

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, OCTOBER 5TH, 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: October: "The Book of Lost Friends," by Lisa Wingate and November: "The Yellow House: A Memoir by Sarah M. Broom.

GREAT BOOKS**THURSDAY, OCTOBER 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.

MEN'S GRIEF SUPPORT GROUP**OCTOBER 13TH & 27TH, 2:00-3:30 PM**

Facilitated by Lisa Flanagan, LCSW, Advocate Hospice Bereavement Coordinator. Second and fourth 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. Those interested in this group must call ARC at 309-888-9099 and pick up an intake form to fill out. ARC will send the intake form to Lisa.

WOMEN'S GRIEF SUPPORT GROUP**OCTOBER 13TH & 27TH, 12:00-1:30 PM**

THIS GROUP IS CLOSED TO NEW MEMBERS. IF YOU ARE LOOKING FOR A WOMEN'S GROUP LOOK INTO THE NEW TO GRIEF GROUP THAT WILL MEET ON THURSDAYS AT 1 PM

This group facilitated by Lisa Flanagan, Advocate Hospice Bereavement Coordinator, this group is open to all women grieving a loss. Sharing, journaling, and other activities are included. The group will meet this month on the **2nd & 4th Wednesday from 12:00-1:30 PM**.

CO-ED GRIEF SUPPORT GROUP**WEDNESDAY, OCTOBER 20TH, 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. Open to members/non-members of ARC, men and women who are grieving the death of a spouse or other significant person/other. Those interested in this group must call ARC at 309-888-9099 and pick up an intake form to fill out.

NEW TO GRIEF SUPPORT GROUP**THURSDAYS, OCTOBER 7TH, 14TH, 21ST, & 28TH, 1-2:30 PM**

This group facilitated by Lisa Flanagan, Advocate Hospice Bereavement Coordinator, this group is open to all women grieving a loss. Sharing, journaling, and other activities are included. Those interested in this group must call ARC at 309-888-9099 and pick up an intake form to fill out. ARC will send the intake form to Lisa. **This group will meet over Zoom for 6 weeks on Thursdays at 1 PM.**