



Providing Recreational opportunities for those we support in their community & beyond!

The Arc of Orange County, headquartered in Newburgh, NY is a not-for-profit agency founded in 1954 by a small group of parents and family members of people with developmental disabilities. Families remain our inspiration and guiding force and comprise a majority of the agency's Board of Directors and voting members.

The Community Activities Program offers year round, integrated recreational and social opportunities for those we serve, ages 13+ years of age.

The Creative Lounge is a program designed to stimulate your talents, creativity, and to explore your own artistic originality.

Zumba:

Feel the music and let loose!!! Come try this high-energy, fun, Latin cardio workout!!!....ZUMBA® is a fusion of Latin and International music, utilizing dance themes that create a dynamic, exciting, effective fitness program. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Dates: Wednesday - March 28 - May 16 , 2018
Meets: 6:30 PM to 8:00 PM 8 sessions
Instructor: MARCIA GRANIERI PEREZ
Fee: \$80.00

Pet Connection:

Smooches & Smiles - Share your love of animals with an interactive, animal petting opportunity.

- *Be empowered and increase your self-esteem by exploring your skills with animals in a creative way.*
- *Learn to care about animals and to care for the animals (e.g. feeding and grooming).*
- *Share your love of animals and interact with other people.*

Dates: Thursday - April 26- May 31, 2018
Meets: 5:30 PM to 7:00 PM 6 sessions
Instructor: BETH DE LA CRUZ
Fee: \$100.00

Spa Night:

Come and enjoy a night of pampering yourself with some friends!! Learn cool makeup techniques, skin care routine, nail care and hair care.

Dates: Tuesday March 27- May 15, 2018
Meets: 6:30 PM to 8:00 PM 8 sessions
Instructor: ANDREA LATORRACA (Cosmetology student)
Fee: \$120.00





Achieve with us

Cooking:

Develop skills in food preparation, kitchen safety and table setting. Learn healthy recipes for favorite snacks, entrees, veggies, salads, and desserts,

Dates: Tuesday March 27- May 15, 2018
Meets: 6:30 PM to 8:00 PM 8 sessions
Instructor: JOHN DOWNING
Fee: \$160.00

Drama and Singing:

Love to sing? Are you a closet singer? This class helps develop a variety of vocals skills, social and confidence skills. Don't miss out. Let's sing together!!!!!!

Dates: Tuesday March 27- May 15, 2018
Meets: 6:30 PM to 8:00 PM 8 sessions
Instructor: BONNIE MOORE & CATHERINE DELLAMARCO
Fee: \$80.00

If you have any questions about the Creative Art Program, please contact **Sophia Sofokles** at: (845)427-2077 (x2134)/Cell: (845)645-6671/sophia.sofokles@thearcoforange.org

****Please note:** that all staff accompanying individuals who participate in the program will be expected to assist in classes as needed. Payment in advance is suggested, however can be accepted on the first night of the class. If paying by check or money order please make payable to: **The Arc of Orange County**. If mailing payments, please send it to attention: Sophia Sofokles at **Henry F. Cox Center, 28 Bull Rd, Campbell Hall, NY 10916.**

****Those who attend The Arc of Orange County Day programs are welcome to stay after program before the class as supervision will be provided at the Campbell Hall Center.**

If you would like to participate in any of these classes, please complete the attached registration form and return it to: Sophia Sofokles c/o Henry F. Cox Center, 28 Bull Road, Campbell Hall, NY 10916. Registrations may also be faxed to: (845) 427-2087



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Return to: Sophia Sofokles c/o The Arc of Orange County Henry F. Cox Center, 28 Bull Rd, Campbell Hall, NY 10916

Fax: (845)427-2306 / Email: sophia.sofokles@thearcoforange.org

Name: _____

Residence: _____

Address: _____

Contact person: _____

Phone: _____ Cell: _____

Email: _____

Please indicate your 1st & 2nd choices. **Class space is limited and you will be notified of which class that we are able to get you in to.

- ___ Drama & Singing - \$80
- ___ Spa Night - \$120
- ___ Cooking - \$160
- ___ Zumba - \$80
- ___ Pet Connection - \$100

Amount enclosed \$ _____

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