

"New Year, New Beginnings. 12 new chapters, 365 new chances. This is your year to sparkle. "



The Arc teaches such a variety of classes with the hope that people will practice at home what is taught. Katie Burke made a beautiful Thanksgiving platter at the Creating with Cortny Class. Thank you, Burke family, for using the platter, pictured left, that katie made at your holiday feast. All of us want to be acknowledged for our talents. What better way to say "I am proud of you" than by displaying your creativity for all to see?



Another teaching moment occurred when The Arc held its first Thanksgiving meal. Participants learned how to set a formal table and do 3 different napkin folds. It was a proud Arc moment when two of the participants shared that they set their family table for Thanksgiving and two other participants were observed at separate places conducting 2-way conversations as taught at the class. YES! A proud moment indeed as students put into practice what they learned.

Thank you Jess and Ella Albright, and Maryssa Brandt, for assisting with this class!



## BIG NEWS TO SHARE

The Arc is excited to announce that The Arc Angels Chorus is returning! Yippee! You don't need to have a beautiful voice. If you enjoy music, please consider joining the group. Practices will be the first and third Tuesday of each month from 6:30 pm to 7:30 pm. Cathy McFee will be our new director. The first get together will Tuesday, January 16! Yes, it is back to back music night - first West African drumming followed directly after with chorus. See page 3 of newsletter for more info.

## Super Bowl Party?

Are you planning a Super Bowl party - or at least watching the Super Bowl?

The Arc has your back! We will be conducting a class on how to prepare easy appetizers to serve during the Super Bowl. See the calendar on page 3 for more information and to register.

## Let Your True Colors Show

Are you stressed? Do you just need to sit down for a minute and catch your thoughts? The Arc will be offering a coloring class, open to EVERYONE, set in a peaceful, quiet atmosphere to help the brain to just rest for a minute. See page 3 in the calendar for more information.



The WE ARE...Friends group has done sooo much this fall. It is amazing to witness the interactions and friendships evolving through the group. Excited to see what the winter activities bring!



Shown at left are two of the instructors for drumming - Mary Adams and Dave Despot. They are typically camera shy but made an exception during the Christmas party.



The lovely ladies of line dancing paused for a photo to say farewell to Katherine Ziegler who is moving out of the area. Shown in photo is Patty Flanagan, Esther Rickabaugh, our fearless leader Joyce Veckov, and Katherine. Thank you all for leading this fun and interactive class each week.



Everyone was in festive spirits for the drumming Christmas party. So fun when folks dress in silly outfits, hats and jewelry! \* See page 3 for special night of drumming in January.

## JaNuArY 2024 ACTIVITIES

Reservations to sign up for classes only available at: [www.thearcblair.org](http://www.thearcblair.org), click on announcement page for updates or members tab to register for classes.

### **Thursday, January 4, 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.

### **Monday, January 8, at 5:00 pm to 6:00 pm: Coloring Class**

*Intent:* This class is open to everyone to enjoy a minute to catch our breath and just relax through coloring pages.

*Description:* It will be a quiet class where we simply color with soft music playing in background. There is no set teaching. Each person will color something different with a choice of marker, crayon or colored pencil. There will be limited talking as it designed to bring calmness and relaxation.

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

### **Tuesday, January 9 and January 23, at 5:30 to 6:30 pm : Uke Group**

*Intent:* To celebrate wonderful music together through ukulele.

*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.

### **Thursday, January 11, and January 25, 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 across the nation is all about.

*Level:* Beginner.open/social teaching

*Registration Required:* No, The Arc provides the paddles.

### **Tuesday, January 16 and \* January 30\* , 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. \*Note special date of 1/30 due to New Year's Day holiday interrupting the schedule.

### **Tuesday, January 16 and \*January 30\*, at 6:30 pm to 7:30 pm: Arc Angels Chorus**

*Intent:* To express one's self through music and singing

*Description:* This class is for anyone who enjoys music and likes to sing. Always an upbeat time!

*Level:* Beginner open/social teaching *Registration Required:* No, just show up. \*Note special date of 1/30 due to New Year's Day holiday interrupting the schedule.

### **Monday, January 29, at 5:00 pm to 7:00 pm: Superbowl Eats**

*Intent:* To teach easy appetizers that can then be copied and made for the upcoming Superbowl..

*Description:* Three appetizers will be taught. Students are expected to have basic cooking skills and will be hands on in preparing the appetizers. Eat before arriving. Food will not be ready to test until 6:30 and only light appetizers.

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

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

### **Wednesday's/Every Wednesday at 6:30 pm to 7:30 pm: Line Dance \* except Dec. 27, holiday**

*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

**Specific Groups such as WE ARE...Friends, special classes to make food for meeting or gifts for people, Board Meetings, and other groups receive group information emails and are not included in the newsletter**



**The Arc of Blair County**  
www.thearcblair.org  
431 Jackson Ave  
Altoona, PA 16602  
814-946-1011

*Achieve with us.*

Non Profit Org  
U.S. PSTAGE  
**PAID**  
Altoona, PA  
Permit # 218

## Current Resident or

As 2023 comes to a close, The Arc of Blair County reflects on its many blessings throughout the year. We would like to pause and thank the many volunteers which make The Arc so vibrant. This starts with the Board of Directors who deserve so much credit for keeping The Arc sustainable all these decades without any government/Medicaid/County funding.

Included in our thank you are the instructors who lead the classes and those who volunteer at the monthly special events.



And finally, The Arc staff deserve a round of thanks because they often volunteer their time to the many things (far more than just classes or programs) that take place at The Arc.

Thank you, each and everyone, for the commitment you give to enriching lives. A more dedicated group of volunteers cannot be found. May the blessings you offer boomerang back to bless you.

We would also like to thank those who stopped by with gifts throughout December. Your kindness is valued. The staff is very appreciative. The Board of Directors and staff wish everyone a year in 2024 filled with health and laughter.