

Rec Night

Hang out with friends, listen to music, dance, play board games, or make crafts. Snacks provided.
Thursday, Apr 19th, 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 17th, at 2nd/1st of Rockford—
318 N. Church St., Rockford
6:00—7:00 pm
Cost: \$3



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, Rt. 173). New members are encouraged to RSVP 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. **Mar 12, 26; Apr 9, 23; May 14; Jun 11, 25**

Zumba is back!



Life Skills Classes

Wednesdays from 4:30-5:30. Each four week session is \$20.

Social Media Safety:

Topics include: social media pitfalls, safeguarding personal information, computer protection, and strangers on the internet.
Mar 21st—Apr 11th

Emotional Regulation:

Topics include: anger and aggression, identifying triggers, problem solving, feelings, and relaxation techniques.
Apr 25th—May 16th

Healthy Relationships:

Topics include: boundaries, healthy friendships, dating and communication. **This class will delve more into sexual relationships.**
May 30th—Jun 20th

Health & Wellness:

Topics include: nutrition, exercise, and mental health.
Jul 11th—Aug 1st

Project Art

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

Open Studio*

A unique space for adult participants interested in exploring art and their creativity.
Wednesdays or Thursdays,
Jan 31st—Apr 26th,
1:00—3:45 pm

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.
Wednesdays or Thursdays,
Jan 31st—Apr 26th,
4:00—5:30 pm

Future Planning Seminars

What every parent should know about guardianship and alternatives, special needs trusts, Illinois' waiting list (PUNS), and more. Please RSVP by calling 815-965-3455.

Wednesday, Apr 18th
6:00—8:00 pm



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

Rockford Area Arts Council Spring Art Scene



"Inside Out" is a culmination of work produced by ProjectArt artists enrolled in Open Studio. A collaboration between Rockford Park District's Therapeutic Recreation Program and The Arc, Open Studio sessions are designed to give artists the space and means to experience and explore a variety of themes and mediums, learn technique, and hone their skills under the guidance of staff. Attendees will have the joy of viewing their work, as well as purchase art, jewelry, pillows, and crochet pieces. **Fri and Sat, Apr 13th & 14th, 4:00—9:00 pm,** Nordlof Center, 118 N. Main St., Rockford, IL



Counseling at The Arc

Matthew Matheny, Home Based Services Facilitator, QIDP, LCSW, works with individuals with intellectual and developmental disabilities to achieve their goals in areas of life including: anger management and relational issues. Clients generally come in every two weeks for forty-five to fifty minute sessions. If interested, please contact Matthew or Pamela at 815-965-3455.