'T RSVP, IT AFFECTS OUR STAFFING RATIO— SAFETY FIRST, RSVP!</b></p>			
	1	2 Track & Field Practice @ Overlook Park 5:30p-8:30p	3 Member Mtg & Spring Baking @ Arc 5:30p-9p	4 Bowling @ Taft <b>\$ Required</b> 5:30p-8:30p	5 Mismatch Dance @ Arc 5:30p-9p	6 Time Trials @ Mahopac HS 8am-2pm
7 Sensory Crafting & Movies 10am-4pm	8	9 Track & Field Practice @ Overlook Park 5:30p-8:30p	10 Dine Around Town @ Arc <b>\$ Required</b> 5:30p-9p	11 Yoga & Meditation @ Arc 5:30p-9p	12 April Birthday Bash @ Arc 5:30p-9p	13 Daily Planet & Spring Craft Fair <b>\$ Required</b> 10am-3pm
14 Ice Cream Social & Karaoke/ Jam @ Arc 12pm-4pm	15	16 Track & Field Practice @ Overlook Park 5:30p-8:30p	17 Spring Paint & Sip @ Arc 5:30p-9p	18 Mini Golf and Ice Cream <b>\$ Required</b> 5:30p-9p	19 Earth Day Dance @ Arc 5:30p-9p	20 Spring Games @ West Point 8am-4pm
21 Colors! Cast Party @ Arc <b>All are welcome!</b> 12-4pm	22	23 Walking on the Rail Trail 5:30-7:30	24 Self-Advocacy & Video and Board Game Night @ Arc 5:30-9pm	25 Green Viper Spring Season Party @ Arc 5:30-9pm	26 Country Dance @ Arc 5:30p-9p	27 Autism Walk at @ Baird 9am-2pm
28 Stormville Flea Market 10am-3pm	29	30 Walkway over the Hudson 5:30p-8p				

# AWESOME APRIL EVENT NOTES

## NOW OFFERING AFTERNOON 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 3:00pm until Rec Club starts at 5:30pm, we have a staff available to watch movies, craft, chat, and jam out to some tunes! YOU MUST RSVP FOR THIS SERVICE!** 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!

### 04/2, 04/9, 04/16: SPECIAL OLYMPICS TRACK & FIELD @ OVERLOOK PARK: 5:30PM-8:30PM

On your mark, get set, GO! Get ready for a new season of track and field. **Event practice is 5:30-7pm at Overlook Park; 7-8:30pm features special training from our team of coaches at Arc!**

- **Meet @ Overlook Park; transportation between Overlook & Arc provided; eat dinner before arriving; bring water and wear exercise clothing**

### 04/03: MEMBER MEETING AND SPRING BAKING @ ARC: 5:30PM-9:00PM

It's time to plan our May calendar! Come with your ideas and stay to make some Spring Rice Krispies Treats!

- **Enter at bus doors; bring dinner or eat before you arrive, dessert is offered**

### 04/04: BOWLING @ TAFT: 5:30PM-8:30PM; \$ REQUIRED

Back by popular demand, we're going bowling! Let's enjoy a fun night at Taft Ave!

- **Meet at the bowling alley, bring dinner or \$ to purchase; bowling is \$3 a game.**

### 04/05: MISMATCH DANCE @ ARC: 5:30PM-9PM

Put on your most bizarre outfit and join us as we welcome the new month, April Fools style! Wear as many patterns, colors and silly clothes as you can!

- **Enter at bus doors; dinner (baked ziti) & salad and drinks served! Dress in mismatch!**

### 04/06: TIME TRIALS @ MAHOPAC HS: 8:00AM-2:00PM

**Please arrive to Arc at 8am sharp**, so we can organize ourselves and make our way to Mahopac HS to do Time Trials! Please bring water, running shoes, and your Green Viper shirts!

- **Enter at bus doors; wear running shoes, sweatpants/running shorts and your Green Viper shirts— NO JEANS!!**

### 04/07: SENSORY CRAFTING & MOVIES @ ARC: 10AM-4PM

Interested in making slime? How about a DIY stress ball? Join us for a day of making crafts and watching movies! It will be a fun, laidback afternoon. We'll come up with some good options to watch and then take a vote!

- **Enter at bus doors; eat breakfast before you arrive; bring lunch; wear clothes you don't mind getting messy**

### 04/10: DINE AROUND TOWN: 5:30PM-9:00PM; \$ REQUIRED

Come ready to eat some good food at Dine Around Town! We'll vote on a restaurant and go out to a nice meal together!

- **Enter at bus doors; \$ required for dinner**

# AWESOME APRIL EVENT NOTES

## 04/11: YOGA & MEDITATION @ ARC: 5:30PM-9PM

It's time to relax and unwind and do some yoga! Join us as we stretch and meditate our worries away.

- **Enter at bus doors; bring dinner or eat before you arrive; wear exercise clothes!**

## 04/12: APRIL BIRTHDAY BASH @ ARC: 5:30PM-9PM

Happy Birthday to all of our members born in April, including Carrie, Giancarlo, Michael, Christina, Manny, Steven, Aniello, Luke, Jonnah, Kiersten, and Ryan!!

- **Enter at bus doors, dinner (pizza & salad) and drinks served**

## 04/13: DAILY PLANET & SPRING CRAFT FAIR @ ARC: 10AM-3PM

Meet us at Arc to join us for brunch at the Daily Planet diner and then the first craft fair of the season at Hawk Creek Montessori school on Overlook Rd!

- **Enter at bus doors; bring \$ to cover brunch + any purchases**

## 04/14: ICE CREAM SOCIAL & KARAOKE/JAM SESSION @ ARC; 12PM-4PM

Let's have some ice cream and sing some songs! It's time for our Karaoke Jam party!

- **Enter at bus doors; bring lunch or eat before arriving; ice cream provided; musical instruments welcome!**

## 04/17: SPRING PAINT & SIP @ ARC; 5:30PM-9PM

Bring out your pastel paints! It's time to decorate! We'll paint a SPRING scene together and enjoy snacks and sips!

- **Enter at bus doors; bring dinner (or eat before arriving); wear clothes you don't mind getting messy!**

## 04/18: MINI-GOLF & ICE CREAM: 5:30PM-9PM; \$ REQUIRED

Let's go play a round of mini-golf and treat ourselves to some ice cream when we're done!

- **Enter at bus doors; eat dinner before arriving; bring money for ice cream**

## 04/19: EARTH DAY DANCE @ ARC: 5:30-9PM

Let's celebrate our beautiful planet by wearing green and blue! We will be making 'dirt cups' for dessert!

- **Enter at bus doors; wear green & blue, dinner (Garden Salad Bar), drinks, & dessert (dirt cups: chocolate pudding, gummy worms and Oreos) served!**

## 04/20: SPRING GAMES @ WEST POINT: 8AM-4PM

Get ready for a return to the West Point spring games! Please meet us at Arc at 8am SHARP with your sneakers, water, and Green Viper gear! Pick up @ Arc is estimated to be 4pm.

- **Meet at Arc @ 8am at bus doors, registration @ West Point is from 9am-9:45am, family may attend, bring a shared dish for team picnic or provide your own lunch; if you are driving separately, please let us know with your RSVP.**

## 04/21: COLORS CAST PARTY @ ARC: 12PM-4PM; ALL ARE WELCOME!

Let's take a trip back into Color Land and celebrate our hard work! We will watch the show and decorate our cast t-shirt together over some lunch & desserts!

- **Enter at bus doors; lunch, snacks, drinks, and desserts provided, all are welcome!**

# AWESOME APRIL EVENT NOTES

## 04/23: WALKING ON THE RAIL TRAIL: 5:30PM-7:30PM

Track & field season might be over, but we should always stay active! Wear sneakers and your Green Viper gear because weather permitting, we'll hit the rail trail for some relaxing walking!

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

## 04/24: SELF-ADVOCACY & VIDEO/ BOARD GAME NIGHT @ ARC: 5:30PM-9PM

April is all about the right to privacy! We'll discuss the right to keep our information private, have privacy from friends/partners, and how to respect the privacy of others! Then come join us for a night of fun! We will set up our Wii and play board games! You are welcome to bring your own games too!

- **Enter at bus doors; bring dinner (or eat dinner before arriving); board games/personal consoles are welcome!**

## 04/25: GREEN VIPER PARTY @ ARC: 5:30PM-9PM

Two, four, six, eight– who do we appreciate? The GREEN VIPERS! Come celebrate an amazing four months of hard work with Basketball & Track & Field together! We'll revisit our competition & practices and plan for our next season!

- **Enter at bus doors; wear your Green Vipers shirt; pizza & salad provided**

## 04/26: COUNTRY DANCE @ ARC: 5:30-9PM

Yee Haw! It's time for another country dance! Wear your favorite country outfit and get ready to line dance.

- **Enter at bus doors; dinner (pulled pork sliders) salad, and drinks provided**

## 04/27: AUTISM WALK @ BAIRD PARK: 9AM-2PM

Let's go support our friends with autism by walking at Baird Park! There will be entertainment (featuring our own musician Evan!), food trucks, raffles and more! Bring your walking shoes!

- **Enter at bus doors, wear exercise clothes and walking shoes, \$ recommended for lunch/purchases (or pack a lunch)**

## 04/28: STORMVILLE FLEA MARKET: 10AM-3PM; \$ REQUIRED

Look at this stuff– isn't it neat? It's time to shop and have a treat at the Stormville Flea! Be sure to budget your money between trinkets and snacks!

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

## 04/30: WALKWAY OVER THE HUDSON: 5:30PM-8PM

Let's get some exercise with a view! Come join us for a walk across the Hudson River.

- **Enter at bus doors; eat dinner before arriving; wear sneakers and dress for the outdoors!**

# 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..... Sarah Rokitowski  
srokitowswki@arcghvny.org

Rec Club Assistant..... Dana Tartaglia  
dtartaglia@arcghvny.org

Rec Club Assistant ..... Vacant

Rec Club Assistant ..... Vacant

## THANK YOU to our Relief Staff:

Peggy Ciulla, Neena Faucher, Kelia Johnson, Chris Bermeo, Michelle Englishby, Melissa Harris, Sara Spitz, Tosha Emerson, Casey Belcher, Stephen Sanchez, Vivian Josiah, Angie Hall, 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