

"Think back through the last year. How many times have you volunteered? Not at something where you participate or impacts your family. A different organization that you have no personal connection except to make your hometown a better place. Imagine the community landscape if everyone used the excuse 'I am too busy'."

Many are in need, few answer the call to serve

Independence

The Arc offers 3 - count them - 3 ways to receive information on classes! One is via the hard copy of the newsletter which lists all the programs offered BY DATE each month. The second way is through The Arc website. Members can register, and if accepted, will be able to login and see the activity schedule via a traditional looking calendar. The third way is an easel displayed at all Arc classes listing the activities for the month by the NAME OF THE PROGRAM.

Three different methods to communicate the monthly schedule are available because we all learn and process information differently.

At some point it becomes the responsibility of individuals to accept responsibility for personal schedules.

It is your responsibility to share the newsletter with your staff. Many times The Arc hears from staff "I did not know". There are many places to discover information.

Confusion

Please do not confuse registering to have access to the electronic calendar online with registering for a class. They are 2 distinct and different categories. It is your responsibility to share with your staff.

MEMBERS

CALENDAR

- Request for Online Access to newsletter
- Online Login For Newsletter for members
- Program/Class Registration

To view the newsletter in digital format, click "request for online access to newsletter". Once you request online access you will complete some information. Within a week you will receive a confirmation code.

Once you have been given permission you then go to and click on "online login for newsletter" anytime you wish to view the newsletter, including the calendar.

MEMBERS

CALENDAR

- Request for Online Access to newsletter
- Online Login For Newsletter for members
- Program/Class Registration

To register for classes (only when stated - not all classes require registration) click on 'program class registration'.

Remember, it works a little different on cell phones.

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."

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DECEMBER 2023 ACTIVITIES

The Arc no longer accepts phone calls to register for a class. Visit thearcblair.org, click on announcement page for updates or members tab to register for classes.

Monday, December 4, at 4:00 pm to 5:00 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, December 5 and December 19, 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.

Thursday, December 7, 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, hover over membership tab, click down arrow to hover over register for class or program.

Tuesday, December 12, 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, December 14, and *Wednesday, December 20, 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:** Special day of Wed 12/20 due to holidays

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, Board Meetings, and other groups receive group information and are not included in the newsletter

The Arc of Blair County Board of Directors and staff wish you health and love throughout the coming year. Whichever holiday you celebrate, may you be filled with a sense of fulfillment. There is so much taking place throughout the community in December and hopefully you find your 'inspired' meter at a high level to refresh for 2024!



Winter Weather Warning

Please check The Arc website frequently, under the announcements page, to discover if a class has been cancelled. This is a good habit to practice anytime before leaving for a program but especially true during winter months when the weather can change in a heartbeat.
www.thearcblair.org

Out and About

By Arc Members ...

... About Arc members

Have news to share? Doing something different? Let The Arc know and we will feature you in the newsletter. The Arc wants to see members who are trying different things, achieving goals, or becoming involved in the community.



Congratulations to the winners of the "Find the most Hidden Pumpkins":
1st Place: Christina Polito, won a tablet;
2nd Place Emma Shaw won a home alarm system;
3rd place Tucker McGilvray won \$25 gift card.



Hunter Malone mowing a large field on his zero-turn mower. Hunter set some goals for himself: Get his own apartment. Check. Ride a zero turn mower. Check. Now, his next goal is to learn how to drive a vehicle and he his studying for the written exam. Good luck and stay motivated, Hunter!

There was a lot packed into The Arc Halloween Dance. This Arc tradition is reaped in history. Many thanks to the volunteers who make the night possible: Emily, Ella, and Jess Albright, Maryssa and Jonah Brandt, Alauna and Randy Feathers, Sam Fiore, Becky Good, LeShawn Hayes, Matthew Miller, Georgi girl Sible, Marissa Stickles, and Brandon Traficante





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Achieve with us.

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The Arc was at capacity for the 2nd Annual Bocce Tournament. We thank Catholic Daughters of America, Altoona, pictured left for all of their assistance and for providing food. Hugs to Darlene and Clete Wilt who acted as officials. Congratulations to the top three teams: James Lockard and Pat Adams (1), Desiree Kelly and Rochelle Replogle (2), and Amanda and Chastity Elliott (3). Everyone went home with prizes or certificates.

