

"Life is not about you. It's about what you do for others. The faster you are able to get over yourself, the more you can do for the people who matter most".

~ Tom Rath

Won't you consider volunteering this holiday season?

## **Facebook Not Accepted**

All Arc information for updates of programs can be found on The Arc website under the tab listed announcements. Another source frequently updated (not as much as the website) is Facebook.

If you are encouraging friends and family to view photos and events of your loved one from an Arc class or program on Facebook, they need to be accepted by The Arc. It is not a public viewing site.

The Arc is EXTREMELY cautious of what is posted - not everyone has given permission to have photos posted publicly. Please do not take photos of anyone at an Arc program except the person you are related to or are supporting, with their permission.

The Arc is also EXTREMELY cautious of who is accepted to view its Facebook page. Predators exist. People with disabilities are often easy targets. The Arc receives, daily, bizarre friend requests. The number of requests is increasing. Most do not appear to be legitimate requests and might be that your Facebook account has been hacked. The request has photos that appear to be real people but no posts, no information listed. This is often a ploy by predators to discover new targets.

If your family or friend is sending a legitimate request to view The Arc Facebook page, please have them call The Arc at 814.946.1011 and let us know. Otherwise, if suspension is raised, we decline the request.

## **Photo Policy At Arc**

As mentioned in the article above, The Arc has a strict photo taking policy.

No one except Arc staff or Arc volunteers are permitted to take photos of any programs or classes.

If you want a picture of someone you brought to a class, please take it at home or individually at Arc. Too many people are taking photos and do not know if the other people in the photo have signed a photo release allowing their image to be made public.

Violators of this policy will be asked to leave after the photos have been deleted.

## **TIDBITS**

Remember, with winter approaching, to check The Arc website before heading out to be sure a program or class has not been cancelled.

The Arc has a Facebook page for the general public, but also a private group for Arc members who attend classes and programs. Cancellations are posted to this private page. Please contact The Arc if you are an Arc member, or family member or support staff who drive members to classes, and would like to receive notices through the private group. Or, just visit The Arc website. That is where the real information is placed, including cancellations!

Members are often times joking and talking as they exit classes in the dark and not paying attention to the parking lot. Please SLOW DOWN as you enter the brick entrance gate to 10 mph. Do not drive fast as you enter the lot.

## november 2023 CLASS CALENDAR

The Arc of Blair County has a new look to its website. Why is this important? Because all updates are placed on The Arc website. This includes cancellation of classes, last minute programs that are added, and registration for classes and programs. The Arc no longer accepts phone calls to register for a class. Visit [thearcblair.org](http://thearcblair.org), click on announcement page for updates or members tab to register for classes.

### **Thursday, November 2, at 5:30 pm to 7:00 pm: Basic Craft Class**

*Intent:* To teach basic concepts of gluing, places object in correct position, finger manipulation and scissor use.

*Description:* This class is designed for individuals who want to try their creative side but need to learn at a slower pace. It is for people who are nervous to try more challenging artisan classes. The classes are small so the instructors can give more individual attention to each participant with goal of having participants grow in skills and be able to advance to more challenging classes.

*Level:* Beginner Type: Independent/Skill Building Teaching

*Registration Required:* yes. visit [www.thearcblair.org](http://www.thearcblair.org), hover over membership tab, click down arrow to hover over register for class or program.

### **Saturday, November 4, at 12:00 pm to 3:00 pm: Bocce Tournament**

*Intent:* A fun afternoon to meet new people and have fun

*Description:* Teams of 2 will compete. No experience necessary. Food provided by Catholic Daughters of America.

*Level:* All welcome. No experience playing. Type: open/social teaching.

*Registration Required:* yes. visit [www.thearcblair.org](http://www.thearcblair.org), hover over membership tab, click down arrow to hover over register for class or program. Don't worry if no partner. The Arc will provide a teammate.

### **Monday, November 6, at 6:00 pm to 7:00 pm: Quiet Class-Sshhh..**

*Intent:* This class is specific to individuals who never attend other Arc classes or programs. It is especially beneficial to individuals who are easily stimulated by noise, lights, or commotion. It is for individuals with sensory concerns.

*Description:* The lights will be dim, a water fountain will provide soothing sounds, and participants can be placed several feet apart quietly coloring, completing a puzzle, or doing other quiet activity. The goal is to eventually have participants open up and become friends.

*Level:* Beginner. open/social teaching *Registration Required:* No, just show up.

### **Tuesday, November 7 and November 21, at 5:30 pm to 6:30 pm: West African Drums**

*Intent:* To enjoy the lively beat of the drum.

*Description:* This class forms a circle and learns different 'rhythms'. It is a great stress release and data supports that it alters the neurons in the brain.

*Level:* Beginner open/social teaching *Registration Required:* No, just show up. Drums are provided by The Arc.

### **Monday, November 13 & Thursday, November 30, 5:30 pm to 6:30 pm: Pickleball**

*Intent:* To gain a little exercise while learning a new sport

*Description:* This class is for someone who does not believe they have 'athletic' ability or doesn't want to compete but just get a little exercise. Don't label yourself - you may enjoy this 'sport'. Find out what the craze cross the nation is all about.

*Level:* Beginner.open/social teaching

*Registration Required:* No, The Arc provides the paddles. **\*special day** Note Special Day on Monday, Nov. 13

### **Tuesday, November 14 at 5:30 to 6:30 pm & November 28 at 6:30 PM (special time): Ukes**

*Intent:* To celebrate wonderful music together

*Description:* A fun, interactive, lively group that learns a lot of chords in a relaxed and welcoming atmosphere. No experience necessary or musical background needed.

*Level:* beginner open/social teaching *Registration Required:* No. The Arc provides the instruments.

### **Monday, November 20, at 5:30 pm to 8:00 pm: Thanksgiving Table**

*Intent:* To teach table arrangements for holiday meals so participants can help with family Thanksgiving preparation.

*Description:* This hands on class will have participants arranging a holiday table, understanding where to place napkins, silverware and glasses on a table, special napkin folds to look 'fancy', and basic social skills to join in conversations. The Arc will provide a 5-course dinner, enforcing table etiquette.

*Level:* Beginner Type: Independent/Skill Building Teaching. More information about this 1-of-a-kind program on page 4

*Registration Required:* yes. visit [www.thearcblair.org](http://www.thearcblair.org), hover over membership tab, click down arrow to hover over register for classes and programs.

### **Wednesday's/Every Wednesday at 6:30 pm to 7:30 pm: Line Dance \* except November 22, eve of Thanksgiving**

*Intent:* To get exercise in a fun, social atmosphere

*Description:* Learn dance steps set to music of all genres and decades. Wheelchairs and walkers can join in the fun. Don't like to dance? This very popular class encourages folks to just clap along in seats.

*Level:* Beginner.open/social teaching *Registration Required:* No

## Want the Newsletter Electronically?

Would you like to have the newsletter in digital format in case you lose the paper copy? If you are a current member, in good standing and with dues paid, you qualify to have online access 24/7 to the newsletter!

The calendar on the announcement page is NOT the same one received in the newsletter. This is a public calendar with very limited information.

If interested, you may continue to receive a hard copy mailed to your home.

The first step is requesting permission. Acceptance to the member page can take up to a week. If you do not receive confirmation, please do not call The Arc until after 7 days has passed

Go to The Arc website, [www.thearcblair.org](http://www.thearcblair.org), then go to the members page. Click the DROP DOWN ARROW. Hover the mouse over the "request access to the newsletter online" then click as it pops up to "request for online access to the newsletter" Once it is verified you are a member of The Arc of Blair County, a confirmation will be emailed to you with the next steps.

Please call The Arc if you have questions or any links do not work.

## Having problems accessing the website from your cell phone?

The Arc of Blair County has a new look to its website. Why is this important? Because all updates are placed on The Arc website. This includes cancellation of classes, last minute programs that are added, and registration for classes and programs.

The Arc no longer accepts phone calls to register for a class. You must register under the members tab, click the down arrow for "register for a class or program" then hover to see sign up choices and click on the class you want to register for.

All information regarding change of times/cancellations/etc. can be found under the announcements page of the website, [www.thearcblair.org](http://www.thearcblair.org). The updates will be in various colors and at times you may need to scroll down to read them all.

If you are using your phone to search for the status of a class and see 'gobbly gook' or can't read the screen, follow these instructions:

1. For Android users - once in The Arc website click on the 3 dots in the top right corner of screen. Scroll down until you see 'desktop site'. Click this button. The website should now be easily viewed.
2. For iPhones - Click the "AAs" on the left of the web address bar. When the popup appears, select "request desktop website."

## Out and About

By Arc Members ...

... About Arc members



Sarah Hiersche did a great job in The Arc Garden Club. She has applied all she learned to her home garden. Sara is shown holding the green beans she grew from seed at The Arc then transplanted at home. You are well on your way to becoming a master gardener, Miss Hiersche!



Christina Polito and Katie Burke unexpectedly ran into each other at the Lancaster Balloon Festival. What an awesome experience! Up, up, and away in my beautiful balloon! You will have to share more photos in case friends want to experience it next year!



**The Arc of Blair County**  
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*Achieve with us.*

Non Profit Org  
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Altoona, PA  
Permit # 218

Current Resident or

**COVID KITS AVAILABLE:** The Arc has a small supply of the most recent government issued (Center for Disease Control) COVID test kits. It is that time of year again. If you are in need of a kit, contact The Arc. One per household.

More pickle ball photos. All are welcome. Ability level doesn't matter. Everyone is beginning.



## Refresher!

The calendar will display three types of classes:

- 1) recreation/just fun - these are programs for fun! Dances, picnics, camp outs, game nights, etc.
- 2) open/social teaching - social class that 'quietly' guide - line dancing, ukulele, drumming, pickleball, etc.
- 3) independence skill building/teaching - classes that are specific to a subject and are designed for knowledge and growth - cooking, artisan, woodworking, Arts at Arc, craft, gardening, etc. A class level will be assigned to guide participants on whether to register based on difficulty: beginner or advanced

## What Program Do I Start With?

The Arc of Blair County was founded as an advocacy organization. Not a recreational agency. Staying true to this vision is important and The Arc strives to offer classes that promote independence and skills for individuals to lead a fulfilling life of his or her choice.

The Arc indicates on its calendar if a class is an independent skill building or 'teaching' class. They always require registration because the class is limited in size so that individual attention can be given. The class also indicates the level: Beginner or advanced. Beginner classes will go at a slower pace and slowly integrate concepts.

Each Arc member must start with a beginner class until The Arc can determine skill level. This can vary from class to class. For example, a person may be very accomplished at using power tools and enter the advanced garden club but struggle with dicing and chopping vegetables and thus be in the beginner cooking class. All of us have strengths and weaknesses and often select hobbies and interest based on our strengths. As an example, a person who runs marathons may not necessarily play tennis because of different body movements and different strengths.

Once a person masters certain skills they will move into the more advance classes in a particular subject. The reason The Arc requests the basics be taught is so individuals do not become frustrated, lose confidence, and may no longer wish to participate in a program because it is 'too hard'. If given the proper time to practice, the same individual may thrive in a particular class. Many participants in Arc programs have developed solid skill sets over time and now would be able to obtain employment in specific areas.

Pickleball is off to a rousing start! More nets will need to be purchased to accommodate the number of interested people. First though, we need volunteers who are agile and can chase down balls and assist with 'feeding' balls for drills. Everyone is doing an amazing job of picking up the sport!



More pickleball photos on the back page of the newsletter. All are welcome. No registration required. The Arc provides everything you need. This is beginner level.



The beginner craft class takes place the first Thursday of the month at 5:30 p.m. It is called 'Craftin with Cortny'. Thanks Cortny Himes for sharing your talent. How blessed are we!

This class is for people who need a little more time to finish projects and who do not come to the other art classes or woodworking classes. It is basic, start at the beginning, teaching.



## Highlights for November Classes

### 2 Special Programs Planned:

There will be two unique programs occurring in November.

**1) The 2nd Annual BOCCE TOURNAMENT:** This year's bocce tournament will see a lot of changes from last year's 'experiment'. The Arc has built more courts, wooden, and will lower the scoring to determine advancing teams. More games will be able to be played and the tournament will not take too long. Food and drinks will be provided throughout the day, not at a specific time. The game room will be open to shoot pool, watch Saturday college football games, and play ping pong, while awaiting your teams turn to play. If you do not have a partner to play with, The Arc will find someone to be a teammate. The time is noon to 2:30 p.m.

**2) A special holiday meal together:** Join us as we share a 5-course meal while also learning how to contribute to the family dinner this Thanksgiving.

Participants are going to assist with setting a table with plates, glasses and silverware. No plastic at this formal dinner!

Participants are encouraged to NOT wear jeans or t-shirts but something a little 'dressier' - not formal dresses or suits but maybe something along the line of leggings and khaki's with a blouse or collar shirt. This will help set the tone of the evening.

After going over basic etiquette, different courses will be brought out so we can enjoy our festive meal family style!

More details on both of these special programs can be found on page 2, under the calendar section.

Special events like this are not offered each month so please take advantage of them while you can!

## R-E-S-P-E-C-T

Every participant in a program is valued and The Arc wants to promote responsibility of one's actions.

Therefore, out of respect for the time the instructors and volunteers dedicate to each class, The Arc will now administer the following guidelines at classes:

1. Participants need to arrive 5 minutes before the start of a class.
2. Participants should use the restroom and be seated and ready to begin promptly at the start of class.
3. Support staff and family members will have seats in the back of the room to observe but are not to assist the participants. This is a time to learn and, in most instances, support ends up doing the work for the participant, defeating the purpose of the class.
4. Doors will lock at the start of the class and reopen once projects are complete. Too often people walk into the building and the entire focus of class is on the interruption. This is not safe. The Arc does not want someone's finger glued or worse scenarios with use of power tools and sharp knives because they are looking away to see who enters the building.
5. If a participant registers for a class but does not show up, the participant cannot attend another class without first paying a fee of \$10. It is expensive to purchase the materials and, as stated above, The Arc is promoting responsibility.

It is hard to fathom but the people leading the classes dedicate a huge amount of time to classes and programs. Let's show respect for their efforts.

The above guidelines are for the independent skill building/teaching classes though it would be respectful to show the same courtesy to the open/social teaching classes and recreation/just fun programs. Thank you for your understanding of this class/program policy. Please call The Arc at 814.946.1011 with any questions.