

JOIN ARC'S ONGOING ZOOM ACTIVITIES

THE ZOOM MEETING ID AND LINK FOR EACH PROGRAM WILL BE SENT VIA E-MAIL THE WEEK BEFORE.

MINDFULNESS MEDITATION, MONDAYS, WEDNESDAYS & FRIDAYS, 9:00-10:30 AM

Join Dave Shanahan on Zoom as he leads a time of secular mindfulness instruction and discussion. **The first half hour is set aside to assist those that are new to the program.**

TAI CHI, MONDAYS AND WEDNESDAYS, 11 AM-12 PM

Includes instruction in Qigong and Yang style long form. Emphasis is on coordination of movement with breath and improving strength and balance. All participants are encouraged to attend beginners practice on Tuesdays and Thursdays, as well. The first 15 minutes are reserved for social chat! Wear comfortable shoes and loose-fitting clothing. This class is offered on Zoom and in-person.

BEGINNERS QIGONG AND TAIJI, TUESDAYS AND THURSDAYS, 11 AM-12 PM

Beginners introduction to the static movements of Qigong, the various postures of Tai-Chi, and an introduction to Tai Chi meditation. Qigong movement increases strength and balance, and Tai Chi postures will be broken down into their most basic components. This practice is suitable for beginning and mid-level Tai Chi practitioners. This class is offered on Zoom and in-person.

ARC AVID READERS BOOK CLUB

TUESDAY, SEPTEMBER 7TH, 10-11:15 AM

The ARC Avid Readers Book Club chooses paperback books to read and discuss. Upcoming books to be discussed are as follows: August: September: "Dutch Girl: Audrey Hepburn and World War II," by Robert Matzen and October: "The Book of Lost Friends," by Lisa Wingate. This group will meet in-person and over Zoom.

GREAT BOOKS

THURSDAY, SEPTEMBER 2ND, 10:00 AM

Great Books reading and discussion program introduces adult participants to significant works of literature. For more information send an email to Jim O'Donnell at jjod@frontier.com.

ZOOM FOR BEGINNERS

WEDNESDAYS, SEPTEMBER 15TH, 22ND, & 29TH, 10 AM

Joining a Zoom virtual class is just a few clicks away. Zoom is a live-streaming video chatting App that most of America is using to stay connected! In this class you will learn how to: mute and unmute your mic, raise hand/wave/thumbs-up & chat, switch screen views, basic video chat etiquette, and more. To register for the class send an email to Molly Camper, mcamper@normaltownship.org. To participate in this class, you will need: 1) a computer with camera and microphone and a reliable internet connection.



at the ARC-Sponsored by
Senior Care Network of McLean County

Join us and bring a guest

Thursday, September 30

1:00 p.m.

doors open at 12:45 p.m.

Gift Baskets, Gift Cards, Snacks and Door Prizes

Goody Bags for All Participants

Pre-register by calling 888-9099, press 2

By September 23

MUSIC ENRICHMENT SERIES
PRESENTER: RITA MELAND

Join The Fun!!
The M.E.S. is back!

Please call ARC to register. ★ (309) 888-9099

WED. SEPT 15 @ 10:30 AM / AUDITORIUM
TUES. SEPT 28 @ 3:00 PM / AUDITORIUM

"The Life and Music of Cole Porter"

YOU'D BE SO NICE TO COME HOME TO
SOMETHING TO SHOUT ABOUT

WHAT IS THIS THING CALLED LOVE?

High Society

Cole Porter's Can-Can

Join The Fun!!

BING CROSBY GRACE KELLY FRANK SINATRA

★ Limited seating to be safe.