

"You have to love a nation that celebrates its independence every July 4th, not with a parade of guns, tanks, and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw Frisbees, the potato salad gets iffy, and the flies die from happiness."
~ Erma Bombeck



Brook Baird is styling a very patriotic look! Earrings, bracelets, shirt, necklace, hair piece and even a lei all in red, white and blue!

The We Are...Friends group had a blast kayaking, swimming, and picnicking at Canoe Creek. Natural friendships are being developed! Many thanks to Chef Mary Anne Mong and our friends from Penn State.



The next We Are... Friends get together will be for mini golf, ice cream and swimming at a private residence.



FRIENDS



Highmark Walk



The Arc was well represented by families taking part in the Highmark Walk for a Healthier Community. Participation in this walk is by invite only. Thank you Baird, Burket, and Wilt Families for making The Arc proud!

PICNIC and CAMP OUT

There has been a lot of buzz about the upcoming picnic and camp out on Friday, July 14. This is a good thing - it means the newsletter is being read!

Here are the details:

1. Date: Friday, July 14. Everything will take place outside in The Arc backyard. If it rains, all activities will be moved indoors. An Arc staff member will be on the premises the entire evening/morning.
2. Only Arc members with a current and up-to-date membership may attend. Parents and support professionals are more than welcome to attend but not friends or guests that are not members of The Arc. There is no cost to attend.
3. You must reserve a spot by calling The Arc at 814.946.1011. Please state when you call how many people will be in attendance, a phone number, and which part of the event you will be attending (there are 3 different activities taking place). You may attend all activities or only certain portions.
4. The picnic begins at 5:30 p.m. Light picnic food will be served. The bocce court will be open and a few other small picnic games available.
5. Dancing will begin at 7:00 p.m., followed by a fire pit to roast marshmallows.
6. A movie will start at 9:00 p.m. and end by 10:30 p.m.
7. The evening concludes with a sleepover in tents in the backyard.
8. Breakfast will be served Saturday morning at 8:00 a.m. This is only for those participating in the camp out sleepover. The Arc will not provide breakfast for people who leave Friday evening and attempt to return Saturday morning.
9. All tents and belongings must be removed, all participants must vacate the premises, by 9:00 a.m. Saturday morning.

Suggested items to bring to the picnic/camp out:

- * A jacket in case the evening weather turns cool
- * An umbrella in case a rain storm pops up
- * A cell phone
- * Bug spray (The Arc is surrounded by a forest)
- * A camp chair. The Arc picnic benches will only hold a certain amount of people. Additional seating will be with camp chairs to eat meal or observe the dancing/watch movie.
- * A large and very bright flashlight to be used during the dark hours to illuminate the way inside to use restrooms.

There are additional rules implemented for the tent camp out.

- a. The Arc will not be providing the tents. You must supply your own tent, know how to set it up and be prepared to take it down the next morning. The Arc staff does not know how to put up tents and will not be assisting. If you do not know how to set up and tear down your tent, then you will not be permitted to attend the camp out.
- b. This is a rain or shine event. If it is raining heavily, everything will be moved indoors, including the camp out. The tents will not come indoors, but air mattresses can be brought inside.
- c. Tents can begin being set up Thursday afternoon, July 13, and will continue through Friday afternoon at 2:00 p.m. If a tent is not set up by Friday, 7/14/23 at 2:00 p.m., you cannot participate in the sleepover.
- d. The location of where tents are placed is on a first come basis. Please bring all necessary items to sleep overnight including medications, blankets, sleeping bags, etc.
- e. Quiet hour begins at 11:00 p.m. Talking quietly is permitted but no music, cell phones, or other loud noises. Quiet time will last until 7:00 a.m., Saturday morning.

JULY CALENDAR

Monday's, beginning at 6:00: Bocce in Arc backyard. Check The Arc website if it rains. The Arc will only post IF bocce is cancelled. The Arc never posts if a planned class is still taking place.

Tuesday, July 11 at 5:30 p.m.: Ukulele Class

Tuesday, July 18 at 5:30 p.m.: West African Drumming

Tuesday, July 25 at 5:30 p.m.: Ukulele

Wednesday's at 6:30 p.m.: Line Dancing

Wednesday July 12 and July 26 at 10:00 a.m.: The Arc Garden Club will meet in downtown Altoona at the Robert E Law War Memorial Plaza to clean the plaza. This is the club's way to honor veterans for their service.

Friday, July 14: Picnic and Campout. Details opposite page.

REMINDER OF CANCELLATION POLICY

The Arc will not call participants registered for classes if a cancellation occurs. All cancellations are posted on The Arc website - www.thearcblair.org. Please check the website before heading to an anticipated program. The Arc will NOT post if the class is still taking place. If a cancellation message is not posted on the website then the activity is still occurring. Many people call The Arc to inquire if a class "is still on". However, Arc staff does not answer the phone when busy setting up for programs.



Many thanks to our friends, Karen and Keith (now known as "Bob"), from The American Red Cross for sharing life saving techniques with The Arc. As the instructors pointed out, it will most likely be someone in your home, a passenger in your car, or a family member at a public place, who will be relied upon to perform CPR and/or save your life in another format. Doesn't it make sense to have those closest to us learn life saving procedures?



Pictured at bottom left is Matt Smith who showed a YouTube Video on how to survive in the wilderness or if separated from others either camping or on a hike. Don't forget to always carry extra water, matches, and a flashlight. Never keep wandering. Stay put so rescuers know approximate location to search. Check out his YouTube station at [wildwolfmatt](https://www.youtube.com/channel/UCwildwolfmatt) or [wildwolfmatt1308](https://www.youtube.com/channel/UCwildwolfmatt1308) for great tips.



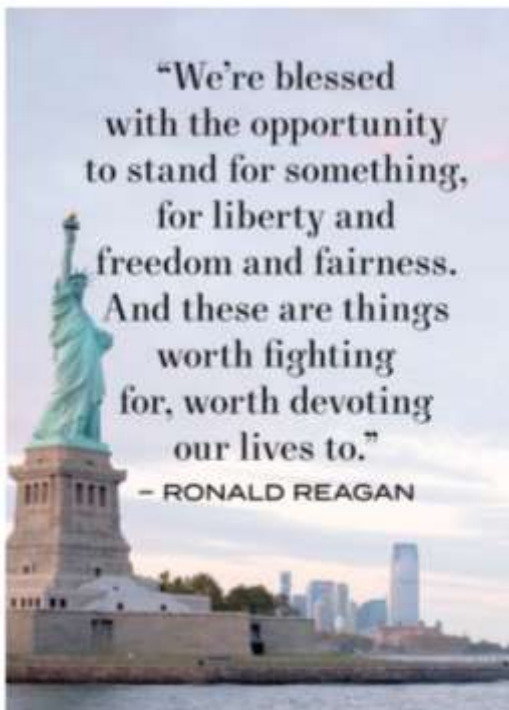


Achieve with us.

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

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

Current Resident or



The Board of Directors and Staff at The Arc of Blair County wishes a fun and safe Independence Day. The Arc offices will be closed Tuesday, July 4, in observance of this national holiday.