



Welcome to our April 2026 ADT Newsletter!



*“The future belongs to those who believe in the beauty of their dreams.”
- Eleanor Roosevelt*

March was filled with learning, creativity and connection at The Arc of Indian River County's Adult Day Training (ADT) Program. Participants stayed active and in addition to their own individualized training program they engaged in a variety of classes. These classes include Arts and Crafts, Life Skills, Social Skills, Money Management, Health and Hygiene, and the always-popular Baking with Deb. Chorus practice and karaoke sing-alongs added music that is always a favorite activity!

Our participants also enjoyed meaningful time in the community with outings that included engaging in our community parks, a visit to the beach, experiencing nature at The Environmental Learning Center and visiting our equestrian friends at Special Equestrians of the Treasure Coast. These experiences encourage social interaction, independence, and exploration beyond the classroom.

We are especially thankful for our valued partners—Sunshine Physical Therapy Clinic, Sunday Strong, VNA and Special Equestrians of the Treasure Coast and Environmental Learning Center. Each organization continues to enrich our ADT program.

Thank you for your continued support of our ADT program and the individuals we serve.

April Activity Calendar



Dick Bird Park

What a perfect day for a picnic! The ADT program enjoyed spending time together at Dick Bird Park, sharing lunch and relaxing in the sunshine!

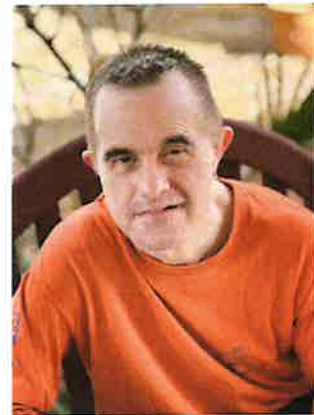


Sunday Strong

Sunday Strong classes at The Arc of Indian River County's Adult Day Training (ADT) program continue to build confidence, wellness, and community among our participants. Each session focuses on strength-building exercises, balance, flexibility, and healthy lifestyle habits in a supportive and encouraging environment. Individuals work at their own pace while celebrating personal goals and cheering for one another.

The new and improved ability ladder added to the success of the class this month!

We are grateful for our valued community partnership with Sunday Strong, whose dedication and encouragement make these classes possible.



Karaoke Friday

The Adult Day Training (ADT) program at The Arc of Indian River County grabbed the mic and took the stage showing off their voices and confidence! A variety of genres from classic rock, country hits and old school favorites filled the air!

This favorite activity is always filled with music, laughter and lots of cheering from friends!





St. Patrick's Day

The Arc of IRC's ADT program was full of St. Patrick's Day Festivities! Individuals got creative by designing colorful bulletin boards filled with holiday cheer! Individuals also enjoyed making and sharing their Lucky Charm Rice Krispie treats! This holiday season it "was easy being green" as everyone got into the spirit by dressing in their favorite green attire!



Bird Feeders

Individuals in The Arc of Indian River County's ADT Program enjoyed a hands-on, nature-inspired activity as they created bird feeders using pinecones, peanut butter, and bird seed. After assembling their feeders, they proudly hung them outside, where they can watch and enjoy the visiting birds.



Music Therapy

Through the Arc of Indian River County's community partnership with VNA, they provide engaging and enriching music therapy classes for the ADT program. These classes provide a fun and supportive environment where participants get the opportunity to explore rhythm, movement, and creativity in a fun and

supportive environment. Each session encourages self-expression, builds confidence and fosters meaningful connections.



Special Equestrians of the Treasure Coast

Our ADT participants enjoyed a wonderful visit to Special Equestrians of the Treasure Coast for a day filled with learning, connection and hands on experience.

A highlight of the visit was the chance to use the equicizer, a life-sized mechanical horse that simulates the motion of riding. Individuals practice balance, posture and coordination while building confidence in a supported environment.





Jaycee Beach Park

When it's the perfect day to visit the ocean! The ADT program enjoyed a beautiful day at Jaycee Beach Park playing games, having lunch and listening to the sounds of the ocean!





Environmental Learning Center

The individuals at the ADT program had a wonderful time exploring both nature and creativity during their visit to the Environmental Learning Center. They enjoyed outdoor trails and discovering local wildlife! Also, they toured the art galleries admiring the unique exhibits inspired by nature!



The Arc of Indian River County Gives Back!

Individuals from The Arc of Indian River County's ADT program recently took part in a meaningful volunteer opportunity at the Vero Beach High School Freshmen Learning Center Media Center. Working alongside school staff during a "packing party," participants assisted with cleaning, sorting, and packing books as part of the district's ongoing planning and transition efforts. This hands-on experience not only provided valuable support to the school but also allowed individuals to build job skills, teamwork, and a strong sense of community involvement.



Join us!
Ocean Grill Night
Tuesday, May 12, 2026
5:00 PM-10:00 PM
1050 Beachland Blvd., Vero Beach, FL 32963

For over 40 years the Replogle family has hosted this special evening in support of The Arc of Indian River County! Enjoy a wonderful night out with family and friends while giving back to a meaningful cause. All profits from the evening are donated to The Arc of Indian River County, helping us continue to provide vital programs and services for individuals with intellectual and developmental disabilities. Reservations are suggested for parties of 5 or more: 772-231-5409. 1050 Beachland Blvd, Vero Beach, 32963



The Arc of Indian River County Wish List

The Arc of Indian River County always have an incredible time fishing on the beautiful Indian River Lagoon! Our new fishing program was made possible by a generous donation! We are grateful for your kindness and support!

As the only nonprofit 501(c) (3) Adult Day Training Program in Indian River County with comprehensive programs, we rely heavily on donations and grants. Help make our program wishes come true by donating one of the requested items on our Amazon Wish List, donating online to The Arc of Indian River County, Inc., or by mailing your donation to:

The Arc of Indian River County, Inc.
1375 16th Avenue
Vero Beach, FL 32960

Questions: Contact or Administration Office: adminpro@arcir.org; 772-562-6854

[Amazon Wish List](#)

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Upcoming Events: Save the Dates!

Save the Date:

- April 15: Jackie Robinson Celebration Game; Gates open at 5:00 PM; more details to follow. This replaces the Coffee House event for April.
- May 12: Ocean Grill Fundraising Night; 1050 Beachland Blvd., Vero Beach; 5:00 PM-10:00 PM.
- May 25: Holiday (Memorial Day): ADT/Transportation/Admin. closed.
- July 3: Closed in observance of July 4 Holiday: ADT/Transportation/Admin. closed.
- September 25-27: Advocacy Days, Disney's Coronado Springs Resort, Lake Buena Vista, FL; Registration opens in June!

Please remember these events are community activities! Follow our Facebook page for updated information!

ADT Staff Contact Information:

Terri Bagley: ADT Manager: terrib@arcir.org: 772-766-3896

Emily Tobias: ADT Manager: emilyt@arcir.org: 772-766-3603

Denise Sellers: Services Director: denises@arcir.org: 772-584-9604

Adrianna Larkey: Transportation: adriannal@arcir.org: 772-766-1552



April Safety Tips:

- Wear Sunscreen: (SPF 30 or higher) and reapply every 2 hours.

- Stay hydrated: Florida temperatures can already reach the mid-80s in April.
- Wear light clothing, hats, and sunglasses if you're outdoors for long periods.
- April begins Florida's increased thunderstorm activity.
- If you hear thunder, go indoors immediately—lightning can strike even when rain hasn't started yet.
- Alligators become more active in spring during mating season. Stay away from the edges of ponds, lakes, and canals.
- Snakes and insects also become more active—wear closed-toe shoes when walking in natural areas.
- Always check beach flag warnings for rip currents before swimming.
- Use insect repellent with DEET or picaridin when outside.

By following these tips, you can help protect yourself and your loved ones.

Are you or your organization interested in volunteer opportunities or additional information regarding The Arc of Indian River County?
Please contact our administration office: adminpro@arcir.org
772-584-6854

"The Arc of Indian River County supports and empowers individuals with special needs to achieve their life goals."

Please visit our Facebook page for additional photos of our events and activities!



The Arc of Indian River | 1375 16th Ave | Vero Beach, FL 32960 US

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April 2026-ADT Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 1030am- Group Therapy (Gators)	2 10am Chorus @ West No Sunday Strong	3 10am Karaoke @ East 10am Outdoor Activity @ West Egg Hunt	4
5	6 Octopi Manta Ray Sea Turtles/ Vero Bowl \$15	7 9:30a Special Equestrian (Turtles) 10-11 Art Therapy West Campus	8 10:30am Group Therapy (Sea Turtles) @West Eels/Gators Squids Vero Bowl \$15	9 10am-Chorus 12p Sunday Strong	10 9:30am UCF Cement Patties @ West 10a-11a Outdoor activity Karaoke East	11
12	13 12:30 Music Therapy (Sea Turtles) Dolphins/Sharks Vero Bowl \$15	14 9:30a Special Equestrian/ Packed Lunch (Squids) 10am Cooking with Deb (Eels)	15 10:30a- Group Therapy (Eels) Coffee House/ Jackie Robinson 5pm-8pm \$10.00-Ticket	16 9:30a Fishing Club 10a- Chorus 12p- Sunday Strong	17 10a- Karaoke @ West	18
19	20 Octopi/Turtles/ Manta Rays Mc Donald's \$20.00	21 9:30am- Special Equestrian Packed Lunch (Octopi) 10a Art Therapy @ East	22 10:30am-Group Therapy (Sharks) Eels/Gators Squids Mc Donald's \$20.00	23 10a Chorus 12p Sunday Strong	24 Arbor Day Planting Dolphins/Sharks Mc Donald's \$20.00	25
26	27 12:30 Music Therapy (Eels) Octopi/Turtles Manta Rays Packed Lunch Rock City Gardens \$10.00	28 9:30a Fishing Club 10a Cooking with Deb (Dolphins)	29 10:30 Group Therapy (Dolphins) Eels/Gators Squids Packed Lunch Rock City Gardens \$10.00	30 10a Chorus 12p Sunday Strong April Birthdays Celebration End of the month movie	May 1 Dolphins/Sharks Packed Lunch Rock City Gardens \$10.00	

Outing Groups:

Monday: Manta Rays; Octopi; Sea Turtles

Wednesday: Eels; Gators; Squids

Friday: Dolphins; Sharks