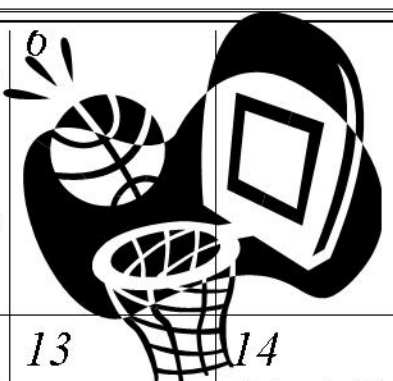

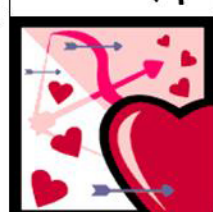

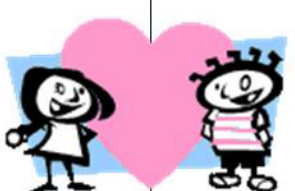
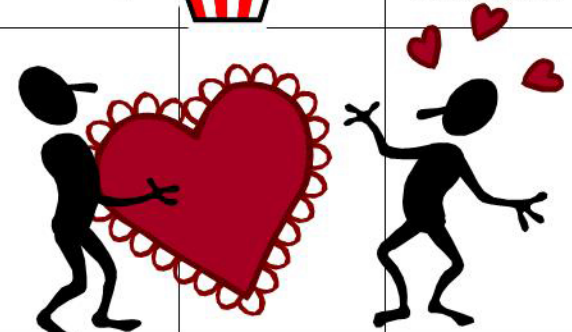


Rec Club February 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>You must RSVP for all activities which you would like to attend by calling 471- 8876 x 421 The cell phone we carry with us on outside activities is: (914) 474- 4525 You must Prepay or RSVP snack choices by the scheduled deadline. We reserve the right to turn you away without a reservation and/or for not adhering to scheduled deadlines.</p>			<p>1 <u>Rec Only</u> Member Meeting At ARC 6p—9p \$4 due 2/1</p>	<p>2</p>	<p>3 <u>Rec Only</u> Sweetheart Dance Meet at ARC 6p—9:30p \$5 due 2/3</p>	<p>4 Chessa's Food Drive At ARC 9:30a-12:30p</p>
<p>5 S.O. Basketball 10a –1p and / or Arts & Crafts 1:30p – 4:30p * see notes</p>			<p>8 S.O. Basketball Practice At ARC 6p—7p</p>	<p>9 </p>	<p>10 The Muppets at DCC Meet at ARC 7p—10:15p Bring a snack</p>	<p>11 Beading 101 at ARC 9a—12:30p \$5 due 2/15 Bring a lunch</p>
<p>12 S.O. Basketball 10a –1p and / or Zumba 1:30p –4:30p * see notes</p>	<p>13 </p>	<p>14 <u>Bake at ARC</u> Valentine Cupcakes At ARC 6p—9p \$2 due 2/3</p>	<p>15 <u>Circle of Friends</u> Valentine's Day Dance At ARC 6p—8:30 \$4 due 2/3</p>	<p>16</p>	<p>17 <u>Rec Only</u> Games at Fun Central Meet at ARC 6p—9p \$7 due 2/15 Bring dinner</p>	<p>18 Japanese Cuisine & Games At ARC 10:30a—1:30p \$5.50 due 2/15</p>
<p>19 S.O. Basketball 9:30a –12:30p and / or Wood n Wheel 12:30p–4:30p * see notes</p>	<p>20</p>	<p>21 Soup Basics 101 At ARC 5:30p– 8:30p \$5.50 due 2/15</p>	<p>22 Just Dance At ARC 6p-8:30p Bring Water</p>	<p>23 </p>	<p>24</p>	<p>25 <u>Rec Only</u> Mac n Cheese & Movies at ARC 3:30p—6:30p \$2 due 2/15</p>
<p>26 S.O. Basketball 10a –1p and / or Bowling At Taft 1:30p—4:30p * see notes</p>	<p>27 </p>		<p>29 Wheel of Fortune At ARC 6p-8:30p Bring a snack</p>	<p>30 </p>		

Important Information

Thank you all so very much for your feedback last month regarding the Calendar.

Your thoughts, opinions, and time are very much appreciated!

To those of you who took the time to read the notes, we Thank You!

Coming Soon!

We are planning to go paperless by Summer 2012. Calendars will be emailed to members each month. If we don't have your email address on file, please fill out an email form so we can add you to the list. Our email list will be used for the sharing of ARC information and calendar distribution only. Dutchess ARC will not sell your information to any other agencies or corporations.

Parking at the Lagrange Vocational Center

As we gear up for Winter, please remember not to park in front of the building. Although you may be dropping off and a minute inside, parking in front of the building blocks others from entering. As snow falls upon us, it is important that everyone have safe access to the building.

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 insure staff and member safety. Cancellations will be posted 1 hour before activity on the reservation line. Members will vote on alternate activities during scheduled activity time. If you have any concerns please contact the Recreation Manager at Ext. 186 .

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. Please check with staff to ensure forms are active. Thank you for your participation and cooperation!

Enforcing Old Policy with a NEW Procedure

Thank you for signing in your Rec or Teen Club Member. Please continue to come in with your member and checking in with staff prior to departing ARC.

RSVP's and Checks

Please remember to RSVP on the VOICEMAIL system. Thank you for mailing in your payment coupon. However, please remember to reserve a spot for an activity, you **must** RSVP on the voicemail. Mailing in a coupon with payment for an activity without RSVPing on the voicemail does **not** reserve your place for the activity. If the activity is full, you may be waitlisted if you mail in payment without RSVPing through the phone system.

Check Reminders: Money must be in the Rec and Teen Club office by the scheduled deadline. Remember that we no longer accept cash for activities. Unfortunately, we will begin turning people away for not adhering to this policy. **Do NOT mail them to the Business Office in Pleasant Valley.**

You can drop checks off at the Rec and Teen Club Office, or mail them to:

Dutchess ARC
8 Industry St.
Poughkeepsie, NY 12603
ATTN: Rec and Teen Club

Rec Club Notes February 2012

2/1 Rec Only: Member Meeting

Bring your ideas and appetite as we plan for March's calendar and make our own pizza's!

Requirements: \$4 check due 2/1

2/3 Rec Only: "Sweetheart Dance" at the Anderson School for Autism

Dinner is NOT provided. Please eat dinner prior to attending the activity. Your admission cost includes light snacks and beverage. Don't forget to bring your dancing shoes if you plan to boogie on the dance floor!

Requirements: \$5 due 2/3

2/4 Rec and Teen: Chessa's Food Drive

Today is Chessa's birthday! Come celebrate her day by showing a little love for our neighborhood Food Pantry. Presents are not required. Can't make the date but still want to help? Feel free to donate non perishable items to any Rec and Teen Club staff. Items will be delivered the following week by Day Hab Without Walls.

Requirements: positive attitude and a heart full of giving

2/5, 2/12, *2/19, 2/26 Rec and Teen: S.O. Basketball

Work on your basketball skills while having fun! We'll meet at ARC, and enjoy a morning of great exercise, games, and fun. Don't forget to bring bottled water, and a bag lunch.

Time: 10am – 1pm (except on 2/19, we are meeting 9:30a – 12:30p)

Where: Meet at ARC

Requirements: Bottled water, bag lunch

2/5 Rec and Teen: Valentine Arts and Crafts

Come make your Valentine a special gift at our Valentine Arts and Crafts. We'll get the crafts, you bring your snack!

Time: 1:30p – 4:30p

Where: At ARC

Requirements: \$10 check due 2/3, snack

2/8 Rec and Teen: S.O. Basketball Practice

If you missed a practice, or want extra practice, meet us at ARC for an hour of dribbling, passing, and fun.

Requirements: bottled water, comfy clothing

2/10 Rec and Teen: The Muppets at DCC

Tonight Dutchess Community College is showing The Muppets! With the help of three fans, **The Muppets** must reunite to save their old theater from a greedy oil tycoon.

Requirements: Bring a snack

2/11 Rec and Teen: Beading 101

If you still haven't gotten your valentine a gift, or if someone special has a birthday soon, or maybe you just want something new for you, join us for a fun morning of beading.

Requirements: \$5 check due 2/3, a bag lunch, your creative style!

2/12 Rec and Teen: Zumba at PMT Fitness & Smoothies

Join us for an afternoon of exercise where you dance the pounds away. Then we'll make healthy fruit smoothies to treat ourselves on a job well done! Please dress accordingly, (exercise clothes), and bring bottled water.

Where: Meet at ARC. Time: 1:30p – 4:30p

Requirements: \$12 check due 2/3, MUST bring bottled water or water bottle

2/14 Rec and Teen: Bake at ARC Valentine Cupcakes

Help make cupcakes both for yourself and for tomorrow night's Dance party! Each person will take home 6 cupcakes, made with lots of love and fun.

Requirements: \$2 check due 2/4

2/15 Rec & Teen: Circle of Friends: Valentine's Day Dance

Calling all friends! It's time to party! We'll play some games, eat a hearty dinner, and dance, dance, dance!

Requirements: \$4 check due 2/3, your dance shoes!

2/17 Rec Only: Games at Fun Central

You get to pick your activity: Will it be mini golf, the batting cages, or a virtual roller coaster? Plus, enjoy 15 tokens to use in the arcade. Don't forget to bring dinner money where we will vote on a place to eat!

Requirements: \$7 check due 2/15 for one activity plus 15 tokens, dinner \$, optional extra \$ for tokens

2/18 Rec and Teen: Japanese Cuisine and Games

Learn how to make miso soup, and the traditional light salad with ginger dressing. We'll also have fun making our own "bento box" meal, which of course includes vegetables, meat, and a dumpling! We'll also play some Japanese and American games!

Requirements: \$5.50 due 2/15, don't forget your appetite

2/19 Rec and Teen: Wood n Wheel: Arcade, Skate, and Laser Tag!

Create your own Fun Pass at the Wood N Wheel recreation center! You can game all day at the redemption arcade, skate around the rink to the latest hits, and/or join your friends for a black light game of laser tag! With so much to choose from, you won't get bored!

Time: 12:30p – 4:30p Where: Meet at ARC.

Requirements: *Note: Members are to bring money for activities they want to participate in.

Price List: \$8.50 skating (including skates), \$4 per game for Laser Tag, Optional \$ for Arcade games

2/21 Rec & Teen: Soup Basics 101

Last month we enjoyed a delicious recipe for chicken noodle soup. This month we'll try our hand at another popular favorite: Minestrone!

Requirements: \$5.50 check due 2/15, and an eagerness for cooking

2/22 Rec & Teen: Just Dance at ARC

What better way to get in fit, then to Just Dance! Bring your water bottle, as we work up a sweat, dancing, laughing, and getting in shape.

Requirements: athletic clothing (no jeans), sneakers, good sportsmanship, bottled water

2/25 Rec Only: Mac n Cheese & Movies

Brought to you by demand! Enjoy an American Classic Meal where we make our own mac n cheese from scratch! Yes, that's right, no Kraft box today! Bring your favorite film to share. While we wait for our Mac n cheese to bake, the most popular movies voted will be played.

Requirements: \$2.50 due 2/15, your culinary skills, favorite movie

2/26 Rec & Teen: Bowling at Taft Ave

Have fun bowling a strike, spare, or 1 pin down! We'll have a snack break between games, so don't forget to bring a snack or \$ to purchase something.

Time: 1:30p – 4:30p Where: Meet at Taft Ave

Requirements: \$5.50 due 2/15, snack, or snack money

2/29 Rec & Teen: Wheel of Fortune

Come try your luck, and spin the wheel of fortune! We'll take a snack break, so don't forget to bring your yummy snack.

Requirements: snack, good fortune

**DUTCHESS ARC
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 RSVPing 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.

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

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

**DUTCHESS ARC
THE REC CLUB**

CHECK # _____

PAYMENT COUPON FOR THE MONTH OF FEBRUARY

PLEASE FILL OUT AND RETURN WITH PAYMENT

NAME: _____

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

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

- | | |
|------------------------------------------------------------------------|----------------------------------------------------------------------------------|
| <input type="checkbox"/> 2/1/12 Rec. Only Mbr. Mtg. \$4 due 2/1 | <input type="checkbox"/> 2/15/12 Circle of Friends: Valentine Dance \$4 due 2/3 |
| <input type="checkbox"/> 2/3/12 Rec. Only Sweetheart Dance \$5 due 2/3 | <input type="checkbox"/> 2/17/12 Rec. Only Games @ Fun Central \$7 due 2/15 |
| <input type="checkbox"/> 2/5/12 Arts & Crafts \$10 due 2/3 | <input type="checkbox"/> 2/18/12 Japanese Cuisine & Games \$5.50 due 2/15 |
| <input type="checkbox"/> 2/11/12 Beading 101 @ ARC \$5 due 2/3 | <input type="checkbox"/> 2/21/12 Soup Basics 101 \$5.50 due 2/15 |
| <input type="checkbox"/> 2/12/12 Zumba & Smoothies \$12 due 2/3 | <input type="checkbox"/> 2/25/12 Rec. Only Mac n Cheese & Movies \$2.50 due 2/15 |
| <input type="checkbox"/> 2/14/12 Bake cupcakes @ ARC \$2 due 2/3 | <input type="checkbox"/> 2/26/12 Bowling @ Taft Ave. \$5.50 due 2/15 |

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

**DUTCHESS ARC
THE REC CLUB**

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