



September

2025

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!

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!

Even though Fall is coming, September can still bring hot weather! Please ensure you wear proper attire (hat, sunglasses, etc...) and don't forget the SUNSCREEN!!

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

SEPTEMBER 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1.	2.	3. Member MTG/ Yoga + Medita- tion 5:30p-9p	4. Bowling \$3 Per Game 5:30p-8:30p	5. Bright Colors Par- ty 5:30p-9p	6. Guys/Gals Day-Out 10a-5p
7. Apple Pick- ing @ Dubois Farms 11:30a-5p	8.	9.	10. Self Advocacy @Arc 5:30p-9p	11. Bowling \$3 Per Game 5:30p-8:30p	12. Summer's End Send- off Party 5:30p-9p	13. Bowling Competi- tion 11:45a- 3:30p
14. Game Day & Talent Show Practice 11a-6p	15.	16.	17. Dine Around Town 5:30p-9p	18. Bowling \$3 Per Game 5:30p-8:30p	19. Cozy Fall Welcome Party 5:30p-9p	20. Arlington Street Fair 11a-6p
21. Bingo / Movie Day 10:30a-5p	22.	23.	24. Crafts / Talent Show Practice 5:30p-9p	25. Bowling \$3 Per Game 5:30p-8:30p	26. September Birthday Bash 5:30p-9p	27. A Day at Woodbury Commons 10:30a-6pm
28. Painting / Talent Show Practice 10:30a-4p	29.	30.				

September Notes

9/3/25 It's that time to brainstorm ideas for our October calendar. Let's get together, come up with some ideas, and relax with some yoga and meditation, too! **Please eat prior or bring food.**

9/4, 9/11, 9/18, 9/25 Join us for bowling in your *spare* time. Come for some fun, or submit your scores as we wrap up the Green Vipers bowling season! **Please bring money for your games (\$3 per) and dinner, or pack a meal.** *Drop off and pick up @ Taft Ave Spins*

9/5/25 Here on a Friday night, Colors so bright! Wear a color of your choice as we dance the night away **A light dinner will be served.**

9/6/25 Join your fellow members for a guys/gals day out! **Please bring money for food or pack a lunch, and money for any purchases you'd like to make.**

9/7/25 Join us for a trip to Dubois Farm for a day full of fun. The farm features pick-your-own fruits, farm animals, a café and bakery, and more! **Please bring money for food or pack a lunch, and money for any purchases you'd like to make.**

9/10/25 Tonight's focus: Self-advocacy @ Arc – Speaking up for your rights and needs. **Eat prior to event or bring food.**

9/12/25 Say farewell to Summer with our Summer's End Sendoff Party! **A light dinner will be served.**

9/13/25 Our bowling competition is upon us! Please meet us at the Taft Ave Spins Bowl at 11:45am. Registration starts at 12pm, opening ceremonies start at 12:30pm. When it comes to attire, please remember NO JEANS. Pickup will be at Spins Bowl after the awards and the competition have concluded. *Drop off and pick up @ Taft Ave Spins* **Please eat prior, or bring money for food**

9/14/25 Join us as we continue to practice for our Talent Show, and play some games, too! **Please eat prior or bring food.**

9/17/25 Let's vote on a spot and go enjoy a nice dinner as we socialize with one another and enjoy each other's company! **Please bring money for food.**

9/19/25 Welcome the Autumn season with a Cozy Fall Welcome Party. **A light dinner will be served.**

9/20/25 Join us for the Arlington Street Fair! Take part in this well-attended local tradition. With live music and over 100 vendors, you'll be sure to have a blast! **Please bring food, or money for food in addition to any purchases you would like to make.**

9/21/25 Join us at the Arc for a game of Bingo and some movie watching. **Eat prior to event or bring food.**

9/24/25 Bring out your creative-side with a day of crafting in addition to some Talent Show Practice! **Eat prior to event or bring food.**

9/26/25 Time to celebrate those September Birthdays! **Light dinner of pizza will be served. Happy Birthday to: Stephen, Richard, Sean and Chris!**

9/27/25 Wanna shop? Let's make a stop at Woodbury Commons. Explore the outlets containing over 80 stores and restaurants. **Please bring food, or money for food in addition to any purchases you would like to make.**

9/28/25 Join us as we continue to practice for our Talent Show, and do some painting, too! **Please eat prior or bring food.**

The REC & TEEN Club

The Arc of Greater Hudson Valley
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Poughkeepsie, NY 12603

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THANK YOU to our Relief Staff:

Kelia Johnson, Michelle Englishby, Sara Spitz, Melissa Harris, Natalie Rivera,
Lucas Ireland, , Emily Green-Swinnich, Vivian Josiah, Jaheim Paul, Ryan Savoy,
Jillissa Morris, Audrey Hubert, Mari Pellerito

For information and reservations

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

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