



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

Open Studio*

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

**Wednesdays or Thursdays,
March 1st—March 23rd
March 29th—April 20th
1:00—3:45 pm**

Summer Open Studio*

**Wednesdays Only
June 14th—August 2nd
1:00—3:45 pm**



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



Do you like to read or socialize? We have two book clubs meeting the second and fourth Mondays of the month: 2:30 pm and 6:30 pm. Both hour long meetings are at Panera Bread off of Route 173. New members must call to register.

March 13th, 27th; April 10th, 24th; May 8th, 22nd; June 12th, 26th.



Rec Night

Hang out with friends, listen to music, dance, play board games or make crafts. Snacks provided.

**Thursday, April 20th at 2nd/1st of Rockford—318 N. Church St., Rockford, 6:00—8:00 pm
Cost: \$5**

Open Gym

A variety of recreational activities to promote health and wellness.

**Thursday, May 18th at 2nd/1st of Rockford—
318 N. Church St., Rockford
6:00—7:00 pm
Cost: \$3**

Zumba is Back

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, March 1st—March 23nd
March 29th—April 20th
4:00—5:30 pm**

Second Quarter 2017

Spring Into Fun...



Thank you

Community Foundation of Northern Illinois (CFNIL) for a grant to bring the Sprout Film Festival to our area. Mark your calendar for August 5th! More details to follow.

Visit gosprout.org to learn more about this inspirational project!

Life Skills Classes

Each four week session is \$20.

Social Media Safety:

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

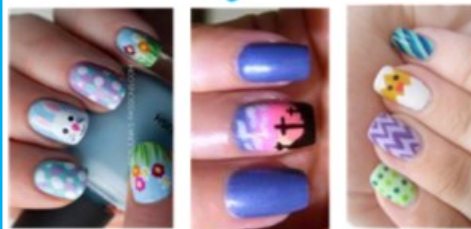
**Wednesdays,
March 15th — April 5th,
4:30—5:30 pm**

Emotional Regulation:

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

**Wednesdays,
April 19th — May 10th,
4:30—5:30 pm**

Holiday Nails!



One hour nail painting appointment for you and a friend.

**Monday, April 3rd
Cost: \$20 for 2 people and receive a \$10 gift credit towards a Beadware purchase (min \$15).
R.S.V.P. today!**

Please come with unpolished nails.