

 600 E Willow Street
Normal, IL 61761

 309-888-9099

 **Contact Us Via Email**
www.activityandrecreationcenter.org

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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.

WHAT YOU NEED TO KNOW

- Program registration for February programs will begin on **Wednesday, January 26th at 8 AM.**
- **ARC's Inclement Weather Center Closure Policy:** Closings are always posted on our Facebook page, website, so long as we have internet access, and on 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 closes indicating the closure to those who call in.

BUILDING HOURS

- Monday & Wednesday:** 6:30 AM - 7 PM
- Tuesday & Thursday:** 6:30 AM - 4 PM
- Friday:** Closed
- Saturday:** 8 AM - 4 PM

CENTER INFORMATION

CENTER STAFF

DIRECTOR OF OPERATIONS
Rick Lewis
rlewis@normaltownship.org

DIRECTOR OF PROGRAMMING
Molly Camper
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COMMUNICATIONS COORDINATOR
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MEMBER SERVICES
Jeanne Whitehill, Ruby Jones, Chris Hoff, Delores McGee, Delilah Finnegan

SHUTTLE DRIVERS
George Wilson

JANITORIAL STAFF
Keith Weatherspoon, Randy Koch, David Mikulecky, Mike Tuttle

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.



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.



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

Audiology services are also available at the ARC.



FEBRUARY 2022

Special Programs & In-Person Program Highlights

MON		TUE		WED		THU		SAT	
		01		02		03		05	
Programs with asterisk (*) require registration. Ways to register for each can be found in program details.		9:30 Genealogy Help 10 NPL Books on the Go 1:30 - 3:30 Matter of Balance		6:30-12 Experienced Pickleball 9-11 Drop-In Computer Help (NEW) 12-7 Beg. Pickleball 12:30 BridgeTourney*		8-12 Hobby Workshop 1:30 Genealogy Help 1:30 - 3:30 Matter of Balance		8-4 All Day Quilting & Sewing 1:00 Movie: Rebel Without a Cause	
07		08		09		10		12	
1:00 Bingo: Blair House		9 Durable Power of Attorney* 9:30 Genealogy Help 10 Stamping Card Class* 1:30 - 3:30 Matter of Balance		6:30-12 Experienced Pickleball 12-7 Beg. Pickleball 11 IFE: Tax Planning Strategies*		8:30 Inter. Crochet* 10 Bunco* 1-3 Walk-in SHIP 1:30 Genealogy Help 1:30 - 3:30 Matter of Balance		8-4 All Day Painting Workshop 1:00 Movie: Hidden Figures	
14		15		16		17		19	
1:00 Bingo: Sugar Creek		9:30 Genealogy Help 10 NPL Books on the Go 1:30 - 3:30 Matter of Balance		6:30-12 Experienced Pickleball 12-7 Beg. Pickleball		9 Durable Power of Attorney* 11 ARC Gardening Club: Olive Oils with The Olive Bin* 1:30 Genealogy Help 1:30 - 3:30 Matter of Balance		8-4 All Day Hobby Workshop 1:00 Movie: My Fair Lady	
21		22		23		24		26	
1:00 Bingo: Evergreen Senior Living		9:30 Genealogy Help 10 Stamping Card Class* 1:30 - 3:30 Matter of Balance		6:30-12 Experienced Pickleball 12-7 Beg. Pickleball 12 ARC Tech Club*		1:30 Genealogy Help		8-4 All Day Quilting & Sewing 9-12 Pickleball Clinic* 1-4 Pickleball Bootcamp* 1:00 Movie: 12 Years A Slave (R)	
28									
1:00 Bingo: The Loft 1-3 Walk-in SHIP		<p>Fitness Center & Walking Track: M & W 6:30 AM - 7 PM,, T, TH 6:30 AM - 4 PM, Sat 8 AM - 4 PM Billiards: M & W 6:30 AM - 7 PM,, T, TH 6:30 AM - 4 PM, Sat 8 AM - 4 PM Ping Pong: Mon. 6:30 - 11 AM & 4-7 PM, Wed. 6:30 AM - 7 PM, Thurs. 6:30 AM - 4 PM, Sat. 8 AM - 4 PM Pickleball open to all skill levels Mon. 6:30-11 AM & 4-7 PM, Tues. & Thurs. 6:30 AM-4 PM & Sat. 8 AM-4 PM</p> <p>Details on all ARC's regularly scheduled programs and card and game groups can be found throughout the newsletter. Bonnie's Cafe, the ARC Library and locker rooms are availbe during building hours.</p>							

FEBRUARY 2022 EXERCISE CALENDAR

MON	TUE	WED	THU	SAT
	01	02	03	05
Fitness Equipment Orientation = FEO For FEO, arrive 5 min. early N= New PP = Postponed	9 Gentle Yoga PP 9:00 Low & Slow N 10 Zumba Gold Chair PP 10:15 Chair Yoga PP 11 Beg. Qigong & Taiji 11 Zumba Gold PP 1 Fit & Fabulous PP 1-1:30 FEO	9 Triple Treat N 10 Modified Yoga 10 Tai CHI Form 11 Tai Chi 1:30 Adv. Line Dance N 2:45 Line Dance II N 3:30-4 FEO 5:50 Healthy Moves & Grooves N	9:00 Low & Slow 11 Beg. Qigong & Taiji 2 Cardio Party Dance N	9:00-9:30 FEO
07	08	09	10	12
9 Triple Treat 10 Modified Yoga 10 Tai CHI Form 11 Tai Chi 1:30 Adv. Line Dance 2:45 Line Dance I N 5:50 Healthy Moves & Grooves	9 Gentle Yoga PP 9:00 Low & Slow 10 Zumba Gold Chair PP 10:15 Chair Yoga PP 11 Beg. Qigong & Taiji 11 Zumba Gold PP 1 Fit & Fabulous PP 1-1:30 FEO	9 Triple Treat 10 Modified Yoga N 10 Tai CHI Form 11 Tai Chi 1:30 Adv. Line Dance 2:45 Line Dance II 3:30-4 FEO 5:50 Healthy Moves & Grooves	9:00 Low & Slow 11 Beg. Qigong & Taiji 2 Cardio Party Dance	
14	15	16	17	19
9 Triple Treat 10 Modified Yoga 10 Tai CHI Form 11 Tai Chi 1:30 Adv. Line Dance 2:45 Line Dance I 5:50 Healthy Moves & Grooves	9 Gentle Yoga PP 9:00 Low & Slow 10 Zumba Gold Chair PP 10:15 Chair Yoga PP 11 Beg. Qigong & Taiji 11 Zumba Gold PP 1 Fit & Fabulous PP 1-1:30 FEO	9 Triple Treat 10 Modified Yoga 10 Tai CHI Form 11 Tai Chi 1:30 Adv. Line Dance 2:45 Line Dance II 3:30-4 FEO 5:50 Healthy Moves & Grooves 5:50 Healthy Moves & Grooves	9:00 Low & Slow 11 Beg. Qigong & Taiji 2 Cardio Party Dance	
21	22	23	24	26
9 Triple Treat 10 Modified Yoga 10 Tai CHI Form 11 Tai Chi 1:30 Adv. Line Dance 2:45 Line Dance I 5:50 Healthy Moves & Grooves	9 Gentle Yoga PP 9:00 Low & Slow 10 Zumba Gold Chair PP 10:15 Chair Yoga PP 11 Beg. Qigong & Taiji 11 Zumba Gold PP 1 Fit & Fabulous PP 1-1:30 FEO	9 Triple Treat 10 Modified Yoga 10 Tai CHI Form 11 Tai Chi 1:30 Adv. Line Dance 2:45 Line Dance II 3:30-4 FEO 5:50 Healthy Moves & Grooves	9:00 Low & Slow 11 Beg. Qigong & Taiji 2 Cardio Party Dance	
28	FREE AND ONGOING EXERCISE CLASSES TAI CHI: Instruction in Qigong and Yang style long form. Emphasis on coordination of movement with breath and improving strength and balance. First 15 min. reserved for social chat! Beginner Qigong/Taiji: Beginners intro to the static movements of Qigong, the various postures of Tai Chi, & an intro to Tai Chi meditation. Qigong movement increases strength and balance, Tai Chi postures will be broken down into their most basic components. TAI CHI Form: For those who have taken Tai Chi with an instructor. Self-led class.			

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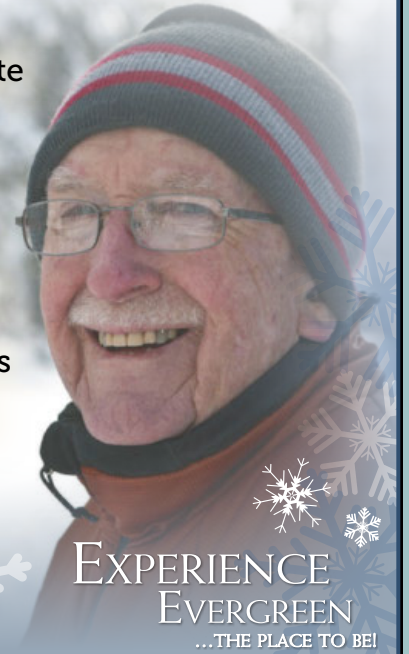
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SENIOR HEALTH INSURANCE PROGRAM & VITA



VITA TAX ASSISTANCE

Appointments at ARC can be made by calling 309-888-9099 starting Jan. 17th. They will be scheduled no sooner than 2 weeks in advance & will begin Feb. 2nd.

What are the current income guidelines?

- If you are SINGLE with no dependents, your income should be \$35,000 or less.
- If you are SINGLE WITH DEPENDENTS, your income should be \$55,000 or less.
- If you are MARRIED, your combined income should be \$55,000 or less

What to bring:

Bring a photo ID, social security cards/ITIN for all individuals on your return, all tax documents (W2, 1099-R, etc.), a copy of last year's tax return if available, and your bank account number/routing information for direct deposit.

Safety Measures When Visiting Site:

- Face coverings will be required & social distancing will be implemented. Please do not bring anyone with you to your appointment who is not required to be there.
- If you or anyone in your household has COVID-19 symptoms, and your appointment is scheduled at Normal ARC, contact ARC to reschedule.

Appointments are drop-off only. You will make an appointment to pick up returns at drop-off.

WHAT IS SHIP?

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.

ITEMS OF NOTE

1. It is Not Past the Deadline to Drop or Switch your Medicare Advantage Plan Medicare Advantage - Open Enrollment Period Jan 1st – March 31st

2. Walk-In SHIP times for the month of February are as follows:

2nd Thursday - February 10th, 1 - 3 PM

4th Monday - February 28th, 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 2022.

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.

UPCOMING PROGRAMMING

ART AT ARC

Upcoming Exhibit: Dine-In Gallery: "My Photographic Journey" by Andrea Monninger: February 21st - April 1st, 2022
"Abstracts" by ARC Artists: April 4th - May 13th, call for entries coming soon

Ongoing Exhibits Open for Members to View

Dine-In Gallery in the ARC Dining Room: "Shapes" by Joann Goetzinger through Feb. 18th
Conference Room Exhibit: "The Sky's the Limit"
Stop by to view these exhibits during building hours



GENEALOGY GROUP

T, 9:30 - 10:30 AM & TH, 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 genrexk@gmail.com.

CAREGIVER SUPPORT GROUP

T, Feb. 1st 9:30 AM (On Zoom)

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.

BOOKS ON THE GO: NPL

T, Feb. 1st & 15th, 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.



HOBBY WORKSHOP

TH, Feb. 3rd, 8 AM - 12 PM & S, Feb. 19th, 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.?

MOVIES

S, Feb. 5th, 1 PM: Rebel Without a Cause (1955) PG-13, Run Time: 1 Hr., 51 Min.

S, Feb. 12th, 1 PM: Hidden Figures (2016) PG, Run Time: 2 Hrs., 7 Min.

S, Feb. 19th, 1 PM: My Fair Lady (1964), G, Run Time: 2 Hrs., 50 Min.

S, Feb. 26th, 1 PM: 12 Years a Slave (2013), R, Run Time: 2 Hrs., 14 Min.

DURABLE POWER OF ATTORNEY

T, Feb. 8th & TH, Feb. 17th, 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 or call ARC at 309-888-9099. Registration opens January 26th at 8 AM. Registration closes 1 day in advance.

STAMPING CARD CLASS

T, Feb. 8th & 22nd

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 January 26th at 8 AM. Registration closes one day in advance of each class.

(NEW!) DROP-IN COMPUTER ASSISTANCE

W, 10 - 11 AM

ARC is excited to re-introduce our Drop-In Computer Assistance program on Wednesdays from 10 - 11 AM. This hour of computer assistance will be led by ARC's own tech expert, George Wilson. George can assist with Windows laptops, Apple iPads, Google Chromebooks, Amazon Firesticks and more. Some areas of assistance include set up and configuration, use of Office products, email, password creation tips, photo saving and sharing, backing up data, etc. If you have suggestions for other topics of interest, please share with Director of Programming Molly Camper. This first month will help us get a feel for those computer assistance topics members are most interested in.

UPCOMING PROGRAMMING



INSTITUTE FOR FINANCIAL EDUCATION: TAX PLANNING STRATEGIES

W, Feb. 9th, 11 AM

Instructor: Tyler Wrezinski
Tax Planning in 2022- Key Strategies to Retiring in Today's Economy Topics: Taxes in Retirement, Investing in 2022, Retirement Income, Mitigating Risk, IRAs, How to take back control of your money. Register on ARC's website through the GymMaster Portal or stop in at ARC to register. Registration for this program open January 26th at 8 AM.

ARC ENTHUSIASTIC GARDENING CLUB: THE OLIVE BIN: OLIVE OILS

TH, Feb. 17th, 11 AM

The Olive Bin, at 1520 E. College in Normal, is a purveyor of fine extra-virgin and flavored olive oils and barrel aged vinegars. Traci Howe, the proprietor, loves being a presence in Bloomington Normal and we love having her concept of healthy eating in our community. She will be sharing ideas to incorporate healthy oils and vinegars with fresh produce. Register on ARC's website through the GymMaster Portal or stop in at ARC to register. Registration opens January 26th at 8 AM.

GRIEF SUPPORT

Led by Lisa Flanagan, Advocate
Hospice Bereavement Coordinator
Meetings will take place on Zoom for February.

NEW TO GRIEF: CO-ED

This group meeting is postponed until further notice.

WOMEN'S GRIEF SUPPORT

W, Feb. 9th & 23rd, 12 - 1:30 PM

Closed to new members

MEN'S GRIEF SUPPORT

W, Feb. 9th & 23rd, 2 - 3:30 PM

Open to members/non-members of ARC, men who are grieving the death of a spouse or other significant person/other.

CO-ED GRIEF SUPPORT

W, Feb. 16th, 12 - 1:30 PM

Open to men and women who are grieving the death of a spouse or other significant person/other.

To join a group that is currently open to new members, call ARC at 309-888-9099 and request an intake form to be filled out and sent to Lisa.

INFORMATION & ASSISTANCE OUTREACH

*** Postponed until later date ***

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 or call ARC at 309-888-9099.

BUNCO

TH, Feb. 10th, 10 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 or call ARC at 309-888-9099. Registration for this program will open January 26th at 8 AM.

INTERMEDIATE CROCHET

TH, Feb. 10th, 8:30 - 11 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 January 26th at 8 AM.

ARC TECH CLUB

W, Feb. 23rd, 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 or stop in at ARC. Registration opens January 26th at 8 AM. Registration closes 1 hour in advance of scheduled program.



The Zoom meeting ID and link for each program will be sent via email the week prior

JOIN ARC'S ONGOING ZOOM ACTIVITIES

MINDFULNESS MEDITATION M, W, F, 9 AM - 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 M, W, 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.

BEGINNER'S QIGONG & TAIJI T, TH, 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.

AVID READERS BOOK CLUB Feb. 1st, 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: February: "The Answer is....Reflections on My Life," by Alex Trebek and March: "The Exiles,," by Christina Baker Cline.

GREAT BOOKS

Feb. 3rd, 10 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.



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EXERCISE CLASSES



HOW TO REGISTER FOR CLASS

Registration process for all paid exercise classes:

Registration for classes opens on Wednesday, January 26th at 8 AM.

Register on ARC's website through the GymMaster Portal or stop in at ARC to register in person. Payment is expected upon registration. Exercise classes are considered "Products" under the "Purchase" tab through the Member Portal.

EXERCISE CLASSES FOR THE MONTH OF FEBRUARY 2022

GENTLE YOGA, T, 9 - 10 AM

Instructor: Ada Rediger

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, T, 10:15 - 11:15 AM

Instructor: Ada Rediger

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, M, W, 10 - 11 AM

Instructor: Connie Stefl

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 February is **\$30 for 6 classes**. Modified Yoga will start on Wednesday, February 9th.

ZUMBA GOLD CHAIR, T, 10 - 10:45 AM

Instructor: Lucy Croft

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.**

ZUMBA GOLD, T, 11 AM - 12 PM

Instructor: Lucy Croft

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.**

LET'S CARDIO PARTY DANCE, TH, 2 - 2:45 PM

Instructor: Ed Houchens

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 February. Let's Cardio Party Dance will start on February 3rd.

EXERCISE CLASSES



LOW & SLOW, T, TH, 9 AM

Instructor: Susan Palmer

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 February is **\$24.00 for 8 classes**. Low and Slow will start on Tuesday, February 1st.

FIT & FABULOUS, T, 1 - 2 PM

Instructor: Lucy Croft

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, M, W, 1:30 - 2:30 PM

Instructor: Florence Peterson

This class is for participants that have completed Line Dance I and II. The cost to attend this class in February is **\$10.00**. Advanced Line Dance will start on Wednesday, February 2nd.

LINE DANCE II, W, 2:45 - 3:45 PM

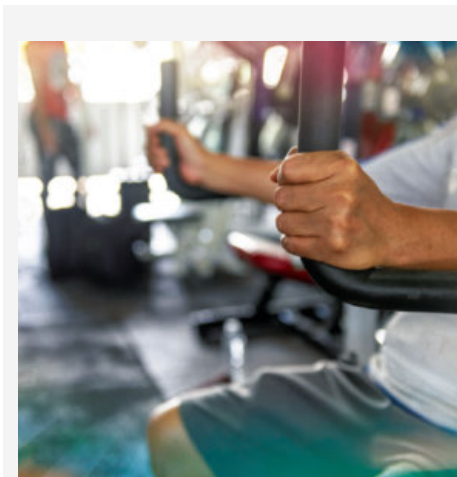
Instructor: Florence Peterson

This class is for participants that have completed Line Dance I. The cost to attend this class in February is **\$10.00**. Line Dance II will start on Wednesday, February 2nd.

LINE DANCE I, M, 2:45 - 3:45 PM

Instructor: Florence Peterson

This class is set up for new line dance students. The cost to attend this class in February is **\$10.00**. Line Dance I will start on Monday, February 7th.



FITNESS EQUIPMENT ORIENTATION

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 Wednesday, January 26th at 8 AM.

Tuesdays, 1:00 - 1:30 PM

Wednesdays, 3:30 - 4:00 PM

Saturday, February 5th, 9 - 9:30 AM

NEW PICKLEBALL SCHEDULE

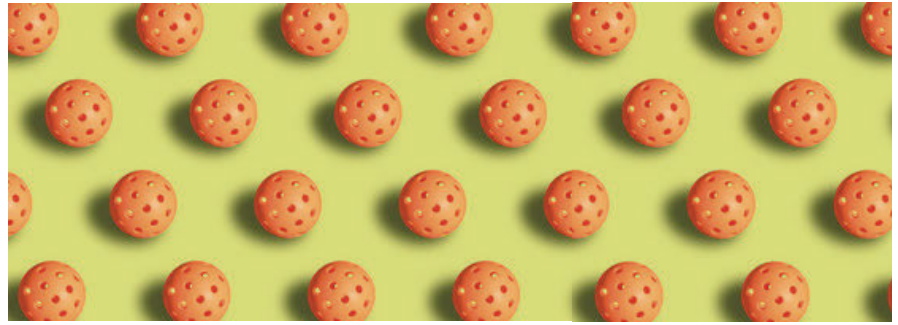
Wed., 6:30 AM - 12:00 PM
Experienced-level players only
Wed., 12:00 PM - 7:00 PM
Beginner-level players only

Mon., 6:30 - 11:00 AM
& **4 - 7 PM**

Tues., 6:30 AM-4:00 PM
Thurs., 6:30 AM - 4:00 PM
Sat., 8 AM - 4 PM

NO OPEN PICKLEBALL 2/26

Open to players of all skill levels except Wednesdays.



PICKLEBALL CLINIC & NEXT LEVEL BOOTCAMP with Mike Mitchell, Pickleball Ambassador

FREE Pickleball Clinic for Beginners: Learn the fundamentals of the game!
Sat., Feb. 26th, 9 AM - 12 PM

Next Level Pickleball Bootcamp | Cost: \$30
Sat., Feb. 26th, 1 - 4 PM

Pickleball Bootcamp consists of three hours filled with strategy, tips and drills to help improve your game. You will be taught proper court positioning and movement, the dink game, the 3rd shot, and many other skills and strategies. You will also practice volleys.

Register for both Pickleball events on ARC's website through the GymMaster Portal or at ARC. Registration opens January 26th at 8 AM. Registration closes Wednesday, February 23rd.



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.

McLean County Orthopedics is the area's one stop shop for orthopedic and pain care. Call and book an appointment today, or for sudden injuries visit our Walk-In Ortho Care Clinic where no appointment is needed.

IMPROVING YOUR HEALTH,
IMPROVING YOUR **LIFE.**

OUR DOCTORS

- | | |
|-------------------------|--------------------------|
| Joseph A. Novotny, M.D. | Joseph K. Newcomer, M.D. |
| Mark J. Hanson, M.D. | Paul R. Naour, M.D. |
| Jerome W. Oakey, M.D. | Lucas C. Armstrong, M.D. |
| Joseph B. Norris, M.D. | Jason R. Michaels, M.D. |



309-663-6461

1111 Trinity Lane, Suite 111
Bloomington, IL 61704

McLeanCountyOrthopedics.com

You've always said you wouldn't be caught dead in that dress. You'd better tell them now.

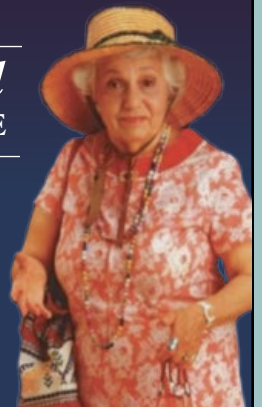
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Preplanning takes care of all the decisions so your family doesn't have to.



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Kara Burgess ~ Stephanie French
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ADDITIONAL ARC EXERCISE CLASS OPTIONS

HEALTHY MOVES & GROOVES, M, W, 5:50 - 6:50 PM

Instructor: Nancy Norkiewicz

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 February is **\$48.00 for 8 classes**. HEALTHY MOVES & GROOVES will start Wednesday, February 2nd.

TRIPLE TREAT, M, W, 9 AM

Instructor: Nancy Norkiewicz

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 February is **\$48.00 for 8 classes**. Triple Treat will start Wednesday, February 2nd.



VIRTUAL EXERCISE OPTIONS ON FACEBOOK

In addition to ARC's Tai Chi and Beginner Qigong & Taiji hybrid exercise options on Zoom, ARC also posts daily (M - F) workout videos to our Facebook page, which you can find by searching ARC Activity & Recreation Center or @ARCNormal when logged in on Facebook. These daily workout videos are created by Silver & Fit and shared from their YouTube channel. You can also check out the Silver & Fit YouTube channel to find more videos and even watch their offerings live. Offerings range from Beginner, to Intermediate, to Advanced routines and include focuses such as cardio, yoga, bodyweight, flexibility and balance and mixed format workouts.

These videos are great to follow along with for a well-rounded workout from home for those who don't feel comfortable working out in-person in a group.

INSTRUCTOR BIOS

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.

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.

PERSONAL TRAINING & INSTRUCTOR BIOS

ADDITIONAL EXERCISE INSTRUCTOR BIOS

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.

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

LUCY M CROFT, OWNER OF LMC FITNESS: 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.

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"damentals 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.



PERSONAL TRAINING WITH SCOTT

FEBRUARY 2022 REGISTRATION

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 on or after **January 31st to schedule an assessment during the week of February 7th.**

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 February 14th.**

UPCOMING PROGRAMS

FITNESS CENTER

M, W, 6:30 AM - 7 PM
T, TH, 6:30 AM - 4 PM
S, 8 AM - 4 PM

WALKING TRACK

M, W, 6:30 AM - 7 PM
T, TH, 6:30 AM - 4 PM
S, 8 AM - 4 PM

BILLIARDS

M, W, 6:30 AM - 7 PM
T, TH, 6:30 AM - 4 PM
S, 8 AM - 4 PM

MAH JONGG

M, TH, 12:30 - 4 PM

PICKLEBALL/PING PONG

M, 6:30 - 11 AM & 4 - 7 PM
T, 6:30 AM - 4 PM
W, 6:30 AM - 7 PM
-Experienced 6:30 AM - 12 PM
-Beginner 12 PM - 7 PM
TH, 6:30 AM - 4 PM
S, 8 AM - 4 PM

KNITTING

TH, 12:30 - 3:30 PM

QUILTING & SEWING

M, 8 AM - 6 PM
S, Feb. 5th & 26th, 8 AM - 4 PM

SCRABBLE

T, 10 AM - 12 PM

HAND & FOOT

W, 9 AM - 12 PM
M, 1 - 4 PM

POKER

T, 12:30 - 4 PM

PINOCHLE

T, 1 - 4 PM

EUCHRE

W, 12:30 PM

FUN & GAMES

M, W, 1 - 6 PM
T, TH, 1 - 4 PM
S, 8 AM - 4 PM

GROCERY STORE BINGO

M, 1:00 PM
2/7 - Blair House
2/14 - Sugar Creek
Alzheimer's Special
Care Center
2/21 - Evergreen Senior
Living
2/28 - The Loft

CALIFORNIA CANASTA

M, 9:30 AM



STRAT-O-MATIC BASEBALL T, TH, 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

W, 8 AM - 6 PM & Feb. 12th, 8 AM - 4 PM

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.

BRIDGE

M, W, 12:30 PM, S, 9:30 AM | Tournament: W, Feb. 2nd, 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.

ARC-ULELE HOUR

T, 1 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.



NORMAL TOWNSHIP ARC

600 E Willow Street
Normal, IL 61761

MESSAGE FROM RICK LEWIS

The past three years as Director of Operations at ARC have provided me some of the most enriching experiences in my life. I have made many friends among the members and hoped that I have helped countless others in our efforts to provide a caring community of seniors. I will be stepping away from this position to resume a life many of you enjoy in retirement. Most of you knew me as, "...that guy in the fitness center" prior to assuming this role, and I will remain active and present at ARC with my workouts and participation in many of the activities ARC offers.

The Normal Township board of trustees has hired Jess Ray, former University Registrar, to replace me as the new Director of Operations effective February 1, 2022. Jess is a former colleague of mine at ISU and a friend. I worked with him for

more than 15 years as an administrator and I'm confident he has the experience and personality to lead ARC into its next phase of operations. I know that you will find his engaging personality and eagerness to serve you is equally as passionate as I provided.

Thank you to Sarah Grammer and the Normal Township Board of Trustees, ARC management and staff, and more importantly, the members of ARC for giving me more than I provided. I hope to continue seeing everyone at ARC as we age together. Be safe. Be well.

Thank You!

USE WEST ENTRANCE FOR VITA APPOINTMENTS

In addition to the VITA information shared on page 6 of this newsletter, it is important to note that those who are dropping off or picking up returns should use the west entrance at ARC marked "VITA Entrance" on the SW corner of the building.

ARC SENIOR ADVISORY BOARD

The Normal Township Board appoints residents of Normal to serve three-year terms on the Senior Advisory Board starting in April each year. The Advisory Board discusses issues impacting ARC and the senior community and makes recommendations to the Township Board.

Appointments will be made at the March 17th board meeting.

If you are interested in volunteering, please email Township Supervisor Sarah Grammer at sgrammer@normaltownship.org by **February 15th** for board consideration.