

*"If anyone ever tells you your dreams are silly, remember there is some millionaire walking around who invented the pool noodle." ~ unknown*

## Holiday Party

The Arc is very excited to invite everyone to a holiday extravaganza on Friday, December 14.

This is something The Arc has never done and as we began planning it we thought "why didn't we think of this already?".

We are having a night of performances open to the public. We have soooo many classes at The Arc, but a lot of people do not know each other because they only know the group they participate with. Everyone is invited to enjoy a evening of holiday performances - think of this as going to a concert and having a party in one big night.

Each class at The Arc will contribute to the holiday party set for **6:30 p.m. on Friday, December 14.** The chorus is hard at work practicing carols that everyone can join in, the line dancing and square dancing are developing new dances to Christmas songs, the cooking class is helping with the desserts, the craft classes are helping with decorations. There is something for everyone to 'brag' about.

Invite your family, friends, co-workers and neighbors to watch your performance! The Arc will invite the board of directors, the mayor of Altoona, Matt Pacifico, local legislators and local business leaders.



The chorus practicing to 'wow' with song selections

We are going to walk by candlelight, weather permitting, to The Arc backyard and place gifts under the evergreen tree. We are asking each person to **bring an unwrapped** gift of either hygiene items (toothpaste, toothbrush, body wash, etc), or chap stick or sun screen that we will place under the outside tree and then gather and ship to military services out of the country. If the weather does not cooperate, we will place the gifts under the inside tree.

In addition to the unwrapped gift, please **bring a card** thanking the men and women for their service to our country and wishing them a wonderful holiday season.

There will be plenty of desserts and drinks as we bask in this special season of the year. It is almost guaranteed that every person will leave uplifted, refreshed and excited for the approaching holidays. Everyone is welcome - especially if you are not already part of a club or class at The Arc. We want you to come and join us and feel a part of The Arc community.

Reminder: bring unwrapped gift, thank you card for troops, and arrive at 6:30 p.m. on Friday, December 14.

## DRUMMING

Our introductory class of drumming was awesome! Dave Despot, and members of The Joy Drummers, brought all types of drums to bang. As parents began to filter in for pick up, they too sat down and joined in drumming.

Participants agreed that drumming was a good stress release. We learned 2 or 3 different rhythms and when the Joy Drummers jumped in we sounded pretty darn good!

We plan to continue this program after the holidays, through the generosity of Gloria Minori who is a member of the Joy Drummers. Be on the look-out in the next edition of The Arc Action newsletter.

Thank you Gloria, Dave, and The Joy Drummers!



## Five-Thousand Dollar Goal

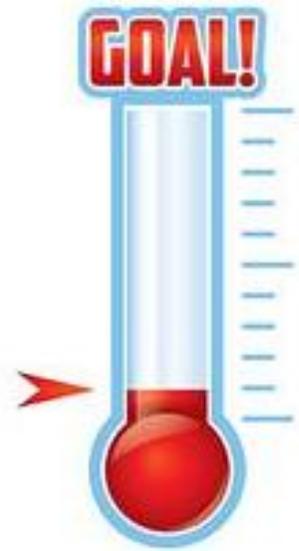
We started off strong but it is time to move the red goal line some more!

Several people have realized the importance of sustaining The Arc for many decades and have made contributions to the Central Pa. Community Foundation Trust Fund.

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 3 months. 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 such as housing expenses, moving, educational seminars, etc., for years to come. The Arc wants to feel comfortable that as staff change and board of directors move on, that proper planning was done to ensure that The Arc continues to provide to our community.

Any amount can be contributed but all donations should be sent to The Arc earmarked "Trust Fund". Thank you to those who have started to move the thermometer line up the ladder. A complete listing of contributors will appear later.



## **CLASS SCHEDULE for December 2018**

Your main source to discover information is The Arc website, [www.thearcblair.org](http://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.

**Holiday Party:** See inside newsletter for details.

**Monday's: Craftin for Profit - Specialty Crafts and art projects.** December Schedule is: December 3rd and 10th at 3:00 pm; December 17 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. December is shortened because of Christmas break.

**1st Monday - Cooking Class** - 6:00 p.m. December 3rd at 6:00 pm

**2nd Monday: Craft Class with Ramona** – 6:30 p.m., December 10th. Regular monthly class with Ramona.

**1st and 3rd Tuesday: Chorus Arc Angels** - Tuesday's at 5:30, December 4 only this month. Come join the concert on December 14.

**Wednesday's: Line Dancing** – Wednesday's at 6:30 pm. Bring water. NO CLASS December 26 or January 2.

**Thursday's: Square Dancing** – 6:15 pm Thursday Nights. Bring water. NO CLASS December 20 or 27.

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

## **Arts at Arc Ready for Another Season**

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 of building time that is open for new classes. So, the class will need to run every Monday through the last Monday in February from 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.

If you have taken the class in the past and would like to take it again, we will place you on the reserve list. The Arc wants to open this class up to people who have never taken it before. If you are a member of The Arc of Blair County, we 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!**

People interested in taking part in the class that are not member of The Arc must pay \$5 for a total of \$40, plus the framing cost, to participate.

Please reserve the first two Monday's in March as make-up classes for snow make-up days. It is expected that once you register for Arts at The Arc that you will attend all classes. Otherwise, please reconsider and allow the spot to be used by someone who will regularly attend and enjoy learning about art.



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

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Current Resident or

The Emergency and Disaster Planning Committee presented some good points as did those in attendance. Did you know that you can now text to 911 in the event of an emergency? A good example would be if an intruder is in the house and you do not want him/her to hear you. Did you know that you can put a sticker on your car alerting first responders that all necessary emergency information is in your glove compartment? Remember, it is up to you to help yourself. Help may not arrive as quickly as you like, especially in a natural disaster. Please try to attend the next session in May 2019.

