

Our Vision:
A Society for All, Equal
Access, Equal Opportunity,
Empowerment.



Our Mission:
We serve people with intellectual
and developmental disabilities
through advocacy and support.

ACTIVITIES AT THE ARC...

QUARTER 4 2017

Life Skills Classes

Each four week session is \$20.00

Social Media Safety:

Topics include: social media pitfalls, safeguarding personal information, computer protection, and strangers on the internet.

**Wed, Sep 20—Oct 11,
4:30—5:30 pm**

Emotional Regulation:

Topics include: anger and aggression, identifying triggers, problem solving, feelings, and relaxation techniques.

**Wed, Oct 25—Nov 15
4:30—5:30 pm**

Future Planning Seminar

What every parent should know about guardianship and alternatives, special needs trusts, Illinois' waiting list (PUNS), and more. Please R.S.V.P. at 815-965-3455

**Wed, Nov 8
6:00—8:00 pm**



Read, snack, and socialize every 2nd and 4th Monday of the month (2:30 pm at Katie's Cup) and (6:30 pm at Panera Bread, Route 173). New members must R.S.V.P. at 815-965-3455. Feel free to drop in to check out the club; there is no obligation to join, but you will probably want to.

Sep 11, 25; Oct 9, 23; Nov 13, 27; Dec 11



Fall Art Scene

Experience displayed art by ProjectArt artists and purchase art, jewelry, pillows and crochet pieces.

**Fri and Sat, Oct 6 and 7
5:00—9:00 pm**

Rockford Park District Offices
401 S. Main St.
Rockford, IL



HALLOWEEN Rec Night

Mark your calendars for the annual Halloween Rec Night. Costumes are welcome, but not required. We'll have games, crafts and the DJ will be spinning spooktacular songs. Snacks provided.

**Thu, Oct 26 at 2nd/1st
318 N. Church St., Rockford
6:00—8:00 pm
Cost: \$5**

Open Gym

A variety of recreational activities to promote health and wellness.

**Thu, Nov 16 at 2nd/1st
318 N. Church St., Rockford
6:00—7:00 pm
Cost: \$3**

Zumba is back!



Holiday Nails

One hour gel nail appointment for you and a friend.

**Monday, Oct 30
Cost: \$20 for 2 people!** Receive a \$10 gift credit towards a Beadware purchase (min \$15).

R.S.V.P at 815-965-3455. Please come with **UNPOLISHED** nails.



Open Studio*

A unique space for adult participants interested in exploring art and their creativity.

**Wed or Thu,
Sep 13—Nov 30,
1:00—3:45 pm**

Art at The Arc Skills Class*

Artists will learn a new skill to try out each week, as well as create their own art piece with proper supplies and facility.

**Wed or Thu,
Sep 13—Nov 30,
4:00—5:30 pm**

Beadware

An opportunity to create jewelry and home goods in the company of friends.

**Most Mondays, call 815-965-3455 for schedule.
1:00—4:30 pm**

*To attend call Rockford Park District at 815-987-8800