

“Write your worries in the sand. Carve your blessings in stone.” ~ unknown

We have had many inquiries about the next Arc bus trip. We are working out details, but it probably won't be until mid-October. Look at next month's Arc Action newsletter for any updates. Remember, you have to have sold all your Penn State Raffle chances in order to be eligible to go on the bus trip. So, get out there and sell, sell, sell! The Arc is completely dependent on the kindness of the community - donations and grants - to keep our doors open. Your part in ownership of how The Arc runs means that you also will help support The Arc and this once a year fundraiser.

Five-Thousand Dollar Goal

The Arc has had a very generous offer of a \$5,000 donation to establish a trust fund if The Arc can secure the remaining \$5,000 over the next 6 months. The goal is to obtain \$10,000 to place into a trust through the Central Pennsylvania Community Foundation ensuring the future of The Arc. The Board of Directors has voted to establish a community foundation trust with the expectation the fund will continue to grow through the stock market. The interest from the trust could then be used to assist families and self advocates with needs and to ensure the longevity and existence of The Arc of Blair County. The matching gifts can be as little as a \$10 donation as long as The Arc raises \$5,000 within the next 6 months. All donations should be sent to The Arc earmarked "Trust Fund".

ZUMBA

The Arc had enthusiastic participants for the Zumba class led by Pam McConnell. The group requested the class continue. The Arc is exploring ways to make this happen and to fit the class into an already packed program schedule. Pam did a great job modifying songs to meet member's needs.



Michael Gamel-McCormick, the Disability Policy Director for Senator Bob Casey, paid a visit to The Arc to discover the pressing issues and concerns in our community. Many thanks to the parents who came to share your voice, your story. We can only make change happen if we want it to happen. A magical wand does not amend laws or create laws that help ourselves or the ones we care most about. No, it is through advocating and making efforts to change current status that we are able to forge new roads for people with disabilities.



CLASS SCHEDULE for August 2018

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: Bocce - 5 pm to 6 pm. Bring a water bottle.

Monday's: Craftin for Profit - Specialty Crafts and art projects. August Schedule is: August 6 and 13th at 3:00 pm; July 20th and 27th at 6:00 pm.

2nd Monday: Craft Class with Ramona – 6:30 p.m., August 13. Regular monthly class with Ramona.

1st and 3rd Tuesday: Chorus Arc Angels - Tuesday's at 5:30. We are performing twice in August. Will share details at practice.

Tuesday's: Acting Troupe - Tuesday's 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.

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

SAVE THE DATE: Cooking classes resume in September. However, because the first Monday of the month in September is Labor Day, and the following Monday is craft class with Ramona, our first cooking class will be Monday, September 17 from 6 pm to 8 pm. We will then resume monthly classes the first Monday of each month.

We are trying to find a date that will work for the summer picnic at Brush Mountain's Sportsman's Club. We will be announcing the date soon. Right now, it looks like the end of September or early October. Check next month's Arc Action newsletter.

Bocce

Don't miss the fun on Monday's at 5:00 p.m. The activity is 'nestled' around other programs for convenience in attending. Bocce is super relaxing and easy to learn. C'mon out and join us!



CRAFTIN' FOR PROFIT

The Craftin' for Profit class is blossoming...literally. July's class was focused on all things flowers related. The group has learned to transplant and grow from roots. June's focus was on woodworking and several projects were cut with saws, stained, and formed into unique art projects. As depicted by the pictures below, everyone works at their own speed with everyone working on different projects and finishing individual pieces as they choose.



CHORUS

The Arc Angels has returned with full force! The choir has only reformed in late winter and already is making beautiful music together! The choral group performed at the Altoona Railroaders Museum for the Sunrise Rotary Club's annual dinner. The group will also be entertaining at a couple of sites in August. New choir directors, Nadeen Nerenberg and Pastor Evey Madison, fit seamlessly into the group and have really embraced The Arc Angels. All are welcome the 1st and 3rd Tuesday of the month at 5:30 p.m. No singing experience necessary.





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Achieve with us.

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Zumba anyone?



more Zumba photos



A special thank you to Coach Nick Felus and players of the Altoona Football Team who assisted Special Olympics by getting hundreds of name badges ready before the summer games at Penn State. The Arc assisted also because we are all in this together. It takes more than a village - it takes a community.