

Singing...And Dancing..And Acting

The Arc is excited to announce a new program beginning this month - The Arc Troupe!

The Arc Troupe will be a singing, dancing and acting group. Come learn basic acting and movement skills and how to create fun from something as simple as a beach ball. Participants will learn how to create scenes, work together, move, and even be the star in a play!



You do not have to have any background in drama - we are here to learn together. It does not matter if you are quiet or like to talk a lot. It

does not matter if you enjoy movies or like to read. It does not matter if you can sing and are not so great a dancer.

Come join the fun at the Arc with the Arc theatre troupe. This is a great way to make friends, use your imagination and create stories that have no limits.

The class starts Tuesday, January 3, and will run every week, either Tuesday from 6:30 until 7:30 or Monday, the same time, through the spring. Beginning in March the classes will all be on Tuesday. However, January and February already had some Tuesday evenings taken so a few of the classes needed to be moved to Monday evenings. Pam Young, who has a theater background and works in the disability field at Skills, will be our instructor. We hope you will join us!



Pillows and Aprons

We need your help to thank the people who give so much to The Arc. In return, you will also take something home - a pillow, customized to what your interests are.

The Altoona Sunrise Rotary Club hosts a golf tournament every year to benefit The Arc. We are going to make something to help them in return. The Rotary Club has a dinner each spring where they raise money again, but this time give it to different charities. They don't have enough aprons for the dinner.

We are going to sew aprons and present them to the club. You will also sew a pillow that you will get to keep for your bedroom or living room. You can put whatever design you want on the pillow -your name, your favorite rock star, a football team, a quote or popular saying, etc.

The classes will run for four Tuesday's so that we have time to complete both projects. The first class is Tuesday, January 17 from 6:00 to 7:30. The dates are January 24, January 31 and February 7. All of them are Tuesday's. You don't have to have any experience.

Cortny Himes will be back to teach the class again. Please consider joining us as a way to give back. We really need to start paying it forward for the many gifts given to us by others.

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CLASS SCHEDULE for January 2017

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. Follow us on Twitter or Friend us on Facebook to get updates.

Arts At Arc - Monday afternoons. Call The Arc office for more details.

Cooking Class – Not taking place in January. See notification below.

Craft Class – 6:30 p.m. Monday, January 9. Limited to 20 people. Must call and reserve. \$5 if not a member

Sewing Class - See inside for more details. WE NEED PEOPLE TO HELP WITH THIS!

Acting Troupe - See inside for more details.

Line Dancing – 6:30 pm Wednesday nights. Bring a water bottle. \$5 for non members, free for members.

Square Dancing – 6:15 p.m. Thursday nights. Bring water. \$5 for non members, free for members.

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

SAVE THE DATE: Saturday, February 4, from 6 pm to 8:30 p.m. Winter Dance with full meal and dessert. More details in the February newsletter.

Cooking class update: There will not be a cooking class in January. The class is always the first Monday of the month. January's date would be January 2. Most businesses will be closed as the official work observance of New Year's Day since it fell on a Sunday this year. This means some of the agencies will be closed and support staff may not be able to bring people to the class. In addition, Penn State plays in a football bowl game that night. This is important to many people, including our instructors and volunteers. Originally, we had thought we could make this date work and continue with the class. Unfortunately, upon further review, we do not believe this date will bring very many people to the class. We will teach how to bake bread and make homemade soup at the February class. The positive side to this notification is that there are so many programs at The Arc that every weeknight is taken. There was not any other open date available during the evening to reschedule the cooking class in January.

Thank you to Sara Gunnett who taught bow making at The Arc. We do not have photos because something went wrong with the camera. Sara did a fabulous job and gave us tips to make bow making easier. Bows aren't just for the holidays. Don't forget birthdays, congratulation gifts, and bows for the hair!

Staying with the 'useful to know how to do' classes, The Arc is hoping to offer a flower arranging class in the near future!

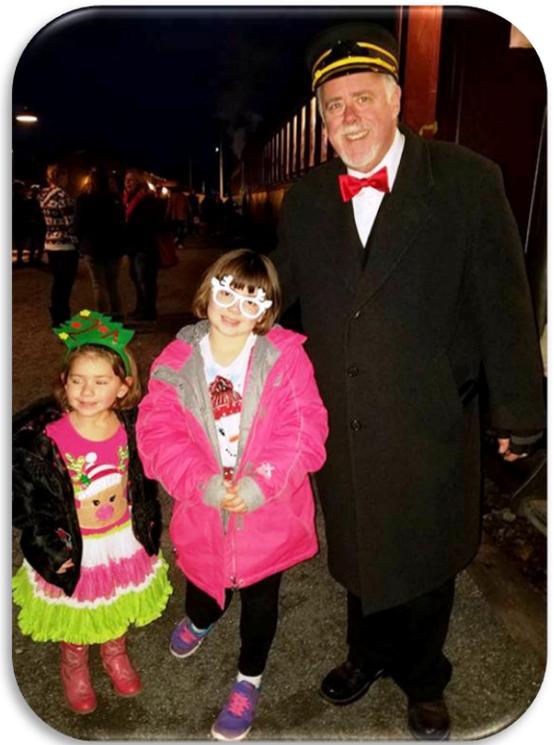


Please bring in the new year safely. May 2017 bring you joy, friendships, health, and a sense of purpose for making the world a better place. Remember, it is not always someone else job to take care of things. We all have to do our part.



The train was full as we rode the local railways in December. A very special visitor appeared, singing carols and taking pictures with us! The Santa train ride would not have happened without the support of Arc board members, Becky Good, Joel Hollander and Tom Forr, plus Starfleet Productions, who paid for this special program.

Afterwards the fun continued Christmas Caroling in Hollidaysburg. Thank you to Dave and Colleen Montrella who provided cookies. A special note of appreciation for the carolers who did not just leave after the train ride but showed their gratitude by sharing the Christmas spirit by bringing joy to others through singing.



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Current Resident or

Arc members made beautiful thank you gifts to give to volunteers and special people who support The Arc. It is refreshing to witness members who jump in and help their friends with projects. Thank you to Cortny Himes, top right picture, who always inspires us with her creativity. Look at the concentration to make the gifts just right!

