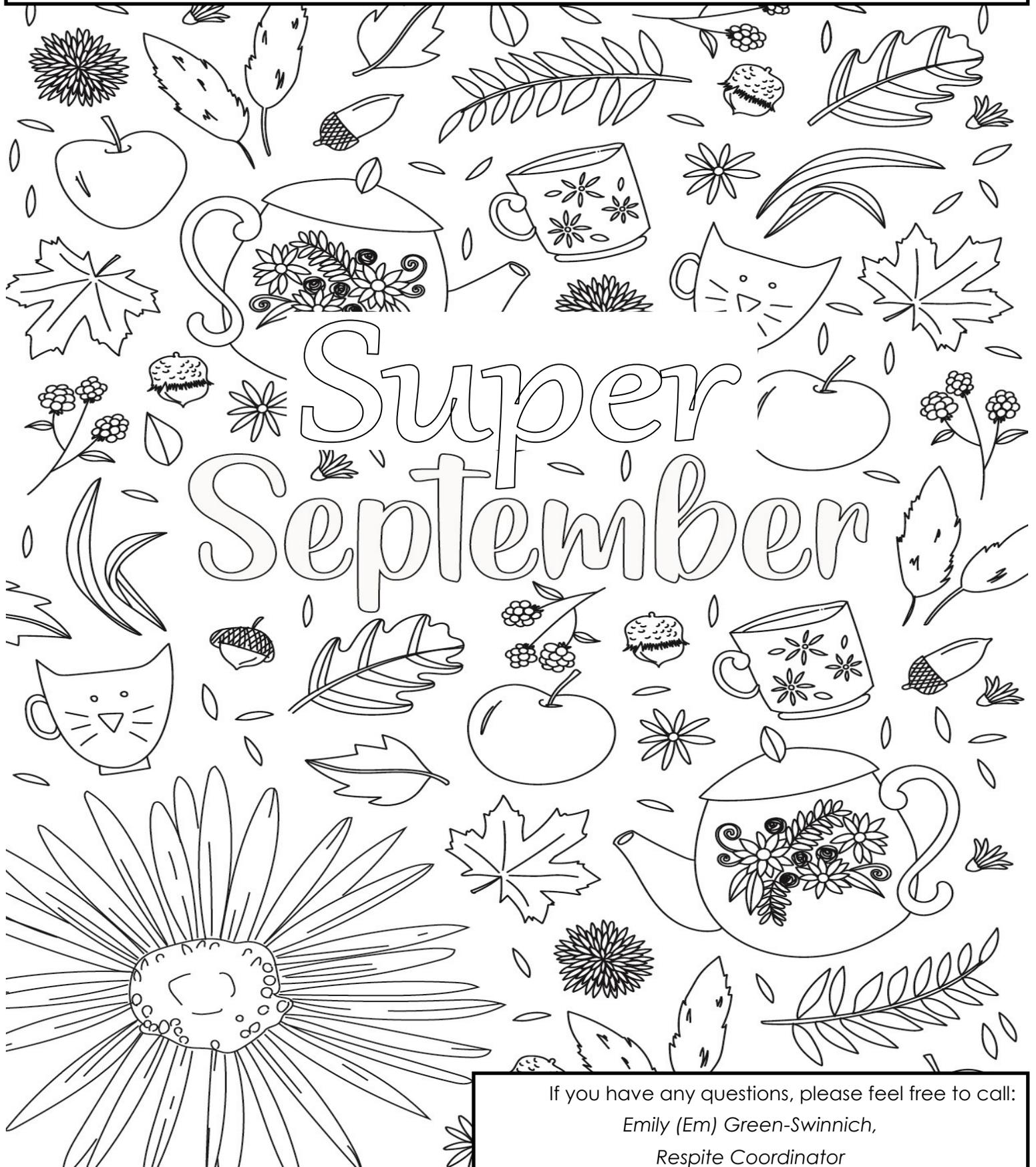


**CALENDAR COVER DESIGN CONTEST**

Submit your artwork for “**Outstanding October**” 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 SEPTEMBER 20TH!**



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

# SUPER SEPTEMBER 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>					Fiesta Friday @ Arc 5:30p-9p	Apple Picking @ DuBois Farms <b>\$ Recommended</b> 10a-4p
3 Stormville Flea Market 10a-3p	4	5	6 Member Mtg + Apple Dessert Baking @ Arc 5:30p-9p	7 Bowling @ Taft <b>\$ Required</b> 5:30-9p	8 PJ & Pancake Party @ Arc 5:30p-9p	9 Palisades Mall <b>\$ Recommended</b> 12p-7p
10 Norwalk Aquarium & SoNo Mall Day <b>\$35 admission due 9/3</b> 10a-7p	11 <b>DSP APPRECIATION WEEK!</b> Say thanks to our Rec Assistants & Relief for all the hard work they do to make Rec Club a fun place to be !		13 Paint & Sip @ Arc 5:30p-9p	14 Spicy Spanish Day 5:30p-9p	15 Under the Sea Dance @ Arc 5:30p-9p	16 Renaissance Faire (Pirate Day!) <b>\$45 admission due 9/9</b> 8a-4p
17 Minnewaska Hiking & Window Shopping @ New Paltz 10a-4pm	18	19	20 Dine Around Town <b>\$ Required</b> 5:30p-9p	21 Bowling @ Taft <b>\$ Required</b> 5:30-9p	22 RCK vs Arlington Football Game <b>OR</b> Fall Dance Party @ Arc 5:30p-9p	23 Special Olympics Bowling Competition @ Taft 12pm-2pm Joe's Dairy Barn & Grille <b>\$ Required</b> 2pm-4pm
24 Brunch & Crafts @ Arc 10a-1pm Karaoke / Jam Session @ Arc 1pm-4pm	25	26	27 Self-Advocacy + Yoga & Meditation 5:30p-9p	28 Bowling @ Taft <b>\$ Required</b> 5:30-9p	29 August Birthday Bash @ Arc 5:30p-9p	30 Museum @ Bethel Woods <b>\$20 admission due 7/16</b> 9a-5p

# SUPER SEPTEMBER EVENT NOTES

## 09/01: FIESTA FRIDAY @ ARC; 5:30PM-9PM

TACO-bout a fun Friday night! You won't have to go south of the border for this fiesta!

- **Enter at bus doors; dinner (taco/nacho/salad bar) and drinks provided**

## 09/02: APPLE PICKING @ DUBOIS FARMS; 10A-4PM; \$ RECOMMENDED

It's apple picking season! Come pick apples for our Wednesday apple baking night, and enjoy a day of animals, music, and fun at the Dubois Farm.

- **Meet at Arc; bring a cold lunch (or money to purchase); dress for walking & the outdoors; \$ recommended for any purchases**

## 09/03: STORMVILLE FLEA MARKET; 10A-3PM; \$ RECOMMENDED

Come find treasure and do some shopping at the Stormville Flea Market! Cash is recommended to cover any snacks or purchases.

- **Meet at Arc; dress for the outdoors and to do some walking; \$ recommended for lunch or purchases OR pack a lunch**

## 09/06: MEMBER MEETING + APPLE BAKING @ ARC; 5:30-9PM

The time to plan is here– OUTSTANDING OCTOBER is near! Let's get ready for SPOOKY SEASON! Bring your ideas, requests, hopes, and dreams and we'll make our calendar together! Then, put on your aprons because we're use the apples we picked at Dubois to bake something delicious!

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

## 09/07, 09/21, 09/28: SPECIAL OLYMPICS BOWLING @ TAFT AVE; 5:30-9PM

Make sure you SPARE some time to go bowling! ALL ARE WELCOME!

- **Meet at Taft Ave. bring dinner/money to purchase, cash required for bowling: \$3 / game**

## 09/08: PJS & PANCAKE PARTY @ ARC; 5:30PM-9PM

You're never too grown up for a pajama party! Wear your comfiest, coziest pajamas and get ready for a night of fun, games and yummy pancakes!

- **Enter at bus doors; dinner (PANCAKES!) and drinks provided**

## 09/09: PALISADES MALL DAY; 12PM-7PM; \$ REQUIRED

Let's have a fun day at the Palisades Mall! Enjoy some arcade time at Dave and Busters or do some shopping.

- **Meet @ Arc; dress to do some walking; \$ required for dinner; additional recommended for arcade or purchases**

# SUPER SEPTEMBER EVENT NOTES

## 09/10—09/16: DSP APPRECIATION WEEK!!!!!!

**EACH DAY HAS A THEME FOR OUR STAFF, SO MAKE SURE TO SAY AN EXTRA THANK YOU TO THE REC ASSISTANTS & RELIEF WHO MAKE REC CLUB POSSIBLE!!!**

### 09/10: NORWALK AQUARIUM & SONO MALL WALKING; 10A-7P; \$35 ADMISSION DUE 9/3; \$ REQUIRED

Let's go on an aquatic adventure to celebrate our staff, Sarah! Enjoy a day at the Maritime Aquarium and then a walk around the mall. Cash required for dinner.

- **Meet at Arc; pack a lunch or bring money to cover lunch AND dinner; \$35 admission due 9/3**

### 09/13: PAINT & SIP @ ARC; 5:30PM-9PM

Let's thank all of our crafty Rec Assistants and Relief staff by painting an underwater scene at this paint & sip! Fancy mocktails & lemonade available for sips!

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

### 09/14: SPICY SPANISH DAY @ ARC; 5:30PM-9PM

Our relief staff Chris Bermeo is going to teach us some Spanish! Then we'll enjoy some *arroz con frijoles* (rice with beans) and empanadas from a local Dominican restaurant, Nelly's! This night's food is as spicy (or mild) as you want to make it!

- **Enter at bus doors; dinner (rice, beans, and empanadas) snacks, and drinks provided**

### 09/15: UNDER THE SEA DANCE @ ARC; 5:30-9PM

Under the sea is the best place to be this DSP week! Let's celebrate Dana by dressing up as your favorite under the sea creatures!

- **Meet @ Arc; Dinner (pizza & salad) snacks, and drinks provided; dress like your favorite underwater creature!**

### 09/16: RENAISSANCE FAIRE (DRESS LIKE A PIRATE DAY); 8AM-4PM; \$45 ADMISSION DUE 9/9; \$ REQUIRED

Enjoy a day of interesting performances and entertainment, good food and fun costumes! The theme for the weekend is Pirates, so feel free to dress accordingly!

- **Meet @ Arc; dress like a pirate; \$ recommended for lunch or purchases or pack a lunch**

### 09/17: MINNEWASKA HIKING & NEW PALTZ DAY; 10A-4PM

Hiking, picnicking, and shopping over the river— what a fun day! Hiking at Minnewaska in the morning, picnic lunch at the park, then window shopping in the afternoon and walking around the college campus before heading home.

- **Enter at bus doors; wear hiking clothes; pack a cold lunch; cash recommended for any purchases**

# SUPER SEPTEMBER EVENT NOTES

## 09/20: DINE AROUND TOWN; 5:30-9PM; \$ REQUIRED

Do you want to go to a diner? Olive Garden? Texas Roadhouse? 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**

## 09/22: FOOTBALL OR FALL DANCE @ ARC; 5:30PM-9PM

Help us ring in the new season with a football game or join us celebrate Fall with our Fall Party! This football game is between RC Ketcham and Arlington, so wear your school colors!

- **Enter at bus doors; dinner (Chili & salad), snacks, and drinks provided; dress for outdoors or fall, and let us know your choice: FOOTBALL or DANCE?**

## 09/23: SPECIAL OLYMPICS BOWLING COMPETITION & JOE'S DAIRY BARN; 12PM-4PM; \$ REQUIRED

Come put your bowling skills to the test in our bowling competition! After we will get ice cream and snacks to celebrate a fun day!

- **Meet at Taff Ave PARKING LOT; dress in your Green Vipers gear; cash required for Joe's Dairy Barn trip!**

## 09/24: BRUNCH & CRAFTS + KARAOKE / JAM SESSION @ ARC; 10A-1PM; 1PM-4PM

Bring your instrument of choice and play, sing and JAM the night away! All instruments welcome!

- **Enter at bus doors; dinner (spaghetti dinner & salad), snacks, and drinks provided; all instruments welcome!**

## 09/27: SELF-ADVOCACY + YOGA & MEDITATION @ 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 be as INDEPENDENT as possible!" Come chat and find out! Then find your Zen at beginner's yoga!

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

## 09/29: SEPTEMBER BIRTHDAY BASH @ ARC; 5:30-9PM

Happy Birthday to our members born in September: Chris, Christina, Richie, Bob, and Sean! Everyone is welcome to come celebrate with us, and no gifts are required!

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

## 09/30: MUSEUM @ BETHEL WOODS; 9A-5PM; \$20 ADMISSION DUE 9/23

Let's celebrate American Music History at the Museum at Bethel Woods! Pack a lunch and we'll explore the grounds and the exhibits at this museum!

- **Enter at bus doors; wear walking shoes; pack a lunch; \$20 admission due 9/23**

# 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..... Sarah Rokitowski  
srokitowswkia@arcghvny.org

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

Rec Club Assistant..... Vacant

## THANK YOU to our Relief Staff:

Peggy Ciulla, Neena Faucher, Alexandra Garcia, Eli Dreilinger, Chris Bermeo,  
Richard Apenteng, Michelle Englishby, Sara Spitz, Tosha Emerson, Jahiem  
Paul, Michael Fitzmaurice, Melissa Harris, Kelia Johnson, Casey Belcher,  
Micheal Niles, Audrey Hubert, Jonita Biscardi

### 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 SEPTEMBER 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.

- 9/10: NORWALK AQUARIUM: \$35 admission due 09/03
- 9/16: RENAISSANCE FAIRE: \$45 admission due 09/09
- 09/30: BETHEL WOODS MUSEUM: \$20 admission due 09/23

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