

"Summer – when the days get longer, the stars shine brighter, your hair gets lighter, the water gets warmer, the music gets louder, and life gets better."

SAVE THE DATE - Picnic, Dance, Camp Out

The Arc is embarking on something it has never attempted before. Do not register yet. Please wait until the July newsletter arrives.

There will be a picnic on Friday, July 14. Following dinner, which begins at 5:30 p.m., there will be a dance, outside. As the stars begin to appear, a movie will be played outside in The Arc backyard. Then, anyone wishing to spend the night, can sleep in a tent set up in the back yard.

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 is simply providing the real estate (the yard).

This fun 'staycation' concludes at 8:00 a.m. Saturday morning with breakfast provided by The Arc. Everyone must have vacated The Arc property, and removed all of their belongings & tent, by 9:00 a.m., Saturday morning.

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. Please note: the entire evening is being planned outside. No one will be permitted inside to sleep unless it is raining.

As mentioned earlier, The Arc has never attempted anything like this. Parents or support staff are welcome to spend the night in the tent.

Registration will open in July.

Thank you

The Arc owes a big thank you to everyone who sold subs or made a donation to equal the selling of subs. We are very grateful. A special acknowledgement to Stacy Lasser for selling the most individual hoagies and to Altoona Pipe and Steel for selling the most corporate hoagies. Many people played a part though and we are appreciative.

Great Job

The Arc Ukulele Club (Uke Group) performed for the Altoona Kiwanis Club at the Convention Center. Kiwanians were very lively and joined in with the songs. The Uke Group are becoming accomplished players and have learned several songs. Way to go!



SO PROUD TO OF THE Arc

The music groups at The Arc outdid themselves at the Blair Creators Art Festival in downtown Altoona.

Thank you to the people who did not have anyone involved yet still came out to support their friends and the groups.

Many friends and families came (some from a distance) to champion the artists and it is appreciated. Thank you.

Of course the day would not have occurred without the hard work put forth practicing by Arc members and by the wonderful instructors. Everyone did awesome! Mwwww...aaaah! Enjoy the photos on this page or visit The Arc Facebook page to see videos.



Ukulele - or Uke Group as we call it - had audience participation as the crowd seemed fascinated by ukuleles. Photos to the left of the group's performance. The class is led by Melanie Ramsey.



Chorus - photos on the left and right and below - offered a nice medley of songs. It is difficult to sing outdoors without microphones but The Arc Angels pulled it off magnificently!



JuNe Class Schedule....Summer Series Is Starting

Monday's, beginning at 6:00: Bocce Returns! The Arc backyard is where to arrive. Begins June 5.

Tuesday, June 6 at 5:30 p.m.: West African Drumming. NOTE SUMMER TIME CHANGE!

Tuesday, June 13 at 5:30 p.m.: Ukulele Class. Another concert performance next week for ukulele class so be prepared to practice!

Tuesday, June 13 at 6:30 p.m.: CPR/First Aid refresher class followed by a 'how to survive' if lost in the woods.

Tuesday, June 20 at 5:30 p.m.: West African Drumming

Tuesday, June 27 at 5:30 p.m.: Ukulele

Wednesday's at 6:30 pm: Line Dancing

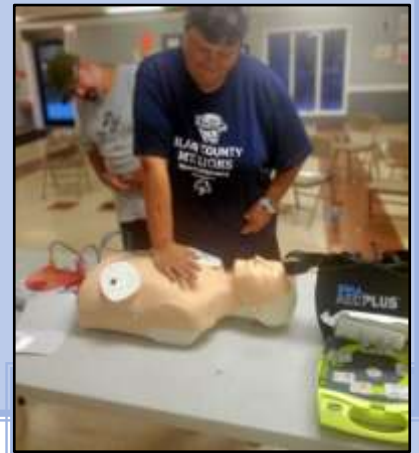
Wednesday's at 10:00 a.m.: Garden Club. Field trip scheduled in June. Class is full. NOTE SUMMER TIME CHANGE!

Thursday, June 22: Woodworking class. Start of the summer wood and specialty art program. Class size limited. Register early to reserve a spot. Time is 5:00 pm to 7:30 pm

Wood working class: Anyone who registers for the wood working class on Thursday, June 22, and does not arrive, will be charged \$15 and will not be permitted to register for any future woodworking classes. This is a popular summer class and typically has a waiting list. Therefore, not showing is disrespectful to those who could have attended in your place.

SAFETY CLASS/FIRST AID/CPR

The Arc is offering a refresher course on how to use the AED machine located in The Arc hall. The class will also practice doing manual CPR. The Arc strongly encourages everyone to take this class. What happens if a parent or support staff has an emergency? Knowing basic first aid could be life saving. There is also going to be a presentation from a person who has a disability on things he has learned that are very useful in the forest. This is a hands on class so please dress comfortably. Tuesday, June 13, at 6:30 p.m.



BOCCE RETURNS

The Wilt's (Darlene and Cletus) have once again stepped up to lead the summer bocce program. Bocce is a relaxing form of activity and a very social program. Please be sure and bring a water bottle to class as it is outside during the summer. It is advised to check The Arc website before arriving to be sure the class is still taking place. It may be raining in one part of Blair County but not another. The decision on whether to cancel Bocce due to rain is very last minute but always posted on The Arc website. Monday's at 6:00 p.m. is the class.



Time Changes

There have been several time changes to programs as the summer session begins. Plus new programs added. Please review the schedule closely for updates.

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

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It is with a sad heart that the Arc Angels Chorus said goodbye to Pastor Evie. Her last performance with the group was at the Blair Creators Festival. The chorus had a wrap-up practice to honor Pastor Evie. Our wonderful choral director developed an illness and has moved to live with her daughter in another city. Chorus members were very vocal in sharing how much Pastor Evie will be missed. She meant so much to us. The chorus



is taking the summer off to regroup and allow our co-director, Nadeen Nerenberg, to recover from throat complications.

Happy Juneteenth

This federal holiday takes place on Monday, June 19. There will be no mail delivery and state offices are closed. Juneteenth commemorates the day, more than two months after the end of the Civil War – and more than two years after Abraham Lincoln issued the Emancipation Proclamation – when enslaved Black Americans in Galveston, Texas, were informed of their freedom.

The Arc offices will be closed on Monday, June 19, in observance of Juneteenth.

Parent to Parent

What a nice turn out for the Parent to Parent workshop. Based on returned survey's, The Arc plans to host a part 2 with more in-depth information on specific topics requested by parents. If we all only had a crystal ball to know the future. We do know that planning with your child for life after you are gone is crucial. Hats off to those taking the first steps.



Arts at The Arc

We have heard from several people that this year's artwork from the Arts at The Arc series is one of the best exhibits displayed in recent memory. Stop down to The Arc to view the creative pieces or stop by the Station Medical Center to see additional artwork. Thank you Cortny Himes for the patience in teaching advance techniques using glass cutting and 3D machines. There are 2 special projects the group collaborated on - the windows (butterflies) in the hall and the solar light flower in the front garden. Thank you Wolf-Kuhn Foundation for your support of this important class.



OUTCOMES PARENT CONFERENCE possible new support groups

One of the main statements heard at the parent conference was how wonderful it was to network with other parents to share ideas and concerns.

One suggestion made was to offer a 'quiet' class for people who do not enjoy noise or become over stimulated by large group projects. The Arc is more than happy to offer a program where there is no teaching or music - things like doing 10 count puzzles, sitting in the backyard listening to the water fountain, bringing in animals to pet, coloring, etc. Think 'library quiet'.

Another suggestion would be to have bi-monthly get togethers, especially for parents with very young children, restricted to parents only in order to socialize and bounce ideas off one another.

Please let The Arc know if you are interested in participating in either program style and something will be arranged.



The Arc's fabulous line dancers boot and scooted with the best of 'em! The song "all my exes live in Texas" is an earworm that does not easily go away! Our calm leader, Joyce Veckov, and her wonderful three teaching assistants, selected a wide array of songs from different genres and decades. Photos of line dancing to the left.



Thankfully The Arc brought along extra drums for the West African Drumming performance at the Blair Creators Festival. The audience wanted to give banging the drums a try! Pictured at left is the group led by Dave Despot and Gloria Minorri.

Congratulations

Once again, as mentioned on the previous page, The Arc congratulates all the musical group who practiced hard for months and really showcased the many musical talents displayed by Arc groups. A word of praise to the Sheetz Fellows from Penn State Altoona and Arts Altoona for organizing such a great event

