

Quote of the month:

We can stop asking what others can do for us and start asking what we can do for others

~ Austin Kleon

We Can complain because rose bushes have thorns or rejoice because thorn bushes have roses

~ Abraham Lincoln

We Are Baaaccckkk...!



The Arc Angels Chorus is back, up & running, & with guitar! We welcomed our new director with a little dessert social after the first practice in January.

Cathy McFee is the new director of the choir, along with our lovely co-leader, Nadeen Nerenberg.

You do not have to have a voice like Mariah Carey. If you are looking to enjoy time with friends or love to sing as loud as possible in the car or shower, then the chorus is your class!

The group practices the 1st & 3rd Tuesday of each month at 6:30 p.m. We can't wait to meet you!

Coloring Outside the Lines

The Arc will be holding a temporary class through its winter series of activities. If you are looking for a night to escape the dreariness of winter but don't want a lot of noise or movement, The Arc coloring class is for you!

The coloring class takes place with subdued lighting and soft music. Selection of coloring pictures range from very simple to complex. You decide what picture and what medium - crayons, markers or colored pencils that you wish to use.



This class is intended for relaxation.



Mark your Calendar. February 23 is Bingo Night! See page 3 for details.

## Thank you for supporting The Arc of Blair County

The Arc humbly and graciously thanks the following businesses and people who have supported The Arc in 2023! This is not membership renewals but additional gifts. We apologize if anyone was missed - every effort was made to ensure accuracy.

84 Lumber  
Carl & Dawn Alexy  
Allegheny Trucks  
Altoona First Saving Bank  
Altoona Pipe and Steel  
Alto Reste  
ARC Credit Union  
Arrow Land Solutions  
Helen Bahou Estate  
Jim & Leah Baranik  
Tom & Angela Bucher Family  
Bolger Brothers  
Judith Burket Estate  
Manuel Casado  
Dan & Sandy Casey Family  
Catholic War Veterans Post 1691  
Central PA Community  
Foundation  
Gloria Ciambotti  
Coca Cola  
Community Foundation for the  
Alleghenies  
Complete Insurance Services  
Construction One  
Conte Schultz Family  
Corle Construction  
Curry Supply  
The Cyman Family  
Linda Daughetry  
Terry & Betsy Davis  
DeGol Organization  
The EADS Group  
Encompass Health  
Howard & Linda Ermin  
First Energy Foundation  
Rene Paul & Theresa Forier  
Marita Forr & Family  
Nancy Foster  
Jackie Frew Family  
Gingrich Agency, Inc.  
Terry & Molly Goldstein  
Good Advertising  
William & Sara-Fiore Gunnett  
Gwin, Dobson & Foreman  
Engineers  
Highmark Blue Cross & Blue  
Shield  
Lee and Jane Hite  
Hite Company  
Joel & Barbara Hollander  
Luke Hullihen Family  
Mike & Gail Irwin

Irwin Financial  
Jersey Shore State Bank  
Joe and Joan Keller  
Keller Engineers  
Jim & Sue Kenawell  
Winfield & Elaine Kilgore  
Kiwanis Club of Altoona  
Lee Industries, Inc.  
Adam & Rose Leiden  
Ben & Bonnie Leiden  
Charlie and Bard Leiden  
Leonard S. Fiore, Inc.  
Dave & Julie Lucas  
M&T Bank  
Kathy McIlney  
McLanahan Corporation  
McCartney's Business Products  
Dr. David & Colleen Montrella  
Barbara Naimoli & Neil Hollander  
Nemacolin Woodlands Resort  
John & Mary Nosek  
Penn Crest Bank  
Peter & Geraldine Pontzer  
Reilly, Creppage & Co., Inc.  
Reliance Bank  
Anthony and Patricia Riley  
George Riley  
Dorothea Riley  
Joseph & Patience Robbins  
Mac & Mara Rosenbaum  
Rotary - Altoona Sunrise Club  
S&T Bank  
Guido & Debbie Santella  
Santella Funeral Home  
Seltzer Financial Strategies  
Steve & Nancy Sheetz  
Sheetz, Inc.  
Sickler, Tarpey & Associates  
Ann Sissler  
Greg & Maggie Smith  
Kathy Steel  
JoEllen Steinbrunner  
Matthew & Tiffany Stuckey  
Connie Traficante  
Traficante Chiropractic  
UPMC Altoona  
Ward Trucking & Logistics, Inc.  
Warner's Florist  
Tom & Nancy Weimer  
Wolf-Kuhn Foundation  
YOBCO

## A Little Housekeeping

The Arc is kindly and respectfully asking families and support staff to supervise the rest rooms after use while attending an Arc program. The Arc is beginning to have a problem with toilets not being flushed and paper towels all over the floors. The Arc would appreciate inspection of rest rooms after usage by the person participating in an Arc program. Thank you for your assistance!

## Show me the Money!

The Arc of Blair County will be holding a dinner/dance/cash drawing fundraiser on Saturday, March 2, at the Altoona Grand Hotel. Tickets can be purchased through The Arc office, or online at [www.thearcblair.org](http://www.thearcblair.org) under the fundraising page. Another way to snag a ticket to this fun night is to scan the QR code below.



Many people have stated that we are underselling the tickets - the price is too low. But the committee made a conscientious decision to make tickets affordable for Arc members to attend. This is not an Arc class or program for Arc members to attend for free, but a fundraiser with the goal of raising funds to support The Arc of Blair County. The ticket admits 2 people and includes a meal, dancing, and a chance to win money!

Not interested in attending? You can still purchase a ticket and have a chance to win cash without being present. You can also bid on baskets online once they are loaded onto the website.

## February 2023 class calendar

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

### **Thursday, February 1, 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. If you participate in this class you CANNOT participate in the woodworking/artisan class.

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, February 5, 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, February 6 and February 20, 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.

### **Tuesday, February 6 and February 20, 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.

### **Thursday, February 9, and February 22, 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, February 13 and February 27, 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.

### **Friday, February 23, at 6:00 pm to 8:00 pm: BINGO**

Intent: To socialize and have fun

Description: BINGO with prizes. VERY light snacks provided. Encouraged to bring own snacks.

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.

### **Wednesday's/Every Wednesday at 6:30 pm to 7:30 pm: Line Dance**

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 class encourages folks to just clap along in seats.

Level: Beginner,open/social teaching Registration Required: No

**WE ARE...Friends** check text chat for time and specifics of Valentine's party.



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

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Altoona, PA  
Permit # 218

Current Resident or



### Happy Valentine's Day

May every day be full of love, not just Valentine's Day. This is the perfect day to give a friend or neighbor something homemade that you learned to create at an Arc class or make at cooking class.

The Arc is not having a dance since several different agencies and organizations are holding Valentine Day dances or formal dances.