RECREATION NEWSLETTER

October 2026

The Arc of Atlantic County

FALL ACTIVITIES BRING FUN, FITNESS & FRIENDSHIP

If you haven't been attending The Arc's Recreation offerings, you're missing out! Whether it's getting into the groove with Zumba classes (pictured above), making apple cider cookies, or gathering with friends for BINGO, there's something for everyone.

Check out this issue for photos of recent activities, along with information on how to register for Bowling. October is the start of "spooky season," so be sure to sign up for all our Halloween-themed programs!

Volunteers are also appreciated to help with evening classes, including welcoming participants, assisting with projects, and taking photos. Fill out a volunteer application if you are interested in helping.

Happy Halloween to all our favorite ghosts and goblins! More treats, less tricks!

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RECREATION SPOTLIGHT:

Reminder: Please sign up online or fill out the recreation form and submit ahead of time. Do not show up for a class if you have not registered in advance.

Additionally, please pay close attention to the costs associated with each class and make sure you are paid before attending. If you're unsure of in-house transfers vs. self-pay, call 609.485.0800 x 164.

RECREATION HIGHLIGHTS

Special Olympics Bowling Registration

Bowling

Bowling season is right around the corner and sign ups are officially open! Please plan to register early so that you have time to complete and submit all required health forms and paperwork before practices begin.

☐ New Player ☐ Returning Player

Shirt Size: ☐ Small ☐ Medium ☐ Large ☐ XL ☐ 2XL ☐ 3XL ☐ 4XL

Please see important information below regarding shirt replacement for returning players.

Athlete's Name: _____ Date of Birth: _____ Age: _____

Address: _____ City: _____ Zip Code: _____

Email: _____ Phone: _____

Parent/Guardian Name: _____

Emergency Contact: _____ Phone: _____

SCHEDULE & PRACTICE INFORMATION:

Practices will be held on Saturdays from 9:00 am - 12:00 pm at King Pin Bowling Alley, located at 6622 Black Horse Pike, Egg Harbor Township, NJ 08234. Athletes should arrive by 8:45 am for check in and lane assignment. Once the athlete is signed in, they may retreive their bowling shoes and bowling ball. When finished, they will report to their assigned lane for practice.

DECEMBER 5TH 9:00 AM – 12:00 PM
DECEMBER 12TH 9:00 AM – 12:00 PM
DECEMBER 19TH 9:00 AM – 12:00 PM
JANUARY 9TH 9:00 AM – 12:00 PM
JANUARY 16TH 9:00 AM – 12:00 PM
JANUARY 23RD 9:00 AM – 12:00 PM
JANUARY 30TH 9:00 AM – 12:00 PM

Please note, practices will not be held on December 26 or January 2, in observance of the holidays.

COMMITMENT & REQUIREMENTS:

All athletes must have bowled a total of 15 games to qualify for the competitions. That means you must attend five practices in order to move forward. Scores will not be accepted from games bowled unless at least one bowling coach is present at the time the athlete has bowled.

IMPORTANT INFORMATION:

If you are new to the team or do not currently have The Arc branded bowling shirt, please make sure to include your preferred size shirt when registering.

If you are a returning bowler, please make sure you have your bowling shirt and that it is ready for the upcoming season. Please do not request a new shirt unless you absolutely need it.

Individual health forms are now digital only. Athletes will need to create an account here and complete the checklist. If you need assistance accessing the portal or completing health forms, please contact Katie Keppel at recreation@thearcatlantic.org or 609.485.0800 x 164.

Recreation Registration Instructions

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HOW DO I SIGN UP?

Visit the Recreation Page to sign up online or use forms below and check the date of each activity you'd like to attend, along with the payment method. The cost shown applies to each date, not the series.

Participants must register with Recreation **BEFORE** attending any activity. Participants using their Individual Service Plan (ISP) budget must contact their support coordinator to have units built into their plan and have an approved ISP and service authorization **PRIOR** to attending any recreation program.

Classes should be paid for at the time of registration unless you have made arrangements with Katie in advance. Individuals who reside in The Arc of Atlantic County's group homes or supervised apartments, and have made The Arc their representee payee do not have to pay in advance. The cost of the activity will be trasferred from their account to Recreation.

WHERE DO I SUBMIT FORMS & PAYMENT?

Please mail or drop off completed registration forms, **WITH PAYMENT**, to:

The Arc of Atlantic County
Attn: Recreation Registration
6550 Delilah Road, Suite 101
Egg Harbor Township, NJ 08234

Completed forms may also be emailed to Katie Keppel at recreation@thearcatlantic.org.

WHAT HAPPENS NEXT?

Keep a copy of the activities you signed up for or mark your calendars to track your participation.

If you don't hear from us, you are registered for the activity. If a class is full, you will be put on a waiting list. We will notify you in advance if space becomes available.

FOR MORE INFORMATION:

Katie Keppel
Recreation Coordinator
The Arc of Atlantic County
609.485.0800 x 164

NEVER MISS AN ISSUE!

Get the Recreation Newsletter delivered to your inbox! Email **recreation@thearcatlantic.org** to subscribe.

Recreation Registration Form

Participant's Name: _____ Date of Birth: _____

Address: _____ City: _____ Zip Code: _____

Email: _____ Phone: _____

Allergies: _____

Emergency Contact #1: _____ Phone: _____

Emergency Contact #2: _____ Phone: _____

October Recreation Activities

Activity	Dates Check all Attending	Support Program Units Needed for Each Date	Cost of the Activity with Support Program Units	Self-Pay Cost for Each Date	In House Transer Cost for Each Date	Total
ZUMBA 6:00 pm - 7:00 pm Delilah Road Office, use ATC door. *Move, groove, feel great!*	☐ Oct 1 ☐ Oct 22	4 Respite 4 Respite	No Charge No Charge	☐ $10.00 ☐ $10.00	☐ $10.00 ☐ $10.00	$ _____
PACIFIC MURALS PROJECT 6:00 pm - 7:00 pm Delilah Road Office, use ATC door. *For those who attended the September classes. Please plan to attend both sessions.*	☐ Oct 6 ☐ Oct 13		No Charge	No Charge	No Charge	No Charge
NOYES ARTS GARAGE CLASS 6:00 pm - 7:00 pm Delilah Road Office, use ATC door. Limited to 15 people.	☐ Oct 7		No Charge	No Charge	No Charge	No Charge
CREEPY COOKING: GRAVEYARD DIRT CUPS 6:00 pm - 7:30 pm Delilah Road Office, use ATC door. Limited to 20 people.	☐ Oct 14	6 Respite	☐ $7.00	☐ $15.00	☐ $15.00	$ _____
MAKE YOUR OWN CANDY JAR 6:00 pm - 7:30 pm Delilah Road Office, use ATC door. Limited to 20 people.	☐ Oct 21	6 Respite	☐ $9.00	☐ $18.00	☐ $18.00	$ _____
DIY PRINTED HALLOWEEN MUGS 6:00 pm - 7:30 pm Delilah Road Office, use ATC door. Limited to 12 people.	☐ Oct 26	6 Respite	☐ $6.00	☐ $12.00	☐ $12.00	$ _____
★ **NEW LOCATION** ★ **BINGO AT THE ARC** 6:00 pm - 7:30 pm Delilah Road Office, use ATC door.	☐ Oct 27	6 Respite	No Charge	☐ $5.00	☐ $5.00	$ _____

OCTOBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				1 ZUMBA 6:00 - 7:00 pm	2	3
4	5	6 PACIFIC MURALS ART 6:00 - 7:00 pm	7 NOYES ARTS GARAGE CLASS 6:00 - 7:00 pm	8	9	10
11	12	13 PACIFIC MURALS ART 6:00 - 7:00 pm	14 GRAVEYARD DIRT CUPS 6:00 - 7:30 pm	15	16	17
18	19	20	21 CANDY JAR CRAFT 6:00 - 7:30 pm	22 ZUMBA 6:00 - 7:00 pm	23	24
25	26 HALLOWEEN MUG CRAFT 6:00 - 7:30 pm	27 BINGO @ THE ARC 6:00 - 7:30 pm	28	29	30	31 Happy Halloween