

New Location:

Calvary Chapel Gloucester
County

5360 Route 42

Turnersville, NJ 08012

(Directly Behind Starbucks)

Class Dates

- Monday, March 25, 2019
- Monday, April 1, 2019
- Monday, April 8, 2019
- Monday, April 15, 2019
- Monday, April 22, 2019
- Monday, April 29, 2019
- Monday, May 6, 2019
- Monday, 13, 2019 *closing ceremony*

Time: 6:30 pm - 8:30 pm

Registration Deadline: *March 18th

**Register by March 8th to be entered into a prize drawing*

These classes are not eligible to be paid through self-directed budgets

Mission Statement

The Arc Gloucester empowers individuals with intellectual and developmental disabilities and their families to achieve their highest potential through advocacy, education and quality services.

Vision Statement

Individuals with intellectual and developmental disabilities shall have equal opportunities to live, work and socialize in their chosen communities.

**Class size is limited
Register Early!**

Please return completed registration form and payment by * **March 18, 2019** to:

The Arc Gloucester
1555 Gateway Blvd.
West Deptford, NJ 08096
Attn: Brenda Scardefield

For additional information:
(856) 848-8648
bscardefield@thearcgloucester.net
www.thearcgloucester.org

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Life Long Learning

Evening Classes for
Individuals age 18+

Sponsored by



Spring 2019



Life Long Learning

An opportunity to learn something new, pursue a new hobby or expand your creativity. Each instructor has unique expertise to share with you.

Health & Wellness “Eating Healthy Around the World”

Instructor: Karen Spieker

Explore different countries and discover their healthy eating habits. We will prepare a recipe or two from each chosen country and talk about the lifestyle and culture. We may also sing a song, dance a special dance or even make a craft. This class will be the perfect combination of cultural exploration, hands on sampling and cooking, mixed with lots of fun with some great learning too.

Karen is a certified NJ teacher who has been developing curriculum and programming for a variety of classes, agencies and special events. Combining her vast cooking experience with visits to a variety of countries to identify their healthy food options is a creative and challenging venture for her.

Health & Wellness “Salon D’Hot Stuff!”

Instructor: Robyn Blanchard, Licensed Beautician and Registered Nurse

Step into the latest spring styles and learn just how the top models do it! Explore and encounter fresh hip hairstyles, great make-up tricks, mani-pedi tips and accessorize without breaking the bank! The grand finale will be our makeover madness cat walk at the closing ceremony!

Robyn has been a licensed beautician since 1984, working as a stylist, colorist and salon manager before becoming an RN. She enjoys helping people look and feel good!

Health & Wellness “Zumba with Zing!”

Instructor: Francyne Zeoli

Sing, dance and move at your own pace to upbeat music in this low-impact Zumba class. Each session will begin with warm-ups and end with cool down moves to relax our muscles. Modified Zumba moves will accommodate people who require the use of wheelchairs and walkers.

Francyne has been involved in exercise classes since 1980; she enjoys all forms of exercise, but Zumba is one of her favorites because it allows expression through creative moves.

Health & Wellness “Let’s Dance!”

Instructors: Professional dancers from Ballroom Dancing for a Better U

Do you enjoy going to weddings? Dances? Come and learn popular dances such as Macarena, Electric Slide, Cupid Shuffle, Cha Cha Slide and more! For those of you who enjoy ballroom dancing, it will still be available in this class.

Arts & Crafts “Spring Crafting”

Instructor: Kate Ryan

Spring is just a hop, skip and jump away! Join us to create pretty home décor for spring using wood and paint. We will be decorating terracotta pots for spring planting. Of course, don’t forget our evening of pampering while making bath bombs and sugar scrubs! We look forward to having you join us!

Kate has always enjoyed crafting, including making gifts for her children’s teachers at Christmas time. Kate’s interest in crafting was sparked when she joined a friend’s crafting group – she now works at that friend’s shop in Mullica Hill doing crafting workshops creating fun items like wooden signs, lazy Susans and

Fine Arts “Paint it Your Way!”

Instructor: Stephanie Littleton

Each week enjoy creating a painting in a fun, energetic and motivating environment with others that love art. Show off your amazing paintings in our final week’s art show open to the community. Let’s paint!

Stephanie has been creating art for over 35 years; she has been an instructor for various art courses specializing in adapting lessons to the needs and ability levels of all for over 12 years with a continuing pursuit to create an inclusive learning environment.

Performing Arts “All Together Now Music” Workshop

Instructors: Laura Reynolds and Nicole Reynolds

In the All Together Now Music group workshops, participants will have the opportunity to explore and play many different instruments, with some instruction, including guitars, ukuleles, drums, keyboards, violins, banjos and more. We will then form bands, playing the songs that are chosen by the group. No musical experience is necessary to join this group. Whether you are a beginner or advanced musician, this group is for you!