

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, MAY 6TH, 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, MAY 7TH, 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: May: "Three Things About Elsie," by Joanna Cannon and June: "St. Francis Society for Wayward Pets," by Annie England Noblin.

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

MUSIC ENRICHMENT: SEE PAGE 1 OF THE NEWSLETTER

WOMEN'S GRIEF SUPPORT GROUP, WEDNESDAY, MAY 12TH, 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. **The group will meet on Zoom May 12th and will meet in-person at ARC on May 26th. Register for in-person by calling ARC at 888-9099.** Contact Lisa Flanagan at 309-268-2057 if you wish to join.

ARC FOODIES GROUP: RHUBARB RECIPES, THURSDAY, MAY 20TH, 10-11 AM (IN-PERSON AND DIGITAL)

This month's theme is rhubarb. Rhubarb is in season so let's make our favorite recipes! Make your dish ahead of time so we can all marvel at the finished product or just have your recipe 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.

PARKINSON'S SUPPORT GROUP, TUESDAY, MAY 18TH, 1 PM

The Parkinson's Support Group is meeting on the third Tuesday of each month. This month it is a casual meet and greet to see familiar faces and check in on one another.

ARC TECH CLUB, WEDNESDAY, MAY 26TH, 12 PM

Want to stay up-to-date in technology? The Free ARC Tech Club will meet the 4th Wednesday of each month to share all the technology we use, have seen, or find interesting. Club facilitator: Nancy Komlanc (Nancy@TechTutorIL.com).

SATURDAY TAI CHI, SATURDAYS, 9-10 AM

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, MAY 19TH, 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, MAY 12TH, 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. **The group will meet on Zoom May 12th and will meet in-person at ARC on May 26th. Register for in-person by calling ARC at 888-9099.** Contact Lisa Flanagan at 309-268-2057 if you wish to join.