

Márch



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

Please note: due to limited time, transportation will not be provided. Drop-off is at 5:15 PM sharp, and pick-up is at 6:30 PM sharp, as other groups will be using the court immediately after us.

**Basketball practices will be held at The Gathering at Faith Assembly Basketball Court, located at:
25 Golf Club Lane, Poughkeepsie, NY 12601**

JOIN THE GREEN VIPERS BASKETBALL FAMILY!

**DON'T MISS OUT—BE PART OF THE ACTION!
SIGN UP TODAY AND LET'S MAKE THIS SEASON OUR BEST YET!**

- ✓ **COMPETE AT SPECIAL OLYMPICS EVENTS**
- ✓ **BUILD LIFELONG FRIENDSHIPS**
- ✓ **ENJOY TEAM SPIRIT AND EXCITING GAMES**
- ✓ **LEARN NEW SKILLS AND GROW AS AN ATHLETE**

GET READY FOR FAST BREAKS, BIG WINS, AND UNFORGETTABLE MOMENTS! WHETHER YOU'RE HERE TO PLAY HARD, CHEER LOUD, OR MAKE NEW FRIENDS, THE GREEN VIPERS ARE ALL ABOUT TEAMWORK AND FUN.



TRACK & FIELD IS HERE!!!

GET READY! TRACK & FIELD IS KICKING OFF THIS FEBRUARY AT THE REC & TEEN CLUB!

WE'RE GEARING UP FOR A SEASON FULL OF SPEED, STRENGTH, AND FUN. WHETHER YOU'RE TRYING SOMETHING NEW OR READY TO PUSH YOURSELF TO THE NEXT LEVEL, TRACK & FIELD HAS SOMETHING FOR EVERYONE.

DON'T MISS OUT—CHECK THE CALENDAR AND JOIN THE EXCITEMENT! 🏃🏃🏃



MARCH 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Game Day & Ice Cream Sundaes 11a-5p	2	3	4 Track and Field Practice @ The Arc 5p-8p	5 Basketball Practice @ Faith Assembly 5:15p-6:30p	6 Retro Dance Party 5:30p-9p	7 Guys and Gals Day Out 10:30a-6p
8 Special Olympics Basketball Competition @ Marist 7:45a-1p	9	10	11 Track and Field Practice @ The Arc 5p-8p	12 Member Meeting and Self Advocacy 5:30p-9p	13 St. Patrick's Day Dance 5:30p-9p	14 St Patrick's Craft Day 10:30a-6p
15 Palisades Mall Trip 10:30a-6p	16	17	18 Track and Field Practice @ The Arc 5p-8p	19 Bowling @Taft 5:30p-8:30p	20 Welcome Spring Equinox Party 5:30p-9p	21 Karaoke and Jam Session 11:30a-5p
22 Baking @ The Arc 11:30a-5p	23	24	25 Track and Field Practice @ The Arc 5p-8p	26 Dine Around Town 5:30p-9p	27 March Birthday Bash 5:30p-9p	28 Bowling and Arcade Day Out 10:30a-5p
29 Lunch Out & Dia Beacon 10:30a-5p	30	31				

March Notes

3/1 Join us for a fun day of games together, with some ice cream sundaes as the cherry on top! Please bring a lunch or eat prior to the event.

3/4, 3/11, 3/18, 3/25 Track and field is back in action! Join us for practice here at The Arc each Wednesday as we work on our speed, endurance, and sportsmanship in preparation for competition. Please wear proper athletic attire (i.e. sneakers, sweats, etc.) Please eat a healthy meal prior to practice, and don't forget a water bottle!

3/5 Join us for our last basketball skills practice before the competition! Dropoff and pickup will be at Faith Assembly at 5:15pm with pickup at 6:30pm. Please wear proper athletic attire (i.e. sneakers, sweats, etc.) Please eat a healthy meal prior to practice, and don't forget a water bottle!

3/6 A blast from the past! Join us for our retro dance party as we jam out to some of our favorite tunes together from the past few decades. Feel free to dress up in your best retro outfits. A light dinner will be served. Members are welcome to bring desserts to share, if desired. Desserts will not be provided.

3/7 Come together with fellow members and vote on places to go for our guys and gals day out! Please bring food, or money for food in addition to money for any purchases you wish to make.

3/8 Let's go Green Vipers! The day of our basketball competition at Marist College has arrived. Please arrive @ The Arc at 7:45 am. We will be leaving promptly @ 8 am to depart for Marist. "Let me win, but if I cannot win, let me brave in the attempt." Please come dressed appropriately (ie. sneakers, sweatpants, and no jeans!) Tables will be available for athletes to eat during the day while we are not competing. Remember to hydrate and bring water.

3/12 Let's spend time discussing ideas at our member meeting for our April Calendar. Soon after join us in discussing the importance of Self Advocacy together. 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!

3/13 Happy St. Patty's! Join us for a fun night of music and dancing. Wear your favorite green attire if you'd like. A light dinner will be served. Members are welcome to bring desserts to share, if desired. Desserts will not be provided.

3/14 Join us for a chill day of some St. Patrick's Day crafts and watching movies together. Please bring a lunch or eat prior to the event.

3/15 Four floors and all types of stores. Join us on an outing to the Palisades Center mall in West Nyack. Please bring food, or money for food in addition to money for any purchases you wish to make.

3/19 Let's knock down some pins together! Join us for a night of bowling. Please bring money for your games (\$3.50 per) and dinner, or pack a meal. *Drop off and pick up @ Taft Ave Spins*

3/20 Goodbye winter, hello spring! Join us for a night of music and dancing as we rein in the spring ahead of us. A light dinner will be served. Members are welcome to bring desserts to share, if desired. Desserts will not be provided.

3/21 Introducing our next guest...you! Join us for a day of karaoke and jamming together as we celebrate the joys of music. Please bring a lunch or eat prior to the event.

3/22 Let's mix it up! Join your fellow members for a day of baking @ The Arc as we cook up some tasty treats together. Treats provided, but please make sure to bring a lunch or eat prior to the event.

3/26 Spend the night out with your fellow members as we vote on a place to eat in the community. Please bring money for Food/Gratuity

3/27 Let's celebrate our members with March birthdays together! Join the fun as we dance the night away in celebration A light dinner will be served. Members are welcome to bring desserts to share, if desired. Desserts will not be provided. Happy Birthday to: Colin, Antoinette, Danielle, and Tatyana!

3/28 Join us for a day out at the Taft Ave Spins Bowl in Poughkeepsie while we have fun bowling and seeing what the arcade has in store for us. Game on! Please bring money for bowling (\$3.50 per game) and/or the arcade, as well as money for lunch, or pack a meal. Transportation will be provided to and from Spins Bowl from The Arc

3/29 We'll start our day having lunch out in the community, followed by a trip to Dia Beacon! This local art gallery has a world of beautiful art within its doors for us to see. Please bring food, or money for food in addition to money for any purchases you wish to make.

