

# 2012 Winter Catalog

## Day Services



*Lead a life of purpose*

*Skill development for adults with intellectual and developmental disabilities, including autism who are leading a life of purpose*

**The Arc of Schuyler**

203 Twelfth Street • Watkins Glen, NY 14891

607. 535. 6934

[www.arcofschuyler.org](http://www.arcofschuyler.org) • [www.facebook.com/arcofschuyler](https://www.facebook.com/arcofschuyler)

# Movement and Dance

*Instructor: Jaymie Boudreau*

*Room: Movement and Dance Studio, 210 Twelfth Street*

## ***Creative Movement***

Move your body and dance! Explore creative movement through the use of different props, music and exercises.

## ***Dancin' to the Music***

Tap your toes, bop your head and shake your hips. You and your peers are the leaders of the class; you pick the music and the moves.

## ***Stories in Motion***

Bring your favorite poem or story to life by adding movement to specific parts of the story or poem! The class picks the story, the movements and the rest is magic!

# Music

*Instructor: Casey Mallow*

*Room: Movement and Dance Studio, 210 Twelfth Street*

## ***Rhythm and Song***

Sing and play rhythms using various percussion instruments and your own hands. Learn about music notation and recognition of sound and pitch.

## ***Rock, Pop, Country and Folk***

Learn about and discuss the songs, artists and the history of popular music. Sing and play rhythm instruments along with your favorite songs.

## ***Songs and Skits from Broadway, Movies & Television***

Listen to recordings and watch performances from musicals, popular movies and favorite TV shows. Sing, play instruments and act out parts using scripts from the shows.

## ***Musical Expressions***

Learn to express yourself through music and participate in vocal and instrumental ensembles. Play a variety of instruments including the drums, keyboard and guitar.

## ***Twelfth Street Players***

Join this variety performance group that sings, uses musical instruments, and performs skits to entertain in our community.

# Creative Arts

*Instructors: Carole Sullivan and Patricia Wilcox*

*Room: Art Studio, 203 Twelfth Street*

## **Expressive Arts and Crafts**

Explore a diverse array of arts and crafts from around the world. Don't forget to bring your imagination! *Class runs twice daily.*

## **Brushstrokes**

Venture beyond simple painting and develop skills in creative two dimensional art and various paper arts. All you need is a brush and your own personal style!

## **3D Artworks**

Discover three dimensional art using paper machè, wood, clay and other tactile materials. This is definitely a crafty 'hands' on class!

## **Digital Media**

Explore different forms of digital media. Learn how to take pictures of people, nature and more. Work with others to develop and tell a story through film.

## **Journalism**

Research what's going on in your community and share your stories in a newsletter that you and others design.

# Horticulture

*Instructor: Patricia Wilcox*

*Room: Horticulture Room, 203 Twelfth Street*

## **Greenscapes**

From the air we breathe to the food we eat, plants play a very important role. Learn about the many benefits that plants provide and how they affect us in just about every aspect of our lives.

## **Gardening 101**

Learn all about different kinds of plants - vegetables, flowers, and even weeds. BE ready to get your hands dirty - this is a "hands on" class.

## **Creative Gardening**

Would you like to be creative with flowers, dirt and containers? Come join us for some crafty 'green' projects!

## **Beginning Gardener**

Learn the gardening basics including how to plant flowers and vegetables. Dig your hands into the dirt and learn how flowers, vegetables and other plants grow.

## **Plants and Outdoor Living**

Visit the great outdoors and learn how the four seasons affect plants. Spend time exploring nature at some of our local parks and identify plants that can be found in our area.

# Overview and Schedule

The Arc of Schuyler Day Services program is committed to providing quality instruction, skill development and training in: Daily living activities to help foster independence • Establishing and pursuing personal goals • Self advocacy • Social skills • Independent transportation • Community involvement that will enable individuals to contribute to their community in a meaningful way



*Lead a life of purpose*

## Monday - Friday Schedule

Time	Movement and Dance	Music	Studio Art	Horticulture	Wellness and Community Living	Volunteering
8:30 AM - 9:00 AM	Wake Up #1					
9:00 AM - 9:30 AM	Wake Up #2			Greenscapes	Health Matters	Out and About
9:45 AM - 10:45 AM	Creative Movement	Rhythm and Song	Expressive Arts		Moving and Grooving	
11:00 AM - 11:45 AM	Dancin' to the Music			Gardening 101		
11:45 AM - 12:30 PM		Rock, Pop, Country, Folk	Brushstrokes		Healthy Meal Planning	
12:30 PM - 1:15 PM				Creative Gardening		Volunteering 101
1:30 PM - 2:45 PM	Stories in Motion	Songs and Skits from Broadway Movies and TV	3D Artwork	Beginning Gardner	Best Foot Forward	
2:45 PM - 3:30 PM	Wrap up the Day					

## Monday - Thursday After Hours Schedule

Time	Monday	Tuesday	Wednesday	Thursday
3:00 PM - 4:30 PM	Expressive Arts ( <i>Studio Art</i> )	Musical Expressions ( <i>Music</i> )	Get Active! ( <i>Wellness and Community Living</i> )	Musical Expressions ( <i>Music</i> )
4:30 PM - 5:30 PM	Plants and Outdoor Living ( <i>Horticulture</i> )	Twelfth Street Players ( <i>Music</i> )	Health Matters ( <i>Wellness and Community Living</i> )	Twelfth Street Players ( <i>Music</i> )
3:00 PM - 4:30 PM		Digital Media ( <i>Art</i> )	Volunteering 101 ( <i>Volunteering</i> )	Journalism ( <i>Art</i> )
4:30 PM - 5:30 PM			You've Got Mail ( <i>Volunteering</i> )	

# Wellness and Community Living

*Instructors: Christy Eddy and Sue Makowiec*

*Room: Wellness and Community Living Center, 203 Twelfth Street*

## *Health Matters*

Being healthy means more than just not getting sick! By taking the right health conscious steps, you can get the energy to live every day to the fullest. Learn how to make smart choices when deciding what to eat and what types of activities to do.

## *Moving and Grooving*

If you move at a fast pace—this class is for you. Rain or shine we will find a way to keep moving through a variety of exercise routines.

## *Healthy Meal Planning*

Eating right is key to a healthy mind and body. Learn to prepare healthy meals that taste great and keep you full of energy.

## *Best Foot Forward*

Learn how to stand out and be respected in your community. Find out what it really means to be a good neighbor and make some friends along the way.

## *Get Active!*

Get fit and feel great in a planned way. Become more active through various activities including walking, stretching, and exploring the outdoors.

# Volunteering

*Instructor: Sheryl Hunter*

*Room: The Volunteer Center, 203 Twelfth Street*

## *Volunteering 101*

Learn about helping people in your local community. This class will teach you the basics of volunteering including what it means to be a volunteer, how to find volunteer opportunities, and how to be a responsible volunteer.

## *Out and About*

Become an active volunteer in our community and learn about the many opportunities available. A few of the places we volunteer our time at are: Office for the Aging, Watkins Glen Area Chamber of Commerce, and the Watkins Glen Public Library.

## *You've Got Mail*

Help bring cheer to those in long term health care by creating greeting cards and delivering them with warm wishes.

## About the Instructors

**Jaymie Boudreau, Bachelor of Arts Degree in Dance.** As the Performing and Visual Arts Coordinator at The Arc, Jaymie leads the development and instruction of creative movement courses.

**Christy Eddy, Pursuing an Associates degree in Liberal Arts.** Christy has been employed in the Human Services field for many years and has worked at The Arc since 2006. Christy enjoys cooking and is excited to share her knowledge in the kitchen with students at The Arc.

**Sheryl Hunter, Pursuing an Associates degree in Liberal Arts.** Sheryl has worked in the Human Services field for 18 years and has been a Direct Support Professional at The Arc since 2002. She has taken advantage of leadership and positive approaches training classes offered at The Arc.

**Suzanne Makowiec, Associates degree in Human Services.** Suzanne has over 11 years of experience in the human services field and has been a Direct Support Professional at The Arc of Schuyler for over 7 years. Additionally, she has been a conference and training presenter.

**Casey Mallow, Bachelor of Music degree in Professional Music.** Casey's main focus at The Arc is developing and instructing courses in music. Casey performs as a jazz guitarist and as a pit musician for area colleges, high schools, and community theaters. He also teaches private lessons.

**Carole Sullivan, Associates degree in Liberal Arts.** Carole has been a member of The Arc team for over 20 years and is committed to furthering her knowledge in the arts. She has taken courses in drawing, acrylic and watercolor painting, and paper arts. Carole has shared her skills and knowledge with colleagues and people participating in studio arts classes at The Arc.

**Sean Thompson, Master's Degree in Global Management and a Bachelor's in Biology.** Sean is a gardening and landscaping enthusiast and practices eco-friendly garden management systems.

**Pat Wilcox, Associates degree in Liberal Arts, Social Science.** Pat brings experience and enthusiasm to the classes she instructs. She has been at The Arc for more than 26 years and has also participated in drawing and painting courses to further her knowledge in the arts.

## The Arc of Schuyler Day Services program is committed to providing quality:

- *Mobility training*
- *Assessment, training and development of: Appropriate social behaviors, Communications skills, Language development, Speech therapy, Patterns of living, Age appropriate activities and routines*
- *Training and assistance in developing: Basic safety skills, Competency in housekeeping skills, Competency in personal care skills, Healthcare skills, Money management skills*
- *Individual and group social, health related and recreational activities*
- *Necessary transportation*
- *On site professional services*
- *Assistance in pursuing valued outcomes*
- *Assistance in self-advocacy*
- *Assistance with community inclusion*
- *Services necessary to meet the needs of the consumer at day habilitation that could have been provided by HHA or PCA in the past.*

# Monthly Activities



## ***Self-Advocates of Schuyler County***

First Monday of the month, 3:30 - 4:30 PM  
Cafeteria, 203 Twelfth St.

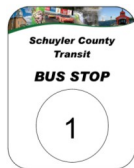
Share your ideas, learn to advocate for yourself, help organize fundraising events, and participate in Self Advocacy.



## ***Coffee Chat***

Second Monday of the month, 11 AM - Noon  
Board Room, 203 Twelfth St.

Participants of The Arc's Day Services: Bring your coffee and chat with Jeannette Frank, Executive Director and Jason Santobianco, Director of Day and Community Supports and learn about what's new in and around The Arc.



## ***My Mobility System***

Available every Thursday of the month, 3:00 - 4:30 PM  
203 Twelfth St.

Learn how public transportation can serve you. Understand how to plan a route from where you are to where you want to go. Learn how much it costs to ride the bus and the bus stop locations. You can plan your own schedule and take the bus where you want to go! *Please register with Mobility Manager, Amber Simmons.*



## ***Recreation Events***

Get out in the community! Catch a movie, enjoy a meal at one of our local restaurants, or learn how to bowl.

<b>Movie Club</b>	Last Friday of the month
<b>Bowling</b>	First Friday of the month
<b>Dinner and a Movie</b>	Second Friday of every other month
<b>Breakfast Club</b>	Third Saturday of the month

Events are planned in advance. Please contact Jason Santobianco, Director of Day and Community Supports if you would like to participate.

*Classes are being regularly modified and added. If you have ideas or suggestions for class offerings, please contact Jason Santobianco, Director of Day and Community Supports.*

*Publish Date: 12/16/2011*

## **The Arc of Schuyler**

203 Twelfth Street • Watkins Glen, NY 14891

607. 535. 6934

[www.arcofschuyler.org](http://www.arcofschuyler.org) • [www.facebook.com/arcofschuyler](http://www.facebook.com/arcofschuyler)