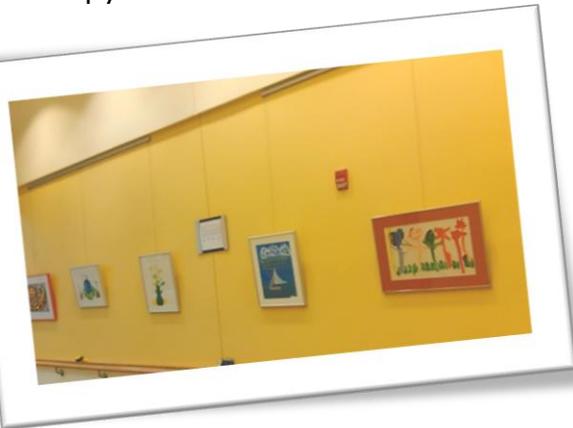


New Year Quote: "Surrender to what is. Let go of what was. Have faith in what will be."
~ Sonia Ricotti

Time running out to Register for Art Class

Registration is now open for Arts at The Arc Class. Cortny Himes will be our teacher this year and she wants to change the format. You do not need to know anything about paint or brushes. If you enjoy working with your hands or like to decorate and be creative, this class is for you. Art is such a great way to release stress and many consider it a form of therapy.



The classes are going to run on Monday's. We are running out building time that is open for new classes. So, the class will to run every Monday through the last Monday in February noon until 2 p.m.

The first class

begins January 7. You must register to participate in this class by calling The Arc office at 946-1011.

This year, the class is going to visit an art museum as part of the instruction. The paintings are displayed throughout the community, such as the picture above which is displayed in the halls of the Blair Medical Station.

If you have taken the class in the past and would like to take it again, we will place your name on the reserve list. The Arc wants to open this class up to people who have never taken it before. The Arc of Blair County, will pay for everything except the framing of one of the paintings. To participate in the class you must pay \$25 for the framing of your piece.

The artwork is proudly displayed and seen by many people in the hall and at select places throughout the county. **This class is only made possible through the generosity of the Wolf-Kuhn Foundation. Thank you so much!**

Please reserve the first two Monday's in March as make-up classes for snow make-up days.

DRUMMING

Our introductory class of drumming was fun and inspiring so we have decided to put it on the schedule as a regular class!

Dave Despot, and members of The Joy Drummers, along with The Arc's very own Gloria Minori, will be teaching this up 'beat' (get it?) class.

Drumming is being touted by behavioral science for its ability to relieve stress and change the brains bio-rhythms.



The class is being offered one Tuesday per month to start with and it will follow chorus practice. Tuesday, January 15 from 6:30 to 7:30 p.m., is the date for January. Hope to see you there!!



Holiday Party

The Arc was concerned that people would not come out to support the performances at The Christmas party. Just the opposite! It was standing room only and we are very grateful the public appreciates the talent different groups at The Arc offer. Thank you for attending the performance.

This night could not have happened if we did not have program leaders who take ownership of their respective classes. Every volunteer at The Arc is committed and that is something which is humbling.

Thank you to Nadeen Nerenberg and Evie Madison for leading the chorus; Joyce Veckov and Katherine Ziegler for leading line dancing; Cory Geishauser and Tom Miller for entertaining us with square dancing; Georgina Sible for teaching us to make the candy we served and Lois Hampton and family for teaching us to make the fudge. There are many people who make things happen behind the scenes: Julie Fischer spent the better part of 2 days preparing everything for the party; Georgina and Jenda Sible who constantly steer the ship during parties, making sure that everything is running like clockwork; Christina Polito - the 'mayor' of The Arc who is a wonderful hostess and doesn't let anything slip by; Emily Albright who knows a thing or two about decorating and making the place look so lovely; Stu and Eileen Roberts and Harry Gregg and his daughters who just jump in wherever needed.

This night would not have been possible without the many participants who took the time to attend practices for chorus, line and square dancing. Your talent brought joy to everyone. Below are some of the photos from the evening.



CLASS SCHEDULE for January 2019

Your main source to discover information is The Arc website, www.thearcblair.org. This is where everything is posted, including cancellations (posted after 4 p.m.). If not listed it means the class is still on.

Monday's: Craftin for Profit - Specialty Crafts and art projects. January Schedule is: January 7th and 14th at 3:00 pm; January 21st and January 28th at 6:00 p.m. Typically, the first two Monday's of each month the class begins at 3 pm and the last two Monday's of each month the class begins at 6 pm.

1st Monday - Cooking Class - No Class in January

2nd Monday: Craft Class with Ramona – 6:30 p.m., January 14. Regular monthly class with Ramona.

1st and 3rd Tuesday: Chorus Arc Angels - Tuesday's at 5:30, January 15th only (changed slightly because of New Year's Day)

Drumming - 3rd Tuesday of the month: January 15, 2019 at 6:30 p.m.

Wednesday's: Line Dancing – Wednesday's at 6:30 pm. Bring water.

Thursday's: Square Dancing – 6:15 pm Thursday Nights. Bring water. NO CLASS January 3

All are welcome to any activity but must pay \$5 per class if not an Arc member.
This includes dance classes.

Craftin' for Profit Rules

The Craftin' for Profit class is nearing the end of its year and preparing for the big showcase - the craft exhibit in March.

No new students are being accepted into the class. If you have not attended regularly (at least twice per month), you will not be able to participate in the craft show in March.

This program was designed to teach more advanced skills using power tools and new materials. Nothing will be learned if not attending the class regularly.

There are not very many Monday's remaining before the craft show and students need to produce enough product to sell. We are asking everyone to attend as many classes as possible. If you are not attending regularly, you will be removed from the class.

This is an opportunity to engage with the public and maybe continue by selling your pieces at other locations. The Arc is going to work with participants from the class to discover more places to sell their work.

Trash Talk

The Arc is beginning to have issues with people who are rude enough to leave cigarette butts on the ground in front of the doors.

We are asking everyone to be sure and inform their support staff, friends, and family members that smoking is ONLY permitted in the back patio where there is a receptacle located to dispose of the cigarette waste.

If we discover anyone disposing of the butts on the ground of The Arc property, we will ask that person to pick them up and leave immediately. Do not jeopardize your experience at The Arc by condoning this unnecessary behavior.

The Arc of Blair County takes great pride in its building and grounds. We work very hard to make The Arc a place that is comfortable and clean for all concerned. Please help us to keep it that way.



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

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On behalf of the board of directors at The Arc of Blair County, we wish you a prosperous New Year! May the hope that begins the year remain with you through the following months. May you find peace, health and joy throughout the year.



A HUGE thank you to Georgina Sible for teaching the candy making class in November. Oh my goodness - chocolate was flowing! We made soooo much chocolate that the Easter



Bunny would be jealous. Sara Gunnett and Howard Ermin were part of the crew that kept it all going smoothly. And, thanks to the moms who just step up and help when needed, Betty Polito and Gloria Minori.

It was DELICIOUS!