



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
FOR RSVPS: (845) 471-8876 ext 22421

DELIGHTFUL DECEMBER 2023

Sun	Mo	Tue	Wed	Thu	Fri	Sat
You must RSVP for ALL activities you would like to attend by calling 845-471-8876 ext 22421.					1 Country Western Dance @ Arc 5:30p-9p	2 Physical Fitness Competition 8am-2pm Sinterklaas Festival @ Rhinebeck Village 4pm-9pm
3 Holiday Movie Marathon & Hot Chocolate Bar @ Arc 10am-4pm	4	5 Walking Club @ Arc 5:30p-7:30p	6 TALENT SHOW @ Arc 5:30p-9p Member & Family Meeting @ Arc 5:30-9pm	7 <i>Staff Appreciation Event</i>	8 Frozen Tiki Dance @ Arc 5:30p-9p	9 Sugar Loaf Holiday Celebration 10am-4pm
10 Kingston Shopping Day \$ Required 10am-5pm	11	12 Walking Club @ Arc 5:30p-7:30p	13 TALENT SHOW @ Arc 5:30p-9p Cookie Baking Night @ Arc 5:30-9pm	14 Martial Arts w/ Ralph 5:30p-7:30p ERDAJT Lights 7:30-9pm	15 December Birthday Bash @ Arc 5:30p-9p	16 Brunch & Crafts @ Arc 10a-1pm Karaoke Jam Session @ Arc 1pm-4pm Frosty Fest \$30 admission due 12/9 5pm-8pm
17 Holiday Formal Dance @ Arc 11:30am-4:30pm	18	19 Winter Paint & Sip @ Arc 5:30p-9p	20 Caroling @ Arc Group Homes (North) 5:30p-9p	21 Caroling @ Arc Group Homes (South) 5:30p-9p	22 Holiday Sweater Dance @ Arc 5:30p-9p	23 Holiday Crafting @ Arc 2pm-5pm The Wonderland of Lights @ Rhinebeck 5pm-8pm
 24	25	26	27 TALENT SHOW @ Arc 5:30p-9p Self-Advocacy @ Arc 5:30-9pm	28 Bowling @ Taft \$ Required 5:30p-8:30p	29 New Years' Eve Dance @ Arc 5:30p-9p	30 Girls'/Guys' Day Out 10am-5pm
31 New Year's Eve Green Vipers Luncheon @ Arc 11am-3pm				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!		



Sinterklaas Parade
December 2nd; 4pm-9pm



December 9th; 10am-4pm



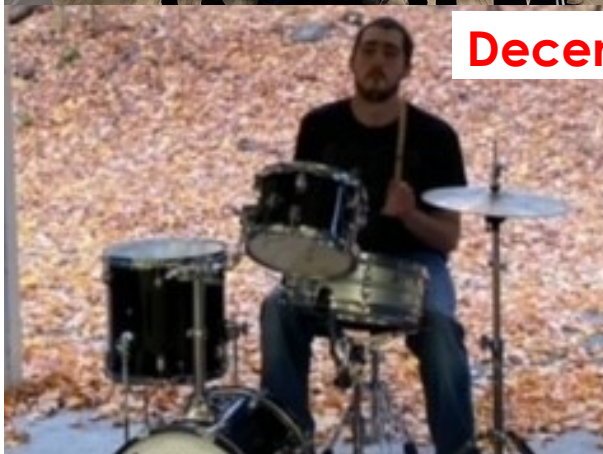
Dance Parties
EVERY FRIDAY!!!



Holiday Formal Dance
December 17th; 11:30-4:30pm



2023 Green Vipers Luncheon
December 31st; 11am-3pm



December 16th

Karaoke/Jam Session
1pm-4pm



4pm-8pm
\$30 admission due 12/9

DELIGHTFUL DECEMBER EVENT NOTES

NOW OFFERING "BETWEEN PROGRAM" RESPITE!

On **Tuesdays-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 2:30pm 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!

12/01: COUNTRY WESTERN DANCE @ ARC; 5:30-9PM

Howdy, y'all! Wear your best country giddup for this hoe-down!

- **Enter at bus doors; dinner (BBQ Pulled Pork Sliders), salad, and drinks provided; wear COUNTRY-themed outfit!**

12/02: PHYSICAL FITNESS COMPETITION @ ARC; 8AM-2PM

This event is for registered athletes only! Come flex those muscles and put your skills to the test! Arrive to Arc at 8am SHARP! Competition registration starts at 9am at Public School 30 in Yonkers, NY. Bring cash for a quick lunch on the way home!

- **Enter at bus doors; bring cash for lunch (or pack a lunch); wear sneakers, athletic pants, and Green Viper gear!**

12/02: SINTERKLAAS FESTIVAL @ RHINEBECK VILLAGE; 4PM-9PM; \$ REQUIRED

Sinterklaas is a colorful celebration that features dance, theatre and music all over the village of Rhinebeck. The Starlight Parade takes off at 6:00 pm, featuring two-story tall, animated puppets carried by hundreds of volunteers. You will never see anything like this parade!

- **Enter at bus doors; bring cash to grab a slice of pizza at Village Pizza and to cover any purchases at the boutiques; DRESS FOR THE OUTDOORS! This event is usually cold!**

12/03: HOLIDAY MOVIE MARATHON & HOT COCOA BAR @ ARC; 10AM-4PM

Ralph is bringing in his traveling movie projector— we're going to watch movies on a 16ftx18ft inflatable! How cool!! Dana is designing a hot chocolate bar for our group to enjoy as we watch some festive movies, like *Elf*, *Home Alone*, *Polar Express*, and more!

- **Enter at bus doors; bring lunch; popcorn and hot chocolate provided!**

12/05, 12/12: WALKING CLUB @ ARC; 5:30PM-7:30PM

Wear sneakers and your Green Viper gear because we're doing a winter REMIX of our WALKING CLUB! Plan for an indoor walk-a-thon with silly stations and pit stops to catch your breath! How many miles can you walk this month?! Let's have a friendly competition with our peers to see who walks the most!

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

12/06, 12/13, 12/27: TALENT SHOW PRACTICE @ ARC; 5:30PM-9PM

Come one, come all! Let's see those talents and get writing this year's musical talent show! All instruments and talents are welcome!

- **Enter at bus doors; bring dinner (or eat before arriving) and your talent!**

DELIGHTFUL DECEMBER EVENT NOTES

12/06: MEMBER MTG & FAMILY MEETING @ ARC; 5:30PM-9PM

The time to plan is here– Jazzy January is near! Bring your ideas, requests, hopes, and dreams, as well as some comments about your favorite activities this year to be featured in our NEWSLETTER! Meanwhile, families are welcome to attend a separate meeting to discuss any comments, questions, or concerns with Em and Catherine!

- **Enter at bus doors, bring dinner or eat before arriving, come prepared with ideas!**

12/07: NO PROGRAM OFFERED

Thank you to all of our amazing staff for an awesome 2023! Enjoy your celebration!

12/08: FROZEN TIKI DANCE @ ARC; 5:30PM-9PM

A tropical dance party with snowflakes in the air! What a refreshing treat for a frosty night!

- **Enter at bus doors, dinner (garden salad bar), snacks and drinks provided.**

12/09: SUGAR LOAF HOLIDAY CELEBRATION; 10AM-4PM; \$ RECOMMENDED

Enjoy these all-day activities: Horse Drawn Carriage; Santa; Winter Market; Strolling Carolers; Commemorative Tree Ornament and of course your favorite shops joining in the spirit of the holidays!

- **Enter at bus doors; bring cash to cover any purchases; BRING LUNCH OR \$ TO PURCHASE; DRESS FOR THE OUTDOORS! This event is usually cold!**

12/10: KINGSTON SHOPPING DAY; 10AM-5PM; \$ REQUIRED

Walmart, Michaels, Target, Big Lots, 5-Below, Burlington, Home Goods— and so much more! Bring cash for this holiday shopping extravaganza! Plenty of pit stops to fuel up — Panera, Taco Bell, Chipotle, or Popeye's available— you tell us where you want to stop!

- **Enter at bus doors; wear walking shoes, cash required for purchases and/or lunch**

12/13: COOKIE BAKING NIGHT @ ARC; 5:30PM-9PM

Nothing says the holidays like some warm cookies! Come bake some scrumptious holiday treats and enjoy the talent show entertainment!

- **Enter at bus doors; bring dinner or eat dinner before arriving; dessert provided**

12/14: MARTIAL ARTS W/ RALPH @ ARC 5:30-7:30PM + ERDAJT LIGHTS 7:30PM-9PM

How does that song go? ... Everybody was KUNG-FU fighting! Ralph is a 4th Degree Black Belt in karate who has taught adaptive Martial Arts for many years! Come learn some moves from the Master! Then, let's get merry and jolly for a local light display in Unionvale!

- **Enter at bus doors; bring dinner or eat before arriving; wear exercise clothes**

12/15: DECEMBER BIRTHDAY BASH; 5:30PM-9PM

Get ready to dance and sing for our December Birthdays! Time to celebrate with pizza and a party! No gifts required! **Happy Birthday to Brian, Thomas, Nick, Jayson, and Stasia, as well as our staff Ralph and Alex!!!**

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

DELIGHTFUL DECEMBER EVENT NOTES

12/16: BRUNCH AND CRAFTS; 10AM-1PM + KARAOKE/JAM NIGHT 1-4PM + A FROSTY FEST; 4PM-8PM; \$30 ADMISSION DUE 12/9; \$ RECOMMENDED

Come join us for a morning of crafts and brunch; pancakes, eggs and orange juice! Then stick around for some jamming and karaoke performances! A day of music and fun! At 4pm, join us for a dazzling drive-through light display themed to music from the comfort of your own vehicle. Once you park and walk inside, you'll be transported into a holiday wonderland full of lights, music, and a few familiar friends!

- **BRUNCH & JAM SESSION:** Enter at bus doors, brunch provided; musical instruments welcome
- **FROSTY FEST:** DRESS FOR COLD WEATHER; \$30 admission for the FROSTY FEST due 12/09; cash recommended for any purchases (photos, souvenirs, treats, etc)

12/17: HOLIDAY FORMAL DANCE @ GRANDVIEW; 11:30AM-4:30PM @ ARC

For those of you who want to ride in Rec Club style to and from the event, please arrive at Arc by 11:30am so that we can all gather, do our final touches, and take group photos together! We are departing at 12pm SHARP, so please don't be late! Pick up at Arc is 4:30pm.

- **MEET AT ARC @ 11:30AM-4:30PM OR MEET AT GRANDVIEW @ 12:30PM-4PM**
PLEASE COMMUNICATE YOUR DROP OFF / PICK UP LOCATION ON RSVP LINE
- **HOLIDAY FORMAL IS ONLY FOR THOSE WHO PRE-PAID IN OCTOBER/NOVEMBER.** We are NOT accepting new RSVPs for this event.

12/19: WINTER PAINT & SIP @ ARC: 5:30-9PM

Let's paint a WINTER WONDERLAND scene together!

- Enter at bus doors, bring dinner or eat dinner at home; wear clothes you don't mind getting messy

12/20 & 12/21: HOLIDAY CAROLING @ ARC GROUP HOMES; 5:30-9PM

The best way to spread Christmas cheer is singing loud for all to hear! Rec Club will be traveling to Arc group homes on Wednesday and Thursday to bring some joy to the residences! We're visiting the homes to the north of Lagrange on Wednesday and to the south on Thursday. Please dress with warm holiday spirit!

- Enter at bus doors; EAT DINNER BEFORE ARRIVING; DRESS FOR COLD WEATHER & with holiday spirit!

12/22: HOLIDAY SWEATER DANCE @ ARC; 5:30PM-9PM

Dress to impress with your best Holiday sweater! We'll feast, dance, and then go to view some lights!

- Enter at bus doors; dinner (baked ziti & salad) served with snacks and drinks;

12/23: HOLIDAY CRAFTING @ ARC; 2PM-5PM; THE WONDERLAND OF LIGHTS @ RHINEBECK FAIRGROUNDS; 5PM-8PM

Have a holly, jolly holiday with some friends as we craft some gifts before we celebrate with family! After crafting, let's go enjoy some holiday lights at the Rhinebeck Fairgrounds from 5pm-8pm.

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

Happy Holidays!

12/27: SELF ADVOCACY & SNACKS @ ARC: 5:30-9PM

The topic of the month is "The right to religious freedom and the responsibility to respect each other's differences in beliefs!" ****This is not a time to debate whose religion is right or wrong****—this is about learning about what religious freedom means!

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

12/28: BOWLING @ TAFT; 5:30-8:30PM; \$ REQUIRED

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, eat dinner at home, or bring money to order dinner**

12/29: NEW YEAR'S EVE DANCE @ ARC; 5:30PM-9PM

Let's countdown our favorite memories from 2023 as we dance in the new year! Pizza, salad, chips, and drinks provided, but any other snacks are always welcome! Come prepared to end this year on a great note and toast the new year!

- **Enter at bus doors, dinner (pizza & salad) + snacks and drinks provided; come dressed to dance in the new year!**

12/30: GIRLS AND GUYS DAY OUT; 10-5PM; CASH RECOMMENDED

Let's go girls (and guys) and get ready for a day out! Meet at Arc and we will plan the day!

- **Enter at bus doors; pack a lunch or bring money to purchase; bring your ideas for a place to go; cash recommended for any purchases**

12/31: NEW YEAR'S EVE GREEN VIPERS LUNCHEON @ ARC; 11AM-3PM

Come celebrate our champions with your family! Let's review the year's challenges and victories in photo, and learn about next year's seasons! Come with memories, photos, and excitement for next year! All members of Rec Club are welcome!

- **Enter at bus doors; lunch (sandwiches, salad, and snacks) and drinks provided; wear your Green Viper swag & families are welcome!**

Happy New Year!

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..... Dana Tartaglia

dtartaglia@arcghvny.org

Rec Club Assistant..... Sarah Rokitowski

srokitowswki@arcghvny.org

Rec Club Assistant..... Ralph Gonzalez

rgonzalez@arcghvny.org

Rec Club Assistant..... vacant

THANK YOU to our Relief Staff:

Peggy Ciulla, Neena Faucher, Alexandra Garcia, Kelia Johnson, Chris Bermeo,
Michelle Englishby, Melissa Harris, Sara Spitz, Casey Belcher, Kim Conte,
Micheal Niles, 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

Arc Greater Hudson Valley Rec & Teen Club

A few friendly reminders.....

Please remember that REFUNDS / CREDITS are distributed on a QUATERLY basis by request.

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 NOVEMBER 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.

☐ 12/16: FROSTY FEST \$30 admission due 12/09