

Our Vision:

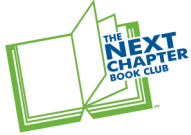
A society for all, Equal Access, Equal Opportunity, Empowerment.



Our Mission:

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

What's Going On...



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.
September 14th, 28th; October 12th, 26th; November 9th, 23rd; December 14th.



Quarter 4 2015

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, September 2nd—November 19th, 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, September 2nd—November 19th, 4:00—5:30 pm

* For more information regarding registration and costs, participants must call the Rockford Park District at 815-987-8800.

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/beverages are provided.

Thursday, October 29th at 2nd/1st 318 N. Church St., Rockford 6:00—8:00 pm

Cost: \$5



Life Skills Classes

Employment:

You'll learn these important job searching components: interviewing, what to wear, resume writing, manners and hygiene.

Wednesdays, September 16th—October 7th, 4:30—5:30

Emotional Regulation:

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

Wednesdays, October 28th—November 25th, (November 11th no class due to Veteran's Day) 4:30—5:30 pm

Each four week session is \$20.

Bingo Night

A chance to play a few games of bingo to win prizes, have a snack and dance.

Thursday, November 12th at Milestone—4060 McFarland Rd., Rockford 6:00 to 8:00 pm NO COST

RSVP by October 23rd by calling 815-965-3455


Art Show

Open Studio artists will be displaying their pieces at JustGoods Fair Trade Marketplace.
Saturday, November 7th at 201—7th Street, Rockford 1:00—4:00 pm

Future Planning Seminars

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

Wednesday, November 18th 6:00—8:00 pm



The ARC of Winnebago, Boone, & Ogle Counties fundraiser at Granite City!

Sunday, October 18th

Valid 9am Brunch - 10pm
Granite City- 7140 Harrison Ave.
Cherry Vale Mall Parking Lot
815-332-7070

Present this flyer to your server and 10% of your TOTAL tab will be donated to

The ARC of Winnebago, Boone, & Ogle Counties

www.gcfb.com
Can't make it? To-Go orders are included too!

TO REGISTER FOR CLASSES OR FOR QUESTIONS ABOUT ANY PROGRAMS LISTED,

PLEASE CALL THE ARC AT 815-965-3455