



“So much time and effort is spent on wanting to change, trying to change, to be somebody different, better, or new. Why not use this time to get comfortable with yourself as you are instead?”

~ Andy Puddicombe, Headspace co-founder

Always In Our Hearts....



Pastor Carl Alexy passed in March. Pastor Alexy was an Arc pioneer. He was very instrumental in establishing The Arc location where it now stands. He played a crucial role in the development of the Becky Sheetz Community Center.

Carl was on the board at The Arc for many years. Even as he grew wiser (never older!), he was very invested in the well being of The Arc of Blair County. He truly enjoyed reading the newsletter and observing the many programs taking place. It was important to him that everyone and everything was doing well.

Our heartfelt sympathy to his wife, Dawn, and their three children: Sherry, Kim and Bill. May you receive comfort knowing the legacy Pastor Carl established.

Singing the Praises!

Congratulation to Patchwork Praise who was featured in the "In Focus" magazine for its work in creating an inclusive faith based service in Blandburg. How Impressive! The Arc's Luke Hullihen plays drums at the service!

For a schedule of times and directions to Blandburg United Methodist Church, visit patchworkpraise.org. All are welcome!



ARCash Bash 2024. See back page for more



ApRiL 2024 schedule (more programs and information inside newsletter)

Reservations to sign up for classes only available at: www.thearcblair.org, click on announcement page for updates/cancellations or click members tab to register for classes.

Monday's in April, Every Monday, at 1:30 pm to 3:00 pm: Garden Club (CLASS FULL)

Intent: To learn how to grow plants and vegetables at home. Allow nature to release your tension and stress. Description:

This group will meet weekly throughout the spring and summer doing very hands on weeding, planting, and growing.

Power tools used. This is a very interactive class and participants are expected to assist during lessons.

Level: Intermediate/Skill Building Educational Registration Required: closed

Tuesday, April 2 and April 16, at 5:30 pm to 6:30 pm: West African Drums

Intent: To enjoy the lively beat of the drum.

Description: This class forms a circle and learns different 'rhythms'. It is a great stress release and data

supports that it alters the neurons in the brain. Level: Beginner open/social teaching Registration Required:

No, just show up.

Tuesday, April 2 and April 16, at 6:30 pm to 7:30 pm: Arc Angels Chorus (practicing for community event)

Intent: To express one's self through music and singing

Description: This class is for anyone who enjoys music and likes to sing. Always an upbeat time!

Level: Beginner open/social teaching Registration Required: No, just show up.

Thursday, April 4, at 5:30 pm to 7:00 pm: Basic Craft Class (last one until next year)

Intent: To teach basic concepts of gluing, places object in correct position, finger manipulation and scissor use. If you participate in this class you CANNOT participate in the woodworking/artisan class.

Description: This class is designed for individuals who want to try their creative side but need to learn at a slower pace. It is for people who are nervous to try more challenging artisan classes. The classes are small so the instructors can give more individual attention to each participant with goal of having participants grow in skills and be able to advance to more challenging classes.

Level: Beginner Type: Independent/Skill Building Teaching.

Registration Required: yes. visit www.thearcblair.org, hover over membership tab, click down arrow to hover over register for class or program.

Monday, April 8, at 5:00 pm to 6:00 pm: Coloring Class (last one until next year)

Intent: This class is open to everyone to enjoy a minute to catch our breath and just relax through coloring pages. Description:

It will be a quiet class where we simply color with soft music playing in background. There is no set teaching. Each person will color something different with a choice of marker, crayon or colored pencil. There will be limited talking as it designed to bring calmness and relaxation.

Level: Beginner. open/social teaching Registration Required: No

Tuesday, April 9 and April 23, at 5:30 to 6:30 pm: Uke Group (practicing for upcoming concerts)

Intent: To celebrate wonderful music together through ukulele.

Description: A fun, interactive, lively group that learns a lot of chords in a relaxed and welcoming atmosphere. No experience necessary or musical background needed.

Level: beginner open/social teaching Registration Required: No. The Arc provides the instruments.

Thursday, April 11 and April 25, 5:30 pm to 6:30 pm: Pickleball (last one until next winter)

Intent: To gain a little exercise while learning a new sport

Description: This class is for someone who does not believe they have 'athletic' ability or doesn't want to compete but just get a little exercise. Don't label yourself - you may enjoy this 'sport'. Find out what the craze across the nation is all about.

Level: Beginner.open/social teaching Registration Required: No, The Arc provides the paddles.

Wednesday's/Every Wednesday at 6:30 pm to 7:30 pm: Line Dance

Intent: To get exercise in a fun, social atmosphere

Description: Learn dance steps set to music of all genres and decades. Wheelchairs and walkers can join in the fun. Don't like to dance? This class encourages folks to just clap along in seats.

Level: Beginner,open/social teaching Registration Required: No

SEE INSIDE NEWSLETTER FOR MORE UPCOMING PROGRAMS

FESTIVAL SUPPORT

Many of The Arc groups will be performing at The Blair Creators Festival. The date is Saturday, April 27, in downtown Altoona.

The location will be at Heritage Plaza, where the gazebo is (across from J.J. Hadley's restaurant). The fun begins at 12:45 p.m. and lasts throughout late afternoon.

You must have attended the practices in March and continue practicing in April to be eligible to participate. Please do not just show up the day of and expect to perform. That is unfair to the participants who have dedicated their evenings to learning new material and regularly attend practices.

Yet, you can still support your friends! The festival will have food, crafts, live bands and offers something to do on a spring Saturday. Please invite family, friends and neighbors and stop to watch the chorus, drumming, line dancing, and ukulele classes perform! Embody the meaning of friend and cheer on your fellow Arc members!



Calling all 18 to 28 year old adults!

The We Are Friends group is opening up a few spots to join the fun.

We Are is a partnership with Penn State Altoona students. It was designed to remove barriers and allow natural friendships to form with people who are close in age to one another.

The group sets their own activity schedule and does things that young people like to do. Both sides contribute equally to hosting and planning.

Some of the past night outs included a curve game, a picnic, kayaking, karaoke, caroling, and so many more.

Now starting its 5th year, the main requirement is to attend planned activities and be between 18-28 years old.

Call The Arc for more info.

Peeking Ahead

May will begin the Arts at The Arc, bocce and artisan/woodworking classes. The specific days and times are still being worked out but will be in the May edition of the newsletter.

To allow room for the incoming programs, the coloring, craft, and pickleball classes will end in April

There will also be a special formal evening in June to commemorate The Arc of Blair County's 70th year in existence! Wow! What a feat.

SAFETY TIP - EMERGENCY PLANNING

Instead of teaching children to run towards police officers in 'blue uniforms' or to stop when a police officer states a command, show them photos of lots of law enforcement. Not all police officers wear blue uniforms. The Pennsylvania state police, for example, wear a grey uniform. Bicycle police wear shorts and many times a white shirt, and the mounted police ride horses.

Teach children through photos the different 'faces' of law enforcement so they understand and are not frightened if ever approached by a police officer.



Achieve with us.

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The ARCash Bash was a success! We thank those who attended and supported The Arc so we can continue to offer classes. Our thanks to the many hands which made the evening possible: Arc Board of Directors, Brian Acosta, Ella and Emily Albright, Jaime Bianconi, Aaron Bucher, Katie Burke, LeShawn Haynes, Alauna Feathers, Christina Polito, Tyler Starr and Hannah Vancas. The reason the event was a success was due to the sponsors.



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Thank you to the fabulous Arc Drummer s and Uke Group who received so many praises for their performances! #Arc Proud #Arc Rocks!