

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.**

GREAT BOOKS, THURSDAY, JUNE 3RD, 10:00 AM

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

ARC AVID READERS, FRIDAY, JUNE 4TH, 10-11 AM

The ARC Avid Readers Book Club chooses books to read and discuss. Some of the members of this group are getting their books through Hoopla Digital. Hoopla is a groundbreaking digital media service offered by your local public library that allows you to borrow movies, music, audiobooks, ebooks, comics and TV shows to enjoy on your computer, tablet, or phone. You can find out more about Hoopla by visiting their website at <https://www.hoopladigital.com/>. Upcoming books to be discussed are as follows: June: "St. Francis Society for Wayward Pets," by Annie England Noblin.

VIRTUAL BINGO: SEE PAGE 11 OF THE NEWSLETTER FOR MORE INFORMATION

WOMEN'S GRIEF SUPPORT GROUP, WEDNESDAY, JUNE 9TH AND 23RD, 12-1:30 PM

This group is facilitated by Lisa Flanagan, Carle Hospice Bereavement Coordinator, this group is open to all women grieving a loss. The group meets on the 2nd & 4th Wednesdays. Contact Lisa Flanagan at 309-268-2057 if you wish to join.

ARC FOODIES GROUP: GARDEN PARTY RECIPES, THURSDAY, JUNE 17TH, 10-11 AM (IN-PERSON AND DIGITAL)

This month's theme is garden party recipes. Use things out of your garden or make a recipe you would share in your backyard at summer party. Make your recipe ahead of time so we can see the finished dish or just have your recipe card handy to share. Prior to the group meeting e-mail your recipe to Molly at mcamper@normaltownship.org, she will compile the recipes and send out to all foodie group members.

TAI CHI, SATURDAYS, 9-10 AM, 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.

CO-ED GRIEF SUPPORT GROUP, WEDNESDAY, JUNE 16TH, 12-1:30 PM

Lisa Flanagan, LCSW, Carle Hospice Bereavement Coordinator hosts this group that will meet on the 3rd Wednesday of the month. Open to men and women who are grieving the death of a spouse or other significant person/other. No charge. Contact Lisa Flanagan at 309-268-2057 if you wish to join.

MEN'S GRIEF SUPPORT GROUP, WEDNESDAY, JUNE 9TH & 23RD, 2-3:30 PM

Facilitated by Lisa Flanagan, LCSW, Carle Hospice Bereavement Coordinator hosts this group on the 2nd & 4th Wednesdays of each month from **2:00-3:30 PM**. Open to members/non-members of ARC, men who are grieving the death of a spouse or other significant person/other. No charge. Contact Lisa Flanagan at 309-268-2057 if you wish to join.

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.