

OUTrageous OCTOBER



If you have any questions, please call: The Recreation Manager at (845) 471—8876 x130 OR The Recreation Supervisor at (845) 471—8876 x186

You can also leave a message on the RSVP line and one of our lovely Recreation Assistants will be more than happy to return your call and give you feedback.

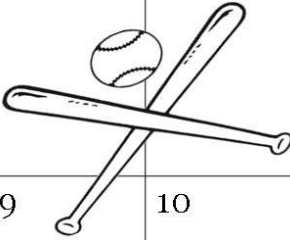





Happy Halloween!



Rec. October 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 Walkway and Hoopla Meet at The Arc 10:30a-3:00p *See Notes*</p>	<p>2 </p>	<p>3</p>	<p>4 Member Meeting: Cracker Barrel Meet at The Arc 5:30p-9:00p *See Notes* *Drop off 5:30-6:00p*</p>	<p>5 Special Olympics Softball Practice Meet at Overlook 5:30p-6:30p *Bring Water* *See Notes*</p>	<p>6 Arc Cuisine : Making Butter Beer At The Arc 5:30p-9:00p *Drop off 5:30-6:00p* \$3 due 10/1</p>	<p>7 Girls Day Out Meet at The Arc 11:00a-3:00p *See Notes*</p>
<p>8 Special Olympics Softball Competition Meet at The Arc 8:00a-2:00p * See Notes *</p>	<p>9 </p>	<p>10</p>	<p>11 Arc Cuisine : Meatball Madness At The Arc 5:30p-9:00p *See Notes* *Drop off 5:30-6:00p* \$6 due 10/1</p>	<p>12 Physical Fitness At The Arc 6:00p-7:30p *Bring Water</p>	<p>13 Guys Night Out 5:30p-9:30p *See Notes* *Drop off 5:30-6:00p*</p>	<p>14 Palisades Mall Meet At The Arc 10:00a-5:00 *See Notes*</p>
<p>15 Pumpkin Festival Meet at The Arc 10:00a-3:00p * See Notes *</p>	<p>16 </p>	<p>17</p>	<p>18 Circle of Friends Board Games 6:00p-9:00p *Bring Snacks</p>	<p>19 Physical Fitness At The Arc 6:00p-7:30p *Bring Water</p>	<p>20 Kevin McCurdy's At The Arc 5:30-9:00p *Drop off 5:30-6:00p* \$25 Due 10/15</p>	<p>21 Pumpkin Picking At Dubois Farm Meet At The Arc 10:30a-3:00p *See Notes*</p>
<p>22 Halloween Arts & Crafts At The Arc 10:30a-2:30p *See Notes*</p>	<p>23 </p>	<p>24</p>	<p>25 Baking Halloween Treats At The Arc 5:30p-9:00p *Drop off 5:30-6:00p* \$4 Due 10/15</p>	<p>26 Physical Fitness At The Arc 6:00p-7:30p *Bring Water</p>	<p>27 Spooky Halloween Party At The Arc 5:30p-9:00 \$7.00 due 10/15 *Drop off 5:30-6:00p*</p>	<p>28 Brunch and Movies Meet At The Arc 10:00a-4:30p *See Notes*</p>
<p>29 Bowling at Wappinger's Meet There 12:30p-3:30p *See Notes* \$9 Due 10/15</p>	<p>30</p>	<p style="text-align: center;">You must RSVP for all activities which you would like to attend by calling: 471- 8876 x 421</p> <p style="text-align: center;">The cell phone we carry with us on outside activities is: (914) 474- 4525</p> <p style="text-align: center;">We reserve the right to turn you away without a reservation and/or for not adhering to scheduled deadlines.</p>				

Important Information

Please Do Not Block the Front Entrance:

To ensure the safety and well-being of all individuals, we ask all who drop off / pick up to not block or park in front of the main entrance. As we have late activities, it is critical to have clearance in front of the doors for visibility purposes, and for those who utilize walkers, wheelchairs and braces. Ample parking is available in the lot. We thank you for your compliance!

Cancellations & Alternate Activities:

We take pride in providing quality services. In the event of inclement weather, Rec. and Teen Club reserve the right to cancel/adjust any activity to ensure staff and member safety. Cancellations will be posted at least 1 hour before activity on the reservation line. If activity is not cancelled, but we must come up with an alternate plan, members will vote on alternate activities during scheduled activity time. If you have any questions or concerns please contact the Recreation Manager at Ext. 130

RSVP's and Checks:

Please remember to RSVP on the VOICEMAIL system. Sending in payment coupons does not RSVP your place for activities, you must RSVP as well.

Special Olympics Competitions:

Please take into account that all athletes participating in Special Olympics competition should attend at least 80% of the practices and have an up-to-date Medical and Consent form. **Activities that are offered on the calendar; i.e. Bowling, Physical Fitness and all Special Olympics related activities are considered practices for the competition. Please check with staff to ensure Medical Consent forms are active/up to date.** Thank you for your participation and cooperation!

Check Reminders:

Money must be in the Rec. and Teen Club office by the scheduled deadline. Checks without a coupon attached will be returned. Remember we do not accept cash for activities. Unfortunately, we will begin turning people away for not adhering to this policy. Please be sure that a coupon is attached to every check that is handed in. **We must send the check to the Business Office with a coupon. Please add the dates you are paying for on the MEMO section of your check. This way, if your coupon detaches, we still know what the member is paying for. Do NOT mail them to the Business Office in LaGrange. You can drop checks off at the Rec. and Teen Club Office, or mail them to:**

**The Arc of Dutchess
8 Industry St.
Poughkeepsie, NY 12603
ATTN: Rec. and Teen Club**

REMINDERS

- ❖ Our goal is to be out of the building within 15 minutes after the beginning of each activity, showing up any time after that, may cause a chance of us not being here when you arrive. In case of this event, families may meet us at the venue.
- ❖ Remember that if you need to cancel for an activity, you must do so with at least 24 hour notice. This gives someone else the opportunity to be asked to take your spot in the event there is a waitlist.
- ❖ We will be happy to accept your check, or answer your questions either **BEFORE** the activity begins, or directly **AFTER**.
- ❖ The individual should hold any other money required for an activity in a wallet or purse. If someone is not able to hold their own money it should be given to staff in an unsealed envelope with the members name on it.
- ❖ **Refund Policy:** In most cases the cost for the activity will be as stated. In the event that a member cancels giving **72 hours** or more notice, a refund will be given (unless otherwise stated). For example, we cannot refund money spent on a Broadway ticket, or money, as there is no refund given from the Theater; we also cannot refund money if necessities for the activity were already bought prior to the cancellation (example: parities, arts and crafts, etc.).

❖ For in house activities, 5:30 pm-6:00 pm is the drop off window. You may now drop members off as early as 5:30 pm if you would like. Please do not feel pressured to have members at the activity by 5:30 sharp. In the event that we have to be to an outside activity, in which we need to be to the destination shortly after 6:00, we would state be at The Arc for the 5:30 pm drop off time.

Rec Club Notes October 2016

10/1 Rec and Teen: Walkway and Hoopla

Come and join your Rec club friends as we take in the sites overlooking the Hudson River. Let's enjoy the nice weather before Old Man Winter comes around. We will be eating our lunches down at the Poughkeepsie Riverfront and topping off our day with froyo from Hoopla.

Requirements: Sneakers, lunch and money for Hoopla.

10/4 Rec and Teen: Member meeting and Cracker Barrel

Come one; come all to our monthly Member Meeting at Cracker Barrel. Come enjoy company and share your great ideas for the month of November with your Rec Club buddies while enjoying your favorite comfort foods.

Requirements: Great calendar ideas, dinner money.

10/5 Special Olympics: Softball Practice

Come out and get your last good practice in before the big Softball competition! Remember to wear comfy clothes and to bring bottled water! Let's end this softball season with a bang and knock it out of the park in your quest for Gold!

Requirements: Comfy clothes, sneakers, bottled water and your strive for greatness

10/6 Rec and Teen: Arc Cuisine – Making Butter Beer

Fall is in the air, what a better way to stay warm than with your Rec Club buddies and some fresh warm butter beer. Sweet butterscotch mixed with cream soda and a dollop of whipped cream... can you say YUMMY?! We will also be taking a pick on movies, so bring your favorite fall flick and as a group we will pick.

Requirements: Movies (optional), \$3 check due 10/1.

10/7 Rec and Teen: Girls Day Out

Hello there ladies, what will we do today? Nails, lunch, maybe a little bit of shopping? Are you still trying to find that perfect fall sweater? If so, come join us for Girls Day Out. We will be taking a vote on what activity we take part in so have your ideas ready!

Requirements: Great Ideas, Spending money

10/8 Rec. and Teen: S.O Softball Competition

All of you athletes really hit it out of the ball park this time! Your hard work and energetic attitudes don't go unnoticed. We are proud to have you represent the Rec. and Teen Club in the Special Olympics Fall Festival!

Requirements: Comfy clothes, bottled water, sneakers, and an up to date medical consent form. NO Jeans (Sweatpants / shorts)

10/11 Rec and Teen: Arc Cuisine

Who doesn't love a great meatball sub? We will making our own mini subs and pasta to have and rec and teen club Italian feast! So bring your chef hats and your appetites.

Requirements: \$6 check due 10/1, your love for Italian delicacies

10/12, 10/19, 10/26 Rec. and Teen: S.O. Physical Fitness

Challenge your personal strength, flexibility, and endurance with the events of Physical Fitness. Our top of the line coaches will help you get fit with sit-ups, jump rope, circle run, push-ups, line jump and much more! This is a sport for anyone and everyone that likes to work towards their personal best. Let's get Physical!

Requirements: Bring bottled water, comfy clothes, sneakers and your drive for greatness! No Jeans.

10/13 Rec and Teen: Guys Night Out

Hey there fellas, lets meet at The Arc and plan a great night out! There's so much to do , we can go bowling , shoot some pool maybe even catch a game at Buffalo Wild Wings. Make sure you bring your great ideas so we can have a great night out.

Requirements: Spending money, Great Ideas

10/14 Rec and Teen: Lunch and Shopping at Palisades Mall

Hey, who loves to shop? Let's all take a trip to the Palisades Mall with our Rec family; there are so many stores to pick from, so there will be something for everyone.

Requirements: Bring lunch or lunch money, spending money and you're ready to shop attitude!

10/15 Rec and Teen Pumpkin Festival

The Beacon Sloop Club holds several festivals and events each year to raise funds for the club's activities. Enjoy food, fun and music down by the beautiful Beacon Riverfront.

Requirements: Bring lunch or lunch \$, and your love of everything pumpkin

10/18 Rec and Teen: Circle of Friends: Wheel of Fortune

Don't you love seeing old friends? Then circle of friends is the right event for you! Come out and join your friends while playing Wheel of Fortune

Requirements: Snacks (optional), your joy for a good time!

10/20: Rec. and Teen: Kevin McCurdy's Haunted Mansion

Its Halloween season, and you know what that means ... Kevin McCurdys! Who is brave enough to take a trip through the Haunted Mansion? Come join your Rec Club friends as we take a tour on what is sure to be a spooktastic night.

Requirements: \$25 check due 10/15, and all the courage that you can muster.

10/21 Rec. and Teen: Pumpkin Picking at Dubois Farm

With Halloween soon approaching, the time has come to pick your pumpkins! The Dubois farm offers lots to do and see, from the corn maze, contests, or hot apple cider and fresh made donuts. There is something for everyone!

Requirements: Bring lunch or lunch \$, bring extra \$ for pumpkins, and treats from their market.

10/22 Rec and Teen: Halloween Arts and Crafts

Do you love Halloween? Do you love arts and crafts? Well if you do, come join us for some arts and craft fun. We'll be making spooky Halloween crafts; you can even paint your own pumpkin. We will be going to Michael's to pick out some arts and crafts projects.

Requirements: \$ For Michael's, your spooktastic creativity

10/25 Rec and Teen: Baking Halloween Treats

Indulge in some yummy Halloween and fall treats. What's better than fresh pumpkin pie and crisp candy apples!? Let the sweet apples sing to your soul, and pie dance to your belly.

Requirements: \$4.00 check due 10/15, and your sweet tooth

10/28 Rec. and Teen: Spooky Halloween Party

Get in the Halloween spirit and come out to party! Wear your best Halloween costumes and knock the socks off of your friends! You don't want to miss one of our biggest events of the year!

Requirements: \$7.00 check due 10/15 for pizza & drinks, dress in costume, and get ready to P-A-R-T-Y!

10/28 Rec and Teen: Wendy's and a Movie

Let's hang out! We'll head over to Roosevelt Cinemas where we will watch a movie. The movie title is TBD since we will have to see what is playing on that date and vote. Before we watch the movie, we'll have lunch at Wendys, so bring lunch money!

Requirements: Bring movie & lunch \$ and your movie ideas!

10/29 Rec and Teen: Bowling at Wappingers

Shine up those bowling balls and get out your bowling shoes, and meet us at the ally! Knock around some pins and socialize with friends. Try for a personal best with strikes, spares, or even a turkey! Meet there!!!

Requirements: \$9 check due 10/15, Bring Lunch \$

THE REC and TEEN CLUB

The Arc of Dutchess
8 Industry Street
Poughkeepsie, NY 12603

Rec. Club Voicemail.....(845) 471-8876 x 421
(For information and reservations)
Rec. Club Cell Phone: (914) 474-4525
(For community outings only)

Recreation Manager
Keturah Richards..... (845) 471-8876 x 130
Recreation Supervisor
Elizabeth Nesheiwat..... (845) 471-8876 x 186

NEW MEMBERS: The Rec. and Teen Clubs provide recreation and social activities for people with developmental disabilities, ages 13 and older; who live at home with their families. If you are interested in joining our Rec. or Teen Club please contact the Recreation Manager. We ask that all new members attend a few local activities before going on a long day trip with us. We want to get to know you!

RESERVATIONS: Please call the Rec. or Teen Club voicemail to let us know ALL the activities you plan on coming to. All reservations are on a first call basis. Occasionally an activity is filled, and we will notify you if we cannot accept your reservation.

Activity Money: Activity Money is due by the first Friday of the month and by the 15th of the month, (for the second half of the month). You can mail your check to:

The Arc of Dutchess
8 Industry Street
Poughkeepsie, NY 12603
Attn: Rec. & Teen Club

CANCELLATIONS: A message will be posted on the Rec. and/or Teen Club voicemail line regarding all cancellations and changes due to weather or other circumstances. Please call and check before activities. Messages will be posted at the LATEST 1 hour before the activity.

If you have a birthday and would like to celebrate with your Rec. or Teen Club friends you can bring a cake or other goodies to share to the member meeting or any other activity that is held at the Vocation Center. Otherwise you need to make special arrangements so we can plan the calendar accordingly. Thanks!

**THE ARC OF DUTCHESS
REC. AND 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 RSVP'ing through the phone line will not place you on the Attendance List for the activity (is) of your choice.**

Arts & Crafts and Cuisines are NONREFUNDABLE if cancelled with less than 7 days' notice.

Please drop off or mail in your check with one of the payment coupons below.

**The Arc of Dutchess
8 Industry St.
Poughkeepsie, NY 12603
Attn: Rec. and Teen Club**

THE ARC OF DUTCHESS

CHECK # _____

THE REC. CLUB

PAYMENT COUPON FOR THE MONTH OCTOBER

PLEASE FILL OUT AND RETURN WITH PAYMENT

NAME: _____

Amount of check \$ _____ (Please make check out to The Arc of Dutchess)

Please check the appropriate boxes for which activity/activities you are paying for.

- | | | | | | |
|-----------------------------------|-------------------------------|-----------------------|-----------------------------------|-------------------------|----------------------|
| <input type="checkbox"/> 10/6/17 | Arc Cuisine: Butter Beer | \$3 due 10/1 | <input type="checkbox"/> 10/25/17 | Baking Halloween Treats | \$4 due 10/15 |
| <input type="checkbox"/> 10/11/17 | Arc Cuisine: Meatball Madness | \$6 due 10/1 | <input type="checkbox"/> 10/27/17 | Spooky Halloween Party | \$7 due 10/15 |
| <input type="checkbox"/> 10/20/17 | Kevin McCurdys | \$25 due 10/15 | <input type="checkbox"/> 10/29/17 | Bowling at Wappinger's | \$7 due 10/15 |

***Non-Refundable**

-----CUT ALONG DOTTED LINE-----

THE ARC OF DUTCHESS

CHECK # _____

THE REC. CLUB

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PLEASE FILL OUT AND RETURN WITH PAYMENT

NAME: _____

Amount of check \$ _____ (Please make check out to The Arc of Dutchess)

Please check the appropriate boxes for which activity/activities you are paying for.

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***Non-Refundable**