

"Truth be told, happiness is not the absence of problems, but the ability to deal with them. Imagine all the wondrous things your mind might embrace if it weren't wrapped so tightly around your struggles. Always look at what you have, instead of what you have lost. Because it's not what the world takes away from you that counts; it's what you do with what you have left."

~ marcandangel.com

## Dance, dance, dance

We are testing ZUMBA. Come to The Arc on Monday, July 16, from 6:00 to 7:00 p.m., and see if Zumba is something you enjoy. Pam McConnell is extremely aware that we all move at different speeds and fits her moves around comfort. Pam is able to adapt Zumba for anyone who uses mobility devices or who is concerned about mobility. She teaches from Zumba kids to Zumba golden (a few more wrinkles!).

Zumba music is upbeat and typically gets the mood elevated. We hope you plan to join us on Monday, July 16. If folks really enjoy this class, we will consider rotating it into the weekly schedule.



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## Farewell

The Arc has lost another wonderful volunteer in what is becoming a much too frequent occurrence. Our long-time line dancing 'sidekick', Sandy Servello, passed after a brief illness. Sandy was such a positive presence at line dancing and had such a big heart. We are going to miss her enthusiasm for line dancing and her level head. Sandy has been with the group since the start of the program over 6 years ago.

Our condolences to her family, especially her husband Jack, who is also a line dance volunteer. Sandy, we hope that you are in a restful place teaching others how to keep count and perform a grapevine.

You will be missed...



## Cool Stuff Happening on Monday's

Crafting for Profit is off and running. We are making some very creative items.

Every Monday we are providing you an opportunity to create something and then sell it next spring. The Arc is viewing this as a small business venture with nothing to lose. The Arc will provide the materials, the instructions, and the space.

The Arc's artistic director, Cortny Himes, is coming up with some stellar ideas for projects. The projects will vary from wood working to pottery to plants and baked goods. Everything you make The Arc will hold onto and store for a big show next spring.

If you already have a craft that you enjoy doing, you can bring it with you on Monday's. You do not have to do the group project. Throughout the year we will be practicing job readiness skills such as greeting customers, counting money and giving change back to customers, shaking hands, communicating about the piece of art or the craft being sold, proper dress, and more.

You do not have to come each week but MUST come at least once a month to qualify to participate in the spring show. This will be a loose class. Arrive and begin working on a project you started but didn't have time to finish, bring something from home that you have been working on, or start the project of the week. The more you attend, the more projects you complete and the more you will be able to display at the craft show. This potentially leads to more sales at the show and making more money.

In March of 2019 we are holding a craft show at The Arc. Invitations will be extended to everyone in the region who crafts. Many of the professional crafters to be invited do this as a lucrative side job and some as a full-time career. The public vendors will be charged to rent space at The Arc for the show. However, anyone who has participated each month in our Crafting for Profit program will not need to pay for table space. All of the money you make selling your creations will remain with you to keep for yourself.

What have you got to lose?

**July's schedule is: July 9 and 16th at 3:00 pm; July 23rd and 30th at 6:00 pm. No class Monday, July 2. Happy 4th of July week!**



The group focused June projects on woodworking. There is a sample board in the hall at The Arc which shows each month's projects. In June, we used saws, hammers, air nail guns, and drills. No experience is necessary! Thanks to Craftin' for Profit, folks learned new skills and experienced new things.



The Arc had a full class for the flower arranging program. The class was so popular that The Arc plans to bring it back again. Everyone was able to create 2 flower arrangements - one with fresh flowers and one with artificial flowers. There were quite a number of men who made very professional arrangements. A big Arc thank you to Janice Moist for her time and talent (and sense of humor) in teaching us to make more of these beautiful arrangements at home.

### ***CLASS SCHEDULE for July 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.

***ZUMBA: Monday, July 16 from 6 pm to 7 pm. See the front page of the newsletter for more details.***

***Monday's: Bocce - 5 pm to 6 pm. Bring a water bottle. Be on the lookout for the refurbished court!***

***Monday's: Craftin for Profit - Specialty Crafts and art projects. July's schedule is: July 9 and 16th at 3:00 pm; July 23rd and 30th at 6:00 pm. No class Monday, July 2. More details inside newsletter and on Arc website.***

***2nd Monday: Craft Class – 6:30 p.m, July 9. Regular monthly class with Ramona.***

***1st and 3rd Tuesday: Chorus Arc Angels - Tuesday's at 5:30. Note: no practice in July. Vacations.***

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

***Wednesday's: Line Dancing – Wednesday's at 6:30 pm. Bring water. NO CLASS JULY 4. Happy 4th of July!***

***Thursday's: Square Dancing – 6:15 pm Thursday Nights. Bring water. NO CLASSES IN JULY - SUMMER BREAK.***

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



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

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Current Resident or

The rock painting class also proved to be a popular class that The Arc will definitely offer again. We would love to see some photos of where you placed your rocks or how they look in your home or garden. We hope you continue your painting.



Have you considered inviting some friends over for a great summer afternoon of painting and then hiding the rocks as was shown in the class through 'Rockin Altoona page? This is a fun 'sport' that a lot of people participate in and enjoy. Call The Arc if you forget how to play the community game of 'hide and seek'.

