



Winnebago, Boone and Ogle Counties

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

Project Art

Beadware

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

Mondays, 1:00—4:30 pm

Valentine's Day Make & Take

We supply materials and helping hands; you take home five Valentine's cards.

January 28th, 4:00—5:30 pm
Cost: \$5/person for 5 cards

Open Studio*

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

Wednesdays or Thursdays,
January 6th—
March 24th, 1:00—4:00 pm

Art at The Arc*

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

Wednesdays or Thursdays,
February 3rd—
March 24th, 4:00—5:30 pm

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

Planning For the Future

A comprehensive seminar on planning for the future for children and adults with intellectual and/or developmental disabilities. **Monday, May 23, 2016 (9:00 am—12:30 pm) at RMTD's East Side Transfer Center Community Room—725 N. Lyford Rd. See enclosed registration form.**

Our Vision: A society for all, Equal Access, Equal Opportunity, Empowerment



First Quarter 2016

What's Going On at The Arc...



Do you like to read or socialize? We have two book clubs that meet the second

and fourth Mondays of the month: one at 2:30 pm and the other at 6:30 pm. Both hour long meetings are at Panera Bread off of Route 173. Spots are limited, so please call to register.

January 11th, 25th; February 8th, 22nd; March 14th, 28th.

Life Skills Classes

Healthy Relationships:

Topics include: boundaries, healthy friendships, dating and communication. **This class will delve more into sexual relationships.**

Wednesdays, January 13th—
February 3rd, 4:30—5:30 pm

Health & Wellness:

Topics include: nutrition, exercise and mental health.

Wednesdays, February 24th —
March 16th, 4:30—5:30 pm
Each four week session is \$20.

Holiday Tips N Hints

- Dress in layers
- Keep wallet in front pocket
- Go shopping with a friend
- Water your tree daily
- Turn off tree lights when leaving the house.

If you or someone you know is in need, please remember these resources this winter: Rock River Valley Pantry, Rockford Rescue Mission, Salvation Army, and the Red Cross Shelter.

Merry Christmas



LONE STAR
STEAKHOUSE™

DINE & DONATE

To Support:
The Arc of Winnebago, Boone, and Ogle County
Invite family, friends and neighbors to Lone Star Steakhouse™

Lone Star Steakhouse, 6690 E. State Street
815-226-1122
Friday, December 11, 2015 through
Sunday, December 13, 2015
11:00 AM - 10:00 PM

Present this flyer to your server, prior to ordering, and we will donate 15%* of full priced menu items from your receipt back to your organization.

*Not valid in combination with any coupons, discounts, in-store promotions or specials.

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Chocoholic Frolic



*Remember to Get Your Tickets to
Rockford's Sweetest Night of the Year!*

Presenting Sponsor **BMO**  **Harris Bank**
We're here to help.™

February 18, 2016 at Cliffbreakers

Two ticket choices available:

VIP TICKET—\$75 each— with a heavy hors d'oeuvres social hour beginning at 5:30 pm. Also included: a swag bag with commemorative etched glass plate, specially prepared appetizers, and a VIP only lounge!

CHOCOLATE EXTRAVAGANZA ONLY—\$50 each— access to the Chocolate Room beginning at 6:30 pm.

Our popular 50/50 drawing is still \$5 each. You need not be present to win. One person wins 50% of the proceeds from 50/50 sales! You can purchase as many 50/50 tickets you desire up to and on the evening of the event.

The ever popular Wine & Craft Beer Pull is back, as well as the unique local art auction.

*Check out our website and purchase tickets online at
www.ChocFroc.com.*