

"Make today so awesome that yesterday gets jealous." ~ Unknown

Grab 2018 by the horns and make it your year - fulfill your dreams!

Let's Make Beautiful Music Together

Who is ready to sing?! Thank you for your patience as we 'vetted' possible instructors to lead our music program. We have found someone we think the choral group, The Arc Angels, will be pleased to work with.

The chorus practices are going to run on the same schedule they did in the past - the first and third Tuesday of each month. The time has changed though and is now from 5:30 to 6:30 p.m.

We are going to start the **first practice on Tuesday, February 6.** The second practice will be two weeks later on February 20. You do not need to be a good singer or understand music to join this club. If you like to meet people and you enjoy singing, please stop by and lend your voice.

Tuesday's at 5:30 p.m. was chosen intentionally. We hope you will consider sticking around for the acting class which follows immediately after chorus practice. The acting class, The Arc Troupe, runs 6:30 p.m. to 7:30 p.m. each Tuesday. We hope you stay for Troupe!

Sing, sing a song (Carpenters-a group from the 1970's - tune)....



WINTER DANCE

Party, Party, Party!

Dig out your dancing shoes from the closet - it is time to kick up our heels!

The Arc will be holding its winter dance on Friday, February 9. The doors will open at 5:30 p.m. We are going to eat a full dinner at 6:00 p.m., followed by dancing to your favorite hits, until we say farewell at 8:30 p.m.

The tradition at The Arc is that this dance is semi-formal, which means no jeans or t-shirts please. Nice slacks or khaki's are fine. Many people choose to wear dresses for this special dance.

It may be cold outside but we plan to make this evening have a very warm and glowing feel to it as you enter The Arc doors.

This dance is open to the public so feel free to bring friends, but non-members must pay \$5 to attend. Remember, doors open at 5, a full dinner at 6 pm (so do not eat before coming!) and the party ends at 8:30 p.m.

Hope to see you on Friday, February 9!

EXCITING UPCOMING PROGRAMS:

Within the next few months, The Arc plans to offer a game night, flower arranging, special wood working projects, and jewelry making. We will have more information in the newsletter, on The Arc website, and on Facebook and Twitter (you must request to join The Arc private Group on Facebook, not just request to follow The Arc).

SURVEY COMPLETED and \$25 GIFT WINNERS ANNOUNCED

During the summer The Arc conducted a survey to discover if people knew about the services provided by The Arc and if we are meeting the public's need. We are proud to say that we have completed the survey and will be sharing the information with you, our members, in the newsletter throughout the coming months. The full survey is already on The Arc webpage under the business news tab. To inspire folks to complete the survey, The Arc offered a \$25 Sheetz gift card to be randomly drawn by all names who participated in the survey. 4 lucky people, each won a \$25 gift card. Congratulations to Barb Cole, Katie Isenberg, Sandra Shaw & Mark Wendel.

Pottery

The Arc filled 2 classes of students at the Clay Cup coffee shop and art studio in downtown Altoona. The Arc paid for members to enjoy 2 hours of painting, forming friendships, and creating beautiful pieces. We will show you the finished pieces in a later edition of the newsletter, after the projects have been fired and glazed in the kiln (a very hot oven). The funny thing about painting pottery is that you do not want to stop. We often think "I'll add just one more thing". It was refreshing to see so many people inspired by the work they were creating.

Remember - it pays to become a member of The Arc of Blair County! Below are some photos of the evening.



Companion Needed

A parent is seeking a caregiver/ companion for a long-time Arc member.

It is hoped that this could be as a volunteer position. However, other options may be considered.

If you have some free time and are willing to offer assistance, please call The Arc at 946-1011 for more information.

The Arc is also in search of drivers who may be willing to transport individuals to and from Arc classes or programs. A valid drivers license is necessary. The driver's can determine how much time or transportation they are willing to donate.

Please call The Arc if you have the time and are willing to support this very much needed community service.

Teachable Moments Benefit All

The Arc cooking class is really taking off. Twice in the last 3 months, students from the cooking class have prepared meals for the public. The first time was a breakfast for the Sunrise Rotary Club and the second time was lunch for the Chamber of Commerce Leadership Program.

The class also prepared biscotti to give as Christmas thank you gifts.

It is wonderful to see the level of interest in cooking and to witness the increased skills benefiting each person for a lifetime.

Please contact The Arc if you know of any group who may be interested in having the cooking students prepare a meal as part of a training, conference, or party. We would like to continue this momentum of outreach to the public. One never knows what connections will be made or future success that will result from such exposure.



The Arts at The Arc class is in full swing. This year's students will be learning a wide variety of art techniques. You can see by their absorbed postures that they are very much interested in the class. This program is only offered through the generosity of the Wolf-Kuhn Foundation. The instructors are Lynn Heverly, Cortny Himes, and Sharon Wall, who are assisted by volunteers Mary Ann Klingner and Colleen Montrella. We would be lost without you...

Heather Thomas, a student at The Arc Arts class, sold one of her paintings! Featured in the photo at right center with Heather is Mary Jane Spadin. Mary Jo saw Heather's painting displayed at the Station Medical Center. Arc paintings are displayed and rotated there throughout the year. Mary Jane said the photo "spoke" to her so she contacted The Arc to discover who the artist is and if she would be willing to sell her artwork! Also featured in the photo is Mary Jane's husband and, at the far right of photo, Lynn Heverly, the lead instructor for the Arts at The Arc program.



CLASS SCHEDULE for February 2018

Stay connected for the latest changes by visiting The Arc's homepage at www.thearcblair.org. If there is a change it is listed on the blog on the home page, in rectangle box to the right. Otherwise, it means the class is still on. Listings are also posted on Facebook and Twitter.

Winter Dance - Friday, February 9. Details on page 1.

Cooking Class - Monday, February 5, at 6:30 p.m. Eat before arriving.

Craft Class - Monday, February 12, at 6:30 p.m. Limited to 20 people!

Chorus Arc Angels - Tuesday, February 6 and February 20. See inside newsletter for details.

Acting Troupe - Tuesday's at 6:30 p.m.

Line Dancing - 6:30 pm Wed. nights. Bring water.

Square Dancing - 6:15 pm Thursday Nights. Bring water.

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



The Arc of Blair County
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Achieve with us.

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Current Resident or

REMINDER: REGISTER and BE PREPARED FOR AN EMERGENCY

What would you like 911 Dispatchers and
First Responders to know about your family, to help
save time in an emergency?

- Family Members
- Cell Phones
- Medications
- Disabilities
- Pets and Service Animals
- Pictures of Family Members and Pets
- Make/Model/Color of Your Cars
- Emergency Contact Information
- Floor Plans for your Home or Business
- Allergies
- Tailor Your Account to Suit Your Family's needs

We can't help you if we do not know about your individual circumstances. Don't wait until a tragedy has occurred. **BE SMART AND USE SMART911.** There is no cost or hidden agenda involved with this county program. Sign up at www.smart911.com. You enter the information you want First Responders to be aware of - enter as little or as much as you like. If you need any help to register, call The Arc at 946-1011. The system now alerts you if there is an emergency in our area or your neighborhood. The county purchased this system for every citizen in the county, so it is open to everyone.