

 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.

## WHAT YOU NEED TO KNOW

- Program registration for April programs will begin on **Wednesday, March 23rd at 8 AM. Richard Stephens workshop registration opens April 1st.** 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. Programs marked with an asterisk on the Activity Calendar require registration.

## BUILDING HOURS

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

## COMPUTER LAB CLOSURE

ARC's Computer Lab will be unavailable for use on Wednesdays through April 6th due to ARC's offering of VITA tax assistance services.

## CENTER STAFF

### DIRECTOR OF OPERATIONS

Jess Ray  
jray@normaltownship.org

### DIRECTOR OF PROGRAMMING

Molly Camper  
mcamper@normaltownship.org

### COMMUNICATIONS COORDINATOR

Sammi Scott  
sscott@normaltownship.org

### MEMBER SERVICES MANAGER

Elicsha Sanders  
esanders@normaltownship.org

### FACILITIES MANAGER

Preston Hill  
phill@normaltownship.org

### 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 SERVICE

ARC shuttle service is available to all seniors that live within a 7-mile radius of ARC. The shuttle service offers door-to-door transportation to and from our programs. The shuttle 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 is **FREE**. In order to run an efficient shuttle service, all riders need to reserve a seat by Noon one day in advance.



## ECKELMANN-TAYLOR SPEECH AND HEARING CLINIC

*Illinois State University*

309.438.8641 | [isuspeechandhearing.com](http://isuspeechandhearing.com)

### Speech-Language Pathology Services:

- Speech-language evaluations and therapy for all ages
- Adult language and cognitive communication services
- Voice services for clients diagnosed with Parkinson's

### Audiology Services:

- Full range of services for all ages
- Comprehensive hearing evaluations
- Hearing aid services
- Cochlear implant services
- Tinnitus evaluations
- Auditory processing evaluations

[speechhearingclinic@illinoisstate.edu](mailto:speechhearingclinic@illinoisstate.edu)

**Call**  
**309.438.8641**  
**to schedule your**  
**appointment.**

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

Audiology services are also available at the ARC.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<p><b>NOTE:</b> See ARC's pickleball schedule on page 12. Ping Pong is available any time the pickleball courts are open. ARC's Fitness Center, Walking Track, and Billiards Room are available during building hours. * = registration required</p>	<p><b>FREE &amp; ONGOING EXERCISE CLASSES</b></p> <p><b>TAI CHI:</b> 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!</p> <p><b>Beginner Qigong/Taiji:</b> Beginners intro to the static movements of Qigong, the various postures of Tai Chi, &amp; an intro to Tai Chi meditation. Qigong movement increases strength and balance, Tai Chi postures will be broken down into their most basic components.</p> <p><b>TAI CHI Form:</b> For those who have taken Tai Chi with an instructor. Self-led class.</p>			<p><b>2</b> 8-4 All Day Quilting and Sewing  8-4 Fun &amp; Games  9:30 Bridge  12-4 *Computer Assistance*</p>
<p><b>4</b> 8-6 Quilting &amp; Sewing 9:30 California Canasta 12:30 Bridge 12:30-4 Mah Jongg 1-4 Hand &amp; Foot 1-6 Fun and Games 1:00 Bingo: The Loft</p>	<p><b>5</b> 9:30 Caregiver Support 9:30 Genealogy Help 10:00 NPL Books on the Go 10 ARC Avid Readers 10-12 Scrabble 12:30-4 Poker 1-2 Ukulele Lessons (Ends) 1-4 Pinochle 1-4 Fun and Games 2-3 ARC-Ulele Hour 2-4 Strat-O-Matic Baseball</p>	<p><b>6</b> 8-6 Painter's Workshop 9-12 Hand and Foot 10 *Beginner Sign Language* 11 *Review &amp; Expand Sign Language* 12:30 Euchre 12:30 *Bridge Tournament* 1-6 Fun and Games</p>	<p><b>7</b> 8:30 *Intermediate Crochet* 10 Great Books 12:30-4 Mah Jongg  12:30-3:30 Knitting Etc. 1:00 Chess 1-4 Fun and Games 1:30 Genealogy Help 2-4 Strat-O-Matic Baseball 2-4 ARCooustic Jam</p>	<p><b>9</b> 8-4 Fun and Games  8-4 All Day Hobby Workshop  9:30 Bridge  12-4 *Computer Assistance* 1:00 Movie: Sabrina (1954)</p>
<p><b>11</b> 8-6 Quilting and Sewing 9:30 California Canasta  12:30 Bridge 12:30-4 Mah Jongg 1-4 Hand &amp; Foot 1-6 Fun and Games 1:00 Bingo: Sugar Creek Alzheimer's Special Care Center</p>	<p><b>12</b> 9 *Durable Power of Attorney* 9:30 Genealogy Help 10:00 Stamping Card Class* 10-12 Scrabble 12:30-4 Poker 1-4 Pinochle 1-4 Fun and Games 2-3 ARC-Ulele Hour 2-4 Strat-O-Matic Baseball</p>	<p><b>13</b> 8-6 Painter's Workshop 9-12 Hand and Foot 10 *Beginner Sign* 11 *Review &amp; Expand Sign* 12 Women's Grief Support 12:30 Euchre 12:30 Bridge 1-6 Fun and Games 2 Men's Grief Support</p>	<p><b>14</b> 9-11 *Assistance Outreach* 10 *Steampunk Hat Class* 10 *Bunco* 12:30-4 Mah Jongg 12:30-3:30 Knitting Etc. 1-3 Walk-In SHIP 1:00 Chess 1:30 Genealogy Help 1-4 Fun and Games 2-4 Strat-O-Matic Baseball 2-4 ARCooustic Jam</p>	<p><b>16</b> 8-4 Fun and Games 8-4 All Day Hobby Workshop 9:30 Bridge  12-4 *Computer Assistance* 1:00 Movie: West Side Story (2021)</p>
<p><b>18</b> 8-6 Quilting and Sewing 9:30 California Canasta 12:30 Bridge 12:30-4 Mah Jongg 1-4 Hand &amp; Foot 1-6 Fun and Games 1:00 Bingo: Evergreen Senior Living</p>	<p><b>19</b> 9:30 Genealogy Help 10-12 Scrabble 10:00 NPL Books on the Go 12:30-4 Poker 1-4 Pinochle 1-4 Fun and Games 2-3 ARC-Ulele Hour 2-4 Strat-O-Matic Baseball</p>	<p><b>20</b> 8-6 Painter's Workshop 9-12 Hand and Foot 10 *Beginner Sign * 10:30 *Music Enrichment* 11 *Review &amp; Expand Sign* 12 Co-Ed Grief Support 12:30 Euchre 12:30 Bridge 1-6 Fun and Games</p>	<p><b>21</b> * 8:30 Beginner Crochet* 9 *Durable Power of Attorney* 11 *ARC Gardening Club: Zinnia Seeds* 12:30-4 Mah Jongg 12:30-3:30 Knitting Etc. 1:00 Chess 1-4 Fun and Games 1:30 Genealogy Help 2-4 Strat-O-Matic Baseball 2-4 ARCooustic Jam</p>	<p><b>23</b> 8-4 Fun and Games 8-4 All Day Hobby Workshop 9:30 Bridge  12-4 *Computer Assistance* 1:00 Movie: Double Jeopardy (1999)</p>
<p><b>25</b> 8-6 Quilting and Sewing 9:30 California Canasta 12:30 Bridge 12:30-4 Mah Jongg 1:00 Bingo: The Loft 1 - 3 Walk-In SHIP 1-4 Hand &amp; Foot 1-6 Fun and Games</p>	<p><b>26</b> 9:30 Genealogy Help 10-12 Scrabble 10:00 *Stamping Card Class* 12:30-4 Poker 1-4 Pinochle 1-4 Fun and Games 2-3 ARC-Ulele Hour 2-4 Strat-O-Matic Baseball 2:00 *Music Enrichment*</p>	<p><b>27</b> 8-6 Painter's Workshop 9-12 Hand and Foot 10 *Beginner Sign* 11 *Review &amp; Expand Sign* 12:00 *ARC Tech Club* 12 Women's Grief Support 12:30 Euchre 12:30 Bridge 1-6 Fun and Games 2 Men's Grief Support 2 New Member Orientation</p>	<p><b>28</b> 9-11 *Assistance Outreach* 12:30-4 Mah Jongg 12:30-3:30 Knitting Etc. 1:00 Chess 1-4 Fun and Games 1:30 Genealogy Help 2-4 Strat-O-Matic Baseball 2-4 ARCooustic Jam</p>	<p><b>30</b> 8-4 Fun and Games 8-4 All Day Hobby Workshop 9-12 *Beginner Pickleball Clinic* 9:30 Bridge 12-4 *Computer Assistance*</p>

# APRIL 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 style="text-align: center;"><b>EXERCISE SAMPLER WITH LUCY CROFT</b></p> <p>On <b>Tuesday, April 19th</b>, Lucy Croft, RN will lead a free exercise sampler to allow members a chance to try out a variety of Zumba classes as well as Fit &amp; Fab class that will return to ARC in May! Registration for May sessions will open at the end of each corresponding sampler section online and at ARC.</p> <p><b>Schedule</b>                      11-11:30 AM - Zumba Gold Chair (Registration opens 4/19 at 11:30 AM)                      12-12:30 PM Zumba Gold 30 Minute (Registration opens 4/19 at 12:30 PM)                      1-1:30 PM Zumba (Registration opens 4/19 at 1:30 PM)                      2-2:30 PM Fit &amp; Fab (Registration opens 4/19 at 2:30 PM)</p>			<p><b>2</b> 9:30-10 FEO</p>	
<p><b>4</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 <b>NO</b> Line Dance I                      5:50 Healthy Moves &amp; Grooves <b>N</b></p>	<p><b>5</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>6</b>                      9 Triple Treat                      10 Modified Yoga                      10 Tai Chi Form                      11 Tai Chi                      1:30 Adv. Line Dance                      2:45 <b>NO</b> Line Dance II                      3:30-4 FEO                      5:50 Healthy Moves &amp; Grooves</p>	<p><b>7</b>                      9:00 Low &amp; Slow                      11 Beg. Qigong &amp; Taiji                      2 Cardio Party Dance <b>N</b></p>	<p><b>9</b></p>	
<p><b>11</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>12</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>13</b>                      9 Triple Treat                      10 Modified Yoga                      10 Tai Chi Form                      11 Tai Chi                      1:30 Adv. Line Dance                      2:45 Line Dance II <b>N</b>                      3:30-4 FEO                      5:50 Healthy Moves &amp; Grooves</p>	<p><b>14</b>                      9:00 Low &amp; Slow                      11 Beg. Qigong &amp; Taiji                      2 Cardio Party Dance</p>	<p><b>16</b></p>	
<p><b>18</b>                      9 Triple Treat                      10 Modified Yoga                      10 Tai Chi Form                      11 Tai Chi                      1:30 Adv. Line Dance                      2:45 <b>NO</b> Line Dance I                      5:50 Healthy Moves &amp; Grooves</p>	<p><b>19</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>20</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>21</b>                      9:00 Low &amp; Slow                      11 Beg. Qigong &amp; Taiji                      2 Cardio Party Dance</p>	<p><b>23</b></p>	
<p><b>25</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>26</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>27</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>28</b>                      9:00 Low &amp; Slow                      11 Beg. Qigong &amp; Taiji                      2 Cardio Party Dance</p>	<p><b>30</b></p>	



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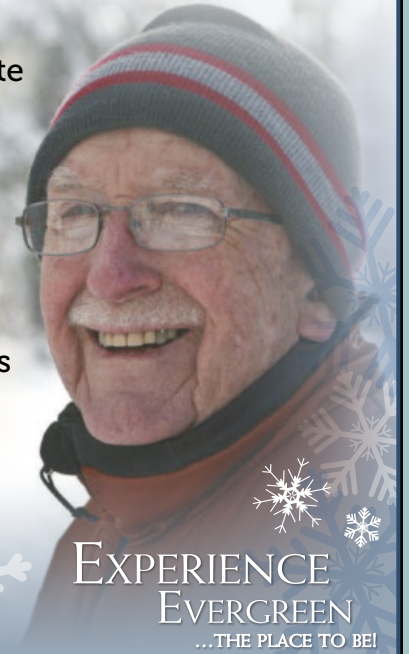
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ARC, Normal, IL

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. **Walk-In SHIP times for the month of April are as follows:**  
2nd Thursday - April 14th, 1 - 3 PM, 4th Monday - April 25th, 1 - 3 PM

## SHIP Q & A: UNDERSTANDING MEDICARE'S MAILINGS

**Question:** I receive quite a lot of notices from Medicare and my insurance companies. What do these mean and which ones are important?

**Answer:** This won't discuss every kind of notice you may receive about your Medicare, but here are three common ones that you may receive regularly:

**1) Those with Original Medicare receive a Medicare Summary Notice (MSN) quarterly.** The MSN is a summary of health care services and items you have received during the previous three months. It contains information about charges billed to Medicare, the amount that Medicare paid, and the amount where you are responsible. The MSN itself is not a bill (you will receive a bill from providers). Your MSN will also show any non-covered charges. If you disagree with a non-covered charge, you should file an appeal according to the instructions.

**2) If you have a Medicare Advantage or Part D plan, you will receive an Explanation of Benefits (EOB),** usually mailed each month. They also show a summary of the services and items you have received and how much you may owe for them (again, an EOB is not a bill). If your EOB shows that an item or service is not being covered, look for a section that includes notes, comments, footnotes, or remarks to find out the reason why. Contact your plan if you have any questions about your EOB, including to ask for more information about any services not covered. You may decide to file an appeal, depending on what your plan tells you.

### **Try to save your MSNs and/or EOBs.**

You might need them in the future to prove that certain costs have been covered or paid for. For instance, you may need old MSNs or EOBs if a provider's billing department makes a mistake or if you claimed a medical deduction on your taxes. And as always, be vigilant for any evidence of fraud on any charges assigned to you.

**3) Another important notice to look out for is the Annual Notice of Change (ANOC).** The ANOC is the notice you receive from your Medicare Advantage or Part D plan in late September. This notice gives a summary of any changes in the plan's cost and coverage that will take effect January 1 of the next year. You should review this notice to see if your plan will continue to meet your health care needs. If you do not receive an ANOC from your plan, you should contact them. **The ANOC is typically mailed with the plan's Evidence of Coverage (EOC),** which is a more comprehensive list of the plan's cost and benefits for the upcoming year. If you are dissatisfied with changes on your ANOC or EOC, remember that you can change your Medicare coverage during Fall Open Enrollment and SHIP is available to help with this process. As stated, there are often numerous Medicare notices you may receive. These are just a few types to look out for, read closely, and keep for your records. As always, SHIP is available to answer questions regarding your Medicare notifications.



# 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  
Opening reception April 4th, 4-5:30 PM is open to the public. *Image right: Neurographic Zen by Karen Harmer*

**Conference Room:** "Landscapes" by ARC Artists, April 4th - November 4th, 2022. Opening Reception April 4th, 4-5:30 PM is open to the public.

**Ongoing Exhibits Open for Members to View During Business Hours**

**Conference Room Exhibit:** "The Sky's the Limit," by ARC Artists

**Dine-In Gallery Exhibit:** "My Photographic Journey," by Andrea Monninger



## 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, April 5th, 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, April 5th & 19th, 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

**S, April, 9th, 16th, 23rd, 30th, 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.?

## INTERMEDIATE CROCHET

**TH, April 7th, 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.

## ARCOUSTIC JAM

**TH, 2 - 4 PM**

Bring your guitar, and join our acoustic jam session! Let the music do the talking!

## MOVIES

**S, April 9th, 1 PM:** Sabrina (1954), Run Time: 112 min. Rating: PG

**S, April 16th, 1 PM:** West Side Story (2021) Run Time: 2 hrs, 36 min. Rating: PG13

**S, April 23rd, 1 PM:** Double Jeopardy (1999) Run Time: 105 min. Rating: R

## DURABLE POWER OF ATTORNEY

**T, April 12th & TH, April 21st, 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, April 12th & 26th, 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.

## COMPUTER ASSISTANCE

**S, 12 - 4 PM**

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 1-hour 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.

# 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. These programs will meet in person at ARC for the month of April.

## WOMEN'S GRIEF SUPPORT

W, April 13th & 27th, 12 - 1:30 PM  
Closed to new members

## MEN'S GRIEF SUPPORT

W, April 13th & 27th, 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, April 20th, 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.

## STEAMPUNK ERA HAT MAKING & INFORMATIONAL

TH, April 14th, 10 AM

In this class taught by Mikki Bell, you will make a steampunk-era hat and learn about the history of the era. All supplies will be provided to create either a women's hat with lace and a brooch or a men's hat with steampunk-style goggles. All supplies included with registration fee of **\$15.00**. Participants are encouraged to check out the Inside Out Gallery Steampunk Era display June 3rd through 5th. Registration recommended. Sign up by April 9th; Walk-ins welcome.

## INFORMATION & ASSISTANCE OUTREACH

April 14th & 28th, 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, April 14th, 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.

## BEGINNER CROCHET

TH, April 21st, 8:30 - 11 AM

Learn the basic crochet stitches. You will select a project: a potholder, coaster, or dishcloth. You will learn how to read a pattern and use it in the application of crochet skills. The instructor will contact each participant to determine current level of competence and to share information about the materials needed. If you have questions, contact Pam at 309-826-1612. Registration required.

## MUSIC ENRICHMENT

W, April 20th, 10:30 AM & T, April 26th, 2:00 PM

"It Don't Mean a Thing If it Ain't Got That Swing: Tribute to Duke & Ella." Join the fun with Rita Meland for a Music Enrichment presentation on Duke Ellington and Ella Fitzgerald. Registration required.

## ARC ENTHUSIASTIC GARDENING CLUB: ZINNIA SEEDS

April 21st, 11:00 AM  
Dian Nealey will present on how to harvest zinnia seeds from last year's flowers, and then participants will have a chance to try! Registration required. Registration closes one day in advance.

## ARC TECH CLUB

W, April 27th, 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.

## APRIL NEW MEMBER ORIENTATION

W, April 27th, 2:00 PM  
ARC will host a New Member Orientation on April 27th at 2:00 PM. Members who joined in March and April are encouraged to join ARC staff and Advisory Board members as they educate you on all that ARC has to offer! If you've been a member for some time but still have questions, you are more than welcome to attend the orientation as well.





# HYBRID PROGRAMMING

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 April 5th, 10 -11:15 AM

The ARC Avid Readers Book Club chooses paperback books to read and discuss. Upcoming books to be discussed are as follows: April: "My Own Words," by Ruth Bader Ginsburg and May: "The Brilliant Life of Eudora Honeysett," by Annie Lyons.

### GREAT BOOKS

April 7th, 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, March 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 APRIL 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 April is **\$40 for 8 classes**. Modified Yoga will start on Monday, April 4th.

### **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, T, 11 AM - 12 PM**

#### **Instructor: Lucy Croft**

Zumba is a total-body workout that mixes low-intensity and high-intensity moves for an interval-style, calorie-burning party. Adding resistance by using Zumba Toning sticks helps you focus on specific muscle groups. Toning sticks help with coordination, arms, core and lower body. **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 April. Let's Cardio Party Dance will start on Thursday, April 7th.

# 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. **No class on April 5th.** The cost to attend this class in April is **\$9 for 3 classes for previous participants and \$21 for 7 classes for new participants.** Low and Slow will start on Thursday, April 7th.

## **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 April is **FREE.** Advanced Line Dance will start on Monday, April 4th.

## **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 April is **FREE.** Line Dance II will start on Wednesday, April 13th. Class dates: 4/13, 4/20, 4/27.

## **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 April is **FREE.** Line Dance I will start on Monday, April 11th. Class dates: 4/11 & 4/25.

## **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 April is **\$48.00 for 8 classes.** Triple Treat will start Monday, April 4th.

## **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 April is **\$48 for 8 classes.** Healthy Moves & Grooves will start Monday, April 4th.

## **EXERCISE SAMPLER WITH LUCY CROFT, RN**

**T, April 19th, 11 AM start time**

Lucy Croft, RN will lead a free exercise sampler to allow members a chance to try out a variety of Zumba classes as well as Fit & Fab class that will return to ARC in May! Schedule: 11-11:30 AM - Zumba Gold Chair, 12-12:30 PM Zumba Gold 30 Minute, 1-1:30 PM Zumba , 2-2:30 PM Fit & Fab. Registration for May sessions will open at the end of each corresponding sampler section online and at ARC. Registration is not required to participate in any portion of the Exercise Sampler program.

**Further details can be found on the Exercise Calendar on page 4.**



## 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

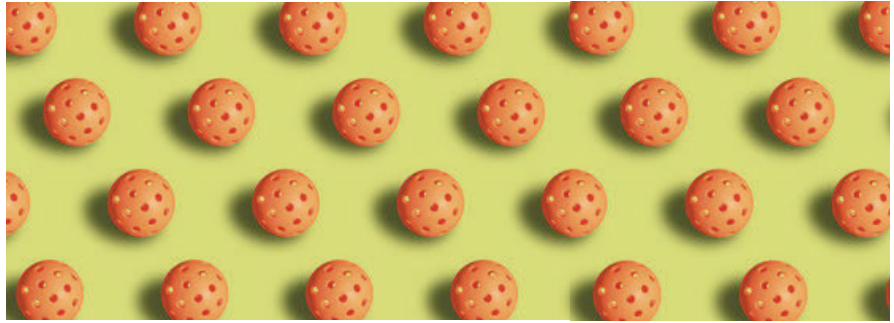
Beginner-level players only

Thurs., 6:30 AM - 1:00 PM

Sat., 8 AM - 4 PM

Open to players of all skill levels except Wednesdays.

**NO OPEN PICKLEBALL**  
**4/12 FROM 11 AM - 4 PM,**  
**4/19 FROM 8 AM - 4 PM,**  
**4/30 FROM 8 AM - 12 PM**



## BEGINNER PICKLEBALL CLINIC

with Mike Mitchell, Pickleball Ambassador

Join us at ARC to learn the fundamentals of the game at this **FREE** Pickleball Clinic for beginners!

**Date & Time:** Saturday, April 30th | 9:00 AM - 12:00 PM

Register for the Beginner Pickleball Clinic at ARC, on ARC's website through the GymMaster Portal or by calling 309-888-9099. Registration opens March 23rd at 8 AM. Registration closes Wednesday, April 27th.



### 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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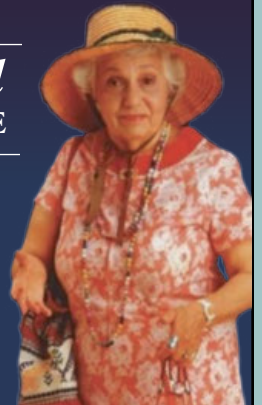
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## FITNESS EQUIPMENT ORIENTATION

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 March 23rd at 8 AM.

**Tuesdays, 1:00 - 1:30 PM**  
**Wednesdays, 3:30 - 4:00 PM**  
**Saturday, April 2nd, 9 - 9:30 AM**



## PERSONAL TRAINING WITH SCOTT

### APRIL 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 April 4th.**



Stop by the desk **on or after March 23rd to schedule an assessment during the week of March 28th.**

## HELP US WELCOME BACK LUCY CROFT

**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.



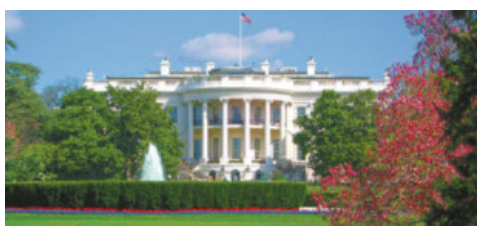
# TRAVEL OPTIONS & WATERCOLOR WORKSHOP

## EXTENDED TRAVEL OPTIONS WITH ARC & COLLETTE VACATIONS

### 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



## APRIL TECH TIPS

### Changing Your Email/Google Account Password

by Deb Siron, ARC Tech Club member

You can change your password for security reasons or reset it if you forget it. Your Google Account password is used to access many Google products, like Gmail and YouTube. *Are my Gmail and Google password the same?* Yes, **they are the same** because your Gmail account resides **IN** your Google account, along with all the other Google products and services you use. **To Change the Password on a Computer:**

1. Open your Google Account. You might need to sign in.
2. Under "Security," select "Signing in to Google".
3. Choose "Password". You might need to sign in again.
4. Finally, enter your new password, then select the button "Change Password".

\* The ARC Tech Club invites you to join us monthly on the 4th Wed. of the month at Noon, to discuss these and other Tech Tips

## LIGHTEN UP, LOOSEN UP WATERCOLOR WORKSHOP

with Visiting Artist Richard Stephens | Aug. 22nd - 25th | Cost: \$300.00

When you take a Richard Stephens workshop, you will be exposed to three main things. Informative technical information sprinkled with humor and anecdotes, entertaining and educational painting demonstrations and lots of one-on-one time with Richard as he helps you through your individual painting process.

Days start with short presentation on the "topic of the day" determined by the level and interest of the class. Richard will do at least one complete painting demonstration day. Students learn techniques, creative use of "tools" of watercolor. Emphasis on elements and principals of design.

After the demo, students start on their own paintings or the class will work together on exercises to reinforce the theme, "Lighten Up, Loosen Up."

Space is limited. Full payment due at registration. Register at ARC or through the GymMaster Member Portal by clicking the blue "Purchase" button and choosing "Buy Products" beginning April 1st.

**No refunds after August 1st, unless replacement found.**

End of workshop lunch will be discussed first day of workshop. Bring sack lunch or sign up for Peace Meal prior to class days. Contact Molly Camper for more details.





# 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 - 1 PM  
S, 8 AM - 4 PM

## KNITTING, CROCHETING & NEEDLEWORK

TH, 12:30 - 3:30 PM

## QUILTING & SEWING

M, 8 AM - 6 PM  
S, April 2nd, 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  
4/4 - The Loft  
4/11 - Sugar Creek  
Alzheimer's Special  
Care Center  
4/18 - Evergreen Senior Living  
4/25 - The Loft

## CALIFORNIA CANASTA

M, 9:30 AM

## SCRABBLE

T, 10 AM - 12 PM

## CHESS RETURNS!

TH, 1 PM

## BEGINNER SIGN LANGUAGE

W, April 6th - 27th, 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, April 5th.

## SIGN LANGUAGE REVIEW & EXPAND

W, April 6th - 27th, 11 AM

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, April 5th.

## 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

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, April 6th, 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 April, 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  
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### SENIOR ADVISORY BOARD NEEDS SECRETARY

Contact Communications Coordinator Sammi Scott, if interested in volunteering

If you are interested in learning the inside scoop on matters pertaining to the operation of the Normal Township ARC, we have a volunteer slot available for you.

The ARC Senior Advisory Board is in need of a volunteer secretary to record and compile minutes for monthly Advisory Board Meetings. If you would like to see examples of previous meeting minutes, visit the Senior Advisory Board page on the ARC website:

[www.activityandrecreationcenter.org](http://www.activityandrecreationcenter.org)  
or contact Communications Coordinator Sammi Scott.

Senior Advisory Board meetings take place on the first Thursday of the month at 9:30 AM. These meetings are typically completed in under one hour but have, on rare occasions, gone thirty minutes beyond that. There is a standard format.

The agenda is prepared in advance along with written staff reports. Discussions of agenda items are typically brief.

A person with some experience in notetaking should be able to complete the written record in approximately one hour for each meeting. The Chair and other members will assist in clarifying any points that were covered, as needed.

One of the benefits of this role is more complete understanding of issues being considered and progress achieved on various projects and programs. If you have any questions or are interested in assisting this collegial and welcoming group of advisory board members as secretary, contact ARC Communications Coordinator Sammi Scott at [sscott@normaltownship.org](mailto:sscott@normaltownship.org).

### 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.



### BE CONTENT SENIOR EXPO

Tuesday, May 3rd  
9 AM - 2 PM  
Parke Regency Hotel

The 11th Annual Be Content Senior Expo will return to the Parke Regency Hotel on Tuesday, May 3rd from 9 AM - 2 PM.

Free admission, Free Hourly Door Prize Drawings, Free Photos at the Parke, Free Ice Cream at the Parke Contests, Prizes and so much more.

More than 50 exhibitors in attendance. Be one of the first 100 attendees and receive a free goody bag. It will be a fun day; you won't want to miss it!