

 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.

**BUILDING HOURS**

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

**WHAT YOU NEED TO KNOW**

- Registration for May programs will begin on **Tuesday, April 19th at 8 AM. Registration for classes with Lucy will begin on the 19th following each sampler session time.** 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.

**NOTE:** 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.

## CENTER STAFF

### DIRECTOR OF OPERATIONS

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### SHUTTLE DRIVERS

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### 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

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- Adult language and cognitive communication services
- Voice services for clients diagnosed with Parkinson's

### Audiology Services:

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- 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>2</b> 8-6 Quilting &amp; Sewing 9:30 California Canasta</p> <p>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>3</b> 9:30 Caregiver Support 9:30 Genealogy Help - Rex 10:00 NPL Books on the Go 10 ARC Avid Readers 10-12 Scrabble 12:30-4 Poker 1-2 ARC-Ulele Hour 1-4 Pinochle 1-4 Fun and Games 2-4 Strat-O-Matic Baseball</p>	<p><b>4</b> 8-6 Painter's Workshop 9-12 Hand and Foot 10 *Beginner Sign Lang (E)* 10:30 *ISU Audiology: Tinnitus* 11 *Review/ Expand Sign (E)* 12:30 Euchre 12:30 *Bridge Tournament* 1-4 *Hearing Screenings* 1-6 Fun and Games</p>	<p><b>5</b> 8-12 Hobby Workshop 9-11 *8 Ball Tourney* 10:30 Great Books 12:30-4 Mah Jongg 12:30-3:30 Knitting Etc. 1:00 Chess 1-4 Fun and Games 1-1:30 Tech Tutor Seminar* 1:30 Genealogy Help - Rex 2-4 Strat-O-Matic Baseball 2-4 ARCoustic Jam</p>	<p><b>7</b> 8-4 All Day Quilting and Sewing</p> <p>8-4 Fun &amp; Games 9:30 Bridge 12-4 *Computer Assistance* 1:00 Movie: Dear Evan Hansen (2021)</p>	
<p><b>9</b> 8-6 Quilting &amp; Sewing 9:30 California Canasta 9:30 Genealogy Help - Tim 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>10</b> 9 *Durable Power of Attorney* 9:30 Genealogy Help - Rex 10-12 Scrabble 10:00 *Stamping Class* 12:30-4 Poker 1-2 ARC-Ulele Hour 1-2:30 *Internet TV* 1-3 *Rules of the Road* 1-4 Pinochle 1-4 Fun and Games 2-4 Strat-O-Matic Baseball</p>	<p><b>11</b> 8-6 Painter's Workshop 9-12 Hand and Foot 10 *Beginner Sign 2 (N)* 11 *Review/Expand Sign (N)* 11 *IFE: Wills &amp; Trusts* 12 Women's Grief Support 12-5 Blood Drive 12:30 Euchre 1-6 Fun and Games 1:30 Genealogy Help - Tim 2 Men's Grief Support</p>	<p><b>12</b> 8:30 *Intermed. Crochet* 9-11 Assistance Outreach 10 *Alz. Assoc. 10 Warning Signs of Alzheimer's* 10 *Bunco* 12:30-4 Mah Jongg 12:30-3:30 Knitting Etc. 1:00 Chess 1-3 Walk-In SHIP 1-4 Fun and Games 1:30 Genealogy Help - Rex 2-4 Strat-O-Matic Baseball 2-4 ARCoustic Jam</p>	<p><b>14</b> 8-4 Fun and Games</p> <p>8-4 All Day Hobby Workshop</p> <p>9:30 Bridge</p> <p>12-4 *Computer Assistance* 1:00 Movie: Bringing Up Baby (1938)</p>	
<p><b>16</b> 8-6 Quilting and Sewing 9:30 California Canasta 11 *CEFCU Protect Yourself From Scams Presentation* 12:30 Bridge 12:30-4 Mah Jongg 1-4 Hand &amp; Foot 1-6 Fun and Games 1:00 Bingo: Heritage Health</p>	<p><b>17</b> 9:30 Genealogy Help - Rex 10 Books on the Go 10-12 Scrabble 12:30-4 Poker 12:30 *Android Basics Part 1* 1-2 ARC-Ulele Hour 1-4 Pinochle 1-4 Fun and Games 2 *iPhone Basics Part 1* 2-4 Strat-O-Matic Baseball</p>	<p><b>18</b> 8-6 Painter's Workshop 9-12 Hand and Foot 10 *Beginner Sign 2* 10:30 *Music Enrichment* 11 *Review &amp; Expand Sign* 12 Co-Ed Grief Support 12:30 *Euchre Tourney* 12:30 Bridge 1-6 Fun and Games</p>	<p><b>19</b> 9 *Durable Power of Attorney* 11 *ARC Gardening Club: Spring Pot with Niepagen's* 12:30-4 Mah Jongg 12:30-3:30 Knitting Etc. 1:00 Chess 1-4 Fun and Games 1:30 Genealogy Help - Rex 2-4 Strat-O-Matic Baseball 2-4 ARCoustic Jam</p>	<p><b>21</b> 8-4 Fun and Games 8-4 All Day Hobby Workshop 8:30-3 *Pickleball Tourney* 9:30 Bridge</p> <p>12-4 *Computer Assistance* 1:00 Movie: Mary Poppins Returns (2018)</p>	
<p><b>23</b> 8-6 Quilting and Sewing 9:30 California Canasta 9:30 Genealogy Help - Tim 12:30 Bridge 12:30-4 Mah Jongg 1-3 Walk-In SHIP 1-4 Hand &amp; Foot 1-6 Fun and Games 1:00 Bingo: Carriage Crossing Senior Living</p>	<p><b>24</b> 9:30 Genealogy Help - Rex 10-12 Scrabble 10:00 *Stamping Class* 12:30-4 Poker 1-2 ARC-Ulele Hour 1-4 Pinochle 1-4 Fun and Games 2-4 Strat-O-Matic Baseball 2:00 *Music Enrichment*</p>	<p><b>25</b> 8-6 Painter's Workshop 9-12 Hand and Foot 10 *Beginner Sign 2* 11 *Review &amp; Expand Sign* 12 Women's Grief Support 12 *ARC Tech Club* 12:30 Euchre 12:30 Bridge 1-6 Fun and Games 1:30 Genealogy Help - Tim 2 Men's Grief Support</p>	<p><b>26</b> 8:30 *Beginner Crochet* 9-11 Assistance Outreach 10 *Bunco* 10:30 Memorial Day Event 12:30-4 Mah Jongg 12:30 *Android Basics Part 2* 12:30-3:30 Knitting Etc. 1:00 Chess 1-4 Fun and Games 1:30 Genealogy Help - Rex 2-4 Strat-O-Matic Baseball 2 *iPhone Basics Part 2* 2-4 ARCoustic Jam</p>	<p><b>28</b> 8-4 Fun and Games 8-4 All Day Hobby Workshop 9:30 Bridge</p> <p>12-4 *Computer Assistance* 1:00 Movie: Roman Holiday (1953)</p>	
<p><b>30</b></p> <p style="text-align: center;"><b>Center Closed for Memorial Day</b></p>	<p><b>31</b> 9:30 Genealogy Help - Rex 9:30 *Watercolor Class w/ Carol Boerckel* 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 style="text-align: center;"><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>			

# MAY 2022 IN-PERSON EXERCISE

4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<p><b>2</b></p> <p>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 I <b>N</b>            5:50 Healthy Moves &amp; Grooves <b>N</b></p>	<p><b>3</b></p> <p>9 Gentle Yoga <b>PP</b>            9:00 Low &amp; Slow <b>N</b>            9:30 Fit &amp; Fabulous <b>N</b>            10:15 Chair Yoga <b>PP</b>            11 Beg. Qigong &amp; Taiji            11 Zumba Gold <b>N</b>            12:30 30-Minute Zumba Gold <b>N</b>            1-1:30 FEO            1:30 Zumba Gold Chair <b>N</b></p>	<p><b>4</b></p> <p>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>5</b></p> <p>9:00 Low &amp; Slow            11 Beg. Qigong &amp; Taiji            2 Cardio Party Dance <b>N</b></p>	<p><b>7</b></p>
<p><b>9</b></p> <p>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>10</b></p> <p>9 Gentle Yoga <b>PP</b>            9:00 Low &amp; Slow            9:30 Fit &amp; Fabulous            10:15 Chair Yoga <b>PP</b>            11 Beg. Qigong &amp; Taiji            11 Zumba Gold            12:30 30-Minute Zumba Gold            1-1:30 FEO            1:30 Zumba Gold Chair</p>	<p><b>11</b></p> <p>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>12</b></p> <p>9:00 Low &amp; Slow            11 Beg. Qigong &amp; Taiji            2 Cardio Party Dance</p>	<p><b>14</b></p> <p>10:00 Drumming with Nancy Nork</p>
<p><b>16</b></p> <p>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>17</b></p> <p>9 Gentle Yoga <b>PP</b>            9:00 Low &amp; Slow            9:30 Fit &amp; Fabulous            10:15 Chair Yoga <b>PP</b>            11 Beg. Qigong &amp; Taiji            11 Zumba Gold            12:30 30-Minute Zumba Gold            1-1:30 FEO            1:30 Zumba Gold Chair</p>	<p><b>18</b></p> <p>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>19</b></p> <p>9:00 Low &amp; Slow            11 Beg. Qigong &amp; Taiji            2 Cardio Party Dance</p>	<p><b>21</b></p>
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<p><b>30</b></p> <p><b>Closed for Memorial Day</b></p>	<p><b>31</b></p> <p>9 Gentle Yoga <b>PP</b>            9:00 Low &amp; Slow            9:30 Fit &amp; Fabulous            10:15 Chair Yoga <b>PP</b>            11 Beg. Qigong &amp; Taiji            11 Zumba Gold            12:30 30-Minute Zumba Gold            1-1:30 FEO            1:30 Zumba Gold Chair</p>			<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>

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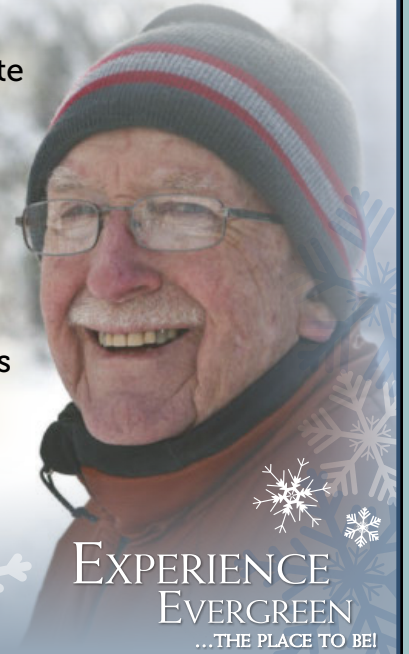
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ARC, Normal, IL

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# SENIOR HEALTH INSURANCE PROGRAM

## 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 May are as follows:**  
2nd Thursday - May 12th, 1 - 3 PM, 4th Monday - May 23rd, 1 - 3 PM

## NEW TO MEDICARE PRESENTATION: COMING SOON

Are you new to Medicare, or you will be soon? Or would you like to learn more about the basics of Medicare? Consider attending this free session offered by the Medicare Senior Health Insurance Program (SHIP) Counselors at ARC. Registration (encouraged) will be available online using the Member Portal or by calling ARC at (309) 888-9099. You do not need to be an ARC member to attend. We will cover the basic concepts listed below, followed by an opportunity for questions: Medicare Part A & B - the costs and benefits, what Medicare covers and does not cover, enrollment steps, deadlines not to miss, and explanations of secondary insurance options. These explanations will include Supplements, Medicare Advantage, and Part D drug coverage. The Part D drug coverage will be an overview. Both a more detailed Part D presentation and a Medicare Advantage presentation will be planned closer to the Annual Open Enrollment period. Please Note: SHIP is a program of the State of Illinois Department on Aging. There is no insurance company affiliation and the presentations are not a sales promotion.

STAY TUNED FOR MORE INFO TO COME!

## 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 comes directly from Medicare and 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 may 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 and come from your insurance company. 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, especially billing for services or supplies you did not receive.

**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 that take effect January 1 of the next year. The ANOC is very important and will be described in more detail in a SHIP Q&A article later this summer.

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

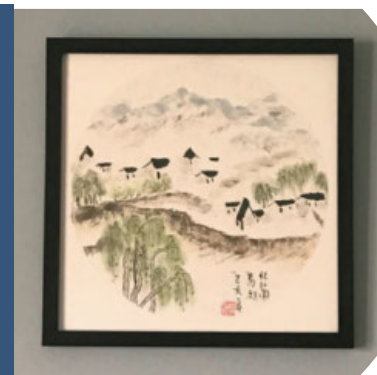
## ART AT ARC

**Upcoming Exhibit: Dine-In Gallery:** Chinese Brush Painting by Su Ge, May 16th - June 24th with opening reception May 16th from 4:00 - 5:30 PM. Image right: "Remembering Jiangnan"

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

Dining Room: "Abstracts" by ARC Artists, April 4th - May 13th

Conference Room: "Landscapes" by ARC Artists, April 4th - November 4th, 2022.



## GENEALOGY HELP

**T, 9:30 - 10:30 AM & TH, 1:30 - 2:30 PM, M, May 9th & 23rd, 9:30 - 10:30 AM, W, May 11th & 25th, 1:30 PM**

Rex King will be available in the ARC computer lab to help you get started on researching your family history on Tuesdays and Thursdays. If you have questions you can also e-mail Rex at [genrexx@gmail.com](mailto:genrexx@gmail.com). Tim Daugherty will be available on the 2nd & 4th Monday and Wednesday of the month as well. If you have questions, you can email Tim at [timdgen@gmail.com](mailto:timdgen@gmail.com).

## CAREGIVER SUPPORT GROUP

**T, May 3rd, 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, May 3rd & 17th, 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.

## ARCOUSTIC JAM

**TH, 2 - 4 PM**

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

## HOBBY WORKSHOP

**S, May 14th, 21st, 28th, 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.?

## ISU AUDIOLOGY: TINNITUS

**W, May 4th, 10:30 AM**

Alyssa Seeman, Doctor of Audiology at ISU, will speak on the topic of tinnitus. Tinnitus is any sound, often ringing, buzzing, or humming, that someone hears in their ears or head. This affects millions of Americans to various degrees. Dr. Seeman is an expert in the treatment of tinnitus and will lead a discussion on the many factors that influence a person's experience with tinnitus as well as some effective treatment options. Registration required.

## HEARING SCREENINGS

**W, May 4th, 1:00 - 4:00 PM**

The Activity and Recreation Center (ARC) has partnered with Illinois State University's Speech and Hearing Clinic once again to offer Free Adult Hearing Screenings. ISU Speech and Hearing Clinic is open to the public and offers: Comprehensive Hearing Evaluations Hearing Aid Services Speech and Language Evaluations and Treatment Please ask your Audiologist for more information! CALL 309-888-9099 TO SCHEDULE YOUR FREE HEARING SCREENING AT THE ARC TODAY! Experts in Speech & Hearing Health Care [csd.IllinoisState.edu/clinic](http://csd.IllinoisState.edu/clinic)

## MOVIES

**S, May 7th, 1 PM:** Dear Evan Hansen (2021) Run Time: 2 hr., 17 min. Rating: PG-13

**S, May 14th, 1 PM:** Bringing Up Baby (1938) Run Time: 1 hr., 42 min. Rating: Passed

**S, May 21st, 1 PM:** Mary Poppins Returns (2018) Run Time: 2 hr., 10 min. Rating: PG  
**S, May 28th, 1 PM:** Roman Holiday (1953) Run Time: 1 hr., 58 min. Rating: Passed

## DURABLE POWER OF ATTORNEY

**T, May 10th & TH, May 19th, 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, May 10th & 24th, 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.

# 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, Carle Hospice Bereavement Coordinator. These programs will meet in person at ARC for the month of May.

## WOMEN'S GRIEF SUPPORT

**W, May 11th & 25th, 12 - 1:30 PM**  
Closed to new members

## MEN'S GRIEF SUPPORT

**W, May 11th & 25th, 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, May 18th, 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.

## RULES OF THE ROAD

**T, May 10th, 1 - 3 PM**  
Sponsored by the Illinois Secretary of State's Office and Retired Senior Volunteer Program (RSVP), will be held at the ARC. Class is free and open to all adults. Registration required.

## IFE: WILLS & TRUSTS

**W, May 11th, 11:00 AM**  
Learn the 3 parts of a will and why everyone needs one. Discover how probate works and can it be avoided? Explore the real power of a trust and are there tax benefits such as a charitable trust. Discuss the meaning of "tax-free inheritance" and "lifetime giving exclusions" and how to incorporate them into your estate plan. Learn new strategies that will assist you in minimizing your death/estate taxes, while maximizing your assets. Registration required.

## 10 WARNING SIGNS OF ALZHEIMER'S

**TH, May 12th, 10:00 AM**  
This Alzheimer's Association education program will help you recognize common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor. Registration required.

## INFORMATION & ASSISTANCE OUTREACH

**TH, May 12th & 26th, 9 - 11 AM**  
Community Care will help with license plate discounts, RTA discount, Tax Freeze/Homestead, Exemption applications, Medicaid applications, etc.

## INTERMEDIATE CROCHET

**TH, May 12th, 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.

## CEFCU: PROTECT YOURSELF FROM SCAMS

**M, May 16th, 11:00 AM**  
Join CEFCU's Risk Manager and Financial Education Specialist to learn about scams that are targeting seniors. Some of the topic will be: Imposter Scams, Refund Scams Grandparent Scams. Also learn how to protect yourself from becoming a victim of a scam. Registration required.

## MUSIC ENRICHMENT

**W, May 18th, 10:30 AM & T, May 24th, 2:00 PM**  
Join the fun with Rita Meland for May's Music Enrichment programs: "Somewhere Over the Rainbow" - The Life and Music of Composer Harold Arlen." Registration required.

## ARC ENTHUSIASTIC GARDENING CLUB: SPRING POT: NIEPAGAN'S

**TH, May 19th, 11:00 AM**  
Niepagan's will present on how to plant a beautiful spring pot! Registration required. Registration closes one day in advance.

## ARC TECH CLUB

**W, May 25th, 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.

## BUNCO

**TH, May 12th & 26th, 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, May 26th, 8:30 - 11:00 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.

## RENEW YOUR LOVE OF WATERCOLOR

**T, May 31st, 9:00 AM - 3:30 PM**  
Refresh your love of watercolor. Excellent for beginners. Will look at how to approach a painting from a photo and how to make watercolor glow. Bring one or two of your own photos. Bring your questions about watercolor, and bring some of your art so we can talk about it together, if you desire. Will talk about color and composition. Bring the supplies you have. **List of recommended supplies available at ARC.** Contact Carol with any questions at 309-230-8743 or carolwatercolor@aol.com. **Cost of this class is \$30.00. See image in upper left for sample of what will be made in class.** Registration required.



# HYBRID PROGRAMMING

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

## JOIN ARC'S ONGOING HYBRID 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 May 3rd, 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: May: "The Brilliant Life of Eudora Honeysett," by Annie Lyons and June: "Caste: The Origins of our Discontents," by Isabel Wilkerson.

### GREAT BOOKS

May 5th, 10:30 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 Tuesday, April 19th at 8 AM. (Registration information for Lucy's classes in May can be found on the front page.)

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 MAY 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 will return in June.**

### 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 will return in June.**

### 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 May is **\$40 for 8 classes**. Modified Yoga will start on Monday, May 2nd.

### ZUMBA GOLD CHAIR, T, 1:30 - 2:15 PM

#### 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. **The cost to attend this class in May is \$25 for 5 classes.** Zumba Gold Chair will start on Tuesday, May 3rd.

### ZUMBA GOLD, 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. The cost to attend this class in May is **\$45 for 5 classes**. Zumba will start on Tuesday, May 3rd.

### 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 May. Let's Cardio Party Dance will start on Thursday, May 5th.

## 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 May is **\$27.00 for 9 classes**. Low and Slow will start on Tuesday, May 3rd.

### **FIT & FABULOUS, T, 9:30 AM**

**Instructor: Lucy Croft**

Fit and Fabulous focuses on balance, muscle, resistance work, flexibility and bone health. maintenance and improvement. This 60-minute class will consist of a cardio warm-up, weight and balance work, and stretching while using a mat, chair or the wall. The cost to attend this class in May is **\$45 for 5 classes**. Fit & Fabulous will start on Tuesday, May 3rd.

### **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 May is **\$10.00**. Advanced Line Dance will start on Monday, May 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 May is **\$10.00**. Line Dance II will start on Wednesday, May 4th.

### **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 May is **\$10.00**. Line Dance I will start on Monday, May 2nd.

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

**Instructor: Nancy Norkiewicz**

Treat Yourself to a refreshing class of cross training incorporating the components of cardiovascular endurance, muscular strength, and healthy mobility, for well-rounded results. A variety of moderate low impact formats and props, coupled with familiar music, will keep motivation high while letting your spirit soar. Class concludes with positive, centering breathwork and meditation. The cost to attend this class in May is **\$48.00 for 8 classes**. Triple Treat will start Monday, May 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 May is **\$48.00 for 8 classes**. Healthy Moves & Grooves will start Monday, May 2nd.

### **ZUMBA GOLD 30-MINUTE, T, 12:30 - 1:00 PM**

**Instructor: Lucy Croft**

Recreates the basics of the Zumba Gold program class but for a 30-minute period. Great for those beginning the Zumba experience and/or those unable to be on the dance floor longer. Strong emphasis on balance. The cost to attend this class in May is **\$25 for 5 classes**. Zumba Gold 30-Minute will start on Tuesday, May 3rd.

## PICKLEBALL SCHEDULE

Mon., 6:30 - 11:00 AM & 4 - 7 PM  
 Tues., 6:30 AM-9:00 AM & 3-4 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 PICKLEBALL

W, MAY 11TH, 11 AM - 7 PM



## PICKLEBALL TOURNAMENT

May 21st | 8:30 AM - 3:00 PM | Cost: \$12 per team | Reg. opens 4/19

Doubles, Best 2 out of 3 Games, Single-Elimination Competition, Bracketing by Blind Draw, Pre-Assigned Schedule in 45-Minute Intervals

**Register your two-player team at ARC by Saturday, May 14th** single players who are interested & need a partner, email Molly at [mcamper@normaltownship.org](mailto:mcamper@normaltownship.org).

**Tournament Notes:** Arrive 10 minutes prior to scheduled time. Warm up, if necessary, limited to one minute. First service to be done from east end of court and determined by coin toss. For further details on standards for play, stop by ARC and pick up a tournament flyer from the flyer rack. Prizes, dependent on the number of teams registered, will be awarded to 1st & 2nd place teams.



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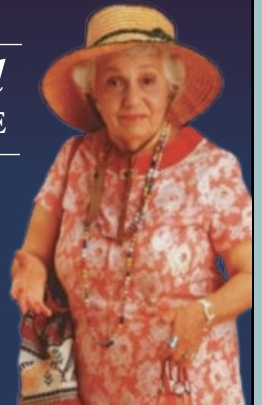
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## FITNESS EQUIPMENT ORIENTATION

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 April 19th at 8 AM.

**Tuesdays, 1:00 - 1:30 PM**  
**Wednesdays, 3:30 - 4:00 PM**  
**Saturday, May 28th, 9:00 - 9:30 AM**



## PERSONAL TRAINING WITH SCOTT

### MAY 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 May 9th.**



Stop by the desk **on or after April 25th to schedule an assessment during the week of May 2nd.**

## DRUMMING CLASS WITH NANCY NORK

**S, May 14th | 10:00 AM | \$6.00**

The Act of Drumming has been found to be effective for balancing out the right and left-brain hemispheres. Using drum sticks and stability ball, we'll have a BALL pounding out and creating our own moving musical masterpiece. This beat will energize your body, mind, and spirit.

Register at ARC or on ARC's GymMaster Member Portal.

## HELP US WELCOME ADA BACK TO ARC!

**Gentle Yoga, Chair Yoga & Breathwork class coming June**

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.

# TRAVEL OPTIONS & TECH TUTOR CLASSES

## 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

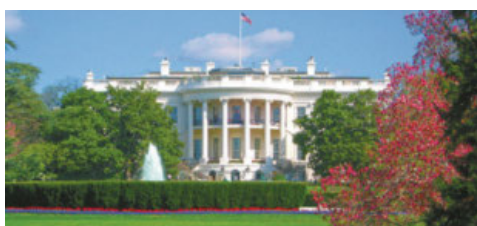
Nov 30 — Dec 07, 2022 • 8 Days • 10 Meals

**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



## MAY TECH TIPS



### Tornado Warning App: Install to Be Safe

by Nancy Komlanc, ARC Tech Club Chair

It's Tornado Season and time to make sure you have downloaded the FREE "Red Cross Tornado App" on your Android or iPhone! This App will warn you with an extremely LOUD Siren in the event of a Tornado Warning -- day or night, at home, or anywhere the phone is! It will likely wake you up while sleeping!

#### Steps:

1. In the App Store/Play Store, search for: "Red Cross Tornado".
2. Locate the American Red Cross Tornado image and click on it. The Preview screens show the latest Alerts in your area, monitor other zip codes, track hazards on Live map. You will learn what to do before, during and after a tornado, and more.
3. Download, then Open the App and Enable Permissions. Allow the App to use your location choosing "Allow While Using the App". To Enable Critical Alerts choose "Allow".
4. Make sure you have "Monitor Current" turned on. Be Safe and Share this App!

\* The ARC Tech Club invites you to join us monthly on the 4th Wednesday, Noon, to discuss these and other Tech Tips!

## MAY 2022 CLASSES WITH THE TECH TUTOR

Registration required, closes one day prior to class

### FORMER FLIP PHONE USERS SEMINAR: ANDROID OR IPHONE

TH, May 5th, 1:00 - 1:30 PM

Thinking about buying a Smartphone since your Flip Phone is obsolete? Whether you are a Flip Phone User or looking to upgrade to a new Smartphone, this **FREE** Educational Seminar in the Auditorium will give you the information you need to make an educated and intelligent decision when shopping for a Smartphone. Nancy will compare the features and advantages of each phone type. Register at ARC, by phone or through the GymMaster Member Portal, and be an informed consumer!

### INTERNET TV

T, May 10th, 1:00 - 2:30 PM

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 \$\$\$! **Cost: \$20**

### Special Classes for Former Flip Phone Users & Others

#### ANDROID BASICS PART I

T, May 17th, 12:30 - 2 PM

#### IPHONE BASICS PART I

T, May 17th, 2- 3:30 PM

Join us and learn how to: Turn phone On and Off, Adjust volume, Increase the screen timeout, Increase text size, Make a call, Turn on Speaker during calls, and Add names and phone #'s to Contacts list. Bring your phone to the workshop so you can make the adjustments on it to get plenty of hands-on practice! The cost to attend this workshop is **\$20.00**. Instructor: Nancy Komlanc, The Tech Tutor.

#### ANDROID BASICS PART II

TH, May 26th, 12:30 - 2 PM

#### IPHONE BASICS PART II

TH, May 26th, 2- 3:30 PM

Join us and learn how to: Organize your Home Screen so it's easy to use, Set-up "Direct Dialing" / "Speed Dialing" / or "Favorites", Send a text message, group text message, and send photos, and more! Bring your phone to the workshop so you can make the adjustments on it to get plenty of hands-on practice! The cost to attend this workshop is **\$20.00**. Instructor: Nancy Komlanc, The Tech Tutor.

# 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  
8 Ball Tourney: May  
5th, 9-11 AM

## MAH JONGG

M, TH, 12:30 - 4 PM

## PICKLEBALL/PING PONG

M, 6:30 - 11 AM & 4 - 7 PM  
T, 6:30 - 9:00 AM & 3 - 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, May 7th, 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  
Tourney: May 18th,  
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  
5/2 - The Loft  
5/9 - Sugar Creek  
Alzheimer's Special  
Care Center  
5/16 - Heritage Health  
5/23 - Carriage Crossing Senior  
Living

## CALIFORNIA CANASTA

M, 9:30 AM

## SCRABBLE

T, 10 AM - 12 PM

## CHESS

TH, 1 PM

## BEGINNER SIGN LANGUAGE 2

W, May 11th - June 1st, 10 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, May 3rd

## SIGN LANGUAGE REVIEW & EXPAND

W, May 11th - June 1st, 11 AM

This class is designed for members who have taken multiple sign classes 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, May 3rd.

## 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, May 4th, 12:30 PM

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

## ARC-ULELE HOUR

T, 1 - 2 PM

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



## NORMAL TOWNSHIP ARC

600 E Willow Street  
Normal, IL 61761

### LIGHTEN UP, LOOSEN UP WATERCOLOR WORKSHOP

with visiting artist **Richard Stephens** | **August 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 principles 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.



### ADVISORY BOARD MOVIE SELECTION COMMITTEE

The Normal Township Senior Advisory Board is looking to form a subcommittee to work together with the ARC management team to choose ARC's monthly movie selections. Those interested in participating can reach out to Director of Programming Molly Camper by email at [mcamper@normaltownship.org](mailto:mcamper@normaltownship.org). She will connect those interested with the committee leader.

### MEMORIAL DAY REMEMBRANCE SERVICE

**May 26th, 10:30 AM**

A remembrance service to honor all persons who have died while serving in the US Armed Forces.

#### Order of Events

Welcome

Lowering of the Flag

Scripture/Meditation

Reading of the names of those who died

Wreath Laying

Flag Folding & Presentation

Rifle Volley

TAPS

Amazing Grace

Dismissal

In the event of inclement weather, the Memorial Day program will move to the Auditorium from outdoors.