

 600 E Willow Street
Normal, IL 61761

 309-888-9099

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

WHAT'S INSIDE

Center Information 2
 Program Calendar 3
 Exercise Calendar 4
 SHIP & Tech Tutor Classes..... 6
 Upcoming Programs 7-8
 Hybrid Programs 9
 Exercise Classes 10-11
 Pickleball12
 Fitness Center Services 13
 Upcoming Travel/ Programs . 14
 Upcoming Programs 15
 Special Announcements 16

ABOUT ARC

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

WHAT YOU NEED TO KNOW

-Registration for June programs will begin on **Wednesday, June 22nd 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.

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
 mcamper@normaltownship.org

COMMUNICATIONS COORDINATOR
 Sammi Scott
 sscott@normaltownship.org

MEMBER SERVICES MANAGER
 Elicssha Sanders
 esanders@normaltownship.org

FACILITIES MANAGER
 Preston Hill
 phill@normaltownship.org

MEMBER SERVICES
 Jeanne Whitehill, Ruby Jones, Chris Hoff, Delores McGee, Delilah Finnegan

SHUTTLE DRIVERS
 George Wilson, Tyrone Brown

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

DIRECTORY & SERVICES

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

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

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

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



SHUTTLE SERVICE

ARC shuttle service is available to all seniors that live within a 7-mile radius of ARC. The shuttle service offers door-to-door transportation to and from our programs. The shuttle operates Monday through Thursday, according to the ARC calendar year. Ride times take place between **11 AM-4 PM**. The cost for riding the shuttle is **FREE**. In order to run an efficient shuttle service, all riders need to reserve a seat by Noon one day in advance.



ECKELMANN-TAYLOR SPEECH AND HEARING CLINIC

Illinois State University

309.438.8641 | isuspeechandhearing.com

Speech-Language Pathology Services:

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

Audiology Services:

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

speechhearingclinic@illinoisstate.edu

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>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. * = registration required; DPA = Durable Power of Attorney</p> <p>Saturday Programming Fun & Games Group, 8:00 AM - 1:00 PM Hobby Workshop, 8:00 AM - 1:00 PM Inter. & Adv. Bridge, 9:30 AM Pickleball, 8:00 AM - 1:00 PM Strange But True Civil War Stories: July 2nd, 10 AM Mah Jongg Class: July 9th, 9 - 11 AM How to Use ARC Member Portal Sessions: July 9th & 30th, 10 AM Movie: "The Front Page" (1974), July 16th, 10 AM</p>				<p>1 9:00 Mindfulness Meditation 9 Rummikub 10-1 *Computer Assistance*</p>
<p>4 Closed in observation of the 4th of July</p>	<p>5 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 12:30-4 Poker 1-2 ARC-Ulele Hour 1-4 Pinochle 1-6 Fun and Games 2-4 Strat-O-Matic Baseball 5-6 *Explore the Internet (N)*</p>	<p>6 8-6 Painter's Workshop 9-12 Hand and Foot 9 Mindfulness Meditation 11 *Review/Expand Sign (N)* 12:30 Euchre 12:30 *Adv. Bridge Tourney* 1-6 Fun and Games 2-3 Caregiver Support - Alzheimer's Association</p>	<p>7 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 1-6 Fun and Games 1:30 *Meals 4 a Healthy Heart* (N) 1:30 Genealogy Help - Rex 2-4 Strat-O-Matic Baseball 2:30-4:30 ARCooustic Jam</p>	<p>8 9:00 Mindfulness Meditation 9 Rummikub 10-1 *Computer Assistance* 10 The Terminal (2004)</p>
<p>11 8-6 Quilting and Sewing 9 Mindfulness Meditation 9:30 California Canasta 9:30 Genealogy Help - Tim 10 *Ecology Action Center: Electric Aggregation* 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>12 9 *DPA* 9-11 *Mah Jongg Class (E)* 9:30 Genealogy Help - Rex 10-12 Scrabble 10 *Stamping Class* 12:30-4 Poker 1:00 *Internet TV* 1-2 ARC-Ulele Hour 1-3 *Rules of the Road* 1-4 Pinochle 1-6 Fun and Games 2-4 Strat-O-Matic Baseball 5-6 *Explore the Internet*</p>	<p>13 8-6 Painter's Workshop 9-12 Hand and Foot 9 Mindfulness Meditation 11 *Review & Expand Sign* 12 Women's Grief Support 12:30 Inter./Adv. Bridge 1-6 Fun and Games 1-3 *Senior Care Network Bingo* 1:30 Genealogy Help - Tim 2 Men's Grief Support</p>	<p>14 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 1-6 Fun and Games 1:30 *Meals 4 a Healthy Heart* (E) 1:30 Genealogy Help - Rex 2-4 Strat-O-Matic Baseball 2:30-4:30 ARCooustic Jam</p>	<p>15 9:00 Mindfulness Meditation 9 Rummikub 10-1 *Computer Assistance* 10 *Local Interest Speaker Series: Bill Kemp - McLean County Lost: An Illustrated Tour of Vanished Worlds*</p>
<p>18 8-6 Quilting and Sewing 9 Mindfulness Meditation 9:30 California Canasta 12:30 Inter./Adv. Bridge 12:30-4 Mah Jongg 1-4 Hand & Foot 1-6 Fun and Games 1 Bingo: Heritage Health 4:45 Movie: The Devil Wears Prada (2006)</p>	<p>19 9:30 Genealogy Help - Rex 10 NPL Books on the Go 10-12 Scrabble 12:30-4 Poker 1/3 *Android/iPhone Apps* 1 Parkinson's Support Group Exercise Sampler 1-2 ARC-Ulele Hour 1-4 Pinochle 1-6 Fun and Games 2-4 Strat-O-Matic Baseball 5-6 *Explore the Internet* (E)</p>	<p>20 8-6 Painter's Workshop 9-12 Hand and Foot 9 Mindfulness Meditation 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>21 9 *DPA* 10:30 *RSVP Informational* 11 *ARC Gardening Club: Two Sisters Lavender Farm* 12:30-4 Mah Jongg 12:30-3:30 Knitting Etc. 12:30 Inter./Adv. Bridge 1:00 Chess 1-6 Fun and Games 1:30 Genealogy Help - Rex 2-4 Strat-O-Matic Baseball 2:30-4:30 ARCooustic Jam</p>	<p>22 9:00 Mindfulness Meditation 9 Rummikub 10-1 *Computer Assistance* 6-8 Summer Social Dance</p>
<p>25 8-6 Quilting and Sewing 9 Mindfulness Meditation 9-11 8 Ball Tourney 9:30 California Canasta 9:30 Genealogy Help - Tim 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>26 9:30 Genealogy Help - Rex 10-12 Scrabble 10:00 *Stamping Class* 12:30-4 Poker Tourney 1:00 *Internet TV* 1-4 Pinochle 1-6 Fun and Games 1-2 ARC-Ulele Hour 2-4 Strat-O-Matic Baseball 2:00 *Music Enrichment* 5 Movie: The Man Who Came to Dinner (1942)</p>	<p>27 8-6 Painter's Workshop 9-12 Hand and Foot 9 Mindfulness Meditation 11 *Review/Expand Sign (E) 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>28 8:30 *Beginner Crochet* 9-11 Assistance Outreach 9-12 *Alcohol Ink Class* 10 *Bunco* 12:30-4 Mah Jongg 12:30-3:30 Knitting Etc. 12:30 Inter./Adv. Bridge 1:00 Chess 1-6 Fun and Games 1:30 Genealogy Help - Rex 2-4 Strat-O-Matic Baseball 2:30-4:30 ARCooustic Jam</p>	<p>29 9:00 Mindfulness Meditation 9 Rummikub 10-1 *Computer Assistance*</p>

JULY 2022 IN-PERSON EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Moderate Yoga Trial Class with Ada Rediger Thursday, July 7th, 5:00 PM \$9.00 Register at ARC or under "Booking" tab on the Portal</p> <p>This one-hour class uses warm ups, asana (postures) guided by the breath (pranayama) and relaxation. It is for students interested in moderate yoga practice aligned with yoga traditions. During the class, the student will move from seated or lying on the mat, or standing positions. Most classes will include: Opening/Centering using guided awareness and pranayama (breathwork), 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, Longer holds of postures, 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. For list of recommended props, see an ARC staff member. This trial class will help us gauge interest in this type of yoga class and in the evening time frame for exercise options.</p>				<p>1 9 Funtastic Friday N 11 Inter. Tai Chi & Qigong</p>
<p>4 Closed in observation of the 4th of July</p>	<p>5 9:00 Low & Slow N 9:30 Fit & Fabulous N 11 Beg. Tai Chi & Qigong 11 Zumba 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>6 9 Triple Treat N 10 Modified Yoga N 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 N</p>	<p>7 9:00 Low & Slow 10 Th. Zumba Gold Chair N 11 Beg. Tai Chi & Qigong 11 Zumba & Zumba Toning N 12:30 30-Min. ZGT N 1:15 Th, Fit & Fabulous N 4:30 Easy Going Group Training N 5 Moderate Yoga Trial</p>	<p>8 9 Funtastic Friday 11 Inter. Tai Chi & Qigong</p>
<p>11 9 Triple Treat 10 Modified Yoga 10 Tai Chi Form 11 Inter. Tai Chi & Qigong 1:00 NO Chair Yoga 1:30 Adv. Line Dance 2:15 Breathwork 2:45 Line Dance I (TBD) 3 NO Gentle Yoga 5:50 Healthy Moves & Grooves</p>	<p>12 9:00 Low & Slow 9:30 Fit & Fabulous 11 Beg. Tai Chi & Qigong 11 Zumba 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>13 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>14 9:00 Low & Slow 10 Th. Zumba Gold Chair 11 Beg. Tai Chi & Qigong 11 Zumba & Zumba Toning 12:30 30-Min. ZGT 1:15 Th. Fit & Fabulous 4:30 Easy Going Group Training</p>	<p>15 9 Funtastic Friday 11 Inter. Tai Chi & Qigong</p>
<p>18 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 (TBD) 3 Gentle Yoga N 5:50 Healthy Moves & Grooves</p>	<p>19 9:00 Low & Slow 9:30 Fit & Fabulous 11 Beg. Tai Chi & Qigong 11 Zumba 12:30 30-Minute Zumba Gold 1-1:30 FEO 1:30 Zumba Gold Chair 4:30 Active Group Training</p>	<p>20 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>21 9:00 Low & Slow 10 Th. Zumba Gold Chair 11 Beg. Tai Chi & Qigong 11 Zumba & Zumba Toning 12:30 30-Min. ZGT 1:15 Th. Fit & Fabulous 4:30 Easy Going Group Training</p>	<p>22 9 Funtastic Friday 11 Inter. Tai Chi & Qigong</p>
<p>25 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 (TBD) 3 Gentle Yoga 5:50 Healthy Moves & Grooves</p>	<p>26 9:00 Low & Slow 9:30 Fit & Fabulous 11 Beg. Tai Chi & Qigong 11 Zumba 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>27 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>28 9:00 Low & Slow 10 Th. Zumba Gold Chair 11 Beg. Tai Chi & Qigong 11 Zumba & Zumba Toning 12:30 30-Min. ZGT 1:15 Th. Fit & Fabulous 4:30 Easy Going Group Training</p>	<p>29 9 Funtastic Friday 11 Inter. Tai Chi & Qigong</p>

HOLIDAY
RETIREMENT

Blair House
Independent Retirement Living

All Inclusive Living • Short-Term Initial Lease
Rate Lock Program • Chef Prepared Meals

Call Today to
Schedule a Tour
7 days a week
(309) 454-8900



1200 E. College Ave.
Normal, IL 61761



Homemaker, Companionship
and Personal Care Services

Call for your FREE Care Assessment!

309.808.3047

www.synergyhomecare.com



We're hiring compassionate caregivers

EVERGREEN Assisted and Supportive Living
SENIOR LIVING

Enriching the lives
of our residents

The experienced and qualified team at
Evergreen provides unmatched quality
of services and accommodations.

- Comfortable Private Apartments
- Safety for Covid-19
- Medication Management
- Engaging Activities
- Outstanding Care
- Delicious Meals

Contact us for
tour information,
and visit our
Facebook page for
upcoming events!



Two convenient
locations
in NORMAL!

(309) 834-2603
EvergreenSLC.com

facebook.com/EvergreenSeniorLiving

Orthopedic Care and Physical Therapy for the whole family.
Specializing in Mako Robotic-Assisted Joint Replacement.



CIOS
CENTRAL ILLINOIS
ORTHOPEDIC SURGERY

MAKO ROBOTIC-ARM
ASSISTED SURGERY

Mako Robotic Arm-Assisted Surgery
enables you to have a more
predictable surgical experience when
performing joint replacement surgery.

The benefits of Mako include:

- Quicker recovery and relief from pain
- Increased joint functionality
- Unparalleled precision tailored to your anatomy



Enjoy all the personalized care and convenience
of a small practice. At CIOS you'll receive
cutting edge care with the timeless luxury
of a physician and physician assistant
who take their time to listen to your concerns.
Our in-house rehab and therapy staff is outstanding!
Give us a call, a live voice answers the phone!

1505 Eastland Drive, Suite 220
Bloomington, IL
(309) 662-2278

<https://www.ciosortho.com>



Dr Brett Keller

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

Marci McCarrey

Phone: 309.662.6951

Ext: 129

Marcim@PeoriaCharter.com

www.PeoriaCharterTravel.com



For ad info. call 1-800-950-9952 • www.lpicommunities.com

ARC, Normal, IL

B 4C 01-1213

SHIP & TECH TUTOR CLASSES

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 July are as follows:**

2nd Thursday - July 14th, 1 - 3 PM, 4th Monday - July 25th, 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.

[Register to attend the presentation today!](#)

JULY CLASSES WITH THE TECH TUTOR

Registration required, closes one day prior to class

INTERNET TV

T, July 12th & 26th, 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. **Cost: \$20**

ANDROID APPS

T, July 19th, 1:00 - 2:30 PM

IPHONE APPS

T, July 19th, 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! Register on ARC's website through the GymMaster Portal or at ARC Front Desk. Instructor: Nancy Komlanc, The Tech Tutor. **Cost: \$20**

JULY TECH TIPS

How to Block Spam Calls on iPhone

by Nancy Komlanc, ARC Tech Club Chair

We've all had them. Now you can block those annoying Spam Calls on your iPhone! Soon you'll be getting fewer and fewer!

1. When a call comes to your phone and you do not know who it is, **DO NOT ANSWER THE CALL**. Look to see if they have left a voice message. That will confirm it's a Spam Call.
2. After the Spam Call, go into your Phone App and choose "**Recents**".
3. Tap on the  at the end of the line.
4. This screen shows you the number that called you.
5. Gently Scroll the screen Up to find "**Block this Caller**".
6. Tap "**Block this Caller**". Then choose "**Block Contact**".
7. Next, in the upper left corner of your screen Tap "**<Recents**" to return to your phone App main screen.

ARC TECH CLUB W, July 27th, 12 PM

Want to stay up-to-date in technology? The free ARC Tech Club will meet on the 4th Wednesday of the month to discuss technology related topics, such as the above tips and more! July topics: How to Block Spam Callers on Both Android and iPhone & Preparing Your Electronics for an Energy Blackout. Registration required.

UPCOMING PROGRAMS

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: "Mystic Trees," by Bill Crabill, August 8th - September 16th with an opening reception August 8th from 4:00 - 5:30 PM.

Ongoing Exhibits Open for Members to View During Business Hours

Dining Room: "Monochromes" by ARC Artists - through August 5, 2022. Image Right: "My Aunt Helen," by Liz Drinan

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



STRANGE BUT TRUE CIVIL WAR STORIES & MEMORABILIA

S, July 2nd, 10 AM

Dr. Mike Lockett will dress in his 1860's Civil War uniform to share stories of the War Between the States. He does not stress the blood and gore, but rather the "Strange - But - True Stories of the Civil War" that capture the attention of listeners of all ages. He will have quite the display of war memorabilia & tell stories about Private Joe Fifer, the "Brain Regiment," weapons and decisions that could have made great changes in the outcome of the War & Lincoln and the leaders for the North and South. Registration required.



GENEALOGY HELP

T, 9:30 - 10:30 AM & TH, 1:30 - 2:30 PM, M, July 11th & 25th, 9:30 - 10:30 AM, W, July 13th & 27th, 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. 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.

CAREGIVER SUPPORT GROUP

T, July 5th, 9:30 AM

Are you a current or past family caregiver? Are you feeling stressed, tired, alone, overwhelmed, and/or burnt out? Caregiver support groups offer not only peer support, but resources in our communities, referrals to additional support, possible funding opportunities, and problem solving. If you feel you need a listening ear to validate what you're going through as a caregiver, this support group may be for you! Join this group on the first Tuesday of each month at ARC! Coordinated by CCSI and Sugar Creek Alzheimer's Special Care Center.

BOOKS ON THE GO: NPL

T, July 5th & 19th, 10 AM

The Normal Public Library will have a variety of books to be checked out at ARC. You can also bring in book requests for their next visit.

EXPLORE THE INTERNET

T, July 5th, 12th, 19th, 5-6 PM

The Internet is a vast resource that can educate, inform, and entertain you. And it can be a pretty good place to shop too! This course, taught by an Oasis-trained instructor, is geared to the new Internet user, and begins with an overview of websites and browsers and online safety. Then it's off to discover some of the best the Internet has to offer including sites for lifelong learning, entertainment sources for streaming music and movies, the best of shopping, and more. Appropriate for desktop, tablet, and smartphone users. Space is limited; registration required.

SIGN LANGUAGE REVIEW & EXPAND

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

CAREGIVER SUPPORT: CCSI & ALZHEIMER'S ASSOCIATION

W, July 6th, 2 - 3 PM

Are you a current or past family caregiver? Are you feeling stressed, tired, alone, overwhelmed, and/or burnt out? Caregiver support group meetings may be able to help! 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! Caregiving is not easy and we're here to help!

MEALS 4 A HEALTHY HEART

TH, July 7th & 14th, 1:30 PM

Meals for a Healthy Heart is a two-part series designed to help you learn how diet and lifestyle changes can help manage or reduce your risk of high blood pressure or cholesterol. We will discuss how to incorporate heart-healthy practices into your daily choices, from shopping to cooking to meal planning. This series includes food demonstrations and tastings! You'll also take home a binder filled with information, including recipes. Registration required.

HOW TO USE THE MEMBER PORTAL

S, July 9th & 30th, 10:00 AM

Join an ARC management team member in the Computer Lab for a Saturday morning tutorial on how to access, navigate and use the online GymMaster Member Portal to sign up for or renew a membership, sign up for and pay for programs and classes, and more. It's a great chance to get your questions answered! Registration required.

EAC: ELECTRIC AGGREGATION

M, July 11th, 10:00 AM

Join the Ecology Action Center for a presentation to learn more about rising energy prices, and the City and Town's municipal electric aggregation program. We will also discuss energy cost savings options including energy audit services from the Ecology Action Center, easy DIY energy efficiency upgrades, solar, and will provide information about two income-qualifying energy efficiency and solar programs for residents making 80% of the Area Median Income (see chart on flyer for income-qualifying maximum income levels). Registration required.

RULES OF THE ROAD

T, July 12th, 1:00 - 3:00 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.

UPCOMING PROGRAMS

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 July.

WOMEN'S GRIEF SUPPORT

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

MEN'S GRIEF SUPPORT

W, July 13th & 27th, 2 - 3:30 PM
Open to members/non-members of ARC, men who are grieving the death of a spouse or other significant person/other.

CO-ED GRIEF SUPPORT

W, July 20th, 12 - 1:30 PM
Open to men and women who are grieving the death of a spouse or other significant person/other.

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

PARKINSON'S SUPPORT GROUP

T, July 19th, 1 PM
The Parkinson's Support Group meets on the third Tuesday of each month. This month will provide a Parkinson's Exercise Sampler with Drumming with Nancy from 1:00 - 1:30 PM & Zumba Gold Chair with Lucy from 1:30 - 2:15PM. Reservations are not required.

DURABLE POWER OF ATTORNEY

T, July 12th & TH, July 21st, 9-11 AM

Empower yourself—give a gift to your family—define your quality of life choices in writing. You will have the opportunity to make an appointment to complete your Durable Power of Attorney for Healthcare document with members of Compassion & Choices of McLean County. Determine who you want as your Advocate and have a discussion with them if possible in advance. Registration required & closes 1 day in advance.

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, July 14th & 28th, 9 - 11 AM

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

BUNCO

TH, July 14th & 28th, 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.

LOCAL INTEREST SPEAKER SERIES: BILL KEMP - MCLEAN COUNTY LOST: AN ILLUSTRATED TOUR OF VANISHED WORLDS

F, July 15th, 10 AM

From the tallgrass prairie that long ago dominated this stretch of Central Illinois to the street cars that once trundled down the shaded streets of the Twin Cities, this program is a wistful look at the distant and not-so distant past. Come mourn the loss of everything from once-vibrant main streets to old movie houses. Registration required.

MUSIC ENRICHMENT

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

Join us for some hot fun in the summertime with a new Music Enrichment Series program entitled "Legendary Singers and their Autograph Songs: The Singers. The Songs. The Stories." Throughout their careers, singers often become associated with a hit song which turns into their signature song. How many will you know? Lighthearted summer music class - join the fun! Registration required.

YWCA RSVP INFORMATIONAL

TH, July 21st, 10:30 AM

YWCA McLean County is the proud sponsor of RSVP (Retired Senior Volunteer Program). This is a one-stop resource for adults 55 and older who want to get involved in the community through volunteering. As a member of this program you are connected to a broad network of meaningful volunteer opportunities through one-on-one agency matching. Whether you have a lot or a little time to share, RSVP will help find a match that is right for you. To name a few benefits of a RSVP Membership, you will receive ongoing support and communications regarding volunteer opportunities along with appreciation of your contributions throughout your volunteer experience. Want to learn more? Register to attend the RSVP Informational at ARC.

ENTHUSIASTIC GARDENERS: TWO SISTERS LAVENDER FARM

TH, July 21st, 11 AM

Join us as we carpool to tour the Two Sisters Lavender Farm! For \$5, you'll bring home an armful of fresh lavender! They will explain the positive effects of lavender as well as have for purchase various dried lavender products: tea, spritz, delicious rosemary/lavender vinegar, bath salts, sachets, and so much more. Carpool leaves from ARC at 10:30 or meet us at the farm at 30990 East 100N Road, Leroy IL. Registration required.

SUMMER SOCIAL DANCE

F, July 22nd, 6 - 8 PM

ARC invites you to join us for a summer dance with music by Al & Diane. Popcorn and water provided. Cost: \$5 per person. Members can bring one non-member guest. 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, July 5th, 10 -11:15 AM

The ARC Avid Readers Book Club chooses paperback books to read and discuss. Upcoming books to be discussed are as follows: July: "The Midnight Library," by Matt Haig and August: "The Girl with Seven Names - A North Korean Defector's Story," by Hyeonseo Lee.

CAREGIVER SUPPORT: CCSI & ALZHEIMER'S ASSOCIATION





W, July 6th, 2 - 3 PM

See description of this new, hybrid support group on page 7.

GREAT BOOKS TH, July 7th, 10:30 AM

Our Great Books Group meets at ARC & via Zoom on the first Thursday of each month at 10.30 AM We discuss assignments from our current book, "Introduction to Great Books - Series 1", which is available from the Great Books Foundation. For a link to the book, contact ARC staff. This book contains 12 chapters by 12 different authors (from Sigmund Freud to Jose Ortega y Gasset) which will provide subjects for our discussions for the coming year. For more information about this group email Jim ODonnell at jjod@frontier.com.

For the meeting on Thursday, July 7, 2022 at 10.30 AM, we will discuss the second chapter pages 19 - 33 entitled The Melian Dialogue by the Greek historian, Thucydides. This is a selection from his "History of the Peloponnesian War" between Athens and Sparta in the 4th century B.C.

<p>Call your local licensed Humana sales agent.</p> <p>Humana</p> <p><small>Y0040_GHHHXDFEN18 Accepted</small></p>	<p>Talk with your local licensed Humana Sales agent today.</p> <p>309-530-0552 (TTY: 711)</p> <p>Monday – Friday, 8 a.m. – 5 p.m.</p>  <p>Donald Shandrow</p>	<p> Select Care, PLLC Shannon Laesch, APRN <i>Bone Health Specialist</i> <i>Osteoporosis Care</i> 2103 W Washington St, Ste C Bloomington, IL 309.808.1450 selectcarepllc.com  @Select Care PLLC</p>	<p>\$149 HEARING AID REPAIR</p> <p>309-664-6200</p> <p>+ FREE HEARING TEST</p> <p><i>Always</i>  H.E.A.R. HEARING CENTER</p>
---	---	--	--

health markets.
The Smarter Way to Shop...



- Health
- Medicare
- Life Insurance
- Supplemental
- Long-Term Care
- Retirement



Pamela S Deaton
Licensed Insurance Agent

Call today for your **FREE QUOTE!**
309-287-3518

We're here for you! CALL TODAY!



HERITAGE HEALTH
Therapy & Senior Care

- **RESTORE THERAPY:** Physical, Occupational, Respiratory and Speech Therapy
- Transition from Hospital, to Heritage, to Home
- Patient-Focused Rehab Programs
- Private Rehab Suites



(309) 827-8004 Bloomington
(309) 452-7468 Normal

Two locations in Bloomington and Normal to serve you better!

HeritageOfCare.com  /HeritageOfCare

EXERCISE CLASSES



HOW TO REGISTER FOR CLASS

Registration process for all paid exercise classes:

Registration for classes opens on Wednesday, June 22nd 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 July 11th. After the 11th, you can register for single class dates. Chair & Gentle Yoga - \$12/class. Breathwork - \$6/ class

EXERCISE CLASSES FOR THE MONTH OF JULY 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 **6-week session July 18th - August 22nd is \$60 for 6 classes.** Gentle Yoga will start Monday, July 18th.

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 **6-week session July 18th - August 22nd is \$60 for 6 classes.** Gentle Yoga will start Monday, July 18th.

MODIFIED YOGA, M, W, 10 - 11 AM

Instructor: Connie Steff

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 July is **\$35 for 7 classes.** Modified Yoga will start on Wednesday, July 6th.

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 **6-week session July 18th - Aug. 22nd is \$30 for 6 classes.** Breathwork will start on Monday, July 18th.

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 July is **\$20 for 4 classes/\$40 for 8 classes.** Register for Tuesdays or Thursdays or both. Zumba Gold Chair will start on Tuesday, July 5th.

30-MINUTE ZUMBA GOLD TONING, TH, 12:30 - 1:00 PM

Instructor: Lucy Croft

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 July is **\$20 for 4 classes.** Zumba Gold Toning will start on Thursday, July 7th.

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 July is **\$20 for 4 classes.** Zumba Gold 30-Minute will start on Tuesday, July 5th.

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

Instructor: Ed Houchens

This class will return in September as Dance: The Ballroom Workout.

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 July is **\$24.00 for 8 classes**. Low and Slow will start on Thursday, July 5th.

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 July is **\$36 for 4 classes/\$72 for 8 classes**. Register for Tues., Thurs. or both. Fit & Fabulous will start on Tuesday, July 5th.

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. Class dates will be determined by July 1st. Look for an update after the 1st. Session will be free of charge.

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

Instructor: Florence Peterson

This class is for participants that have completed Line Dance I. Class dates will be determined by July 1st. Look for an update after the 1st. Session will be free of charge.

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

Instructor: Florence Peterson

This class is set up for new line dance students. Class dates will be determined by July 1st. Look for an update after the 1st. Session will be free of charge.

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 July is **\$42 for 7 classes**. Triple Treat will start Wednesday, July 6th.

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 July is **\$30 for 5 classes**. Or **take the class for \$6 per class**. Funtastic Friday will start on Friday, July 1st.

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 July is **\$42 for 7 classes**. Healthy Moves & Grooves will start Wednesday, July 6th.

ZUMBA, T, 11 AM - 12 PM

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 (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 these classes in July is **\$36 for Tuesdays & \$36 for Thursdays**. Register for Tuesdays or Thursdays or both. Zumba will start on Tuesday, July 5th. Zumba & Zumba Toning will start on Thursday, July 7th.

PICKLEBALL SCHEDULE

M, 7 - 11 AM & 4 - 7 PM

T, 7 - 9 AM (Beginner)
3 - 7 PM (Experienced)

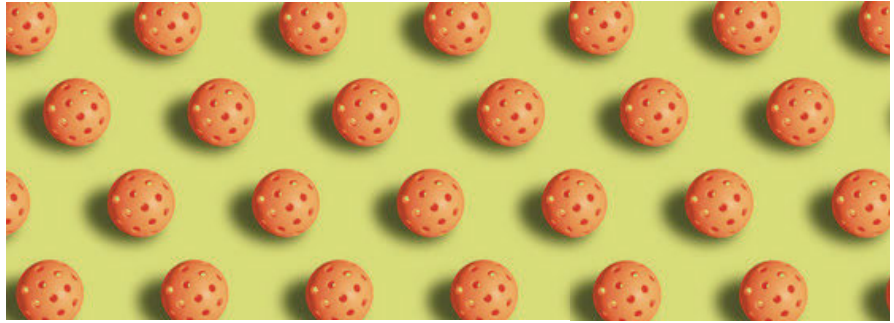
W, 7 AM - 7 PM
7 AM - 12 PM, 4 - 7 PM (Exp.)
12 PM - 4 PM (Beg.)

TH, 7 - 9 AM & 5 - 7 PM

F & S, 8 AM - 1 PM

WED., JULY 13TH

Courts will be open 7 - 9 AM and
4 - 7 PM.



LEARN MORE ABOUT PICKLEBALL

Pickleball Basics at ARC & Basics on the pickleball serve

At ARC, no court holding/squatting - everybody plays. When any open play game ends, players waiting to play come in and previous players sit out. At ARC, the first serve of a game belongs to the team on the east side of the building unless teams agree otherwise.

The Serve

- Server's arm must be moving in an upward arc when the ball is struck.
- Contact with the ball must not be made above waist level.
- The head of the paddle must not be above the highest part of the wrist at contact.
- A drop serve is permitted in which case none of the elements above apply.
- At the time the ball is struck, server's feet can't touch the court, lines or imaginary extensions of the side or centerlines. At least one foot must remain on the ground behind the baseline.
- Serve is crosscourt and must land beyond the kitchen line in the opposite diagonal court.



INTERVENTIONAL SPINE & PAIN MEDICINE

New On-Site Procedure Suite Available!

Our new **On-Site Procedure Suite** is now available for the convenience and comfort of our patients. If you require pain injections or minor out-patient orthopedic procedures, our skilled specialists can take care of your needs—right here on campus.

Our comfortable suite makes it easy for you to receive quality, convenient treatment. Going to a surgical center can be intimidating. No more worries; let MCO take care of your comprehensive orthopedic and pain needs.

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

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

OUR DOCTORS

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



309-663-6461

1111 Trinity Lane, Suite 111
Bloomington, IL 61704

McLeanCountyOrthopedics.com

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

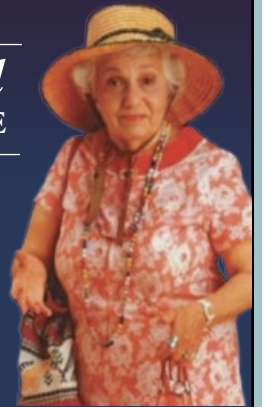
East Lawn Memorial
GARDENS & FUNERAL HOME

Dignity
MEMORIAL

Call us anytime!

309-662-1222

1102 Airport Rd.
Bloomington, IL 61704



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

GROW YOUR BUSINESS
BY PLACING AN AD HERE!

CONTACT US!

Contact Teresa Perkins to place
an ad today! tperkins@lpicommunities.com
or (800) 950-9952 x2611



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 June 22nd at 8 AM.

Tuesdays, 1:00 - 1:30 PM

Wednesdays, 3:30 - 4:00 PM

Evening Orientations: July 12th & 26th , 5:45 - 6:15 PM



PERSONAL TRAINING WITH SCOTT

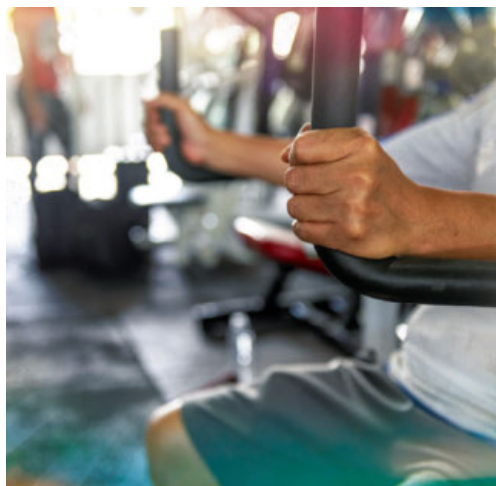
JULY 2022 REGISTRATION

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 June 27th to register for a 4-week training session to begin the week of July 5th.**

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, July 5th - 26th,
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, July 7th - 28th ,
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.

UPCOMING TRAVEL & PROGRAMS

EXTENDED TRAVEL OPTIONS WITH ARC & COLLETTE VACATIONS

Contact Marci at Peoria Charter Travel for more information - 309-688-9523 Ext. 129

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



SUMMER SOCIAL DANCE

Friday, July 22nd | 6 - 8 PM

ARC invites you to join us for a summer dance with music by Al & Diane. Popcorn and water provided. Cost: \$5 per person. Members can bring one non-member guest. Registration required.



ARTS & CRAFTS PROGRAMS JULY 2022

STAMPING CARD CLASS

T, July 12th & 26th, 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.

INTERMEDIATE CROCHET

TH, July 14th, 8:30 - 11:00 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.

BEGINNER CROCHET

TH, July 28th, 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.

ALCOHOL INK CARD CLASS

TH, July 28th 9 AM - 12 PM

Come join Andrea Monninger as she teaches you how to create beautiful alcohol ink backgrounds to enhance the three greeting cards that will be made in this class. No prior experience is required. All materials for the cards will be supplied. **Cost: \$15.** Registration required. Register by Wednesday, July 27th.

HOBBY WORKSHOP

S, July 2nd, 9th, 16th, 23rd, 30th, 8 AM - 1 PM, TH, July 7th, 8 AM - 12 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.?

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: July
25th, 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 (Beg.) & 3 - 7 PM (Exp.)
W, 7 AM - 7 PM
7 AM - 12 PM, 4 - 7 PM (Exp.)
12 PM - 4 PM (Beg.)
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: July 26th,
12:30 - 4 PM

PINOCHLE

T, 1 - 4PM

EUCHRE

W, 12:30 PM
Tourney: July 20th,
12:30 PM

FUN & GAMES

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

RUMMIKUB

F, 9 - 11 AM

GROCERY STORE BINGO

M, 1:00 PM
7/11 - Sugar Creek Alzheimer's
Special Care Center
7/18 - Heritage Health
7/25 - Carriage Crossing Senior
Living

CALIFORNIA CANASTA

M, 9:30 AM

SCRABBLE

T, 10 AM - 12 PM

CHESS

TH, 1 PM

STRAT-O-MATIC BASEBALL

T, TH, 2 - 4 PM



MOVIES AT ARC

F, July 8th, 10 AM: The Terminal (2004)
Run Time: 2 hr., 8 min. Rating: PG-13

S, July 16th, 10 AM: The Front Page (1974)
Run Time: 1 hr., 45 min. Rating: PG

M, July 18th, 4:45 PM: The Devil Wears
Prada (2006) Run Time: 1 hr., 49 min.
Rating: PG-13

T, July 26th, 5 PM: The Man Who Came to
Dinner (1942) Run Time: 1 hr., 52 min.
Rating: Not Rated.



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, July 6th, 12:30 PM**

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

ARC-ULELE HOUR

T, 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.

ARCOUSTIC JAM

TH, 2:30 - 4:30 PM

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



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." 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. **Don't miss your last chance to register: sign up by July 30th!**



SAVE THE DATE: LIVE WELL, BE WELL CLASS

Mark your calendars for the next Live Well, Be Well - Take Charge of Your Health class with CCSI set to take place at ARC Fridays August 5th - September 9th from 9 - 11:30 AM. This 6-session class will give you the tools to better manage your chronic health conditions. This is an evidence-based class developed through Stanford University. Registration will open July 20th.



SENIOR CARE NETWORK BINGO

Senior Care Network Bingo will take place at ARC on **Wednesday, July 13th from 1 - 3 PM.**

Sponsored by Senior Care Network of McLean County.

Doors open at 12:45 p.m.

Gift Baskets, Gift Cards, Snacks and Door Prizes

Goody Bags for All Participants

Pre-register to attend at ARC or by calling 309-888-9099 by July 8th.