

 600 E Willow Street  
Normal, IL 61761

 309-888-9099

 **Contact Us Via Email**  
[www.activityandrecreationcenter.org](http://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.

**COMPUTER LAB CLOSURE**

ARC's Computer Lab will be unavailable for use on Wednesdays in March due to ARC's offering of VITA tax assistance services.

**WHAT YOU NEED TO KNOW**

- Program registration for March programs will begin on **Wednesday, February 23rd at 8 AM**. Programs with a fee must be registered for in person or on ARC's Member Portal. Free programs can be registered for in-person, online or by phone.

- **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**  
Jess Ray  
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**DIRECTOR OF PROGRAMMING**  
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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 \$9.60. 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.

**Staff would like to thank our February Bonnie's Cafe sponsor, East Lawn Funeral Home & Memorial Gardens, as there was a misprint in our February newsletter copy. We apologize for the error and are so appreciative of their support of ARC's cafe services.**



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**to schedule your appointment.**

Audiology & speech services are available on Illinois State University's campus.  
Audiology services are also available at the ARC.



# MARCH 2022

3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<p><b>Note: See ARC's pickleball schedule on page 12</b></p> <p><b>Ping Pong is available any time the pickleball courts are open</b></p>	<p><b>1</b> 9:30 Caregiver Support 9:30 Genealogy Help 10:00 NPL Books on the Go 10-12 Scrabble 12:30-4 Poker 1:00 *Ukulele Lessons* 2-3 ARC-Ulele Hour 1-4 Pinochle 1-4 Fun and Games 2-4 Strat-O-Matic Baseball</p>	<p><b>2</b> 8-6 Painter's Workshop 9-12 Hand and Foot 10 *Beginner Sign Language* 10 *Drop-In Computer Assistance* 11 *Review &amp; Expand Sign Language* 12:30 Euchre 12:30 *Bridge Tournament* 1-6 Fun and Games</p>	<p><b>3</b> 8-12 Hobby Workshop 12:30-4 Mah Jongg  12:30-3:30 Knitting, Crochet, Needlework  1-4 Fun and Games 1:30 Genealogy Help 2-4 Strat-O-Matic Baseball</p>	<p><b>5</b> 8-4 All Day Quilting and Sewing  8-4 Fun &amp; Games  9:30 Bridge  1:00 Movie: Respect (2021)</p>
<p><b>7</b> 8-6 Quilting &amp; 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><b>8</b> 9 *Durable Power of Attorney* 9:30 Genealogy Help 10-12 Scrabble 10:00 Stamping Card Class* 10-12 Scrabble 12:30-4 Poker 1:00 *Ukulele Lessons* 2-3 ARC-Ulele Hour 1-4 Pinochle 1-4 Fun and Games 2-4 Strat-O-Matic Baseball</p>	<p><b>9</b> 8-6 Painter's Workshop 9-12 Hand and Foot 10 *Beginner Sign* 10 *Drop-In Computer Assistance* 10 *Options in Senior Living* 11 *Review &amp; Expand Sign Language* 12:30 Euchre 12:30 Bridge 1-6 Fun and Games</p>	<p><b>10</b> 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, Crochet, Neelework 1:30 Genealogy Help 1-4 Fun and Games 2-4 Strat-O-Matic Baseball</p>	<p><b>12</b> 8-4 Fun and Games  8-4 All Day Hobby Workshop  9:30 Bridge  1:00 Movie: Meet Me In St. Louis (1944)</p>
<p><b>14</b> 8-6 Quilting and Sewing 9:30 California Canasta 11:00 *Virtual Reality: NPL* 12:30 Bridge 12:30-4 Mah Jongg 1-4 Hand Foot 1-6 Fun and Games 1:00 Bingo: Sugar Creek Alzheimer's Special Care Center</p>	<p><b>15</b> 9:30 Genealogy Help 10:00 NPL Books on the Go 10-12 Scrabble 12:30-4 Poker 1:00 *Ukulele Lessons* 1-2:30 *Android Basics* 1-4 Pinochle 1-4 Fun and Games 2-4 Strat-O-Matic Baseball 2-3 ARC-Ulele Hour 2:30-4 *iPhone Basics*</p>	<p><b>16</b> 8-6 Painter's Workshop 9-12 Hand and Foot 10 *Drop-In Computer Assistance* 10 *Beginner Sign* 10:30 *Music Enrichment* 11 *Review &amp; Expand Sign* 12-5 Blood Drive 12:30 Euchre 12:30 Bridge 1-6 Fun and Games</p>	<p><b>17</b> 9 Durable Power of Attorney* 10-3 Blood Drive 11:00 *ARC Gardening Club: Vegetable Gardening* 12:30-4 Mah Jongg 12:30-3:30 Knitting, Crochet, Needlework 1:30 Genealogy Help 1-4 Fun and Games 2-4 Strat-O-Matic Baseball</p>	<p><b>19</b> 8-4 Fun and Games 8-4 All Day Hobby Workshop  9:30 Bridge 1:00 Movie: The Sting (1973)</p>
<p><b>21</b> 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><b>22</b> 9:30 Genealogy Help 10-12 Scrabble 10:00 Stamping Card Class* 12:30-4 PM Poker 1:00 *Ukulele Lessons* 1-2:30 *Android Apps* 1-4 Pinochle 1-4 Fun and Games 2-3 ARC-Ulele Hour 2-4 Strat-O-Matic Baseball 2:00 *Music Enrichment* 2:30-4 *iPhone Apps*</p>	<p><b>23</b> 8-6 Painter's Workshop 9-12 Hand and Foot 10 *Drop-In Computer Assistance* 10 *Beginner Sign Language* 11 Review &amp; Expand Sign Language* 12:00 *ARC Tech Club* 12:30 Euchre 12:30 Bridge 1-6 Fun and Games 6-8 *Social Dance*</p>	<p><b>24</b> 9-11 Assistance Outreach* 9-12 *Alcohol Ink Greeting Cards* 10:00 *Balance Informational * 12:30-4 Mah Jongg 12:30-3:30 Knitting, Crochet, Needlework 1-4 Fun and Games  1:30 Genealogy Help 2-4 Strat-O-Matic Baseball</p>	<p><b>26</b> 8-4 Fun and Games 8-4 All Day Hobby Worskhop 9:30 Bridge 1:00 Movie: Ladder 49 (2004)</p>
<p><b>28</b> 8-6 Quilting and Sewing 9:30 California Canasta 11 *Collette Trips Sampler* 12:30 Bridge 12:30-4 Mah Jongg 1:00 Bingo: YWCA 1 - 3 Walk-In SHIP 1-4 Hand Foot 1-6 Fun and Games</p>	<p><b>29</b> 9:30 Genealogy Help 10-12 Scrabble 12:30-4 Poker 1:00 *Ukulele Lessons* 2-3 ARC-Ulele Hour 1 *Internet TV* 1-4 Pinochle 1-4 Fun and Games 2-4 Strat-O-Matic Baseball</p>	<p><b>30</b> 8-6 Painter's Workshop 9-12 Hand and Foot 10 *Drop-In Computer Assistance* 12:30 Euchre 12:30 Bridge 1-6 Fun and Games</p>	<p><b>31</b> 12:30-4 Mah Jongg 12:30-3:30 Knitting, Crochet, Needlework 1-4 Fun and Games 1:30 Genealogy Help 2-4 Strat-O-Matic Baseball</p>	<p><b>ARC's Fitness Center, Walking Track, and Billiards Room are open and available anytime during building hours</b></p>

# MARCH 2022 IN-PERSON EXERCISE

4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<p><b>Fitness Equipment Orientation = FEO</b></p> <p><b>For FEO, arrive 5 min. early</b></p> <p><b>N= New</b></p> <p><b>PP = Postponed</b></p>	<p><b>1</b> 9 Gentle Yoga <b>PP</b> 9:00 Low &amp; Slow <b>N</b> 10 Zumba Gold Chair <b>PP</b> 10:15 Chair Yoga <b>PP</b> 11 Beg. Qigong &amp; Taiji 11 Zumba Gold <b>PP</b> 1 Fit &amp; Fabulous <b>PP</b> 1-1:30 FEO</p>	<p><b>2</b> 9 Triple Treat <b>N</b> 10 Modified Yoga <b>N</b> 10 Tai Chi Form 11 Tai Chi 1:30 Adv. Line Dance <b>N</b> 2:45 Line Dance II <b>N</b> 3:30-4 FEO 5:50 Healthy Moves &amp; Grooves <b>N</b></p>	<p><b>3</b> 9:00 Low &amp; Slow 11 Beg. Qigong &amp; Taiji 2 Cardio Party Dance <b>N</b></p>	<p><b>5</b> 9:00-9:30 FEO</p>
<p><b>7</b> 9 Triple Treat 10 Modified Yoga 10 Tai Chi Form 11 Tai Chi 1:30 Adv. Line Dance 2:45 Line Dance I <b>N</b> 5:50 Healthy Moves &amp; Grooves</p>	<p><b>8</b> 9 Gentle Yoga <b>PP</b> 9:00 Low &amp; Slow 10 Zumba Gold Chair <b>PP</b> 10:15 Chair Yoga <b>PP</b> 11 Beg. Qigong &amp; Taiji 11 Zumba Gold <b>PP</b> 1 Fit &amp; Fabulous <b>PP</b> 1-1:30 FEO</p>	<p><b>9</b> 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 &amp; Grooves</p>	<p><b>10</b> 9:00 Low &amp; Slow 11 Beg. Qigong &amp; Taiji 2 Cardio Party Dance</p>	<p><b>12</b></p>
<p><b>14</b> 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 &amp; Grooves</p>	<p><b>15</b> 9 Gentle Yoga <b>PP</b> 9:00 Low &amp; Slow 10 Zumba Gold Chair <b>PP</b> 10:15 Chair Yoga <b>PP</b> 11 Beg. Qigong &amp; Taiji 11 Zumba Gold <b>PP</b> 1 Fit &amp; Fabulous <b>PP</b> 1-1:30 FEO</p>	<p><b>16</b> 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 &amp; Grooves</p>	<p><b>17</b> 9:00 Low &amp; Slow 11 Beg. Qigong &amp; Taiji 2 Cardio Party Dance</p>	<p><b>19</b></p>
<p><b>21</b> 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 &amp; Grooves</p>	<p><b>22</b> 9 Gentle Yoga <b>PP</b> 9:00 Low &amp; Slow 10 Zumba Gold Chair <b>PP</b> 10:15 Chair Yoga <b>PP</b> 11 Beg. Qigong &amp; Taiji 11 Zumba Gold <b>PP</b> 1 Fit &amp; Fabulous <b>PP</b> 1-1:30 FEO</p>	<p><b>23</b> 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 &amp; Grooves</p>	<p><b>24</b> 9:00 Low &amp; Slow 11 Beg. Qigong &amp; Taiji 2 Cardio Party Dance</p>	<p><b>26</b></p>
<p><b>28</b> 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 &amp; Grooves</p>	<p><b>29</b> 9 Gentle Yoga <b>PP</b> 9:00 Low &amp; Slow 10 Zumba Gold Chair <b>PP</b> 10:15 Chair Yoga <b>PP</b> 11 Beg. Qigong &amp; Taiji 11 Zumba Gold <b>PP</b> 1 Fit &amp; Fabulous <b>PP</b> 1-1:30 FEO</p>	<p><b>30</b> 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 &amp; Grooves</p>	<p><b>31</b> 9:00 Low &amp; Slow 11 Beg. Qigong &amp; Taiji 2 Cardio Party Dance</p>	



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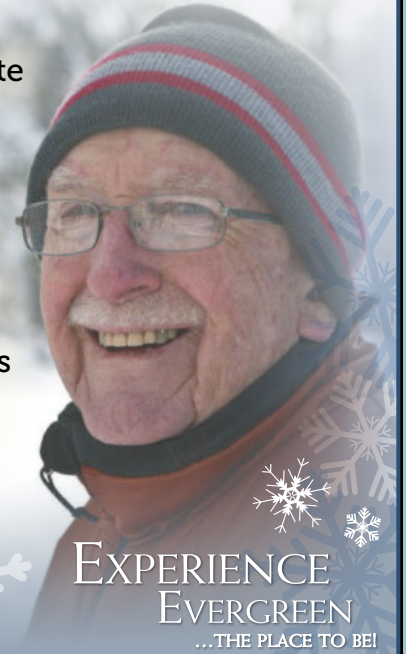
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ARC, Normal, IL

B 4C 01-1213

# 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.

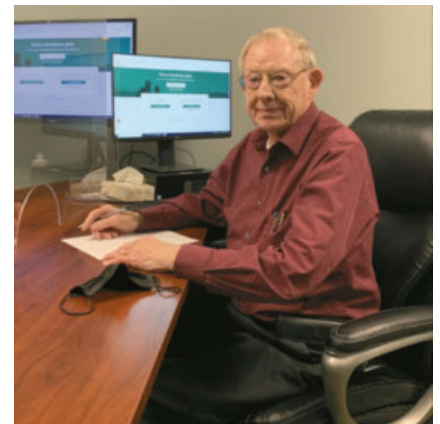
## ITEMS OF NOTE

**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 - March 10th, 1 - 3 PM

4th Monday - March 28th, 1 - 3 PM



## SHIP Q & A

**Question:** I have several reasons to question how well my 2022 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, 2021, do I have to wait until the next annual open enrollment in the fall of 2022 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

Information on how to register for programs with a fee and free programs can be found on page 1

## ART AT ARC

**Upcoming Exhibit: Dine-In Gallery: "Abstracts" by ARC Artists, April 4th - May 13th**

Entry forms due by March 18th at 6 PM. Forms can be found in Classroom or flyer rack at south entrance. Opening reception April 4th, 4 - 6 PM is open to the public.

**Ongoing Exhibits Open for Members to View**

**Dine-In Gallery in the ARC Dining Room: "My Photographic Journey" by Andrea Monninger through April 1st**

**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](mailto:genrexk@gmail.com).

## CAREGIVER SUPPORT GROUP

**T, March 1st, 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.

## BOOKS ON THE GO: NPL

**T, March 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, March 3rd, 8 AM - 12 PM & S, March, 12th, 19th, & 26th, 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, March 5th, 1 PM: Respect (2021) PG-13, Run Time: 2 Hr., 25 Min.**

**S, March 12th, 1 PM: Meet Me in St. Louis (1944) Rating: Passed, Run Time: 1 Hr., 53 Min.**

**S, March 19th, 1 PM: The Sting (1973), PG, Run Time: 2 Hrs., 9 Min.**

**S, March 26th, 1 PM: Ladder 49 (2004), PG-13, Run Time: 1 Hr., 55 Min.**

## DURABLE POWER OF ATTORNEY

**T, March 8th & TH, March 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. Registration required. Registration closes 1 day in advance.

## STAMPING CARD CLASS

**T, March 8th & 22nd, 10:00 AM**

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. Registration required. Registration closes one day in advance of each class.**

## DROP-IN COMPUTER

### ASSISTANCE

**W, 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. Registration for a 30-minute time slot is required. Bring your device with you to your appointment. If you have suggestions for other topics of interest, please share with Director of Programming Molly Camper.

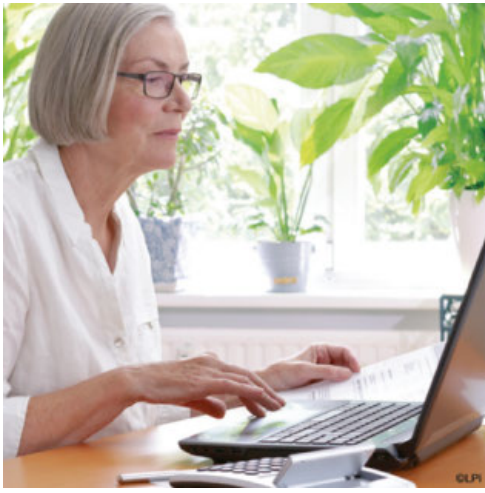
## UKULELE LESSONS

**T, March 1st - April 5th, 1 - 2 PM**

You can ukulele too! Join Marth Tyner for a FREE 6-week class on how to play the ukulele. The class will take place on Tuesdays from March 1st - April 5th from 1-2 PM. Loaner instruments will be available for use for \$10. Registration required.

# UPCOMING PROGRAMMING

Information on how to register for programs with a fee and free programs can be found on page 1



## GRIEF SUPPORT

Led by Lisa Flanagan, Advocate  
Hospice Bereavement Coordinator

## WOMEN'S GRIEF SUPPORT

W, March 9th & 23rd, 12 - 1:30 PM  
Closed to new members

## MEN'S GRIEF SUPPORT

W, March 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, March 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.

## OPTIONS IN SENIOR LIVING W, March 9th, 10 AM

Our community offers many options  
for senior living. Navigating the  
process and choosing the care that  
best fits your situation can be  
challenging. After participating in this  
workshop provided by Darla Heath of  
Evergreen Senior Living, you will know  
the differences between skilled care,  
independent living, supportive living,  
assisted living and memory care. Plan  
now for your future needs! Registration  
required.

## INFORMATION & ASSISTANCE OUTREACH

March 10th & 24th, 9 - 11 AM

Community Care will help with license  
plate discounts, RTA discount, Tax  
Freeze/Homestead, Exemption  
applications, Medicaid applications,  
etc. Registration required.

## BUNCO

TH, March 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. Registration required.

## INTERMEDIATE CROCHET

TH, March. 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. Registration required.

## VIRTUAL REALITY: NPL

M, March 14th, 11 AM

Join the Normal Public Library for a  
fun, new virtual reality experience!  
Registration required.

## MUSIC ENRICHMENT

W, March 16th, 10:30 AM & T,  
March 22nd, 2:00 PM

And the Oscar goes to...Join the fun  
with Rita Meland for a Music  
Enrichment presentation giving an  
inside look on Music from the Movies:  
Academy Award Winning Songs.  
Registration required.

## ARC ENTHUSIASTIC GARDENING CLUB: VEGETABLE GARDENING

March 17th, 11:00 AM

Heather from Growing Grounds will  
present on tips and tricks for vegetable  
gardening success. Registration required.  
Registration closes one day in advance.

## ARC TECH CLUB

W, March 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. Registration  
required. Registration closes 1 hour in  
advance of scheduled program.

## RING IN SPRING SOCIAL DANCE

W, March 23rd, 6 - 8 PM

Join us at ARC to enjoy solo and/or partner  
dancing to music of all eras provided by DJ  
Brad Olsen as we ring in spring!  
Registration in advance is preferred; walk-  
ins are welcome. **Cost: \$5/person;**  
members may bring one non-member  
guest. Reminder: Masks are required.

## BALANCE INFORMATIONAL: CENTRAL ILLINOIS INSTITUTE OF BALANCE

TH, March 24th, 10:00 AM

What does the inner ear have to do with  
balance? What is a common cause of falls?  
How can you find out what is the cause of  
your unsteadiness? Come and listen to  
Physical Therapists at Central Illinois  
Institute of Balance and take a quick self  
test to assess your risk for falls. Learn what  
resources you have to help keep you  
moving! Registration required.  
Registration closes 1 hour in advance of  
scheduled program.

## GREETING CARDS ENHANCED WITH ALCOHOL INK BACKGROUNDS

TH, March 24th, 9 AM - 12 PM

Come join Andrea as she teaches you how  
to create beautiful alcohol ink backgrounds  
to enhance the three beautiful cards that  
will be made in this class. No prior  
experience is required. All materials for the  
cards will be supplied. What to bring -scissors  
and glue stick or glue runner. **Cost: \$15**  
. Registration required. Registrat  
ion closes one day in advance.



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 March 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: March: "The Exiles," by Christina Baker Cline and April: "My Own Words," by Ruth Bader Ginsburg.

### GREAT BOOKS

March 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](mailto: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, February 23rd 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 MARCH 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 March is **\$45 for 9 classes**. Modified Yoga will start on Wednesday, March 2nd.

### **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 March. Let's Cardio Party Dance will start on March 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 March is **\$30.00 for 10 classes**. Low and Slow will start on Tuesday, March 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 March is **\$10.00**. Advanced Line Dance will start on Wednesday, March 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 March is **\$10.00**. Line Dance II will start on Wednesday, March 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 March is **\$10.00**. Line Dance I will start on Monday, March 7th.

## **TRIPLE TREAT, M, W, 9 AM**

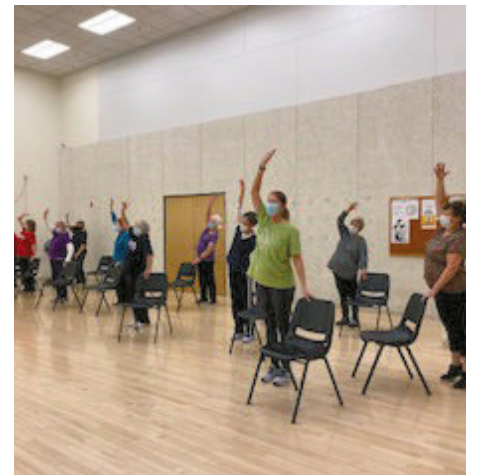
**Instructor: Nancy Norkiewicz**

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 March is **\$54.00 for 9 classes**. Triple Treat will start Wednesday, March 2nd.

## **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 March is **\$54 for 9 classes**. Healthy Moves & Grooves will start Wednesday, March 2nd.



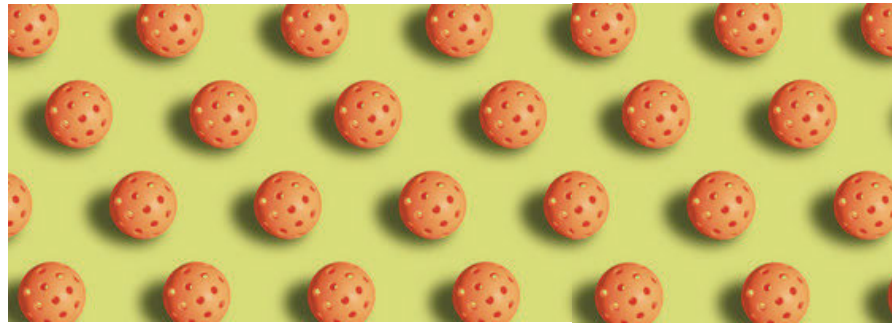


## PICKLEBALL SCHEDULE

Mon., 6:30 - 11:00 AM & 4 - 7 PM  
 Tues., 6:30 AM-4:00 PM  
 Wed., 6:30 AM - 12:00 PM  
 Experienced-level players only  
 Wed., 12:00 PM - 7:00 PM  
 Beginner-level players only  
 Thurs., 6:30 AM - 4:00 PM  
 Sat., 8 AM - 4 PM

Open to players of all skill levels except Wednesdays.

**\*\* NO PICKLEBALL 3/16 11 AM - 7 PM, 3/17 ALL DAY OR 3/23 4 - 7 PM \*\***



## FREE & 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.



### 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.

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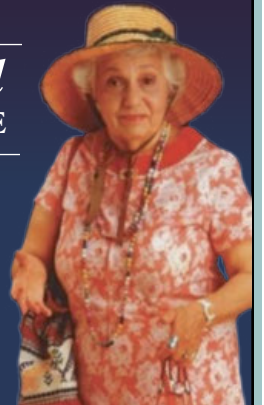
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# FITNESS CENTER SERVICES & INSTRUCTOR BIOS

## 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 February 23rd at 8 AM.

**Tuesdays, 1:00 - 1:30 PM**

**Wednesdays, 3:30 - 4:00 PM**

**Saturday, March 5th, 9 - 9:30 AM**



## PERSONAL TRAINING WITH SCOTT

### MARCH 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.

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 March 21st.**



Stop by the desk **on or after March 7th to schedule an assessment during the week of March 14th.**

## 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"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.

## MARCH TECH TIPS

### Blocking Spam on Android Phones

by *Nancy Komlanc*,  
ARC Tech Club Chair

1. Open your Android Phone Call App.
2. Tap the three vertical dots in upper right corner, then tap "Settings".
3. Tap "Block numbers". Tap Add phone number. Enter the phone number you want to block; OR Tap the "Recents" or "Contacts" button, scroll up, Tap the number(s) to Block.
4. Press "Done" at the bottom of the screen.
5. Finally, Tap your "Back Arrow" at bottom of phone screen to return to Home Screen.

\* Join the ARC Tech Club monthly, 4th Wednesday, Noon, discussing these and other Tech Tips!

## TECH TUTOR CLASSES

**ANDROID BASICS**  
**W, March 15th, 1 - 2:30 PM**  
**IPHONE BASICS**  
**W, March 15th, 2:30 - 4 PM**

Join us to learn how to: organize your "Home Screen", increase your font size for texting, set-up "Speed Dialing," send a text message and add a photo, and more! Bring your Android phone to the workshop so you can make the phone adjustments and get plenty of hands-on practice! The cost to attend this workshop is **\$20.00**. Instructor: Nancy Komlanc, The Tech Tutor. Registration required. Registration closes 1 day in advance of the class.

**ANDROID APPS**  
**T, March 22nd, 1 - 2:30 PM**  
**IPHONE APPS**  
**T, March 22nd, 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 helpful Apps that she has

used a long time! **Fee: \$20**. Instructor: Nancy Komlanc, The Tech Tutor. Registration required. Registration closes 1 day in advance of scheduled class.

**INTERNET TV**  
**T, March 29th, 1:00 PM**

Tuesday, Tired of paying that high Cable TV bill? Instructor, Nancy Komlanc, The Tech Tutor, 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 can still watch your favorite shows, movies, sports, local news, Netflix, Amazon Prime, & more! In this class Nancy will compare costs of local Internet Service Providers and streaming subscription services, Plus show you how to set-up an inexpensive device to a TV so you can save \$\$\$! Registration required. Registration closes 1 day in advance of scheduled class. **Fee: \$20**.



# UPCOMING PROGRAMS

Information on how to register for programs with a fee and free programs can be found on page 1

## 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, CROCHETING & NEEDLEWORK

TH, 12:30 - 3:30 PM

## QUILTING & SEWING

M, 8 AM - 6 PM  
S, March 5th & 26th, 8 AM - 4 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  
3/7 - The Loft  
3/14 - Sugar Creek  
Alzheimer's Special  
Care Center  
3/21 - Heritage Health  
3/28 - YWCA

## CALIFORNIA CANASTA

M, 9:30 AM

## SCRABBLE

T, 10 AM - 12 PM

## BEGINNER SIGN LANGUAGE

W, March 2nd - 23rd, 10 AM

Have you ever wanted to learn sign language? Join our beginning sign language class that will cover people, pronouns, verbs, colors, and the manual alphabet. During each class, you will learn new signs and play games to reinforce your learning. This is a wonderful opportunity to learn a new language, have fun, and grow in your awareness of deafness and deaf culture. Instructor Amy Broich. The cost to attend the 4-week class is **\$50.00. Register by Tuesday, March 1.**

## SIGN LANGUAGE REVIEW & EXPAND

W, March 2nd - 23rd, 11 AM

Sign Language Review and Expand, Wednesdays, 11 AM, March 2nd - 23rd This class is designed for members who have taken a sign class at ARC in the past. Amy Broich, certified American Sign Language instructor, will teach a review of past signs week one and teach new signs weeks 2-4. The cost to attend the 4-week class is **\$50.00. Register by Tuesday, March 1.**

## 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 & March 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, March. 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, 2 - 3 PM

ARCulele Hour--Ukulele class review! For the month of March, 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

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### TRAVEL SAMPLER WITH COLLETTE VACATIONS

**March 28th, 11:00 AM | Sign up on the Member Portal, by phone or at ARC**

Join Collette Vacations, Peoria Charter Travel, and ARC for a trip of a lifetime. ARC is hosting a travel sampler presentation to help you learn more about our upcoming trips for fall 2022 and winter 2023. Trips on deck include:

#### Heritage of America

**Oct 02 — Oct 10, 2022 • 9 Days • 12 Meals**

Highlights: Philadelphia, Gettysburg, Harpers Ferry, Choices on Tour, Shenandoah National Park, Charlottesville, Monticello, Colonial Williamsburg, Arlington National Cemetery, Washington, D.C., Smithsonian Institution, Mount Vernon

#### Magical Christmas Markets of Austria and Germany: Nov 30 — Dec 07, 2022 • 8 Days • 10 Meals

Highlights: Innsbruck, Choice on Tour, Seefeld, Carriage Ride, Salzburg, St. Peter's Restaurant, Oberammergau, Munich, Christmas Markets

#### Tropical Costa Rica

**Feb 11 — Feb 19, 2023 • 9 Days • 14 Meals**

Highlights: San Jose, Coffee Plantation, Guanacaste, Monteverde Cloud Forest, Choice on Tour, Arenal Volcano, Lake Arenal Cruise, Cano Negro Refuge, Zarcero



### 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.

### MARCH BLOOD DRIVE AT ARC

The Red Cross is facing a national blood crisis - the worst blood shortage in over a decade. Register to donate blood and help save lives on **March 16th from 12 - 5 PM or March 17th from 10 AM - 3 PM at ARC** for the State Farm Friends & Family Blood Drive.

Visit [redcrossblood.org](http://redcrossblood.org) or call 1-800-RED-CROSS to schedule your appointment today.