

## CALENDAR COVER DESIGN CONTEST

**Submit your artwork for “Jammin’ June”** 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 MAY 23RD!**



This cover is for coloring!

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

# CRITICAL SHORT-STAFFING NOTICE:

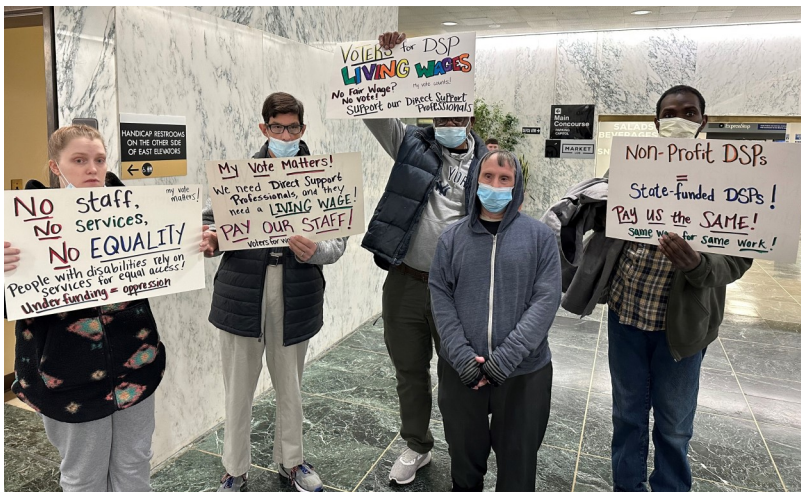
**Please be aware, until further notice:**

- Activities are subject to staffing availability
  - If the activity is on the calendar, we have staff available at the time of publication; if staffing changes, we will alert families as soon as we can.
- We schedule staff based on the RSVPs we receive / anticipate receiving.
  - We may need to utilize a waitlist on our more popular events.
  - **If we are unable to accommodate you/are putting your loved one on the wait list, we will call and notify you.** If you do not hear from us, please plan on attending!
  - **If you are unable to make an event that you previously signed up for, please notify us ASAP.**
- Please be patient with us as we navigate through critical short-staffing.
  - We understand that families rely on respite services and we love that our members enjoy attending. We strive to be as reliable as possible, but we currently have significant limitations on capacity.
  - We apologize in advance for any last minute changes or disappointments, but we need to ensure everyone's safety above all else.

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Short-staffing in our field is primarily due to the low wages that most Medicaid-funded positions in human services are facing. We ask that families consider signing all petitions possible to lawmakers in Albany, asking for additional state funds to be allocated to service providers for people with I/DD. This only requires your name, email, and 5 minutes of your time, so please consider partic-

ipating.



On March 22nd, Em & Day Services attended a rally at Albany's Legislative Building to ask for increased wages! Thanks to all who signed the letters thus far! More to come!! :)

# MAGICAL MAY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>You must RSVP for ALL activities you would like to attend by calling 845-471-8876 ext 22421.</b>						
	1	2	3 Member Mtg & Mini-Golf <b>\$ Required</b> 5:30p-9p	4 Post-Track & Field Family Party @ Arc 5:30p-9p	5 Cinco De Mayo Fiesta @ Arc 5:30p-9p	6 Walkway, Dinner, & Kentucky Derby Day <b>\$ Required</b> 1p-7p
7 Elephant's Trunk Flea Market <b>\$3 cash admission</b> 9a-2p	8	9	10 Mother's Day Crafts @ Arc 5:30p-9p	11 Yoga & Meditation @ Arc 5:30-9p	12 Flower Power Party @ Arc 5:30p-9p	13 Howe's Cavern <b>\$30 admission due 5/6 + cash</b> 10a-8p
14 Happy Mother's Day!	15	16	17 Dine Around Town <b>\$ Required</b> 5:30p-9p	18 Video / Board Game Night @ Arc 5:30p-9p	19 Ice Cream Social @ Arc 5:30p-9p	20 Renegades Game <b>\$10 admission due 5/6</b> 3p-8p
21 Brunch & Crafts + Evan's Jammin' Birthday @ Arc 9a-1p + 1p-5p	22	23	24 Summer Paint & Sip @ Arc 5:30p-9p	25 Bowling @ Taft <b>\$ Required</b> 5:30-9p	26 May Birthday Bash @ Arc 5:30p-9p	27 Bronx Zoo <b>\$40 admission due 5/13</b> 10a- 6p
28 Memorial Day Picnic @ Bowdoin Park 9am-2pm	29	30	31 Self-Advocacy & Fire Safety @ Arc 5:30p-9p	<b><u>SEE NOTES FOR DETAILS ON DEADLINES, ACTIVITIES, AND ADMISSION FEES!</u></b>		



# **MAGICAL MAY EVENT NOTES**

## **05/03: MEMBER MEETING & MINI-GOLF @ DC SPORTS; 5:30-9PM; \$ REQUIRED**

The time to plan is here– JAMMIN' JUNE is near! Bring your ideas, requests, hopes, and dreams and we'll make our calendar together!

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

## **05/04: TRACK & FIELD POST-SEASON PARTY @ ARC; 5:30-9PM; FAMILIES WELCOME!**

Congratulations to all of our athletes who participated in Special Olympics at West Point this year! This party is to celebrate our athletes, their families, and all of our hard work! **ALL are welcome—including families!**

- **Enter at bus doors; pizza, snacks, and drinks provided; wear clothes you don't mind getting messy for crafts and tie-dye!**

## **05/05: CINCO DE MAYO FIESTA @ ARC; 5:30-9PM**

This is NACHO typical party! Come celebrate Cinco de Mayo with us with some homemade ultimate nachos and fake margaritas! We'll dance, relax, and enjoy!

- ♦ **Enter at bus doors; meat/cheese ultimate nachos, snacks, and drinks provided.**

## **05/06: WALKWAY OVER THE HUDSON & PALACE DINER + KENTUCKY DERBY WATCH & CRAFTS; 1PM-5PM + 5PM-7PM; \$ REQUIRED**

Yee-Haw! You better SADDLE UP because the Green Vipers are off to the races! Let's trot our ponies out over the Walkway Over the Hudson, fuel up at the Palace Diner, and then watch the race with us at 7pm sharp! Color and name your own horse over snacks!

- **Enter at bus doors; wear outdoors clothing; bring cash for dinner; snacks and drinks provided**

## **05/07: ELEPHANT'S TRUNK FLEA MARKET ; 9AM-2PM; \$3 CASH ADMISSION REQUIRED**

It's Flea Market Season!!! Entry to Elephant's Trunk is \$3 cash only, so please bring enough to cover your admission as well as any food or drinks you wish to purchase (or bring your own!) Please dress weather appropriate!

- **Meet at Arc, enter at bus doors, bring \$3 cash entry, additional for purchases/food or bring a lunch**

## **05/10: MOTHER'S DAY CRAFTS @ ARC; 5:30-9PM**

Mothers do so much for us all year round– the least we can do is create some crafts to thank them! While the crafts we're planning are a secret, the love for our moms never is <3

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

## **05/11: YOGA & MEDITATION @ ARC; 5:30-9PM**

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**

## **05/12: FLOWER POWER DANCE PARTY @ ARC; 5:30PM-9PM**

April showers bring these May flowers out to dance! Wear your brightest for this festive and groovy party!

- **Enter at bus doors, dinner (Garden Salad Bar), snacks, and drinks provided.**

# **MAGICAL MAY EVENT NOTES**

## **05/13: HOWE'S CAVERN; 10A-8PM; \$30 ADMISSION DUE 05/06 + CASH**

Come with us for our next day trip to Howe's Cavern. We'll grab lunch, and then head over for our tour: "Your 90 minute journey begins in Lester Howe's above ground study where Howe himself will regale you with the story on how he discovered this great cave system. Your guide will then lead you down (in an elevator) to The Vestibule where your journey continues. Travel through the enormous main cavern, immense galleries and under huge boulders which hang precariously overhead." After, we'll head back to Poughkeepsie and grab dinner at Olive Garden!

- **Enter at bus doors; bring lunch or money to purchase at Wendy's; walking shoes and a light jacket for this trip; cash required for lunch and dinner or any purchases**

## **05/17: DINE AROUND TOWN; 5:30-9PM; \$ REQUIRED**

Do you want to go to a diner? Red Robin? Chili's? 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**

## **05/18: VIDEO/BOARD GAME NIGHT @ ARC; 5:30-9PM**

Uno, Trouble, Sorry! So many options for this combination video & board game night! Personal consoles welcome (Switch, Gameboy, etc).

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

## **05/19: ICE CREAM SOCIAL @ ARC; 5:30-9PM**

I scream, you scream, we all scream for ice cream ! Put on your dancing shoes, and save some room for a sundae!

- **Enter at bus doors, dinner (Spaghetti & salad), drinks, and ICE CREAM provided.**

## **05/20: RENEGADES GAME; 3PM-8PM; \$10 ADMISSION DUE 05/06**

Enjoy the All-American sport of baseball together! Come prepared with baseball mitts and a sweatshirt in case of cold weather!

- **Enter at bus doors, \$10 coupon due 5/13, cash recommended for dinner / bring dinner**

## **05/21: BRUNCH & CRAFTS + EVAN'S JAMMIN' BIRTHDAY @ ARC; 9AM-1PM + 1PM-5PM**

Happy Birthday to Evan! From 9am-1pm, we have brunch and crafts (brunch is pancakes, eggs, sausage, and toast). From 1pm-5pm, we have a Karaoke/Jam Night planned to celebrate Evan's birthday.

- **Enter at bus doors; brunch (pancakes, eggs, sausage, toast) served until 1pm, snacks and drinks served**

## **05/24: SUMMER PAINT & SIP @ ARC; 5:30PM-9PM**

Here comes the sun! Let's paint a summer 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**

## **05/25: BOWLING @ TAFT AVE; 5:30PM-9PM**

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**

**05/26: MAY BIRTHDAY BASH @ ARC; 5:30-9PM**

Happy birthday to our members born in May, especially Anna, Stephen, Evan, and Aneri! Everyone is welcome to come celebrate with us, and no gifts are required!

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

**05/27: BRONX ZOO TRIP; 10A-6PM; \$40 ADMISSION DUE 5/13 + CASH**

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 5/13**

**05/28: MEMORIAL DAY PICNIC @ BOWDOIN PARK; 9A-2PM**

Get ready to enjoy the outdoors with the Green Vipers! Bring a cold lunch because we have so many fun outdoors experiences planned! Between kickball, water balloons, and wiffleball, we're going to have a blast!

**05/31: SELF-ADVOCACY @ 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 PRIVACY"—what is privacy? What things should be private? How do we protect our privacy? Come chat and find out!

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



# 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..... Vacant

Rec Club Assistant..... Vacant

Rec Club Assistant..... Vacant

Rec Club Assistant..... Vacant

## THANK YOU to our Relief Staff:

Lailani Martinez, Alexandra Garcia, Eli Dreilinger, Chris Burmeo, Sara Spitz,  
Michael Fitzmaurice, Sarah Gonzalez, Casey Belcher, Kelia Johnson, Audrey  
Hubert, Jonita Biscardi, & Neena Faucher

### 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*

**Arc Greater Hudson Valley  
Rec & Teen Club**

**PAYMENT COUPON FOR MAY 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.

- ☐ 5/13: HOWE'S CAVERN: \$30 admission due 5/6
- ☐ 5/20: RENEGADES GAME: \$10 admission due 5/6
- ☐ 5/27: BRONX ZOO: \$40 admission due 5/13



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