

"No matter how big your house is, how recent your car is, how many awards and accomplishments you have won, or how big your bank account is, our graves will always be the same size. Stay Humble."

Spring has Sprung - And So Has Our Dance Steps!

Who is ready to let go of winter, let your hair down, and dance, dance, dance?

The Arc is holding a spring dance on Saturday, March 25 from 6 pm until 8 pm. Doors will not open until 5:45 pm. Light snacks and drinks will be provided but not a full dinner since the dance is only two hours in length.

We will have our DJ ready to play your favorite songs beginning at 6 pm sharp. Remember, sing-along-songs (Karaoke like) is not the same music as dance music. If there is a song with a fast upbeat rhythm that you want to have played, call The Arc at 814.946.1011 and let us know the name and artist of the song you want to dance to. We only play clean versions of songs.

There will be a dance off for those who are brave enough. Leave your name at the DJ's table and anyone who wishes to participate in the circle of dance can show off their best dance moves within the circle. The DJ will be selecting the song for the dance off. The top dancers as voted upon by the judges will receive prizes. Anyone know how to do the griddy?

You do not need to register or dress in any particular style (no costumes or dresses). This dance will also be free to everyone, even non members of The Arc. So, grab your friends and head to The Arc on Saturday, March 25 at six pm.

ADVOCACY NEWS

The Social Security Administration is looking to make a big change to the way that it determines monthly payments for people with disabilities receiving Supplemental Security Income benefits.

Currently, SSI beneficiaries can see their payments docked — often by one-third — if someone else regularly provides them with meals or groceries. But under a new plan that would change.

In a proposed rule published this month in the Federal Register, the Social Security Administration said it wants to update its regulations to exclude food from the way it calculates what's known as "in-kind support and maintenance." In addition, the agency intends to tweak its definition of income to allow for this exception.

The proposed rule will be up for public comment through April 17 before it can be finalized.

march class schedule

Monday, every Monday beginning March 6: Arts at The Arc. 5:30 pm to 7:30 pm. Class is now full. Registration was required and was in last month's newsletter.

Tuesday, March 7 at 5:30 p.m.: Chorus - We are practicing for community concert

Tuesday, March 7 at 6:30 p.m.: West African Drumming - We are practicing for community concert

Tuesday, March 14 at 5:30 p.m.: Ukulele Class We are practicing for community concert

Tuesday, March 21 at 5:30 p.m.: Chorus - We are practicing for community concert

Tuesday, March 21 at 6:30 p.m.: West African Drumming - we are practicing for community concert

Tuesday, March 28 at 5:30 p.m.: Ukulele Class - we are practicing for community concert

Wednesday's/Every Wednesday at 6:30 pm: Line Dancing (yes, this group is also practicing for community concert)

Saturday, March 25: Spring Dance, See front page of the newsletter for details.

GARDEN Club : See below under Save the Date

**** There is an Arts Festival on Saturday, April 29, that several of The Arc's music and dance groups will be performing at. Details forthcoming in the April newsletter.**

Save The Date: The Garden Club is starting back up again. Call The Arc if you want to participate in this club. We are going to start in either late March or early April. It is weather based. The first 2 months will be late afternoon on Thursday's. We will be starting plants and vegetables from seed in a small greenhouse. Once the weather begins to get hot, the time will be changed to early morning to beat the summer heat.

PARENT'S Save The Date: The Arc, in conjunction with North Star Support Services, is offering a Parent to Parent workshop. This is by Parent's, for Parent's. Are you wondering what steps to take to secure your child's future as you age? Is your child just starting out in the adult system and it seems like a foreign language to you? Then you want to join us on Thursday, May 11, to connect with other parents who have traveled the road. Bond, Network, Cry, Laugh...Support. Flyer in April newsletter.

Our talented Cortny Himes outdid herself during January's sewing classes. Participants took home 4 projects plus they received sewing shears, a kit full of items to be used while sewing, AND extra material. Wow! That's a bargain. Oh, wait, the class was free! Can you believe the value of this class? The group picture below shows the final project that was sewn -a drawstring bag! They also made heating pads, chapstick holders attached to key chains, and pouches to hold different items.





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The craft class is running through February and holidays are the theme of the class. Crafts are being created from recycled or repurposed materials.

