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About ARC

With an annual membership fee of only $30 available to anyone age 55+ in McLean County and beyond, Normal Township’s Activity and Recreation Center (ARC) provides a modern, friendly, atmosphere for socialization and fitness, as well as recreational, nutritional, and health support services. A membership fee reduction is available based on financial need, and Silver Sneakers members can receive a free membership.

We provide a comprehensive range of programs and services, including pickleball, billiards, Peace Meal, art workshops, aerobics, bus trips, card tournaments, support groups, book clubs, and so much more.

Member Announcement

Members be aware of what days and times programs are scheduled. Participation in programs should only be during the days and times the program is offered. ARC’s space is limited and programming can and does occur before and after each program in the shared space. We currently do not offer space for members to host exclusive programs.

Attention Members: ARC’s New Registration Process

We will now be opening registration for programs (excluding day trips and exercise classes) on a specific day each month. This will allow for smoother office preparations and fairness for all members interested in our paid programs.

The Registration Open Date for March programs is February 25th.

You will still register for bus trips starting the first of the month and exercise classes when new sessions are publicized.

INCLEMENT WEATHER CLOSING

CLOSINGS ARE ALWAYS POSTED ON OUR FACEBOOK PAGE AND WJBC’S RADIO STATION. MEMBERS WHO HAVE AN EMAIL ON FILE WILL BE NOTIFIED VIA EMAIL OF ALL WEATHER CLOSINGS. ARC WILL NO LONGER FOLLOW UNIT 5’S WEATHER CLOSING SCHEDULE.
DIRECTORY & SERVICES

NORMAL TOWNSHIP
304 E. Mulberry Street, Normal, IL 61761
Phone ................................................ 452-2060

FAITH IN ACTION
600 E. Willow Street, Normal, IL 61761
Phone ............................................. 827-7780

ISU AUDIOLOGY
600 E Willow Street, Normal, IL 61761
Phone .............................................. 438-8124

COMMUNITY CARE SYSTEMS
3601 GE Road, Suite 2, Bloomington, IL 61704
Phone ....................................661-6400
Office Hours at ARC.......2nd & 4th Thursday, 9-11 AM

PEACE MEAL
Noontime meals are served Monday-Friday and are available to persons 60+. Those under 60 may participate at a cost of $7.50. Participants are served a well-balanced meal containing at least 1/3 of the daily adult nutritional requirements. There is a suggested donation of $3.50 for each meal. We encourage seniors to get out of their homes and enjoy a meal in the company of friends and neighbors. To make your reservation, please call ARC by 12:00 Noon, one day in advance of the day you wish to come..................888-9099.
*For a complete meal calendar visit our website at www.activityandrecreationcenter.org

ARC SHUTTLE BUS
ARC shuttle bus service is available to all seniors that live within a 7-mile radius of ARC. The shuttle bus service offers door-to-door transportation to and from our programs. The shuttle bus operates Monday through Friday, according to the ARC calendar year. Pick-up time begins at **9:00 AM and runs until approximately 10:00 AM.** The return trip on Monday, Wednesday, Thursday and Friday takes place at 3 PM. On Tuesdays there is a return trip at 1 PM and 3 PM. The cost for riding the shuttle bus is $1.00 each way. You may pay in cash for each ride or purchase a punch card at ARC in $10, $20, and $30 increments. In order to run an efficient shuttle bus service, all riders need to reserve a seat by Noon one day in advance.

STAFF DIRECTORY

DIRECTOR OF OPERATIONS, RICK LEWIS
Email..........................rlewis@normaltownship.org

DIRECTOR OF PROGRAMMING, MOLLY CAMPER
Email..........................mcamper@normaltownship.org

COMMUNICATIONS COORDINATOR, SAMMI OLESON
Email..........................soleson@normaltownship.org

MEMBER SERVICES MANAGER, ELICSSHA SANDERS
Email..........................esanders@normaltownship.org

FACILITIES MANAGER, PRESTON HILL
Email..........................phill@normaltownship.org

MEMBER SERVICES REPRESENTATIVES
Jeanne Whitehill
Ruby Jones
Delores McGee
Christine Hoff
Megan Ball

FITNESS ATTENDANT
Renae Friguglietti

BUS DRIVERS
Will McGee
Rick Rutledge
Pete Peck

JANITORIAL STAFF
Carsen Mitchell
Mike Tuttle
Randy Koch

Coffee Sponsor Corner

ARC would like to thank our coffee sponsor for the month of March - Advocate BroMenn Medical Center. Thank you for all you do to help us provide this service to our seniors!
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>FREE and ONGOING............ Mah Jong: Mon., T., R, 12-3 PM, Wed. 11:30-3 PM  Knitting/Needlework: Thursdays, 12:30 PM  Information &amp; Assistance: 2nd &amp; 4th Thurs., 9-11 AM  Origami, 1-3 PM Fridays  Hand and Foot, 9-12 Fridays  Cribbage, Monday, 1-4 PM  Fun &amp; Games, Fri. 1-4 PM</td>
<td>2-4 Strat-O-Mac Baseball</td>
<td>1-3 Healing Touch</td>
<td>Blue Dog: Painting Class  12:30-3:30 George Rodrique:  10:00 Beginner Bridge</td>
<td>12:30 Advanced Bridge  1-3 PM Walk-In SHIP  2-4 Strat-O-Matic Baseball</td>
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<tr>
<td>8-4 All Day Quilting/Sewing  9:30 Mindfulness Meditation  10:00 California Canasta  10:00 Beginner Bridge  11-12:30 Android Basics  1:2-3:00 iPhone Basics  2-4 Strat-O-Matic Baseball</td>
<td>9:30 Trip Down Memory Lane  10:00 Scrabble  10:00 Books on the Go: NPL  11:00 Bingo: Sugar Creek Alzheimer’s Home  12:30 Pinochle  1-3 Rummikub  2-4 Strat-O-Matic Baseball  3-7 PM Spades</td>
<td>8-4 All Day Painter’s Wksp.  9:30 Mindfulness Meditation  9:30 Mexican Train Dominoes  11:00 Trivia DVD Series  12:30 Women’s Grief Support  12:30 Advanced Bridge  12:30 Euchre  3-4:30 Men’s Grief Support</td>
<td>9:00 Conversations Café  9:00 Beg. Sign Language  9:45 Int. Sign Language  10:00 Great Books  2-4 ARCoustic Jam Session  2-4 Strat-O-Matic Baseball  3-7 PM Spades</td>
<td>9-2 VITA  10:15 ARC Avid Readers Book Club  12-4 Quilting and Sewing  12:30 Texas Hold ‘Em Poker Tournament  12:30 Advanced Bridge  2:00 Connect Transit Community Engagement Session</td>
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<tr>
<td>9-12 George Rodrique: Blue Dog: Painting Class  9:30 Mindfulness Meditation  10:00 California Canasta  10:00 Beginner Bridge  10:30 Essential Oils  12:30 Advanced Bridge  12:30-3:30 George Rodrique: Blue Dog: Painting Class  1-3 Healing Touch  2-4 Strat-O-Matic Baseball</td>
<td>10:00 Scrabble  11:00 Bingo: Heritage Health  12:30 Pinochle Tournament  1-3 Rummikub  1:00 Karaoke  2-4 Strat-O-Matic Baseball  3-7 PM Spades</td>
<td>8-4 All Day Painter’s Wksp.  9:30 Mindfulness Meditation  9:30 Mexican Train Dominoes  10 &amp; 1 Movie: Bohemian Rhapsody  12:30 Euchre  12:30 Advanced Bridge</td>
<td>9:00 Conversations Café  9:00 Beg. Sign Language  9:45 Int. Sign Language  10-12 Stamping: Spring  10:30 WRAP Informational  2-4 ARCoustic Jam Session  2-4 Strat-O-Matic Baseball  2-3 Creative Writing  2-3 Pool School  3-7 PM Spades</td>
<td>8-4 All Day Quilting and Sewing  9-2 VITA  12:30 Texas Hold ‘Em Poker Tournament  12:30 Advanced Bridge</td>
</tr>
<tr>
<td>8-12 Morning of Stamping  9:30 Mindfulness Meditation  10:00 California Canasta  10:00 Beginner Bridge  12-4 Janet Puntoni: Acrylics  1-3 Healing Touch  12:30 Advanced Bridge  2-4 Strat-O-Matic Baseball</td>
<td>10:00 Scrabble  10:00 Books on the Go: NPL  11:00 Bingo: Meadows  12:30 Pinochle  1:00 Parkinson’s Support Group: Nutrition  1-3 Rummikub  2-4 Strat-O-Matic Baseball  3-7 PM Spades</td>
<td>8-4 All Day Painter’s Wksp.  9-11 Vision Screenings: Normal Lions Club  9:30 Mindfulness Meditation  9:30 Mexican Train Dominoes  10 &amp; 1 Movie: Rear Window  10:30 Android Settings  12-1 ARC Tech Club  12:30 Advanced Bridge  12:30 Euchre  1:30 iPhone Settings</td>
<td>8:30 Beginner Crochet  9:00 Conversations Café  9:00 Beg. Sign Language  9:45 Int. Sign Language  10:30 Preventing Fraud  12:30 Inter. Bridge  2-4 ARCoustic Jam Session  2-4 Strat-O-Matic Baseball  3-7 PM Spades</td>
<td>8-12 Intermediate Crochet  9-2 VITA  10 &amp; 1 Movie: Till the Clouds Roll By  10:30 Android Basics  12:30 Advanced Bridge Tournament  12-4 Quilting and Sewing  12:30 Bunco  12:30 iPhone Basics 2</td>
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<td>9:30 Mindfulness Meditation  10:00 Travel Presentation: Collette Vacations: NYC  10:00 California Canasta  10:00 Beginner Bridge  12:30 Advanced Bridge  1-3 PM Walk-In SHIP  2-4 Strat-O-Matic Baseball</td>
<td>10:00 Scrabble  11:00 Bingo: Advocate BroMenn  12:30 Pinochle  1-3 Rummikub  2-4 Strat-O-Matic Baseball  3-7 PM Spades</td>
<td>8-4 All Day Painter’s Wksp.  9:30 Mindfulness Meditation  9:30 Mexican Train Dominoes  10 &amp; 1 Movie: Rear Window  10:30 Android Settings  12-1 ARC Tech Club  12:30 Advanced Bridge  12:30 Euchre  1:30 iPhone Settings</td>
<td>9:00 Conversations Café  9:00 Beg. Sign Language  9:45 Int. Sign Language  10-12 Stamping: Easter  12:30 Intermediate Bridge Tournament  2-3 Creative Writing  2-3 Pool School  2-4 ARCoustic Jam Session  2-4 Strat-O-Matic Baseball  3-7 PM Spades</td>
<td>8-12 All Day Quilting and Sewing  9-3:30 Carol Boerckel: Abstract in Watercolor  9-2 VITA  12:30 Advanced Bridge  1-5 American Red Cross Blood Drive</td>
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<tr>
<td>MONDAY</td>
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<tr>
<td>SATURDAY</td>
<td>5:30 ZUMBA TONING</td>
<td>11:00  Beginning Tai Chi</td>
<td>10:15 CHAIR YOGA</td>
<td>10:15 B FIT</td>
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<tr>
<td>CORE 'N MORE</td>
<td>8:00 B FIT</td>
<td>10:15 MODIFIED YOGA</td>
<td>9:10 PEPS</td>
<td>9:10 PEPS</td>
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<td>8:15-9:00 AM</td>
<td>9:00 GENTLE YOGA</td>
<td>10:00 MODIFIED YOGA</td>
<td>10:15 ZUMBA GOLD</td>
<td>10:15 ZUMBA GOLD</td>
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<td>NEW SESSION: March 2nd—April 20th</td>
<td>9:10 PEPS</td>
<td>10:30 TAI CHI FORM</td>
<td>FRIDAY AM</td>
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<td>No: March 23rd &amp; 30th</td>
<td>10:00 MODIFIED YOGA</td>
<td>11:00  Beginning Tai Chi</td>
<td>10:00 Chair Yoga</td>
<td>11:30 30 MIN. ZUMBA GOLD</td>
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<td>1:00 MODIFIED YOGA</td>
<td>1:00 ZUMBA GOLD</td>
<td>10:15 ZUMBA GOLD CHAIR</td>
<td>12:15 FIT &amp; FABULOUS</td>
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<td>1:00 MODIFIED YOGA</td>
<td>1:00 ZUMBA GOLD(1)</td>
<td>11:15 30 MIN. ZUMBA GOLD</td>
<td>1:00 ZUMBA GOLD</td>
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<td>1:30 ZUMBA GOLD CHAIR</td>
<td>2:15 HOOP DANCE FITNESS</td>
<td>12:30 FIT AND FABULOUS</td>
<td>2:15 HOOP DANCE FITNESS</td>
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<td>11:00 FOLK DANCE</td>
<td>2:30 30 MIN. ZUMBA GOLD</td>
<td>2:15 HOOP DANCE FITNESS</td>
<td>1:00 ZUMBA GOLD</td>
<td>1:00 ZUMBA GOLD</td>
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<td>1:00 ZUMBA GOLD</td>
<td>5:30 Group Training</td>
<td>4:30 STRONG by Zumba</td>
<td>2:15 HOOP DANCE FITNESS</td>
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The ARC Avid Readers Book Club chooses paperback books to read and discuss. Upcoming books to be discussed are as follows: March: “The Tea Girl of Hummingbird Lane,” by Lisa See. April: “Little Fires Everywhere,” by Celeste Ng.

**ORIGAMI**
**FRIDAYS, 1:00-3:00 PM**
Join in on the fun and learn some great paper folding techniques. If you wish to participate on Friday afternoons, there will be a $20 donation asked for supplies.

**CONNECT TRANSIT COMMUNITY ENGAGEMENT**
**MARCH 1ST, 2:00 PM**
ARC will host a Community Engagement Session for Connect Transit that will be open to the public on Friday, March 1st at 2:00 PM in the auditorium. Connect Transit has proposed restructuring fares and eliminating the Olive Route that runs down Beech and Willow in front of ARC. Please attend if you have questions or concerns you want to share with Connect Transit officials regarding the proposed changes.

**MINDFULNESS MEDITATION GROUP**
**MONDAYS & WEDNESDAYS, 9:30 AM**
This group meets in the conference room on Mondays and Wednesdays at 9:30 AM. Secular mindfulness instruction will be given to each participant, and a handout will be passed out with basic mindfulness meditation instructions and a list of useful website addresses for further exploration. If you are new to the group, please come in your first day at 9 AM.

**ANDROID BASICS PART 1: MARCH 4TH, 11-12:30 AM**
**ANDROID BASICS PART 2: MARCH 22ND, 10:30-12 PM**
Want to really learn and be confident on how to use your Android Smart Phone? Join us to learn: how to organize your "Home Screen" to make it less confusing, how to increase your font size for texting and emails, send a text message and add a photo, and more! Bring your Android phone to these workshops so you can make the phone adjustments and get plenty of hands-on practice! $15 per workshop. Register at ARC. Payment expected upon registration.

**IPHONE BASICS PART 1: MARCH 4TH, 1-2:30 PM**
**IPHONE BASICS PART 2: MARCH 22ND, 12:30-2 PM**
Want to be more confident using your iPhone Smartphone? Nancy Komlanc, The Tech Tutor, will teach you how to: organize your "Home Screen" to make it less confusing, increase your font size for texting and emails, send a text message and add a photo, and more! Bring your iPhone to these workshops so you can make the phone adjustments and get plenty of hands-on practice! $15 per workshop. Register at ARC. Payment expected upon registration.

**A TRIP DOWN MEMORY LANE**
**MARCH 5TH, 9:30 AM**
Sugar Creek Special Care hosts a monthly meeting at ARC to provide caregivers with a comfortable setting to discuss any issues or questions they may have among their peers. We will also have speakers and provide information to allow caregivers to gain education regarding dementia. We provide an open mind and a helping hand to all who attend.

**TRIVIA DVD SERIES**
**WEDNESDAY, MARCH 6TH, 11:00 AM**
Join other members for a fun trivia party answering questions about the 60’s and 70’s. No teams needed, just a time to party and test your knowledge of 60’s and 70’s trivia.

**WOMEN’S GRIEF SUPPORT GROUP**
**MARCH 6TH & 20TH, 12:30-2:00 PM**
This group facilitated by Lisa Flanagan, Advocate Hospice Bereavement Coordinator, is a group of women who are grieving and growing after the loss of their spouses/partners. Sharing, journaling, and other activities are included. The group will meet this month on the 1st & 3rd Wednesday from 12:30-2:00 PM. Contact Lisa Flanagan at 309-268-2057 if you wish to join.

**MEN’S GRIEF SUPPORT GROUP**
**MARCH 6TH & 20TH, 3-4:30 PM**
Facilitated by Lisa Flanagan, LCSW, Advocate Hospice Bereavement Coordinator, 1st and 3rd Wednesdays of each month at ARC, from 3:00-4:30 PM beginning Wednesday, March 6. Open to members/non-members of ARC, men who are grieving the death of a spouse or other significant person/other. No charge. Contact ARC at 309-888-9099 to register.
UPCOMING ACTIVITIES

CONVERSATIONS CAFÉ
THURSDAYS, 9 AM
Do you know sign language? Want to utilize your skills with members of both the deaf and hearing communities? Join us for conversations in the café on Thursdays starting at 9 AM.

GREAT BOOKS
MARCH 7TH, 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.

BEGINNER & INTERMEDIATE SIGN LANGUAGE
MARCH 7TH, 14TH, 21ST, 28TH
BEGINNER, 9-9:30, INTERMEDIATE, 9:45-10:15 AM
The beginner sign language class will meet from 9-9:30 AM and will focus on people, pronouns, verbs, colors, and the manual alphabet. The returning intermediate sign language class will meet from 9:45-10:15 AM and will focus on manual alphabet review, sentence practice, opposites, drinks, snacks, and breakfast signs. The cost to attend the beginner or intermediate sign language class is $50.00. Register at ARC. Payment expected upon registration.

MASTERING YOUR ENERGY
MARCH 8TH, 10:00 AM
Join Laura Elliot for a group session of Qigong on Friday, March 8th from 10:00-11:00 AM. Become the master of your energy through movement and sound, using your body and voice as powerful instruments for healing by integrating the ancient wisdoms of Qigong, Tai Chi, and vocal toning. Experience the benefits in body, mind and spirit—release stress, restore balance, strengthen vitality, boost immune system, and feel peace of mind. The cost to attend this small-group session is $10.00. Register for this program at ARC. Payment is due upon registration.

FACEBOOK 101
MARCH 8TH, 1:00 PM
Bring your iPhone or Android phone, and Synergy Homecare will be available to answer individual questions or work with you one-on-one. We are prepared to help people at all different skill levels: beginner, intermediate and advanced! Register at ARC or by calling 309-888-9099. Space is limited.

GEORGE RODRIQUE: BLUE DOG
MARCH 11TH: 9 AM-12 PM OR 12:30-3:30 PM
Paint your pet in the style of Artist George Rodrique “Blue Dog”... All materials are supplied: acrylic paints, canvas, and brushes. You just bring a picture of your pet...and have fun... There will be some drawing aids to help you transfer your pet onto your canvas. The cost to attend this class is $20.00. Register for this program at ARC. Payment expected upon registration. When registering, choose your preferred time.

ESSENTIAL OILS 101
MARCH 11TH, 10:30 AM
Have you heard the buzz about essential oils? High quality essential oils provide an all natural alternative to support you with a wide variety of health issues you may face. They can be used to relieve muscle and joint discomfort, boost immune systems, induce restful sleep, purify the air, relieve discomfort from sinus and allergies, uplift and energize moods, and much more. The good news - they are natural, safe, and actually work! Join Patty Tobiasz to learn about a variety of oils and various issues they can support. You will get to experience first hand the aromatic benefits of the oils and will have an opportunity to get a free sample to try yourself. Register for this program at ARC or by calling 888-9099.

HEALING TOUCH
MARCH 11TH & 18TH, 1-3 PM
Have a 30-minute session that can relax and balance you, reduce pain, and support your body’s natural ability to heal itself. You can choose light touch or no touch at all. Half of the proceeds from each $20 session will be donated to ARC. You will be asked to sign a consent form. Chris Kaufman, RN, is an ARC member who is a Healing Touch Certified Practitioner. Sign up at ARC. Payment is due upon registration.

KARAOKE
MARCH 12TH, 1-3 PM
Join ARC’s karaoke group on the 2nd Tuesday of each month from 1-3 PM. This group is structured much like that of a sing-along. For those brave souls that want to take the stage you have plenty of songs to choose from!

CREATIVE WRITING
MARCH 14TH & 28TH, 2-3 PM
ARC hosts a creative writing group on the 2nd and 4th Thursday of each month from 2-3 PM. Come and share writings, bounce ideas back and forth and join in on a fun afternoon all about writing!
UPCOMING ACTIVITIES

MOVIES: 10 AM & 1 PM
MARCH 13TH: BOHEMIAN RHAPSODY
**MUST REGISTER FOR A SHOWING**
RATING: PG-13  RUNNING TIME: 2 HOURS & 14 MINUTES
Starring: Rami Malek
MARCH 22ND: TILL THE CLOUDS ROLL BY
RATING: NR  RUNNING TIME: 2 HOURS AND 12 MINUTES
Starring: Robert Walker and Lucille Bremer
MARCH 27TH: REAR WINDOW (1954)
RATING: PG  RUNNING TIME: 1 HOUR AND 52 MINUTES
Starring: James Stewart and Grace Kelly

VISION SCREENINGS: NORMAL LIONS CLUB
MARCH 20TH, 9-11 AM
Lions District 1-BK and the Lions Club in your community are offering free vision screenings. The SPOT scanner is a camera-like technology that quickly screens for the potential of several of the most common vision issues: lazy eye, nearsightedness, farsightedness, astigmatism, unequal pupil size, unequal refractive power, and eye misalignment. Schedule your appointment at ARC.

BEGINNER CROCHET
MARCH 21ST, 8:30-11:30 AM
Learn the basic crochet stitches. You will select a project: a potholder, coaster, or dishcloth. You will learn how to read a pattern and use it in the application of crochet skills. The instructor will contact each participant to determine current level of competence and to share information about the materials needed. If you have questions, contact Pam at 309-826-1612. Register for this free class at ARC or by calling 888-9099.

PREVENTING FRAUD
MARCH 21ST, 10:30 AM
In 2013, Americans over the age of 60 lost about $2.9 billion to financial abuse. Do you know your risk factors? In this session, we will examine the many forms that senior fraud can take and how people can protect themselves from falling victim. Humana is sponsoring this program. The presentation will end with a question and answer session. Register for this program at ARC or by calling 888-9099.

INTERMEDIATE CROCHET (FREE)
MARCH 22ND, 8:30-11:30 AM
Familiarity with the basic crochet stitches (single and double crochet) is recommended and preferred. If you do not meet this criterion but are still interested call the instructor Pam Hulit (826-1612). You will learn how to read a pattern. You will select a project equal to your current skill level and be challenged to try new skills. Register at ARC or by calling 888-9099.

INFORMATION & ASSISTANCE OUTREACH
MARCH 14TH & 28TH, 9-11 AM
On the 2nd and 4th Thursday of each month from 9:00-11:00 AM, Community Care will help with license plate discounts, RTA discount, Tax Freeze/Homestead, Exemption applications, Medicaid applications, etc.

STAMPING GREETING CARDS
MARCH 14TH & 28TH, 10 AM-12 PM
Jane Beck from Honey’s Cards will teach a Stamping Greeting Cards class. You will take home two homemade cards. This month the group will focus on Spring and Easter-themed cards. Personalize your card with stamps, cutouts, glitter, etc. The cost to attend the class is $5.00 and includes all supplies. Payment is expected upon registration.

POOL SCHOOL
MARCH 14TH & 28TH, 2-3 PM
Do you want to sharpen your pool skills? Are you new to the game? Join ARC’s pool school on the 2nd and 4th Thursday of each month from 2-3 PM. Register for this month’s session at ARC or by calling 88-9099.

MORNING OF STAMPING
MARCH 18TH, 8 AM-12 PM
Do you love to craft and stamp? Join our morning of stamping on Monday, March 18th from 8 AM-12 PM. Bring your supplies and spend the morning stamping with friends. Share ideas and supplies to make one of kind creations. Morning of stamping is set to occur monthly on the 3rd Monday from 8 AM-12 PM.

JANET PUNTONI: ACRYLICS
MARCH 18TH, 12-4 PM
Join Janet Puntoni for a beginner class on acrylics. Bring a basic set of acrylic set, 11x14 canvas (soft canvas is best), 3-4 pictures you would like to paint (simple not cluttered photos), and a rag or paper towels. The cost to attend this class is $20. Register for this class at ARC.

PARKINSON’S SUPPORT GROUP
MARCH 19TH, 1:00 PM
Join ARC’s Parkinson’s Support Group on the 3rd Tuesday of each month from 1:00-2:00 PM. This month the topic of discussion will be optimal nutrition for living well with Parkinsons. The speaker will be Moriah Gramm, Clinical Dietitian from Advocate BroMenn.

MOVIES: 10 AM & 1 PM
MARCH 27TH: REAR WINDOW (1954)
RATING: PG  RUNNING TIME: 1 HOUR AND 52 MINUTES
Starring: James Stewart and Grace Kelly

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RATING: PG  RUNNING TIME: 1 HOUR AND 52 MINUTES
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MOVIES: 10 AM & 1 PM
MARCH 27TH: REA...
UPCOMING ACTIVITIES

TRAVEL PRESENTATION: COLLETTE VACATIONS: NYC HOLIDAY
MARCH 25TH, 10:00 AM
Join ARC, Peoria Charter Travel and Collete Vacations for a travel presentation on our December 2019 trip to New York City. Register for this program at ARC or by calling 309-888-9099.

ANDROID SMARTPHONE ADJUSTING SETTINGS
MARCH 27TH, 10:30 AM-12 PM

IPHONE SMARTPHONE ADJUSTING SETTINGS
MARCH 27TH, 1:30-3:00 PM
Would you like to unlock the secrets to your Smartphone to make it REALLY easy to use? There are global settings you can enable on your Smartphone that can make your phone easier, less complicated to use, and actually enjoyable! Together with Step-by-Step instructions and individualized attention in this workshop you are likely to leave feeling more knowledgeable and confident using your Smartphone! Fee: $15; class size limited to 15.

The instructor for these workshops is Nancy Komlanc, Tech Tutor. Specializes in clients over 55 years of age.

CAROL BOERCKEL: ABSTRACT IN WATERCOLOR
MARCH 29TH, 9-3:30 PM
Pick from a list of classical or formal designs you will give structure for a foundation that will show off fun colors and textures. Many examples will be given. Bring several any size watercolor papers. Carol likes large. 140 pound arches cold-pressed is the best. You can purchase it from Carol if you are unable to obtain it. Watercolor paint from a tube is best, you can mix colors you don’t need a lot of tubes. Bring what you have. You will use a variety of brush sizes, and Carol has many you can borrow. 2 inch flat, 1 inch flat, 16 round two number for around, and anything in between. Bring water containers, Kleenex box, tape, and a sketchpad or scrap paper and pencil and eraser. If you don’t have a pallet yogurt lids or small saucers will work. Contact Carol with any questions or ideas of supplemental supplies, carolwatercolor@aol.com. The cost to attend this workshop is $30. Register at ARC with workshop payment. Any level from beginners to advanced are welcome.
## FREE AND ONGOING ACTIVITIES

### FREE ACTIVITIES

<table>
<thead>
<tr>
<th>GROUPS</th>
<th>DAY &amp; TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knitting and Needlework</td>
<td>Thursdays, 12:30-3:00 PM</td>
</tr>
<tr>
<td>Great Books</td>
<td>1st Thursday, 10:00 AM-12:00 PM</td>
</tr>
<tr>
<td>ARC Avid Readers Book Group</td>
<td>1st Friday, 10:15 AM</td>
</tr>
<tr>
<td>Women’s Grief Support</td>
<td>1st &amp; 3rd Wednesday, 12:30-2:00 PM</td>
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<tr>
<td>Quilting &amp; Sewing</td>
<td>Fridays, Noon-4:00 PM; All-Day Quilting: 1st Monday and 3rd Friday</td>
</tr>
<tr>
<td>Painters’ Workshop</td>
<td>Wednesdays, 8 AM-4 PM</td>
</tr>
<tr>
<td>A Trip Down Memory Lane</td>
<td>1st Tuesday, 9:30-10:30 AM</td>
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<tr>
<td>Mindfulness Meditation Group</td>
<td>Mondays &amp; Weds., 9:30 AM</td>
</tr>
<tr>
<td>Parkinson’s Support</td>
<td>3rd Tuesday, 1 PM</td>
</tr>
<tr>
<td>Jam Session</td>
<td>Thursdays, 2-4 PM</td>
</tr>
<tr>
<td>Conversation Cafe</td>
<td>Thursdays, 9 AM</td>
</tr>
<tr>
<td>Morning of Stamping</td>
<td>3rd Monday, 8 AM-12 PM</td>
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</table>

### HEALTH AND WELLNESS

<table>
<thead>
<tr>
<th>ACTIVITIES</th>
<th>DAY &amp; TIME</th>
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</thead>
<tbody>
<tr>
<td>Geri Nurse</td>
<td>Tuesdays, 10:00 AM-1:00 PM; Wednesdays, 12:00-3:00 PM</td>
</tr>
<tr>
<td>Walking Track</td>
<td>Mon.-Thurs., 6:30 AM-7 PM, F,6:30 AM-4 PM, S, 8AM-Noon</td>
</tr>
<tr>
<td>Fitness Center</td>
<td>Mon.-Thurs., 6:30 AM-7:00 PM, F,6:30 AM-4 PM, S, 8 AM-Noon</td>
</tr>
<tr>
<td>Pickleball</td>
<td>See page 11</td>
</tr>
<tr>
<td>Folk Dance</td>
<td>Tuesdays, 11:00 AM</td>
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<tr>
<td>Ping Pong</td>
<td>Anytime during building hours</td>
</tr>
<tr>
<td>TAI CHI Form</td>
<td>M &amp; W, 10:30 AM</td>
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</table>

### MISCELLANEOUS

<table>
<thead>
<tr>
<th>ACTIVITIES</th>
<th>DAY &amp; TIME</th>
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<tbody>
<tr>
<td>Movies</td>
<td>Days Vary, 10 AM &amp; 1 PM</td>
</tr>
<tr>
<td>Café</td>
<td>M-F, 8 AM-4 PM</td>
</tr>
<tr>
<td>Origami</td>
<td>Fridays, 1-3 PM</td>
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</tbody>
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### CARDS AND GAMES

<table>
<thead>
<tr>
<th>ACTIVITIES</th>
<th>DAY &amp; TIME</th>
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</thead>
<tbody>
<tr>
<td>8 Ball Tournament</td>
<td>Thursdays, 9 AM</td>
</tr>
<tr>
<td>Billiards</td>
<td>M, T, W, 6:30 AM-7 PM, R, Noon-7 PM &amp; F, 6:30 AM-4 PM</td>
</tr>
<tr>
<td>Bingo</td>
<td>Tuesday, 11:00 AM</td>
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<tr>
<td>Hand and Foot</td>
<td>Fridays, 9:00 AM</td>
</tr>
<tr>
<td>Beginner Bridge</td>
<td>Mondays, 10 AM</td>
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<tr>
<td>Bunco</td>
<td>2nd &amp; 4th Friday</td>
</tr>
<tr>
<td>California Canasta</td>
<td>Mondays, 10:00 AM</td>
</tr>
<tr>
<td>Advanced Bridge</td>
<td>Bridge: MWF, 12:30 PM</td>
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<tr>
<td>Intermediate Bridge</td>
<td>Tuesday &amp; Thursday, 12:30 PM</td>
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<tr>
<td>Euchre</td>
<td>Wednesdays, 12:30 PM</td>
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<tr>
<td>Pinochle</td>
<td>Tuesdays, 12:30 PM</td>
</tr>
<tr>
<td>Texas Hold’em Poker</td>
<td>Tuesday, 10 AM &amp; 12:30 PM</td>
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<tr>
<td></td>
<td>Thursday, 12:30 PM</td>
</tr>
<tr>
<td>Mah Jongg</td>
<td>M, T, R Noon-3:00 PM, Wednesday, 11:30 AM–3 PM</td>
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<tr>
<td>Pinochle Tournament</td>
<td>2nd Tuesday, 12:30 PM</td>
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<tr>
<td>Euchre Tournament</td>
<td>3rd Wednesday, 12:30 PM</td>
</tr>
<tr>
<td>Bridge Tournaments</td>
<td>Advanced: 4th Friday, 12:30 PM</td>
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<tr>
<td></td>
<td>Intermediate Tournament, 4th Thursday, 12:30 PM</td>
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<tr>
<td>Texas Hold’Em Poker Tournament</td>
<td>1st &amp; 3rd Friday, 12:30 PM</td>
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<tr>
<td>Scrabble</td>
<td>Tuesdays, 10:00 AM</td>
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<tr>
<td>Mexican Train Dominoes</td>
<td>Wednesdays, 9:30 AM</td>
</tr>
<tr>
<td>Strat-O-Matic Baseball</td>
<td>Mon &amp; Thurs, 2-4 PM</td>
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<tr>
<td>Tabletop Shuffleboard</td>
<td>Fridays, 10 AM</td>
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<tr>
<td>Cribbage</td>
<td>Mondays, 1-4 PM</td>
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<tr>
<td>Fun and Games</td>
<td>Mondays, 1-4 PM</td>
</tr>
<tr>
<td>Beginning Chess</td>
<td>Wednesdays, 1 PM</td>
</tr>
<tr>
<td>Spades</td>
<td>Tuesdays &amp; Thursdays, 3-7 PM</td>
</tr>
<tr>
<td>Rummikub</td>
<td>Tuesdays, 1-3 PM</td>
</tr>
</tbody>
</table>
SHIP CORNER

SHIP (Senior Health Insurance Program) counselors are trained, certified, and experienced in offering one-on-one information for all aspects of Medicare, health insurance and drug plans. A program of ARC, SHIP provides assistance, explanations, and plan comparisons. There is never a cost, sales, or any insurance affiliations. SHIP is especially helpful for those new to Medicare who are trying to navigate the system and meet deadlines; or to anyone wanting to lower current insurance costs and understand options. Help is available by individual appointment various times each month, call ARC at 309-888-9099. A counselor will return your call to set an appointment.

Save the Date: New to Medicare Program on Thursday, April 25th at 5:30 PM. More information will be available in the April newsletter.

SHIP is a program of the Illinois Department on Aging

Volunteer Income Tax Assistance

Fridays, February 1st-April 12th
9:00 AM-2:00 PM

Appointments Required.

CALL ARC at 888-9099 for an appointment starting January 14th.

IRS-certified volunteers will prepare federal and state tax returns.

Who qualifies:
* Single with no dependents: $35,000 or less
* Single with dependents: $55,000 or less
* Married: combined incomes should be less than $55,000

Please bring:
* Tax information such as W-2, 1099, etc.
* Social security cards or ITINs for everyone on return
* Picture ID
* Proof of Health Insurance Information/Form 1095A
* Copy of your 2017 federal tax return

ARC and the American Red Cross are hosting a blood drive on

Friday, March 29th
1-5 PM at ARC

Appointments will take priority over walk-ins. The public is welcome.

To make an appointment call ARC at 888-9099.
There will be no Pickleball on Friday, March 29th due to a Blood Drive.

Fitness Equipment Orientation
Members who wish to utilize the fitness center are required to complete a 30-minute orientation.
Wednesdays, 5:00-5:30 PM & 5:30-6:00 PM
Fridays, 9:30-10:00 AM
No Orientation on Friday, March 1st & 15th.
Register for your time slot at either of the ARC Members Service desks or by calling 888-9099.

Ongoing Monthly Pickleball Schedule
Monday: 6:30 AM-7:00 PM
Tuesday: 3:00-7:00 PM
Wednesday: 6:30 AM-7:00 PM
Thursday: 6:30 AM-7:00 PM
Fridays: 6:30 AM-4:00 PM
*One court from 12-4 PM on the 2nd and 4th Friday
Saturday: 8 AM-12 PM

WALKING TRACK AND FITNESS CENTER HOURS
MONDAY-THURSDAY 6:30 AM-7:00 PM
FRIDAY 6:30 AM-4:00 PM
SATURDAY 8:00 AM-12:00 PM

All courts are open play.
If there are more than 4 people waiting for a court, play rally scoring or reduce game points to make for a faster game. Always be a good sport; be courteous to your fellow players.
**EXERCISE CLASSES**

### ZUMBA FITNESS

**ZUMBA GOLD & TONING (11E)**
MON., WED., & FRIDAYS, 1:00 PM
NEW SESSION: FEBRUARY 22ND-APRIL 3RD
OPEN CLASS: FEBRUARY 20TH
NO CLASS: MARCH 11TH
The instructor for this class is Lucy Croft. The cost to attend the six-week session once a week is $22.00, twice a week, $44.00, and three times a week is $60.00.

**AM ZUMBA GOLD (12E)**
FRIDAYS, 10:15 AM
NEW SESSION: FEBRUARY 22ND-MARCH 29TH
OPEN CLASS: FEBRUARY 15TH
The instructor for this class is Lucy Croft. The cost to attend the six-week session once a week is $22.00.

**ZUMBA AND ZUMBA TONING (13E)**
MONDAYS AND WEDNESDAYS, 5:30-6:30 PM
NEW SESSION: FEBRUARY 20TH-APRIL 1ST
OPEN CLASS: FEBRUARY 18TH
NO CLASS: MARCH 11TH
The instructor for this class is Lucy Croft. The cost to attend the six week session once a week is $30.00 and twice a week is $56.00.

**30 MINUTE ZUMBA GOLD (15E)**
TUES., 2:30 PM, THURS., 11:15 AM, & FRIDAYS, 11:30 AM
NEW SESSION: FEBRUARY 22ND-APRIL 4TH
OPEN: FEBRUARY 21ST
The instructor for this class is Lucy Croft. The cost to attend the six week session once a week in $20.00 and the cost to attend the class twice a week is $36.00, and three times a week is $45.00.

**FIT AND FABULOUS (45 MINUTE CLASS) (16E)**
TUES. & THURS., 12:30 PM, FRIDAYS, 12:15 PM
NEW SESSION: FEBRUARY 22ND-APRIL 4TH
OPEN: FEBRUARY 21ST
The instructor for this class is Lucy Croft. The cost to attend this 6 week session once a week in $22.00 and twice a week is $36.00, three times a week is $50.00

**STRONG BY ZUMBA (27E)**
**ADDED TUESDAYS TO STRONG**
TUESDAYS & THURSDAYS, 4:30 PM
NEW SESSION: MARCH 19TH-APRIL 25TH
The instructor for this class is Lucy Croft. The cost to attend the 6 week session is $30.00 and twice a week is $56.00.

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### Functional Fitness Fix

Improve energy, balance, strength and activities of daily living!
Sign up for Functional Fitness Fix session with Renae. Renae has a Master’s in Health Education. She will help you develop a personalized program to feel better and perform day to day activities with more ease!

- Mondays: 5:30-6:00 & 6-6:30 PM
- Wednesdays: 6:00-6:30 PM
- Saturdays: 9:00-9:30 AM & 9:30-10 AM, March 9th & 23rd

Sign up at either of the ARC Member Service desks today!
Each session is 30 min. long.
# EXERCISE CLASSES

## DANCE FITNESS

**DANCE-THE BALLROOM WORKOUT (24E)**

**THURSDAYS, 2:00-3:00 PM**

**NEW SESSION: FEBRUARY 28TH-APRIL 4TH**

**NO CLASS: FEBRUARY 21ST, DANCE-FEBRUARY FLING**

The instructor for this class is Ed Houchens. To attend this session is $10.00.

**HOOP DANCE FITNESS (25E)**

**WEDNESDAYS & FRIDAYS, 2:15-3:15 PM**

**NEW SESSION: FEBRUARY 20TH-MARCH 29TH**

**OPEN CLASS: FEBRUARY 15TH**

The instructor for this class is Suzanne Richardson of Normal Hoops. The cost to attend the six week session once a week is $36.00 and twice a week is $66.00.

## INTERNATIONAL FOLK DANCE (FREE)

**ONGOING TUESDAYS, 11:00 AM**

The instructor for this class is Claudia Terrence. Come and try this FREE class!

## LINE DANCE II (32E)

**MONDAYS, 2:30-3:30 PM**

**NEW SESSION: MARCH 4TH—APRIL 8TH**

The instructor for this class is Florence Peterson. The cost to attend the six week session is $10.00.

## LINE DANCE I (BEGINNER) (31E)

**MONDAYS, 3:30-4:30 PM**

**NEW SESSION: MARCH 4TH—APRIL 8TH**

The instructor for this class is Florence Peterson. The cost to attend the six week session is $10.00.

## RELAXATION FITNESS

**MODIFIED YOGA (23E)**

**MONDAYS AND WEDNESDAYS, 10:00 AM**

**NEW SESSION: FEBRUARY 20TH-APRIL 1ST**

**OPEN CLASS: FEBRUARY 15TH**

Participants need to bring their own mat. The instructor for this class is Connie Stefl, certified Yoga Instructor. The cost to attend a six week session once a week is $40.00 and twice a week is $75.00.

**TAI CHI FORM**

**MONDAYS AND WEDNESDAYS, 10:30 AM**

ARC offers a class for our advanced TAI CHI Participants! This class will have no instructor, no sign up and no fee.

**GENTLE YOGA (6E)**

**WEATHER CLOSING DATES ADDED!**

**TUESDAYS AND THURSDAYS, 9-10 AM**

**NEW SESSION: FEBRUARY 7TH-MARCH 28TH**

**OPEN CLASS: FEBRUARY 5TH**

**NO CLASS: MARCH 7, 12, 14**

The instructor for this class is Ada Rediger, certified Yoga instructor. The cost to attend the 6 week session twice a week is $72.00 and once a week is $36.00.

**CHAIR YOGA (7E)**

**WEATHER CLOSING DATES ADDED!**

**TUESDAYS AND THURSDAYS, 9-10 AM**

**NEW SESSION: FEBRUARY 7TH-MARCH 28TH**

**OPEN CLASS: FEBRUARY 5TH**

**NO CLASS: MARCH 7, 12, 14**

The instructor for this class is Ada Rediger, certified Yoga instructor. The cost to attend the 6 week session twice a week is $54.00 and once a week is $27.00.

**YOGA (30E)**

**MONDAYS AND WEDNESDAYS, 8:00 AM**

**NEWS SESSION: MARCH 11TH—APRIL 17TH**

**OPEN CLASS: MARCH 6TH**

Participants need to bring their own mat. The instructor for this class is Cecile Mercer certified Yoga Instructor. The cost to attend a six week session once a week is $30.00 and twice a week is $60.00.

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Beginning Tai Chi Practice

**Mondays & Wednesdays, 11:00 AM**

A free one-hour Tai Chi practice including basic instruction in Qigong (chi-kung) and Yang style long form and meditation as well as coordination of movement with breath, and improving strength and balance. All ARC members welcome. Please wear comfortable shoes and loose-fitting clothing and bring a playful spirit. Accommodations will be made for anyone with movement restrictions.
WRAP CLASSES

YOUR WELLNESS, YOUR WAY WITH WRAP®

What is WRAP®?

The Wellness Recovery Action Plan is a free program anyone can use to get well, stay well, and make life more enjoyable:

- Identify simple tools to support healthier and happier aging
- Build on personal strengths and interests
- Feel more hopeful, confident, and engaged in your healthcare

WRAP® is proven to reduce stress, anxiety, depression, and health challenges. Classes are taught by certified facilitators in three fun, interactive, and meaningful 5-hour sessions.

Learn More and Sign Up

Brief Information Session
- 10:30am on March 14

Classes
- 9:30am on April 8, 15, and 22

Contact Bryce Goff at bgoff@uic.edu or (312) 286-4618 to learn more and reserve your spot in WRAP® classes at the Activity and Recreation Center.
Upcoming Bus Trips

St. Charles, MO Shopping Trip:
April 15 | $33
• Registration: March 1—April 5
• Trip includes transportation
• Please arrive to ARC by 7:15 AM on the day of the trip. Will add trip on April 30th if this one fills & we still have interest.

Cunningham Children’s Home Festival of Quilts:
April 5 | $24
• Registration: March 1—22
• Trip includes transportation & entrance donation. Food available for purchase at event.
• Please arrive to ARC by 7:30 AM on the day of the trip.

Peoria Chiefs Baseball Game:
May 15 | $27
• Registration: March 1—April 12
• Trip includes transportation ticket. Food available for purchase at event.
• Please arrive to ARC by 9:15 AM on the day of the trip.

Please note: Members attending bus trips need to park in the northeast (gravel) lot upon arrival. The bus will load from there. You are welcome to stay in your car until the bus is loading. This will improve the parking situation for members attending programs at ARC on bus trip days.