



ARC
600 E. Willow St.
Normal, IL 61761
(309)888-9099

2022 January Newsletter • www.activityandrecreationcenter.org

BUILDING HOURS:

MONDAY AND WEDNESDAY...6:30 AM-7 PM
TUESDAY AND THURSDAY.....6:30 AM-4 PM
FRIDAY.....CLOSED
SATURDAY.....8:00 AM-4:00 PM

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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, card tournaments, support groups, book clubs, and so much more.

ARC’s Inclement Weather Closure Policy

CLOSINGS ARE ALWAYS POSTED ON OUR FACEBOOK PAGE, WEBSITE, SO LONG AS WE HAVE INTERNET ACCESS, AND WJBC’S RADIO STATION.

MEMBERS WHO HAVE AN EMAIL ON FILE WILL BE NOTIFIED VIA EMAIL OF ALL WEATHER CLOSINGS.

IN ADDITION, THERE WILL BE A MESSAGE ON OUR PHONE SYSTEM ON DAYS THAT ARC CLOSSES INDICATING THE CLOSURE TO THOSE WHO CALL IN.



IMPORTANT

ARC WILL BE CLOSED ON SATURDAY, JANUARY 1ST FOR THE NEW YEAR HOLIDAY.

ARC WILL BE CLOSING AT 12:30 PM ON JANUARY 11TH FOR STAFF DEVELOPMENT.

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

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. To make your reservation, call ARC at 888-9099, press 1 and leave a message with your name and reservation date at least one day in advance of the reservation date by Noon.

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 Thursday, according to the ARC calendar year. Ride times take place between 11 AM-4 PM. The cost for riding the shuttle bus is **FREE**. 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

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MEMBER SERVICES

Jeanne Whitehill
Ruby Jones
Delores McGee
Christine Hoff
Delilah Finnegan

SHUTTLE DRIVERS

George Wilson

JANITORIAL

Keith Weatherspoon
Randy Koch
David Mikulecky
Mike Tuttle

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speechhearingclinic@illinoisstate.edu

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appointment.

Audiology & speech services are available on Illinois State University's campus.

Audiology services are also available at the ARC.



JANUARY 2022 IN-PERSON PROGRAMMING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<p>3</p> <p>6:30-7 Fitness Center 6:30-7 Walking Track 6:30-7 Billiards 6:30-11,4-7 Pickleball/Ping Pong 8-6 Quilting and Sewing 9:30 California Canasta 12:30 Bridge 12:30-4 Mah Jongg 1-4 Hand Foot 1-6 Fun and Games 1:00 Bingo: The Loft</p>	<p>4</p> <p>6:30-4 Fitness Center 6:30-4 Walking Track/Billiards 9:30 Caregiver Support Group 9:30 Genealogy Help 10 Avid Reader's Book Group 10:00 NPL Books on the Go 10-12 Scrabble 12:30-4 Poker 1:00 Arc-ulele Hour 1-4 Pinochle 1-4 Fun and Games 2-4 Strat-O-Matic Baseball</p>	<p>5</p> <p>6:30-7 Fitness Center 6:30-7 Walking Track/Billiards 6:30-7 Ping Pong 6:30-12 Experienced Play Pickleball 12-7 Beginner Play Pickleball 8-6 Painter's Workshop 9-12 Hand and Foot 11:00 *Beginning Sign Language: Song Signing (N)* 12:30 Euchre 12:30 *Bridge Tournament* 1-6 Fun and Games</p>	<p>6</p> <p>6:30-4 Fitness Center 6:30-4 Pickleball/Ping Pong 6:30-4 Walking Track 8-12 Hobby Workshop 9-11 6:30-4 Billiards 12:30-4 Mah Jongg 12:30-3:30 Knitting 1:00 New to Grief (N) 1-4 Fun and Games 1:30 Genealogy Help 2-4 Strat-O-Matic Baseball</p>	<p>Saturday, January 8</p> <p>8-4 Fitness Center 8-4 Walking Track 8-4 Fun and Games 8-12 Hobby Workshop 8-4 All Day Quilting and Sewing 8-4 Billiards 9:30 Bridge 1:00 Movie: The Electrical Life of Louis Wain</p>
<p>10</p> <p>6:30-7 Fitness Center 6:30-7 Walking Track 6:30-7 Billiards 6:30-11,4-7 Pickleball/Ping Pong 8-6 Quilting and Sewing 9:30 California Canasta 12:30 Bridge 12:30-4 Mah Jongg 1-4 Hand and Foot 1-6 Fun and Games 1:00 Bingo: Sugar Creek Alzheimer's Special Care Center</p>	<p>11</p> <p>6:30-4 Fitness Center 6:30-4 Walking Track 6:30-4 Billiards 9 *Durable Power of Attorney* 9:30 Genealogy Help 10-12 Scrabble 10:00 *Stamping Card Class*</p> <p>CENTER CLOSING AT 12:30 PM FOR STAFF DEVELOPMENT</p>	<p>12</p> <p>6:30-7 Fitness Center 6:30-7 Walking Track/Billiards 6:30-7 Ping Pong 6:30-12 Experienced Play Pickleball 12-7 Beginner Play Pickleball 8-6 Painter's Workshop 9-12 Hand and Foot 11:00 Beginning Song Signing 12 Women's Grief Support 12:30 Euchre 12:30 Bridge 1-6 Fun and Games 1-2:30 *Android Basics* 2:00 Men's Grief Support 2:30-4:00 *iPhone Basics*</p>	<p>13 COVID VACCINE CLINIC</p> <p>6:30-4 Fitness Center 6:30-4 Walking Track 6:30-4 Billiards 6:30-4 NO Pickleball 8-12 *Painting a Winter Scene 8:30 *Intermediate Crochet* 9-11 *Assistance Outreach* 10:00 *Bunco* 12:30-4 Mah Jongg 1-3 Walk-In SHIP 12:30-3:30 Knitting 1:00 New to Grief 1:30 Genealogy Help 1-4 Fun and Games 2-4 Strat-O-Matic Baseball</p>	<p>Saturday, January 15</p> <p>8-4 Fitness Center 8-4 Walking Track 8-4 Fun and Games 8-4 All Day Painting Workshop 8-4 Billiards 8-4 Pickleball/Ping Pong 9:30 Bridge 1:00 Movie: Butch Cassidy and the Sundance Kid</p>
<p>17</p> <p>6:30-7 Fitness Center 6:30-7 Walking Track 6:30-7 Billiards 6:30-11,4-7 Pickleball/Ping Pong 8-6 Quilting and Sewing 9:30 California Canasta 12:30 Bridge 12:30-4 Mah Jongg 1-4 Hand Foot 1-6 Fun and Games 1:00 Bingo: Heritage Health</p>	<p>18</p> <p>6:30-4 Fitness Center 6:30-4 Walking Track/Billiards 9:30 Genealogy Help 10:00 NPL Books on the Go 10-12 Scrabble 12:30-4 Poker 1:00 Arc-ulele Hour 1-4 Pinochle 1:00 Parkinson's Support Group 1-4 Fun and Games 1-2:30 *Android Apps* 2-4 Strat-O-Matic Baseball 2:30-4 *iPhone Apps*</p>	<p>19</p> <p>6:30-7 Fitness Center 6:30-7 Walking Track/Billiards 6:30-7 Ping Pong 6:30-12 Experienced Play Pickleball 12-7 Beginner Play Pickleball 8-6 Painter's Workshop Reunion 9-12 Hand and Foot 10:30 *Music Enrichment 11:00 Beginning Song Signing 12:00 Co-Ed Grief Support 12:30 Euchre 12:30 Bridge 1-6 Fun and Games</p>	<p>20</p> <p>6:30-4 Fitness Center 6:30-4 Walking Track/Billiards 6:30-4 Pickleball/Ping Pong 9 *Durable Power of Attorney* 10:00 *Senior Scholar: Greg Koos: Writing on the 19th Century in the 21st Century* 11:00 *Flower Arranging Class* 12:30-4 Mah Jongg 12:30-3:30 Knitting 1:00 New to Grief 1:30 Genealogy Help 1-4 Fun and Games 2-4 Strat-O-Matic Baseball</p>	<p>Saturday, January 22</p> <p>8-4 Fitness Center 8-4 Walking Track 8-4 Fun and Games 8-4 All Day Hobby Workshop 8-4 Billiards 8-4 Pickleball/Ping Pong 9:30 Bridge 1:00 Movie: Dune</p>
<p>24</p> <p>6:30-7 Fitness Center 6:30-7 Walking Track 6:30-7 Billiards 6:30-11,4-7 Pickleball/Ping Pong 8-6 Quilting and Sewing 9:30 California Canasta 12:30 Bridge 12:30-4 Mah Jongg 1-3 Walk-In SHIP 1-4 Hand Foot 1-6 Fun and Games 1:00 Bingo: The Loft</p>	<p>25</p> <p>6:30-4 Fitness Center 6:30-4 Walking Trac/Billiards 9:30 Genealogy Help 10-12 Scrabble 10:00 *Stamping Card Class* 12:30-4 PM Poker 1:00 Arc-ulele Hour 1-4 Pinochle 1-4 Fun and Games 1:00 *Internet TV* 2-4 Strat-O-Matic Baseball 2:00 *Music Enrichment*</p>	<p>26</p> <p>6:30-7 Fitness Center 6:30-7 Walking Track/Billiards 6:30-7 Ping Pong 6:30-12 Experienced Play Pickleball 12-7 Beginner Play Pickleball 8-6 Painter's Workshop 9-12 Hand and Foot 11:00 Beginning Song Signing 12:00 Women's Grief Support 12:00 *ARC Tech Club* 12:30 Euchre 12:30 Bridge 2:00 Men's Grief Support</p>	<p>27</p> <p>6:30-4 Fitness Center 6:30-4 Pickleball/Ping Pong 6:30-4 Walking Track 9-11 6:30-4 Billiards 9-11 *Assistance Outreach* 12:30-4 Mah Jongg 12:30-3:30 Knitting 1:00 New to Grief 1-4 Fun and Games 1:30 Genealogy Help 2-4 Strat-O-Matic Baseball</p>	<p>Saturday, January 29</p> <p>8-4 Fitness Center 8-4 Walking Track 8-4 Fun and Games 8-4 All Day Quilting and Sewing 8-4 Billiards 8-4 Pickleball/Ping Pong 9:30 Bridge 1:00 Movie: Hamilton</p>
<p>31 BLOOD DRIVE 12-5 PM</p> <p>6:30-7 Fitness Center 6:30-7 Walking Track/Billiards NO Pickleball/Ping Pong 8-6 Quilting and Sewing 9:30 California Canasta 10 Bingo: Select Care 12:30 Bridge 12:30-4 Mah Jongg 1-4 Hand Foot 1-6 Fun and Games</p>	<p>PROGRAM REGISTRATION OPENS ON TUESDAY, DECEMBER 21ST AT 8 AM.</p>		<p>ARC'S AMENTIES: Bonnie's Café, Relax and socialize, coffee service returns! Open computer lab ARC Library, no check in/check out required. The library operates on the honor system. Locker Rooms, lockers available Programs with an asterisk (*) in their title require registration. Directions on various ways to register can be found along with each programs description in the newsletter.</p>	

JANUARY 2022 IN-PERSON EXERCISE CALENDAR

4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<p>3</p> <p>9:00 Triple Treat (N) 10:00 Modified Yoga (N) 10:00 TAI CHI Form 11:00 TAI CHI 1:30 Advanced Line Dance (N) 2:45 Line Dance I (N) 5:50 Healthy Moves and Grooves (N)</p>	<p>4</p> <p>9:00 Gentle Yoga (PP) 9:00 Low & Slow (N) 10 Zumba Gold Chair (PP) 10:15 Chair Yoga (PP) 11 Beginner Qigong/Taiji 11:00 Zumba Gold (PP) 1:00 Fit and Fabulous (PP) 1-2 Fitness Equipment Orientation</p>	<p>5</p> <p>9:00 Triple Treat 10:00 Modified Yoga 10:00 TAI CHI Form 11:00 TAI CHI 1:30 Advanced Line Dance 2:45 Line Dance II 3:30 Fitness Equipment Orientation 5:50 Healthy Moves and Grooves</p>	<p>6</p> <p>9:00 Low and Slow 11:00 Beginner Qigong/Taiji 2:00 NO Cardio Party Dance</p>	<p>Saturday, January 8th</p> <p>9-10 Fitness Equipment Orientation</p>
<p>10</p> <p>9:00 Triple Treat 10:00 Modified Yoga 10:00 TAI CHI Form 11:00 TAI CHI 1:30 Advanced Line Dance 2:45 Line Dance I 5:50 Healthy Moves and Grooves</p>	<p>11</p> <p>9:00 Gentle Yoga (PP) 9:00 Low & Slow 10 Zumba Gold Chair (PP) 10:15 Chair Yoga (PP) 11 Beginner Qigong/Taiji 11:00 Zumba Gold (PP) 1:00 Fit and Fabulous (PP) 1-2 Fitness Equipment Orientation</p>	<p>12</p> <p>9:00 Triple Treat 10:00 Modified Yoga 10:00 TAI CHI Form 11:00 TAI CHI 1:30 Advanced Line Dance 2:45 Line Dance II 3:30 Fitness Equipment Orientation 5:50 Healthy Moves and Grooves</p>	<p>13</p> <p>9:00 Low and Slow 11:00 Beginner Qigong/Taiji 2:00 NO Cardio Party Dance</p>	<p>Saturday, January 15th</p>
<p>17</p> <p>9:00 Triple Treat 10:00 Modified Yoga 10:00 TAI CHI Form 11:00 TAI CHI 1:30 Advanced Line Dance 2:45 Line Dance I 5:50 Healthy Moves and Grooves</p>	<p>18</p> <p>9:00 Gentle Yoga (PP) 9:00 Low & Slow 10 Zumba Gold Chair (PP) 10:15 Chair Yoga (PP) 11 Beginner Qigong/Taiji 11:00 Zumba Gold (PP) 1:00 Fit and Fabulous (PP) 1-2 Fitness Equipment Orientation</p>	<p>19</p> <p>9:00 Triple Treat 10:00 Modified Yoga 10:00 TAI CHI Form 11:00 TAI CHI 1:30 Adv. Line Dance 2:45 Line Dance II 3:30 Fitness Equipment Orientation 5:50 Healthy Moves and Grooves</p>	<p>20</p> <p>9:00 Low and Slow 11:00 Beginner Qigong/Taiji 2:00 Cardio Party Dance (N)</p>	<p>Saturday, January 22nd</p> <p>10:00 *Let's Drum Up Some Fun, Nancy Nork*</p>
<p>24</p> <p>9:00 Triple Treat 10:00 Modified Yoga 10:00 TAI CHI Form 11:00 TAI CHI 1:30 Advanced Line Dance 2:45 Line Dance I 5:50 Healthy Moves and Grooves</p>	<p>25</p> <p>9:00 Gentle Yoga (PP) 9:00 Low & Slow 10 Zumba Gold Chair (PP) 10:15 Chair Yoga (PP) 11 Beginner Qigong/Taiji 11:00 Zumba Gold (PP) 1:00 Fit and Fabulous (PP) 1-2 Fitness Equipment Orientation</p>	<p>26</p> <p>9:00 Triple Treat 10:00 Modified Yoga 10:00 TAI CHI Form 11:00 TAI CHI 1:30 Advanced Line Dance 2:45 Line Dance II 3:30 Fitness Equipment Orientation 5:50 Healthy Moves and Grooves</p>	<p>27</p> <p>9:00 Low and Slow 11:00 Beginner Qigong/Taiji</p>	<p>Saturday, January 29th</p>
<p>31</p> <p>9:00 Triple Treat 10:00 Modified Yoga 10:00 TAI CHI Form 11:00 TAI CHI 1:30 Advanced Line Dance 2:45 Line Dance I 5:50 Healthy Moves and Grooves</p>	<p>FREE and Ongoing Exercise Classes</p> <p>TAI CHI: Includes instruction in Qigong and Yang style long form. Emphasis is on coordination of movement with breath and improving strength and balance. The first 15 minutes are reserved for social chat! Wear comfortable shoes and loose-fitting clothing.</p> <p>Beginner Qigong/Taiji: 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.</p> <p>TAI CHI Form: This class is meant for those that have taken an instructor led TAI CHI class in the past. There will be no instructor for this class.</p>			

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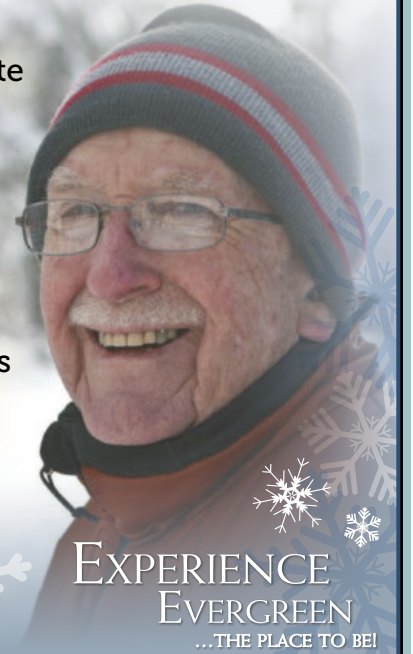
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ARC, Normal, IL

B 4C 01-1213

FITNESS CENTER

MONDAY & WEDNESDAY, 6:30 AM-7 PM

TUESDAY & THURSDAY, 6:30 AM-4 PM

SATURDAY, 8 AM-4 PM

WALKING TRACK

MONDAY & WEDNESDAY, 6:30 AM-7 PM

TUESDAY & THURSDAY, 6:30 AM-4 PM

SATURDAY, 8 AM-4 PM

BILLIARDS

MONDAY & WEDNESDAY, 6:30 AM-7 PM

TUESDAY & THURSDAY, 6:30 AM-4 PM

SATURDAY, 8 AM-4 PM

PICKLEBALL /PING PONG

MONDAY, 6:30-11 AM & 4-7 PM

WEDNESDAY, 6:30-7 PM

EXPERIENCED: 6:30 AM-12 PM

BEGINNER: 12-7 PM

THURSDAY, 6:30 AM-4 PM

SATURDAY, 8 AM-4 PM

CANCELLED ON: THURSDAY, JANUARY 13TH & MONDAY, JANUARY 31ST ALL DAY

KNITTING

THURSDAY, 12:30-3:30 PM

QUILTING AND SEWING

MONDAY, 8 AM-6 PM

SATURDAY, JANUARY 8TH & 29TH, 8 AM-4 PM

MAH JONGG

MONDAY & THURSDAY, 12:30-4 PM

HAND AND FOOT

WEDNESDAY, 9 AM-12 PM

MONDAY, 1-4 PM

SCRABBLE

TUESDAY, 10 AM-12 PM

POKER

TUESDAY, 12:30-4 PM

PINOCHLE

TUESDAY, 1-4 PM

EUCHRE

WEDNESDAY, 12:30 PM

FUN AND GAMES

MONDAY & WEDNESDAY, 1-6 PM

TUESDAY & THURSDAY, 1-4 PM

SATURDAY, 8 AM-4 PM

STRAT-O-MATIC BASEBALL

TUESDAY & THURSDAY, 2-4 PM

Enjoy this fun dice game in groups of two to see whose team can take the win! In a Strat-O-Matic game, each athlete is represented by a player card, on which are printed various ratings and result tables for dice rolls.

PAINTER'S WORKSHOP

WEDNESDAY, 8 AM-6 PM & SAT., JANUARY 15TH, 8 AM-4 PM

WEDNESDAY, JANUARY 19TH: 8 AM—6PM, REUNION

Join this creative group of artists for time to come together and work on your paintings of all types. No instruction. Bring whatever it is that you may be working on at home and all supplies needed. On January 19th we encourage all of ARC's previous painter's workshop participants to get together and bring something you have been working on.

BRIDGE

MONDAYS & WEDNESDAYS, 12:30 PM, SATURDAYS, 9:30 AM TOURNAMENT, WEDNESDAY, JANUARY 5TH, 12:30 PM

Play Bridge with friends. Intermediate and advanced level bridge play required. Reserve a spot in the bridge book. For your first visit plan to observe and learn the bridge reservation process.

CALIFORNIA CANASTA

MONDAY, 9:30 AM

ARC-ULELE HOUR

TUESDAY, 1:00 PM

ARCulele Hour--Ukulele class review! For the month of January, each session will be dedicated to practicing the songs that were taught in prior ukulele classes at the ARC. Maybe you'd like a refresher, for the lessons learned awhile ago. Or you practiced diligently throughout the past year, and you're ready to share your skills with others. Players of any level (including beginners!) are welcome. Come share some songs.

GENEALOGY HELP

TUESDAYS, 9:30-10:30 AM & THURSDAY, 1:30-2:30 PM

Rex King will be available in the ARC computer lab to help you get started on researching your family history. If you have questions you can also e-mail Rex at genrenk@gmail.com.

CAREGIVER SUPPORT GROUP

TUESDAY, JANUARY 4TH, 9:30 AM

Are you a current or past family caregiver? Are you feeling stressed, tired, alone, overwhelmed, and/or burnt out? Caregiver support groups offer not only peer support, but resources in our communities, referrals to additional support, possible funding opportunities, and problem solving. If you feel you need a listening ear to validate what you're going through as a caregiver, this support group may be for you! Join this group on the first Tuesday of each month at ARC! Coordinated by CCSI and Sugar Creek Alzheimer's Special Care Center.

ARC AVID READERS BOOK CLUB (HYBRID, ZOOM & IN-PERSON)

TUESDAY, JANUARY 4TH, 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: January: "Have you seen Luis Velez?," by Catherine Ryan Hyde and February: "The Answer is....Reflections on My Life," by Alex Trebek.

BOOKS ON THE GO: NPL

TUESDAY, JANUARY 4TH & TUESDAY, JANUARY 18TH, 10 AM

The Normal Public Library will have a variety of books to be checked out at ARC. You can also bring in book requests for their next visit.

UPCOMING PROGRAMMING

7

BEGINNING SIGN LANGUAGE: SONG SIGNING

WEDNESDAYS, JANUARY 5TH-JANUARY 26TH, 11 AM

Do you love listening to music? Have you ever wanted to learn a new language? Why not combine the two. Join our sign language teacher, Amy Broich to learn to sign songs using American Sign Language. Signing will be basic and welcoming to all levels. Bring a friend and have some fun! The cost of the class is \$50.00. Register on ARC's website through the GymMaster Portal. Registration opens December 21st at 8 AM. Registration closes January 3rd.

HOBBY WORKSHOP

THURSDAY, JANUARY 6TH, 8 AM-12 PM

SATURDAY, JANUARY 22ND, 8 AM-4 PM

Come and share your hobby with friends. Do you love stamp collecting, knitting, painting, cross stitch, genealogy, card making, scrapbooking, making wreaths, drawing, jewelry making, etc.?

NEW TO GRIEF-CO-ED

THURSDAYS, JANUARY 6TH-FEBRUARY 10TH, 1:00 PM

This group facilitated by Lisa Flanagan, Advocate Hospice Bereavement Coordinator, this group is open to all women grieving a loss. This group is open to men and women that are new to the grieving process. 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.

MOVIES

SATURDAY, JANUARY 8TH, 1 PM: THE ELECTRICAL LIFE OF LOUIS WAIN
RATING: PG-13 RUNNING TIME: 111 MINUTES

SAT., JANUARY 15TH, 1 PM: BUTCH CASSIDY AND THE SUNDANCE KID
RATING: PG RUNNING TIME: 111 MINUTES

SATURDAY, JANUARY 22ND, 1 PM: DUNE
RATING: PG-13 RUNNING TIME: 155 MINUTES

SATURDAY, JANUARY 29TH, 1 PM: HAMILTON
RATING: PG-13 RUNNING TIME: 2 HOURS AND 40 MINUTES

DURABLE POWER OF ATTORNEY

TUESDAY, JANUARY 11TH & THURSDAY, JANUARY 20, 9-11 AM

Empower yourself—give a gift to your family—define your quality of life choices in writing. You will have the opportunity to make an appointment to complete your Durable Power of Attorney for Healthcare document with members of Compassion & Choices of McLean County. Determine who you want as your Advocate and have a discussion with them if possible in advance. Register on ARC's website through the GymMaster Portal. You can also call ARC at 309-888-9099 to register. Registration opens December 21st at 8 AM. Registration closes 1 day in advance.

STAMPING CARD CLASS

TUESDAY, JANUARY 11TH & 25TH, 10 AM-12 PM

You will take home 2 homemade cards. Personalize your cards with stamps, cutouts, glitter, etc. Please bring a pair of scissors, clear glue or a snail (crafter's tape), colored pencils or pens and your imagination. The cost of the class is \$8.00 and includes all supplies/materials to make your 2 cards. Register on ARC's website through the GymMaster Portal. Registration opens December 21st at 8 AM. Registration closes one day in advance of each class.

WOMEN'S GRIEF SUPPORT GROUP

WEDNESDAY, JANUARY 12TH & 26TH, 12:00-1:30 PM

THIS GROUP IS CLOSED TO NEW MEMBERS.

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.**

MEN'S GRIEF SUPPORT GROUP

WEDNESDAY, JANUARY 12TH & 26TH, 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.

ANDROID BASICS, WEDNESDAY, JANUARY 12TH, 1-2:30 PM

IPHONE BASICS, WEDNESDAY, JANUARY 12TH, 2:30-4 PM

Join us to learn: how to organize your "Home Screen" to make it less confusing, how to increase your font size for texting, the importance of keeping your phone charged and sanitized, how to save money by using the WiFi, how to set-up "Speed Dialing," how to check Voice Mail, how to send a text, plus add a photo, and more! Bring your Android phone to these workshop so you can make the phone adjustments and get plenty of hands-on practice! The cost to attend this workshop is **\$20.00.** Register on ARC's website through the GymMaster Portal. Stop in at ARC to register too. Registration opens December 21st at 8 AM. Registration closes 1 day in advance of the class.

INFORMATION AND ASSISTANCE OUTREACH

THURSDAY, JANUARY 13TH, 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. Register on ARC's website through the GymMaster Portal. You can also call ARC at 309-888-9099. Registration for this program will open December 21st at 8 AM.

BUNCO

THURSDAY, JANUARY 13TH, 10:00 AM

Bunco is a dice game generally played by dividing into groups of four, trying to score points while taking turns rolling three dice in a series of six rounds. A bunco is achieved when a person rolls three-of-a-kind and all three numbers match the round number. Register on ARC's website through the GymMaster Portal. You can also call ARC at 309-888-9099. Registration for this program will open December 21st at 8 AM.

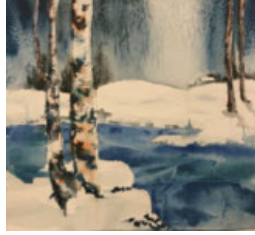
INTERMEDIATE CROCHET

THURSDAY, JANUARY 13TH, 8:30-11:00 AM

Familiarity with the basic crochet stitches (single and double crochet). You will select a project equal to your current skill level and be challenged to try new skills. Register on ARC's website through the GymMaster Portal. You can also call ARC at 309-888-9099 to register. Registration opens December 21st at 8 AM.

CAROL BOERCKEL: PAINTING AN EASY WINTER SCENE
THURSDAY, JANUARY 13TH, 8 AM-12 PM

Paint and easy winter scene with watercolors! We will work from a provided photo. You will use just a few pencil lines. We will paint the trees and foreground snow first. Then we will add plastic wrap to the wet icy water area. This will be left to dry. The wet juicy sky area will be completed with salt. Bring



8 x 10 or 9 x 12 140 pound watercolor paper. Any size will work. Paint, brushes, pencil, salt, plastic wrap, tape of any kind, water container, and Kleenex or paper towels. The cost to attend this workshop is \$20. Contact Carol with any questions at 309-230-8743 or Carolwatercolor@aol.com. Register on ARC's website through the GymMaster Portal. Stop in at ARC to register too. Registration opens December 21st at 8 AM. Registration closes 1 day in advance of workshop.

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

The Parkinson's Support Group meets 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. Reservations are not required.

ANDROID APPS, TUESDAY, JANUARY 18TH, 1-2:30 PM
IPHONE APPS, TUESDAY, JANUARY 18TH, 2:30-4 PM

If you have questions about downloading and installing a "safe" app on your Smartphone, this class is for you! We'll answer these questions as well as go over step-by-step instructions on how to install & uninstall an app. Plus, Nancy will share with you some apps that she has used a long time and believes they will be helpful for you, too! **Fee: \$20; class size limited to 15.** The instructor is Nancy Komlanc, Tech Tutor. Register on ARC's website through the GymMaster Portal. Stop in at ARC to register too. Registration opens December 21st at 8 AM. Registration closes 1 day in advance of scheduled class.

CO-ED GRIEF SUPPORT GROUP
WEDNESDAY, JANUARY 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. 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.

SENIOR SCHOLAR: GREG KOOS
THURSDAY, JANUARY 20TH, 10 AM

Greg Koos, retired director of the McLean County Museum of History is our featured speaker for the program "Writing the 19th Century in the 21st Century." Koos, author of Freedom, Land, Community: A History of McLean County Illinois, 1730-1900, a newly published book chronicling McLean County's history, will be sharing his research and book. Register on ARC's website through the GymMaster Portal. Stop in at ARC to register too. Registration opens December 21st at 8 AM. Registration closes 1 hour in advance of the program.

ARC ENTHUSIASTIC GARDENING CLUB: FLOWER ARRANGING CLASS
THURSDAY, JANUARY 20TH, 11 AM

Bring good weather inside by joining Kelsey from Casey's Garden shop for a fun flower arranging class. Bring a round-neck vase with a 3 inch opening. The cost to attend this class is **\$25.00**. Register on ARC's website through the GymMaster Portal. Stop in at ARC to register too. Registration opens December 21st at 8 AM.



INTERNET TV
TUESDAY, JANUARY 25TH, 1:00 PM

Tired of paying that high Cable TV bill? Nancy will show you step-by-step how many of us are saving \$50 - \$100/month by gradually moving from watching Cable TV channels to Internet Streaming TV channels. Using the same internet connection you already pay for, you can still watch your favorite shows, movies, sports, news, Netflix, Amazon Prime, & more! In this class at the ARC Nancy will show you how to set-up an inexpensive device to a TV so you can save \$\$\$! The cost to attend this class is **\$20.00**. Register on ARC's website through the GymMaster Portal. Stop in at ARC to register too. Registration opens December 21st at 8 AM. Registration closes 1 day in advance of scheduled class.

ARC TECH CLUB
WEDNESDAY, JANUARY 26TH, 12 PM

Want to stay up-to-date in technology? The Free ARC Tech Club will meet on the third Wednesday this month to discuss technology related topics. Register on ARC's website through the GymMaster Portal. Stop in at ARC to register too. Registration opens December 21st at 8 AM. Registration closes 1 hour in advance of scheduled program.

MUSIC ENRICHMENT SERIES
 PRESENTER: RITA MELAND
 Join The Fun!! IT'S A NEW YEAR !! Please call ARC to register. * (309) 888-9099
 WED. JAN 19 @ 10:30 AM / AUDITORIUM
 TUES. JAN 25 @ 2:00 PM / AUDITORIUM

Great Songs of the 60's
 Published over fifty years ago by *The New York Times*, this is an enduring songbook worthy of our investigation. The songs of this decade constitute a sharp change from popular music of earlier decades. They are, in a way, the musical accompaniment to the real life and times of the Sixties.

Join The Fun!! *Limited seating to be safe.

NEW ARC PICKLEBALL SCHEDULE

WEDNESDAYS, 6:30 AM - 12:00 PM
Experienced-level players only

WEDNESDAYS, 12:00 PM - 7:00 PM
Beginner-level players only

MONDAYS, 6:30 - 11:00 AM & 4 - 7 PM

THURSDAYS, 6:30 AM - 4:00 PM

SATURDAYS, 8 AM - 4 PM

Open to players of all skill levels

YOU ARE AN EXPERIENCED PLAYER IF ...

Able to hit a medium paced forehand with direction and consistency

Able to hit a medium paced backhand with direction and consistency

Able to hit a medium paced serve with depth, direction and consistency

Able to consistently sustain a dink rally with control

Able to hit a medium paced 3rd shot with direction

Able to hit a medium paced volley with direction and consistency

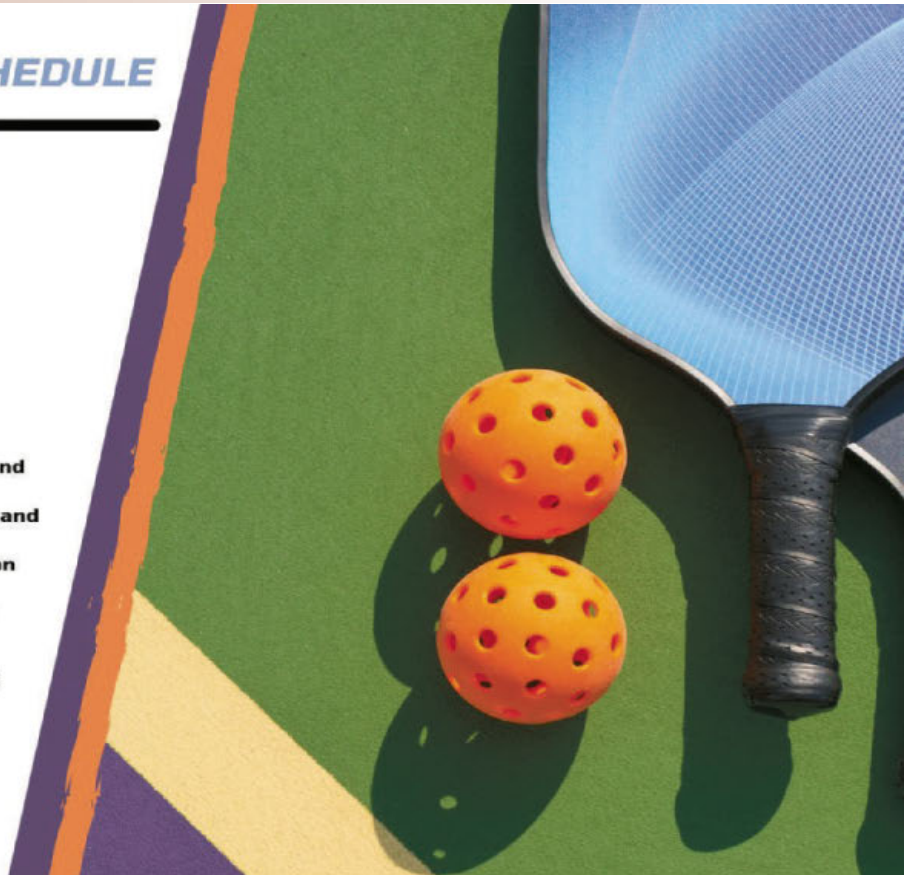
Able to understand the fundamentals of the game

Able to understand proper court positioning

Able to understand rules and can keep score

You have good mobility / quickness / hand-eye coordination

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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 and press 3. A counselor will return your call to set an appointment.

WALK-IN TIMES: January on the 2ND THURSDAY OR THE FOURTH MONDAY OF THE MONTH FROM 1-3 PM.

SHIP Q&A

Question: I have several reasons to question how well my 2021 Medicare Advantage plan will work for me. For example, I am considering changing two of the physician specialists that I see regularly, and I am concerned that the new providers may not be in-network with my current insurance plan. Given that the Medicare annual open enrollment period ended on December 7, do I have to wait until the next annual open enrollment in the fall of 2021 to drop or select another option?

Answer: No, you do not have to wait. For someone like you who is already enrolled in a Medicare Advantage (MA) plan, there is another open enrollment period January 1 - March 31 in 2021. Beneficiaries can switch from one MA plan to another MA plan. They can also return to original Medicare and enroll in a Medicare Part D drug plan. They can also apply for a Supplement plan which may/may not approve their enrollment depending on each company's criteria.

It is important to understand this second open enrollment period only applies to someone already in an MA plan. It is not an opportunity for someone to enroll in a MA plan if they are not already enrolled in one. A beneficiary also cannot switch from one Medicare Prescription Drug Plan (Part D) to another Part D plan.

This second MA enrollment window was first made available in 2019, and it is not widely known or understood. Fortunately, SHIP is available to help with your particular situation. Please note the disclaimer below and the additional information regarding SHIP in the adjacent column.

Disclaimer: The questions and answers in this article are intended to provide additional understanding on relevant Medicare topics. For additional explanations specific to your situation, please call ARC and request that a SHIP counselor contact you.

It is Not Past the Deadline to Drop or Switch your Medicare Advantage Plan

**(Medicare Advantage - Open Enrollment Period Jan 1st –
March 31)**

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 (HYBRID, ZOOM & IN-PERSON)***TUESDAY, JANUARY 4TH, 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: January: "Have you seen Luis Velez?," by Catherine Ryan Hyde and February: "The Answer is....Reflections on My Life," by Alex Trebek.

GREAT BOOKS***THURSDAY, JANUARY 6TH, 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.

COVID-19 BOOSTER CLINIC AT ARC

Normal Township is proud to continue our partnership with the McLean County Health Department to offer a COVID-19 vaccine/booster clinic at ARC on Thursday, **January 13th from 9:00 AM to 3:00 PM**. An appointment reservation will be required to receive your vaccine, except during the hours of 9:00 AM - 11:00 AM when walk-ins will be permitted. More information on the registration process will be shared via email and social media in the next couple weeks.

PERSONAL TRAINING SESSIONS: JANUARY 2022

Everyone wants to live better longer. The good news is there is a way to do it. ARC will offer a three-week personalized intro to exercise program that starts at your current fitness level and progresses realistically. Our goal is to help you reach your goals, whether that's getting out of the easy chair and avoiding falls, or taking your grandchildren to the playground, or finishing a 5K run. The course will be taught by Scott Richardson, a retired reporter for the Pantagraph, who is a personal trainer and senior fitness specialist certified by the National Academy of Sports Medicine. He knows the challenges of aging personally. The program will include a free assessment followed by one workout session each week, onsite in ARC's well-equipped, comfortable gym. You'll also receive suggestions on how to continue your fitness journey on your own at home.

Stop by the desk after December 27th to schedule an assessment during the week of January 3rd.

The cost for 1 person to attend the 4-week program is \$80.00. Plus a FREE Assessment.

The cost for a shared (2 person) 4-week program is \$120.00. Plus a FREE Assessment.

Your workout dates will be discussed to fit your and the trainer's schedule. We are scheduling for training dates to start the week of January 10th.

Fitness Equipment Orientation in ARC's Fitness Center

Tuesday, 1-2 PM

Wednesday, 3:30-4:30 PM

Saturday, January 8th, 9-10 AM

Fitness Equipment Orientation is intended for members who wish to utilize the fitness center. ARC requires that you sign up and attend a 30-minute orientation on the machines. Register on ARC's website through the GymMaster Portal.

You can also call ARC at 309-888-9099 to register. Registration opens on Tuesday, December 21st at 8 AM.



INTERVENTIONAL SPINE & PAIN MEDICINE

New On-Site Procedure Suite Available!

Our new **On-Site Procedure Suite** is now available for the convenience and comfort of our patients. If you require pain injections or minor out-patient orthopedic procedures, our skilled specialists can take care of your needs—right here on campus.

Our comfortable suite makes it easy for you to receive quality, convenient treatment. Going to a surgical center can be intimidating. No more worries; let MCO take care of your comprehensive orthopedic and pain needs.

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| Jerome W. Oakey, M.D. | Lucas C. Armstrong, M.D. |
| Joseph B. Norris, M.D. | Jason R. Michaels, M.D. |



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EXERCISE CLASSES

13

Registration process for all paid exercise classes: Registration for classes opens on Wednesday, November 24th at 8 AM. Register on ARC's website through the GymMaster Portal. Stop in at ARC to register too. Payment is expected upon registration. Exercise Classes are considered Products under the Purchase tab through the member portal.

GENTLE YOGA, INSTRUCTOR ADA REDIGER, TUESDAYS, 9-10 AM

This one-hour class uses slow warm-ups, gentle asana (postures) guided by the breath (pranayama) and deep relaxation. During the class, the student will move from seated or lying on the mat to standing and back to the mat. Most classes will include: Opening/Centering using guided awareness and pranayama (breathwork), Gentle warm-ups and asanas (yoga postures) guided by the breath, mat work that is lying down, seated and/or standing, working on strength, stability, flexibility and balance, Relaxation, Closing by sharing the sound of OM or chanting. You will rejuvenate muscles, repair connective tissue, strengthen bones, improve joint function and balance. Recommended Props: yoga mat, 2 yoga blocks, straight back chair provided by ARC, yoga strap, and blanket. **THIS CLASS IS POSTPONED UNTIL FURTHER NOTICE.**

CHAIR YOGA, INSTRUCTOR ADA REDIGER, TUESDAYS, 10:15-11:15 AM

This one-hour class uses a chair as a prop for most postures. It is for students who are uncomfortable moving to the floor, students recovering from an injury, or students who are interested in a gentle practice from a different perspective. Most classes will include: opening/centering using guided awareness and pranayama (breathwork), gentle warm-ups and asanas (yoga postures) guided by the breath, seated and/or standing, working on strength, stability, flexibility and balance, relaxation, closing by sharing the sound of OM or chanting. Recommended Props: 2 yoga blocks, straight back chair provided by ARC, yoga strap. **THIS CLASS IS POSTPONED UNTIL FURTHER NOTICE.**

MODIFIED YOGA, INSTRUCTOR CONNIE STEFL, MONDAYS & WEDNESDAYS, 10-11 AM

Modified Yoga uses restorative yoga, adaptations and a slower pace to help both men and women improve balance, flexibility, fitness and relaxation. This is a highly personalized class that is structured according to individual needs. It is ideal for, but not limited to, people with Multiple Sclerosis, Fibromyalgia, and/or any other health, age, or weight issue. **The cost to attend this class in January is \$45.00 for 9 classes. Modified Yoga will start on Monday, January 3rd.**

ZUMBA GOLD, INSTRUCTOR LUCY CROFT, TUESDAYS, 11 AM-12 PM

Perfect for the active adult looking for a modified Zumba class that creates the original Zumba moves at a lower intensity. Focuses on cardio, balance, range of motion, and coordination. **THIS CLASS IS POSTPONED UNTIL FURTHER NOTICE.**

ZUMBA GOLD CHAIR, INSTRUCTOR LUCY CROFT, TUESDAYS, 10-10:45 AM

You will recreate the Zumba moves and benefits and "dance in a chair". This class is perfect for anyone with a wheelchair, walker, cane, or decreased leg muscle tone. **THIS CLASS IS POSTPONED UNTIL FURTHER NOTICE.**

LET'S CARDIO PARTY DANCE, INSTRUCTOR ED HOUCHEMS, THURSDAYS, 2-2:45 PM

Dances included: Electric slide, Twist, YMCA, Polka steps, Disco free style, cha cha slide, waltz crossovers. These classes with short activities are sure to jump-start you body! Come and enjoy the fool and fun music! **The cost to attend this class is \$10.00 for the month of December and January. Let's Cardio Party Dance will start on December 2nd. Class will not take place December 23rd, 30th, January 6th or 13th.**

LOW AND SLOW, INSTRUCTOR SUSAN PALMER, TUESDAYS AND THURSDAYS, 9 AM

Low and Slow is a gentle exercise program choreographed to all kinds of music. Music changes weekly so you will never get bored. **The cost to attend this class in January is \$24.00 for 8 classes. Low and Slow will start on Tuesday, January 4th.**

FIT AND FABULOUS, INSTRUCTOR LUCY CROFT, TUESDAYS, 1-2 PM

Fit and Fabulous focuses on balance, muscle, resistance work, flexibility and bone health. Maintenance and improvement. The class will consist of a cardio warm-up, weight and banc work, and stretching while using a mat, chair or the wall. **THIS CLASS IS POSTPONED UNTIL FURTHER NOTICE.**

ADVANCED LINE DANCE, INSTRUCTOR FLORENCE PETERSON, MONDAY & WEDNESDAY, 1:30-2:30 PM

This class is for participants that have completed Line Dance I and II. **The cost to attend this class in January is \$10.00. Advanced Line Dance will start on Monday, January 3rd.**

LINE DANCE II, INSTRUCTOR FLORENCE PETERSON, WEDNESDAY, 2:45-3:45 PM

This class is for participants that have completed Line Dance I. **The cost to attend this class in January is \$10.00. Line Dance II will start on Wednesday, January 5th.**

LINE DANCE I, INSTRUCTOR FLORENCE PETERSON, MONDAYS, 2:45-3:45 PM

This class is set up for new line dance students. **The cost to attend this class in January is \$10.00. Line Dance I will start on Monday, January 3rd.**

HEALTHY MOVES AND GROOVES, INSTRUCTOR NANCY NORKIEWICZ, MONDAYS & WEDNESDAYS, 5:50-6:50 PM

Circuit-style workouts are one of the most effective, time efficient ways to improve your health. Time flies in this class consisting of motivating music, a full body warm-up, low-impact cardiovascular and strength stations (stations will change every class to keep the body guessing), an elongating stretch, and a final calming meditation. **The cost to attend this class in January is \$54 for 9 classes. HEALTHY MOVES & GROOVES will start Monday, January 3rd.**

TRIPLE TREAT, INSTRUCTOR NANCY NORKIEWICZ, MONDAYS & WEDNESDAYS, 9:00 AM

Treat Yourself to a refreshing class of cross training incorporating the components of cardiovascular endurance, muscular strength, and healthy mobility, for well-rounded results. A variety of moderate low impact formats and props, coupled with familiar music, will keep motivation high while letting your spirit soar. Class concludes with positive, centering breathwork and meditation. **The cost to attend this class in January is \$54.00 for 9 classes Triple Treat will start Monday, January 3rd.**

LET'S DRUM UP SOME FUN, NANCY NORK, SATURDAY, JANUARY 22ND, 10 AM

I'M INVITING YOU TO START THE YEAR MAKING MUSIC IN 2022! DRUM CLASS WILL HAVE A NEW YEAR THEME, CONCLUDING WITH A FUSION OF MINDFUL PRACTICES INCLUDING TAI CHI, YOGA AND MEDITATION DESIGNED TO SET YOU SOARING. CLASS CAN BE PERFORMED STANDING OR SEATED IN A CHAIR. THE COST FOR THIS SINGLE-60 MINUTE CLASS IS \$6.00. SPACE IS LIMITED. REGISTER ON ARC'S WEBSITE THROUGH THE GYMMASTER PORTAL. REGISTRATION OPENS ON TUESDAY, DECEMBER 21ST AT 8 AM.

INSTRUCTOR BIO'S

ADA REDIGER: Ada has practiced yoga for over 15 years and has taught it in the Bloomington-Normal area since 2016. She is a professional level yoga teacher in the Pranakriya tradition. She believes anyone can practice yoga. Ada encourages all of her students to focus on themselves, find joy in their capabilities, and to work at their own pace. She strongly believes a regular yoga practice can help you become a more healthy, happy and peaceful person. Through the shared yoga practice, you learn to breathe deeply, quiet your minds and take joy in your abilities. Ada is grateful for the gifts of health and well-being she has received through practicing yoga and it is her dream to support others in doing so as well. Ada is a 300-hour Professional Level Yoga teacher in the Pranakriya tradition and has her 500-hour certification with Yoga Alliance.

FLORENCE PETERSON: Florence joined ARC in 2016 and learned that people missed a line dance instructor who moved away. They wished "someone" would teach Line Dance again at ARC. She enjoyed dancing in the Chicago area for over 20 years before moving to Normal in 2014. Florence decided to give teaching a try and one class turned into two and now three. Watching dancers get the steps is great and she is thankful for the friendships that have developed.

CONNIE STEFL: Connie Stefl has been a certified Kriya yoga instructor since 1990 and has specialized in teaching a modified gentle yoga to older adults. She uses the wall and wall bars for balance poses. This class is designed for Individuals having age related flexibility and minor mobility issues. Connie has been teaching classes for Normal Township for 15 years. Student testimonials: Welcoming, friendly, working at your own pace as your situation permits, laid back atmosphere, relaxing, humor permitted. Students should bring a mat and blanket. Namaste

ED HOUCHENS: Ed has been teaching as a volunteer instructor at ARC since the summer of 2016. He has taught Ballroom dance classes as well as private dance lessons.

LUCY M. CROFT, OWNER OF LMC FITNESS LLC: An RN with a background in Geriatric, Rehab/Neuro and Public Health nursing. I started my business in January 2010 and have been an instructor since 2008. I teach all my classes outside of a gym environment. I have my own medical history with a chronic condition (chronic fatigue syndrome) that I would love to share with you. ZUMBA Fitness classes, Fit and Fabulous (strength training) and my students have saved my life! :) I have been teaching group fitness for over 10 years. My passion is the SPECIALTY Licensed programs with ZUMBA Fitness. I hold 7 licenses. I specialize in working with students at all fitness levels. My strength training class incorporates all levels of training.

SUSAN PALMER: She has been teaching Low and Slow with Normal Township for over 15 years.

NANCY NORKIEWICZ: Nancy came to McLean County the 1st female recruited gymnast for ISU back in 1977. After graduating she went on to teach Health, Physical Education and fitness at the high school and college level for 40 years in the suburbs of Chicago. She moved back to the area to be near family and is thrilled to share her enthusiasm, passion and "FUN"amentals of movement. In addition to her Bachelor of Science degree in Physical Education she is a certified ACE and AFAA group exercise instructor/personal trainer, Temple of Kriya certified Yoga instructor and certified TAI CHI instructor.

***UPCOMING EXHIBIT: DINE-IN GALLERY: JOANN GOETZINGER: "SHAPES"
JANUARY 10TH-FEBRUARY 18TH, 2022***



ONGOING EXHIBITS OPEN FOR MEMBERS TO VIEW

DINE-IN GALLERY: ARC'S DINING ROOM: WINTER TRADITIONS ENDS JANUARY 6TH. JOANN GOETZINGER'S SHAPES EXHIBIT OPENS ON JANUARY 10TH AND RUNS THROUGH FEBRUARY 18TH.

CONFERENCE ROOM EXHIBIT: SKY'S THE LIMIT

STOP BY THE DINING ROOM AND THE CONFERENCE ROOM AND VIEW THE EXHIBITS DURING BUILDING HOURS.



ARC

600 E. Willow St.

Normal, IL 61761

VITA VOLUNTEERS NEEDED

Learn to prepare taxes and make a difference in our community at the same time! Volunteers are needed to help by preparing taxes free of charge with the Volunteer Income Tax Assistance (VITA).

You will receive training to be certified in tax law by the IRS, which allows you to provide tax help for low-to-moderate income families who need assistance preparing their tax returns. There are several different roles that volunteers take on throughout the tax season, which runs from late January through mid-April each year. Some of them are greeters and intake coordinators, others are tax preparers, and yet others are quality reviewers.

Local tax preparation sites for Bloomington/Normal are at the Bloomington Housing Authority (Mondays 5-8 p.m. and Saturdays 9-noon), Heartland Community College (Tuesdays and Thursdays 5-8 p.m.), and Normal ActivitY and Recreation Center (Wednesdays, 9 AM-3 PM). Most volunteers choose just one date/time that best fits their schedule after working with site coordinators to make sure all roles are covered for each time frame.

If you would like to become a volunteer with the Bloomington Normal VITA Foundation please contact us at info@bnfreetaxservices.org.

APPOINTMENT TIMES FOR THE TAX SITE AT ARC WILL OPEN ON JANUARY 17TH AT 8 AM. CALL 309-888-9099 TO MAKE YOUR APPOINTMENT. THE FIRST DAY FOR TAX PREPARATION AT ARC WILL BE FEBRAURY 2ND.

BOARD MEMBERS WANTED FOR THE ARC LIVING MEMORIAL FUND

ARC Living Memorial Fund is seeking individuals interested in serving on the board. The Memorial Fund was organized exclusively for charitable, educational, and community-based purposes, including the distribution and funding of an activity and recreation center for senior citizens and the making of distributions to other organizations that qualify as exempt organizations under section 501(c)3.

The Memorial Fund collaborates with the Normal Township ARC and receives charitable contributions intended to meet the Memorial Fund's corporate purpose. Board members duties include oversight of the use of contributions for general and specific purposes, and participation in activities specifically designed to raise funds for its intended purpose. The Board is seeking individuals with experience in finance, operations, marketing, fund raising activities, and other skills that would help advance its overall mission. The time commitment is dependent on the individual's interest in advancing the mission with a minimum amount of 1 - 2 hours each month to participate in monthly board meetings. To learn more about the organization or for information on how to become a Memorial Fund board member, contact Rich Farr at rfarr123@outlook.com.