

*"I hope that in this year to come, you make mistakes.*

*Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're Doing Something."*

~ Neil Gaiman, English Author

### **The Band is Back Together**

Well, in our case, the chorus is re-forming! We have finally found someone interested in leading our choral group, The Arc Angels. We are going to be starting in mid to late January. The practice will be one-hour in length.

We need your feedback. Would 4:00 to 5:00 pm on Tuesday's suit your needs better or would you prefer the time of practice run 5:30 pm to 6:30 pm on Tuesday's?

Please call and let us know so we can make the final preparations. Arc Angels has always been a joyful occasion to express one's self. We hope to hear all of the melodic voices harmonizing again soon!



Thanks to Lois Hampton, Angela Bucher, and their families for providing a great cooking class in December. Gifts were made to give and samples of each 'recipe gift' tested. The finished product is shown at left.

**Reminder: There is not a cooking class in January**

### **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.

It is hard to believe another year has gone by. It is our hope at The Arc of Blair County that you will set personal goals for the approaching year. Challenge yourself. Is employment something that interests you? Would you like to learn a new hobby? Do you have any interest in traveling and exploring other places? Now is the time. Develop a plan to make your vision a reality.

May 2018 bring you everything you need to sustain you, enhance you, and refresh you. May you find more days with a smile upon your face rather than a frown. And may you always be grateful for the smallest of details blessed to you.

Happy New Year!!



Our good friends at Alto-Reste Park invited The Arc, some students from Hollidaysburg High School, and Empowering Lives Foundation, to help assemble wreaths to stakes. We learned a lot of new skills, tried some things we had never done before, and worked alongside people we had never met before. There was a variety of tasks to try. When finished, the beautiful bouquet of wreaths certainly put one in a Christmas spirit. A big shout out to Geoff Behrens and his crew from Alto-Reste for treating us to delicious pizza and putting a smile on so many faces! Alto-Reste even donated proceeds from the wreath sale to the organizations! Remember, there is always something we can do. We do not have to limit ourselves. This group of assembly bee's showed that we are capable of donating time to community service projects.

Thank you Christina Polito, Garran Burget, Brooke Baird, Tina Lamborn and Sally Frederick.



### **CLASS SCHEDULE for January 2018**

Stay connected for the latest changes by visiting The Arc's homepage at [www.thearcblair.org](http://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 Face book and Twitter.

**Cooking Class - No class this month. It falls on New Year's Day.**

**Craft Class – Monday, January 8, at 6:30 p.m. Limited to 20 people!**

**Pottery - Friday, January 26. See inside newsletter for details.**

**Pillow Making - Monday, January 29 at 6 pm. See more info to the right.**

**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.**

### **Pillow Making**

The Arc has a lot of members who are Special Olympians. Many travel on buses for several hours to compete. It was with that thought in mind that The Arc decided to offer pillow making as a class.

Each participant will leave with a small travel pillow that can be used for neck support/sleeping while traveling, or to use at home for additional support when lounging on the couch.

The project will be finished the same evening. The date is Monday, January 29 at 6:00 p.m. All materials will be provided.

This is an opportunity to get out of the house and to proudly say that you made a pillow!

Please call to register!

## Pottery

One of the more popular programs at The Arc is back. We will be visiting the Clay Cup in Downtown Altoona to paint pottery.

You must be an Arc member to participate in this class. Sorry, but this class is very expensive and we need to limit it to people who show support to The Arc. Therefore, your membership must be current and the requirement of selling Penn State raffle tickets last summer must have been met in order to partake of this very fun class.

This class is not open to staff support. There is seating in the outer room for staff to wait since the art studio is rather compact. A word of caution though is that the coffee shop is also compact so you may need to wait in your vehicle. Family members not participating (must have a family membership or higher to register) may elect to drop off and return or squeeze into a spot in the coffee shop.

Once you register for this class, it is expected that you will attend it. We are limiting the number of people who can sign up so don't delay and miss your spot.

The date is Friday, January 26. We are dividing this class into 2 time slots. When calling The Arc to register for the pottery class, please select whether you will be attending the 4 p.m. class or the 7 p.m. class. Each class lasts approximately two hours, but this is very individual. Once a particular time slot is full, the only option for participation will be the time slot remaining.

The Arc is paying for each person to select one pottery piece \$20 and under. Anything over \$20 will be the responsibility of the member and payment will be expected that evening. Snacks or coffee is also the responsibility of the member.

Let's get outside and be festive during the long winter months! Call The Arc at 946-1011 to register.

## Thank You

The Arc put out a cry for help and our regular, trustworthy, volunteers rose to the occasion.

Wow, what a week it was! We hammered wooden trees together, drilled holes in Christmas ornaments, painted, glued, and - oh - did we mention we also made biscotti?

You rock Christina Polito, Garren Burget, Hope Neff, Hunter Malone, Emma Shaw, Sally Frederick, Camy Wilt, Brooke Baird, and Steve Kline. We cannot forget Crist Polito, Jane Burget, Deb Suder, Linda Baird, and Darlene Wilt for their We truly could not have made these cute gifts without your assistance.

The gifts were made with love and from the heart to thank the many volunteers who run the programs at The Arc.

See photos of our 3-day experience below.





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

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### **QUICK UPDATES**

- \* If you move, please call The Arc at 946-1011. We want to be sure you continue to receive the newsletter. Plus, if you change your phone number and do not inform us, we cannot call you if something changes with a program.
- \* The Arc wants to hear from you! Please let us know if something wonderful is happening in your life (medals received, recognition from something extra special, new jobs, etc).
- \* The Arc is taking a vote on where to take a bus trip this year. If you have suggestions, please contact the office.
- \* The Arc is looking for programs that men might enjoy. Again, the phone number at The Arc is 946-1011. Call us if you have ideas for programs that we do not yet offer.