

 600 E Willow Street
Normal, IL 61761

 309-888-9099

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

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ABOUT ARC

With an annual membership fee of only \$30 available to anyone age 55+ in McLean County and beyond, Normal Township's Activity and Recreation Center (ARC) provides a modern, friendly, atmosphere for socialization and fitness, as well as recreational, nutritional, and health support services. A membership fee reduction is available based on financial need, and Silver Sneakers members can receive a free membership. We provide a comprehensive range of programs and services, including pickleball, billiards, Peace Meal, art workshops, aerobics, card tournaments, support groups, book clubs, and so much more.

SATURDAY PROGRAMMING

Fun & Games Group, 8:00 AM - 1:00 PM
 Hobby Workshop, 8:00 AM - 1:00 PM
 Intermediate & Advanced Bridge, 9:30 AM

WHAT YOU NEED TO KNOW

-Registration for June programs will begin on **Wednesday, May 25th at 8 AM.** Programs with a fee must be registered for in person or on ARC's Member Portal. Free programs can be registered for in-person, online or by phone. Programs marked with an asterisk on the Activity Calendar require registration.

NOTE: See ARC's pickleball schedule on page 12. Ping Pong is available only when pickleball courts are open. ARC's Fitness Center, Walking Track, and Billiards Room are available during building hours.

BUILDING HOURS

Monday - Thursday: 7:00 AM - 7:00 PM
Friday & Saturday: 8:00 AM - 1:00 PM

CENTER INFORMATION

CENTER STAFF

DIRECTOR OF OPERATIONS
Jess Ray
jray@normaltownship.org

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

SHUTTLE DRIVERS
George Wilson

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

DIRECTORY & SERVICES

NORMAL TOWNSHIP
304 E. Mulberry Street, Normal, IL 61761
Phone..... 452-2060

FAITH IN ACTION
600 E. Willow Street, Normal, IL 61761
Phone 827-7780

ISU AUDIOLOGY
600 E Willow Street, Normal, IL 61761
Phone 438-8124

PEACE MEAL
Noontime meals are served Monday-Friday and are available to persons 60+. Those under 60 may participate at a cost of \$9.60. Participants are served a well-balanced meal containing at least 1/3 of the daily adult nutritional requirements. There is a suggested donation of \$3.50 for each meal. To make your reservation, call ARC at 888-9099, press 1 and leave a message with your name and reservation date at least one day in advance of the reservation date by Noon.



SHUTTLE 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.



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Illinois State University

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Speech-Language Pathology Services:	Audiology Services:
<ul style="list-style-type: none"> Speech-language evaluations and therapy for all ages Adult language and cognitive communication services Voice services for clients diagnosed with Parkinson's 	<ul style="list-style-type: none"> Full range of services for all ages Comprehensive hearing evaluations Hearing aid services Cochlear implant services Tinnitus evaluations Auditory processing evaluations

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	FRIDAY
<p style="text-align: center;">New Member Orientation</p> <p>Join the ARC team Wed., June 22nd at 2 PM in the Auditorium to learn more about ARC!</p>	<p>Please Note: DPA = Durable Power of Attorney</p>	<p>1</p> <p>8-6 Painter's Workshop 9-12 Hand and Foot 9 Mindfulness Meditation 10 *Beginner Sign Lang 2 (E) 11 *Review/ Expand Sign (E) 12:30 Euchre 12:30 Adv. *Bridge Tourney* 1-6 Fun and Games</p>	<p>2</p> <p>8-12 Hobby Workshop 10:30 Great Books 12:30-4 Mah Jongg 12:30-3:30 Knitting Etc. 12:30 Inter./Adv. Bridge 1:00 Chess 1-4 Fun and Games 1:30 Genealogy Help - Rex 2-4 Strat-O-Matic Baseball 2:30-4:30 ARCooustic Jam</p>	<p>3</p> <p>9:00 Mindfulness Meditation 10-1 *Computer Assistance* 11 Tai Chi</p>
<p>6</p> <p>8-6 Quilting & Sewing 9 Mindfulness Meditation 9:30 California Canasta 10 *Beginner Bridge Class* 12:30 Inter./Adv. Bridge 12:30-4 Mah Jongg 1-4 Hand & Foot 1-6 Fun and Games 1:00 Bingo: Blair House 3:00 Movie: For Love of the Game (1999)</p>	<p>7</p> <p>9-11 *Mah Jongg Class* 9:30 Caregiver Support 9:30 Genealogy Help - Rex 10:00 NPL Books on the Go 10 ARC Avid Readers 10-12 Scrabble 10 *Happy Hacks* 12:30-4 Poker 1 *Internet TV* 1-2 ARC-Ulele Hour 1-4 Pinochle 1-4 Fun and Games 2-4 Strat-O-Matic Baseball</p>	<p>8</p> <p>8-6 Painter's Workshop 9-12 Hand and Foot 9 Mindfulness Meditation 10 *Beginner Sign 2 (N)* 11 *Review/Expand Sign (N)* 12 Women's Grief Support 12-5 Blood Drive 12:30 Inter./Adv. Bridge 12:30 Euchre 1-6 Fun and Games 1:30 Genealogy Help - Tim 2 Men's Grief Support 3 *Vet Center Informational*</p>	<p>9</p> <p>8:30 *Intermed. Crochet* 9-11 Assistance Outreach 10 *Bunco* 12:30-4 Mah Jongg 12:30-3:30 Knitting Etc. 12:30 Inter./Adv. Bridge 1:00 Chess 1-3 Walk-In SHIP 1-4 Fun and Games 1:30 Genealogy Help - Rex 2-4 Strat-O-Matic Baseball 2:30-4:30 ARCooustic Jam</p>	<p>10</p> <p>9:00 Mindfulness Meditation 10-1 *Computer Assistance* 11 Tai Chi</p>
<p>13</p> <p>8-6 Quilting and Sewing 9 Mindfulness Meditation 10 *Beginner Bridge Class* 9:30 California Canasta 9:30 Genealogy Help - Tim 12:30 Inter./Adv. Bridge 12:30-4 Mah Jongg 1-4 Hand & Foot 1-6 Fun and Games 1:00 Bingo: Sugar Creek</p>	<p>14</p> <p>9 *DPA* 9-11 *Mah Jongg Class* 9:30 Genealogy Help - Rex 10-12 Scrabble 10 *Stamping Class* 11 *Sunshine Bells* 12:30-4 Poker 1-2 ARC-Ulele Hour 1-4 Pinochle 1-4 Fun and Games 2-4 Strat-O-Matic Baseball 1/3 *Android/iPhone Settings*</p>	<p>15</p> <p>8-6 Painter's Workshop 9-12 Hand and Foot 9 Mindfulness Meditation 10 *Beginner Sign 2* 10:30 *Music Enrichment* 11 *Review & Expand Sign* 12 Co-Ed Grief Support 12:30 *Euchre Tourney* 12:30 Inter./Adv. Bridge 1-6 Fun and Games</p>	<p>16</p> <p>9 *DPA* 11 *ARC Gardening Club: Sarah's Garden* 12:30-4 Mah Jongg 12:30-3:30 Knitting Etc. 12:30 Inter./Adv. Bridge 1:00 Chess 1 Movie: Seabiscuit (2003) 1-4 Fun and Games 1:30 Genealogy Help - Rex 2-4 Strat-O-Matic Baseball 2:30-4:30 ARCooustic Jam</p>	<p>17</p> <p style="text-align: center;">Closed in observation of Juneteenth</p>
<p>20</p> <p>8-6 Quilting and Sewing 9 Mindfulness Meditation 9:30 California Canasta 10 *Beginner Bridge Class* 12:30 Inter./Adv. Bridge 12:30-4 Mah Jongg 1-4 Hand & Foot 1-6 Fun and Games 1:00 Bingo: Evergreen Senior Living</p>	<p>21</p> <p>9-11 *Mah Jongg Class* 9:30 Genealogy Help - Rex 10 NPL Books on the Go 10-12 Scrabble 12:30-4 Poker 1 *Internet TV* 1 Parkinson's Support Group- Welcome Back Party 1-2 ARC-Ulele Hour 1-4 Pinochle 1-4 Fun and Games 2-4 Strat-O-Matic Baseball</p>	<p>22</p> <p>8-6 Painter's Workshop 9-12 Hand and Foot 9 Mindfulness Meditation 10 *Beginner Sign 2* 11 *Review & Expand Sign* 12 Women's Grief Support 12 *ARC Tech Club* 12:30 Euchre 12:30 Inter./Adv. Bridge 1-6 Fun and Games 1:30 Genealogy Help - Tim 2 Men's Grief Support</p>	<p>23</p> <p>8:30 *Beginner Crochet* 9-11 Assistance Outreach 10 *Bunco* 10 * BeSMART Gun Safety* 11 *Woodwind Quintet* 12:30-4 Mah Jongg 12:30-3:30 Knitting Etc. 12:30 Inter./Adv. Bridge 1:00 Chess 1-4 Fun and Games 1:30 Genealogy Help - Rex 2-4 Strat-O-Matic Baseball 2:30-4:30 ARCooustic Jam</p>	<p>24</p> <p>9:00 Mindfulness Meditation 10-1 *Computer Assistance* 10 Movie: The Big Sleep (1946) 11 Tai Chi</p>
<p>27</p> <p>8-6 Quilting and Sewing 9 Mindfulness Meditation 9-11 *8 Ball Tourney* 9:30 California Canasta 9:30 Genealogy Help - Tim 10 *Beginner Bridge Class* 12:30 Inter./Adv. Bridge 12:30-4 Mah Jongg 1-3 Walk-In SHIP 1-4 Hand & Foot 1-6 Fun and Games 1:00 Bingo: Carriage Crossing Senior Living</p>	<p>28</p> <p>9-11 *Mah Jongg Class* 9:30 Genealogy Help - Rex 10-12 Scrabble 10:00 *Stamping Class* 12:30-4 *Poker Tourney* 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>29</p> <p>8-6 Painter's Workshop 9-12 Hand and Foot 9 Mindfulness Meditation 10 *Beginner Sign Lang 2 (E) 11 *Review/ Expand Sign (E) 12:30 Euchre 12:30 Inter./Adv. Bridge 1-6 Fun and Games 2 Movie: I Am Sam (2001)</p>	<p>30</p> <p>12:30-4 Mah Jongg 12:30-3:30 Knitting Etc. 12:30 Inter./Adv. Bridge 1:00 Chess 1:00 *Android Apps* 1-4 Fun and Games 1:30 Genealogy Help - Rex 2-4 Strat-O-Matic Baseball 2:30-4:30 ARCooustic Jam 3:00 *iPhone Apps*</p>	<p style="text-align: center;">New to Medicare</p> <p>Mark your calendars for June 22nd at 5 PM for the next New to Medicare presentation. More information can be found on page 6.</p>

JUNE 2022 IN-PERSON EXERCISE

4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 9 Triple Treat N 10 Modified Yoga N 10 Tai Chi Form 11 Inter. Tai Chi & Qigong 1:30 Adv. Line Dance N 2:45 Line Dance II N 3:30-4 NO FEO 5:50 Healthy Moves & Grooves N</p>	<p>2 9:00 Low & Slow N 1111 Beg. Tai Chi & Qigong 2 Cardio Party Dance N</p>	<p>3 9 Funtastic Friday N 11 Inter. Tai Chi & Qigong</p>
<p>6 9 Triple Treat 10 Modified Yoga 10 Tai Chi Form 11 Inter. Tai Chi & Qigong 1:00 Chair Yoga N 1:30 Adv. Line Dance 2:15 Breathwork N 2:45 Line Dance I N 3 Gentle Yoga N 5:50 Healthy Moves & Grooves</p>	<p>7 9:00 Low & Slow 9:30 Fit & Fabulous N 11 Beg. Tai Chi & Qigong 11 Zumba Gold N 12:30 30-Minute Zumba Gold N 1-1:30 FEO 1:30 Zumba Gold Chair N 4:30 Active Group Training N</p>	<p>8 9 Triple Treat 10 Modified Yoga 10 Tai Chi Form 11 Inter. Tai Chi & Qigong 1:30 Adv. Line Dance 2:45 Line Dance II 3:30-4 FEO 5:50 Healthy Moves & Grooves</p>	<p>9 9:00 Low & Slow 10 Th. Zumba Gold Chair N 11 Beg. Tai Chi & Qigong 11 Zumba & Zumba Toning N 12:30 Zumba Gold Toning N 1:15 Th, Fit & Fabulous N 2 Cardio Party Dance 4:30 Easy Going Group Training N</p>	<p>10 9 Funtastic Friday 11 Inter. Tai Chi & Qigong</p>
<p>13 9 Triple Treat 10 Modified Yoga 10 Tai Chi Form 11 Inter. Tai Chi & Qigong 1:00 Chair Yoga 1:30 Adv. Line Dance 2:15 Breathwork 2:45 Line Dance I 3 Gentle Yoga 5:50 Healthy Moves & Grooves</p>	<p>14 9:00 Low & Slow 9:30 Fit & Fabulous 11 Beg. Tai Chi & Qigong 11 Zumba Gold 12:30 30-Minute Zumba Gold 1-1:30 FEO 1:30 Zumba Gold Chair 4:30 Active Group Training 5:45 - 6:15 FEO</p>	<p>15 9 Triple Treat 10 Modified Yoga 10 Tai Chi Form 11 Inter. Tai Chi & Qigong 1:30 Adv. Line Dance 2:45 Line Dance II N 3:30-4 FEO 5:50 Healthy Moves & Grooves</p>	<p>16 9:00 Low & Slow 10 Th. Zumba Gold Chair 11 Beg. Tai Chi & Qigong 11 Zumba & Zumba Toning 12:30 Zumba Gold Toning 1:15 Th. Fit & Fabulous 2 Cardio Party Dance 4:30 Easy Going Group Training</p>	<p>17 Closed in observation of Juneteenth</p>
<p>20 9 Triple Treat 10 Modified Yoga 10 Tai Chi Form 11 Inter. Tai Chi & Qigong 1:00 Chair Yoga 1:30 Adv. Line Dance 2:15 Breathwork 2:45 Line Dance I 3 Gentle Yoga 5:50 Healthy Moves & Grooves</p>	<p>21 9:00 Low & Slow 9:30 Fit & Fabulous 11 Beg. Tai Chi & Qigong 11 Zumba Gold 12:30 30-Minute Zumba Gold 1-1:30 FEO 1:30 Zumba Gold Chair 4:30 Active Group Training</p>	<p>22 9 Triple Treat 10 Modified Yoga 10 Tai Chi Form 11 Inter. Tai Chi & Qigong 1:30 Adv. Line Dance 2:45 Line Dance II 3:30-4 FEO 5:50 Healthy Moves & Grooves</p>	<p>23 9:00 Low & Slow 10 Th. Zumba Gold Chair 11 Beg. Tai Chi & Qigong 11 Zumba & Zumba Toning 12:30 Zumba Gold Toning 1:15 Th. Fit & Fabulous 2 Cardio Party Dance 4:30 Easy Going Group Training</p>	<p>24 9 Funtastic Friday 11 Inter. Tai Chi & Qigong</p>
<p>27 9 Triple Treat 10 Modified Yoga 10 Tai Chi Form 11 Inter. Tai Chi & Qigong 1:00 Chair Yoga 1:30 Adv. Line Dance 2:15 Breathwork 2:45 Line Dance I 3 Gentle Yoga 5:50 Healthy Moves & Grooves</p>	<p>28 9:00 Low & Slow 9:30 Fit & Fabulous 11 Beg. Tai Chi & Qigong 11 Zumba Gold 12:30 30-Minute Zumba Gold 1-1:30 FEO 1:30 Zumba Gold Chair 4:30 Active Group Training 5:45 - 6:15 FEO</p>	<p>29 9 Triple Treat 10 Modified Yoga 10 Tai Chi Form 11 Inter. Tai Chi & Qigong 1:30 Adv. Line Dance 2:45 Line Dance II 3:30-4 FEO 5:50 Healthy Moves & Grooves</p>	<p>30 9:00 Low & Slow 10 Th. Zumba Gold Chair 11 Beg. Tai Chi & Qigong 11 Zumba & Zumba Toning 12:30 Zumba Gold Toning 1:15 Th. Fit & Fabulous 2 Cardio Party Dance 4:30 Easy Going Group Training</p>	<p>Fitness Equipment Orientation = FEO For FEO, arrive 5 min. early N= New</p>

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Dr Brett Keller

Peoria Charter Travel
1503 E. College Ave. Unit D
Normal, IL 61761

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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 June are as follows:**

2nd Thursday - June 9th, 1 - 3 PM, 4th Monday - June 27th, 1 - 3 PM



NEW TO MEDICARE PRESENTATION

June 22nd | 5 PM in the Auditorium

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) is available online using the Member Portal or by calling ARC at (309) 888-9099. Walk-ins are welcome and 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.

This session is not designed to provide detailed personal counseling. These are available 1:1 with individual counselors and can be scheduled by calling ARC and by leaving a message as instructed on the SHIP line.

The Part D drug coverage will be an overview. Both a more detailed Part D presentation and a Medicare Advantage presentation are planned this fall, closer to the Annual Open Enrollment.

Please note that 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.

DON'T FALL FOR NEW MEDICARE CARD SCAM

WHAT YOU SHOULD KNOW:

Everyone has already received a new Medicare Card. Those cards were sent out three years ago!

Your Medicare Card number is **NO LONGER YOUR SOCIAL SECURITY NUMBER.**

Medicare is **NOT ALLOWED TO CALL BENEFICIARIES.**

There are **NO CARDS THAT ARE MADE OF PLASTIC.**

There are **NO CARDS THAT HAVE A CHIP INSIDE OF THEM.**

There are **NO CARDS THAT ARE THE COLOR GOLD.**

DO NOT GIVE OUT YOUR MEDICARE CARD NUMBER TO ANYONE OVER THE PHONE!



BEWARE OF SCAMMERS!

If someone calls you and asks for your Medicare number in exchange for money or services, it is a scam! Remember that **Medicare will NEVER call you for personal information.**

For more information or to report suspicious callers, contact Illinois SMP at AgeOptions at: **1(800)699-9043**



This project was supported, in part, by grant number 90MPPG0036, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

UPCOMING PROGRAMMING

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

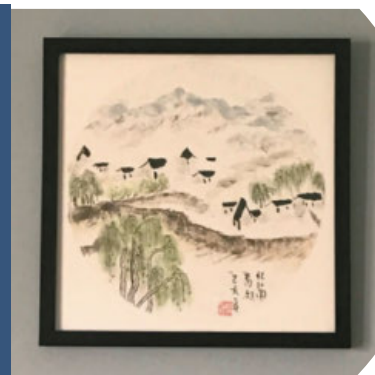
ART AT ARC

Upcoming Exhibit: Dine-In Gallery: "Monochromes," by ARC Artists
June 27th, 2022 - August 5th, 2022 with an opening reception on June 27th from 4-5:30 PM, which will be open to the public. Entries due by 6/17. The Oxford dictionary defines monochrome as 'an artwork executed in black and white or varying tones of only one color.'

Ongoing Exhibits Open for Members to View During Business Hours

Dining Room: Chinese Brush Painting by Su Ge, May 16th - June 24th (Image Right: "Remembering Jiangnan")

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, June 13th & 27th, 9:30 - 10:30 AM,
W, June 8th & 22nd, 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 genrexk@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.

HOBBY WORKSHOP

**S, June 4th, 11th, 18th & 25th,
8 AM - 1 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.?

BEGINNER BRIDGE CLASS

M, June 6th - 27th, 10 AM

Join ARC member and bridge group leader Dennis Wager for this 4-week class to learn the fundamentals of bridge. Registration required.

MOVIES

M, June 6th, 3 PM: For Love of the Game (1999) Run Time: 2 hr., 18 min. Rating: PG-13

TH, June 16th, 1 PM: Seabiscuit (2003) Run Time: 2 hr., 21 min. Rating: PG-13

F, June 24th, 10 AM: The Big Sleep (1946) Run Time: 1 hr., 54 min. Rating: Passed

W, June 29th, 2 PM: I Am Sam (2001) Run Time: 2 hr., 12 min. Rating: PG-13

ARCOUSTIC JAM

TH, 2:30 - 4:30 PM

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

CAREGIVER SUPPORT GROUP

T, June 7th, 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.

MAH JONGG CLASS

**T, June 7th - 28th, July 9 & 12th
9 - 11 AM**

American Mah Jongg is a 4-player Chinese tile game that uses the National Mah Jongg League (NMJL) card to build a winning hand. Nikki Landau will teach this 6-week class will cover the basics of the rules and gameplay until participants are ready to play full games in the final weeks of class. Registration is for the full 6 weeks - please only register if you intend to come to all meetings. **Cost: \$10**

BOOKS ON THE GO: NPL

T, June 7th & 21st 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.

HAPPY HACKS

T, June 7th, 10 AM

Our lives are bombarded with negativity, stress, and countless threats to our emotional well-being, work, and closest relationships. New research in neuroscience & positive psychology shows that when we experience happiness and positivity, it turns on all the learning centers in the brain and fuels positive outcomes in all aspects of our lives. Participants will learn about the

common barriers to positivity and personal well-being & find out more about simple science-backed principles and practices, or happy hacks, to boost both positivity and productivity as well as mood and attitude. Registration required.

VET CENTER INFORMATIONAL

W, June 8th, 3 PM

Join us for a presentation by the Peoria Vet Center on services offered to returning combat veterans & their families for a chance to learn more about all the services available to you or your loved ones. Registration required.

BUNCO

TH, June 9th & 23rd, 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.

COMPUTER ASSISTANCE

F, 10 AM - 1 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.

INFORMATION & ASSISTANCE OUTREACH

TH, June 9th & 23rd, 9 - 11 AM

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

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 June.

WOMEN'S GRIEF SUPPORT

W, June 8th & 22nd, 12 - 1:30 PM

Closed to new members

MEN'S GRIEF SUPPORT

W, June 8th & 22nd, 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, June 15th, 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.

PARKINSON'S SUPPORT GROUP

T, June 21st, 1 PM

The Parkinson's Support Group meets on the third Tuesday of each month. This month will be a welcome back party to bring past and new participants together! Reservations are not required.

INTERMEDIATE CROCHET

TH, June 9th, 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.

DURABLE POWER OF ATTORNEY

T, June 14th & TH, June 16th, 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 & closes 1 day in advance.

STAMPING CARD CLASS

T, June 14th & 28th, 10:00 AM

You will take home 2 homemade cards. Personalize your cards with stamps, cutouts, glitter, etc. Bring a pair of scissors, clear glue or a snail (crafter's tape), colored pencils or pens and your imagination. Cost: \$8.00; includes all supplies/materials Registration required. Registration closes one day in advance of each class.

SUNSHINE BELLS

T, June 14th, 11 AM

Sunshine Bells will perform at the ARC on Flag Day, June 14 at 11:00 a.m. We are a group of 7 handbells ringers who have been performing together since 2015. It is our great joy to be back to "in person" programs and look forward to seeing our friends at the ARC. It is a 30 min. program of light and entertaining music. Registration required.

MUSIC ENRICHMENT

W, June 15th, 10:30 AM & T, June 28th, 2 PM

Join the fun with Rita Meland for June's Music Enrichment programs: "Music from the Movies - Academy Award Winning Songs Part 2. Will begin with WWII movies and move into the 1950's. Enjoy this inside look as we trace the rich musical history of cinematic songs through the years!! Registration required.

ENTHUSIASTIC GARDENERS CLUB: SARAH'S GARDEN

TH, June 16th, 11 AM

Come take a stroll in Sarah's Garden, on the grounds of David Davis Mansion, guided by a Master Gardener who helps weekly in the garden. You'll see a variety of plants blooming. Some of the possibilities are roses, yucca, bleeding hearts, lilies, honeysuckle, columbine, balsam, California poppies, and

baptisia. Sarah's Garden is an ORIGINAL garden, in the SAME location, with the original DESIGN and many of the SAME plants Sarah Davis enjoyed in 1872. Registration required. Meet at the David Davis Mansion - 1000 Monroe, Blm.

ARC TECH CLUB

W, June 22nd, 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.

JUNE NEW MEMBER ORIENTATION

W, June 22nd, 2 PM

ARC will host a New Member Orientation on June 22nd at 2:00 PM. Members who joined in May and June are encouraged to join ARC staff 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.

BEGINNER CROCHET

TH, June 23, 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.

BE SMART GUN SAFETY

TH, June 23rd, 10 AM

This educational, non-political program is for grandparents/any adult who wants to learn how unlocked, loaded guns can place children in grave danger due to unintentional shootings and suicide. Be SMART is a program developed by Moms Demand Action for Gun Sense in America to bring together parents and all adults concerned about kids, guns, and safety. Presented by Robyn Cashen. Please join us, along with Brad Park from NPD, as we share research and resources to reduce gun violence in our community. Registration required.

WOODWIND QUINTET

TH, June 23rd, 11 AM

WindSong Woodwind Quintet will perform at the ARC on Thursday, June 23 at 11:00 AM. The five instruments of the quintet are a lovely blend of instrumental sound. Our program will offer a variety of classical, spirituals, musicals, toe tappers; etc. We guarantee 35 min. of enjoyable easy-listening music. Registration required.

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.

INTERMEDIATE TAI CHI & QIGONG

M, W, F 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 TAI CHI & QIGONG 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 T, June 7th, 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: June: "Caste: The Origins of our Discontents," by Isabel Wilkerson and July: "The Midnight Library," by Matt Haig.

GREAT BOOKS

TH, June 2nd, 10:30 AM

Great Books reading and discussion program introduces adult participants to significant works of literature. Our group is currently using "Introduction to Great Books - Series 1". For a link to the book, contact ARC. The Great Books Foundation promotes discussion of works and ideas of enduring value; and this Series 1 book contains 12 chapters by 12 different authors (from Sigmund Freud to Jose Ortega y Gasset). For more information about this group email Jim ODonnell at jjod@frontier.com.

At the June 2nd meeting, we will discuss the first chapter pages 1 -18 entitled Why War? This is a fascinating and very timely assignment. It features a discussion between Sigmund Freud, a psychologist, and Albert Einstein, a physicist, on the subject of what can be done to protect mankind from the curse of war.

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EXERCISE CLASSES



HOW TO REGISTER FOR CLASS

Registration process for all paid exercise classes:

Registration for classes opens on Wednesday, May 25th 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.

Note for Ada's Classes: Register for the full session by May 31st. After the 31st, you can register for single class dates. Chair & Gentle Yoga - \$12/class. Breathwork - \$6/ class

EXERCISE CLASSES FOR THE MONTH OF JUNE 2022

CHAIR YOGA, M, 1 - 2 PM

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. Physically, you will rejuvenate muscles, repair connective tissue, improve joint function and balance. Additionally, your relaxation will give your body and mind time to integrate the results of your practice. Ask ARC staff about recommended props. The cost to attend this session in June is **\$40 for 4 classes**. Gentle Yoga will start Monday, June 6th.

GENTLE YOGA, M, 3 - 4 PM

Instructor: Ada Rediger

This one-hour class uses slow warm ups, gentle asana (postures) guided by the breath (pranayama) and deep relaxation. It is for students interested in learning to relax and feel good in their body. During the class, the student will move from seated or lying on the mat to standing positions. Most classes will include: opening/centering work using guided awareness and pranayama (breathwork), gentle warm-ups and asanas (yoga postures) guided by the breath, mat work that is lying down, seated, hands and knees and/or standing, working on strength, stability, flexibility and balance, relaxation & closing. You will rejuvenate muscles, repair connective tissue, strengthen bones, improve joint

function and balance. Modifications are offered and use of props is encouraged making the practice accessible. Ask ARC staff about recommended props. The cost to attend this session in June is **\$40 for 4 classes**. Gentle Yoga will start Monday, June 6th.

MODIFIED YOGA, M, W, 10 - 11 AM

Instructor: Connie Stefi

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 **\$45 for 9 classes**. Modified Yoga will start on Wednesday, June 1st.

BREATHWORK, M, 2:15 - 2:45 PM

Instructor: Ada Rediger

This half-hour class is for students interested in learning yoga breathwork (pranayama) techniques. No prior experience is needed. Most classes will include: Opening / Centering, Warm-Ups, Teaching / Discussion, Practice, Closing. Physically, students will strengthen breathing muscles, improve breathing ability and reduce stress/tension in their body and mind. Students should wear comfortable clothing. They will be invited to sit in a comfortable seated position in a straight-backed chair or on the floor for the class. For comfort while sitting, the student is encouraged to bring a cushion or blanket. They are also asked to bring a pen and notebook for taking notes. The cost to attend this session in June is **\$20 for 4 classes**. Breathwork will start on Monday, June 6th.

ZUMBA GOLD CHAIR, T, 1:30 - 2:15 PM, TH, 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. The cost to attend this class in June is **\$20 for 4 classes/\$40 for 8 classes**. Register for Tuesdays or Thursdays or both. Zumba Gold Chair will start on Tuesday, June 7th.

ZUMBA GOLD, T, 11 AM - 12 PM ZUMBA GOLD TONING, TH, 12:30 - 1:00 PM

Instructor: Lucy Croft

Perfect for active older adults looking for a modified Zumba class that recreates the original moves at a lower intensity, protecting knees & hips. Easy to follow; focuses on cardio, balance, range of motion & coordination. Tailored for active older adults, who want to focus on muscle conditioning and light weight activity. Zumba Gold-Toning blends the Zumba party you love at a slower pace with a redefining total body workout using Zumba Toning Sticks. Low to moderate intensity strength training exercises are essential to prevent a dramatic reduction in muscle mass, muscle strength, atrophy and sarcopenia. The cost to attend these classes in June is **\$36 for 4 classes**. Register for Tuesdays or Thursdays or both. Zumba Gold will start on Tuesday, June 7th. Toning will start on Thursday, June 9th.

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 your body! Come and enjoy the fun and music! The cost to attend this class is **\$10.00** for the month of June. Let's Cardio Party Dance will start on Thursday, June 2nd.

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 June is **\$27.00 for 9 classes**. Low and Slow will start on Thursday, June 2nd.

FIT & FABULOUS, T, 9:30 AM, TH, 1:15 - 2:15 PM

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 June is **\$36 for 4 classes/\$72 for 8 classes**. Register for Tues., Thurs. or both. Fit & Fabulous will start on Tuesday, June 7th.

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 June is **\$10.00**. Advanced Line Dance will start on Wednesday, June 1st.

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 June is **\$10.00**. Line Dance II will start on Wednesday, June 1st.

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 June is **\$10.00**. Line Dance I will start on Monday, June 6th.

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 June is **\$54 for 9 classes**. Triple Treat will start Wednesday, June 1st.

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 June is **\$20 for 4 classes**. Zumba Gold 30-Minute will start on Tuesday, June 7th.

FUNTASTIC FRIDAY, F, 9 AM

Instructor: Nancy Norkiewicz

Wrap up the week or wake up your weekend with this cross-training class guaranteed to energize your mind/body/spirit. Each class will sport a new theme, with different skills and equipment to add challenge, intrigue and mental motivation to your fitness regimen. Variety is the Spice of Fitness - just say TGIF today! The cost to attend this class in June is **\$18 for 3 classes**. Or take the class for **\$6 per class**. Funtastic Friday will start on Friday, June 3rd. **No class 6/17**.

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 **\$54.00 for 9 classes**. Healthy Moves & Grooves will start Wednesday, June 1st.

ZUMBA & ZUMBA TONING, TH, 11 AM - 12 PM

Instructor: Lucy Croft

Zumba is a total-body workout that mixes low-intensity & high-intensity moves for an interval-style, calorie-burning party. Adding resistance by using Zumba toning sticks helps you focus on specific muscle groups. The challenge of adding resistance by using Zumba Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! Lightweight maraca-like toning sticks enhances sense of rhythm & coordination, while toning target zones, including arms, core and lower body. The cost to attend this class in June is **\$36 for 4 classes**. Zumba & Zumba Toning will start on Thursday, June 9th.

PICKLEBALL SCHEDULE

M, 7 - 11 AM & 4 - 7 PM

T, 7 - 9 AM & 3 - 7 PM

W, 7 AM - 7 PM

-Experienced 7 AM - 12 PM

-Beginner 12 PM - 7 PM

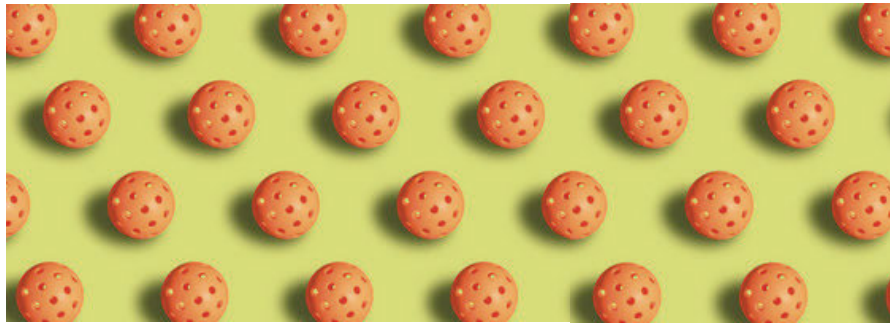
TH, 7 - 9 AM & 5 - 7 PM

F & S, 8 AM - 1 PM

Open to players of all skill levels except Wednesdays.

NO PICKLEBALL

W, JUNE 8TH, 11 AM - 7 PM



BEAT THE HEAT PICKLEBALL SOCIAL

June 18th | 8:00 AM - 1:00 PM | Cost: \$15 | Reg. opens 5/25

Cost includes Carl's Ice Cream treat and pickleball souvenir.

Come dressed in festive, funny summer attire for a fun, non-competitive gathering to meet new pickleball players and enjoy the company of long-time friends! Players of all skill levels are encouraged to participate.

Game Play: Rally scoring; play rotations will be explained at the event. Please Note: Space is limited; registration open to ARC members only.



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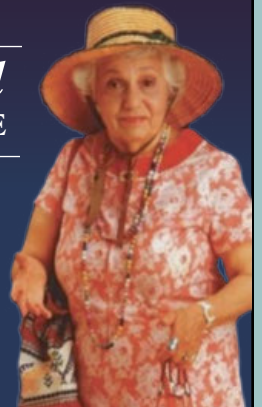
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FITNESS EQUIPMENT ORIENTATION

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 May 25th at 8 AM.

Tuesdays, 1:00 - 1:30 PM

Wednesdays, 3:30 - 4:00 PM

Evening Orientations: June 14th & 28th, 5:45 - 6:15 PM



PERSONAL TRAINING WITH SCOTT

JUNE 2022 REGISTRATION

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

Stop by the desk **on or after May 31st to register for a 4-week training session to begin the week of June 6th.**

The cost for **1 person** to attend the 4-week program is **\$80.00**. The cost for a shared (**2 person**) 4-week program is **\$120.00**.

Your workout dates will be discussed to fit your and the trainer's schedule.



NEW GROUP TRAINING CLASSES

ARC will expand its personal training offerings with NASM certified personal trainer Scott Richardson in June to add two new levels of group training.

Our current, popular one-on-one and semi-private personal training option will continue.

Our goal is to help more members combat aspects of aging that lead to a loss of balance, loss of strength, and loss of aerobic fitness. Studies show even modest time spent in physical activity can lengthen life and improve overall health.

Active Group Training:
Tuesdays, June 7th - 28th,
4:30 - 5:30 PM

This group training class is designed for those who are currently active or who are in relatively good shape and want to return to/enhance their healthy lifestyle.

Easy-Going Group Training
Thursdays, June 9th - 30th,
4:30 - 5:30 PM

This group training class is designed for those who have been sedentary and want to get moving. Many exercises will be conducted with chair assistance.

The cost to participate in a group training class is **\$40 per month**. Pre-registration is required. Classes will be limited in size due to space and equipment availability.

When one-on-one sessions are available, those wishing to attend both a group training session and one-on-one training will be charged \$100 per month for the training package.

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

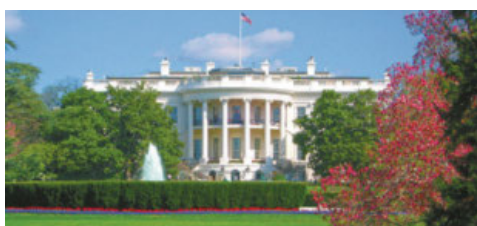
Nov 30 — Dec 07, 2022 • 8 Days • 10 Meals

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



JUNE TECH TIPS

What Should You Do When An Account Is Hacked?

by Del Chance, ARC Tech Club Member

We've all heard of someone who has had an account hacked. Usually, it is a Facebook or Facebook Messenger account. But is it sufficient to just change your Facebook account password?

When you set up a Facebook account you are required to link it to an email account. So if you have had your:

1. Facebook/Messenger Account hacked, change your Facebook password.
2. Email account hacked, change your Email Account password.
3. What if you used the same password for **BOTH** your Facebook **AND** Email Accounts?!

Yes, you have a problem. The Hacker now has access to your Email Contacts and Facebook Friends list. Change **BOTH** passwords and use **DIFFERENT** passwords for each! You should follow the recommendations of both your Email provider and Facebook for making your accounts more secure. Also, notify your friends not to respond to 'friend requests' on Facebook and to **delete ANY** unusual emails they have received from you.

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

JUNE 2022 CLASSES WITH THE TECH TUTOR

Registration required, closes one day prior to class | Cost: \$20 per class

INTERNET TV

T, June 7th & 21st, 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 \$\$\$! Registration required.

ANDROID SETTINGS

T, June 14th, 1:00 - 2:30 PM

IPHONE SETTINGS

T, June 14th, 3:00 - 4:30 PM

There are global settings you can enable on your Smartphone that can make your phone easier, less complicated to use, and actually enjoyable! Together with Step-by-Step instructions and individualized attention in this workshop you are likely to leave feeling more knowledgeable and confident using your Smartphone! Registration required.

ANDROID APPS

TH, June 30th, 1:00 - 2:30 PM

IPHONE APPS

TH, June 30th, 3:00 - 4:30 PM

If you have questions about downloading and installing a "safe" App on your Smartphone, this class is for you! We'll answer these questions as well as go over step-by-step instructions on how to install & uninstall an App. Plus, Nancy will share with you some helpful Apps that she has used a long time! Fee: \$20. Register on ARC's website through the GymMaster Portal or at ARC Front Desk. Instructor: Nancy Komlanc, The Tech Tutor. Registration required,

UPCOMING PROGRAMS

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

FITNESS CENTER

M - TH, 7 AM - 7 PM
F & S, 8 AM - 1 PM

WALKING TRACK

M - TH, 7 AM - 7 PM
F & S, 8 AM - 1 PM

BILLIARDS

M, W, 6:30 AM - 7 PM
T, TH, 6:30 AM - 4 PM
S, 8 AM - 1 PM
8 Ball Tourney: June 27th, 9-11 AM

MAH JONGG

M, TH, 12:30 - 4 PM

PICKLEBALL/PING PONG

M, 7 - 11 AM & 4 - 7 PM
T, 7 - 9 AM & 3 - 7 PM
W, 7 AM - 7 PM
-Experienced 7 AM - 12 PM
-Beginner 12 PM - 7 PM
TH, 7 - 9 AM & 5 - 7 PM
F & S, 8 AM - 1 PM

KNITTING, CROCHETING & NEEDLEWORK

TH, 12:30 - 3:30 PM

QUILTING & SEWING

M, 8 AM - 6 PM

HAND & FOOT

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

POKER

T, 12:30 - 4 PM
Tourney: June 28th, 12:30 PM

PINOCHLE

T, 1 - 4 PM

EUCHRE

W, 12:30 PM
Tourney: June 15th, 12:30 PM

FUN & GAMES

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

GROCERY STORE BINGO

M, 1:00 PM
6/6 - Blair House
6/13 - Sugar Creek
Alzheimer's Special
Care Center
6/20 - Evergreen Senior Living
6/27 - 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, June 8th - 29th, 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, June 7th.

SIGN LANGUAGE REVIEW & EXPAND

W, June 8th - 29th, 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, June 7th.

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.

INTERMEDIATE & ADVANCED BRIDGE

M, W, TH, 12:30 PM, S, 9:30 AM | **Advanced Tournament: W, June 1st, 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 June, 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. She will connect those interested with the committee leader.

ADVISORY BOARD IN NEED OF SECRETARY

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 to record and compile minutes for monthly Advisory Board Meetings.

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.

Contact Communications Coordinator Sammi Scott if interested or with questions.