Mark Your Calendars For The Arc In The Park Picnic

P I C N I C

Friday, September 16, 2016 from 4:00-8:00
at Veteran’s Pavilion 104 9th Place SW Austin, MN
Dinner, Games, Bingo, Dance, Prizes
There is no cost to attend.
RSVP by Wednesday, September 8, 2016!
Call (507) 433-8994 or Email office@thearcmc.org.

ALL FAMILY AND FRIENDS ARE INVITED!!!

All You Can Eat Dad’s Belgian Waffle Breakfast

Sunday, October 2, 2016 from 9:00 AM - 1:00 PM
Austin Eagles Lookout Aerie 703, 107 11th St SE, Austin

Tickets are available at:
The Arc Mower County Office,
Members of The Arc Mower County Board of Directors,
The Hormel Historic Home Office,
Members of the Historic Hormel Home Board of Directors
and at the door on the day of the event.

Proceeds Benefit:
Autism Programming

Advance Tickets:
$8.00 - Adults or
$5.00 - Children (6-12)

At The Door Tickets:
$9.00 - Adults or
$6.00 - Children (6-12)

Children 5 and under are FREE
Take Outs Are Available

Visit www.thearcmc.org or www.hormelhistorichome.org to learn more.
From The Executive Directors Desk
By Dawn Helgeson, Executive Director

The Arc Minnesota’s Master Pooled Trust can help provide future financial security for individuals with disabilities, whether it’s yourself, your child, a family member or a friend, while not affecting the person’s eligibility for means-tested benefits, such as SSI or MA. It can protect funds and benefits for an individual with a disability, whether the funds are given to the trust by others, or are perhaps an unexpected windfall belonging to the person living with a disability.

**When can you set up a Master Pooled Trust?**

**Now** – By a parent or other family member who wants to provide funds to benefit their loved one with a disability. It can be funded now or in the future from an insurance policy, an estate or other sources.

**Anytime** – When a person with a disability receives a windfall of money, such as a Social Security back payment, an inheritance, or an insurance or court settlement. Putting this money in The Arc Minnesota’s Master Pooled Trust shelters the funds to use later, while not jeopardizing their benefits.

**Why choose The Arc Minnesota’s Master Pooled Trust?**

**Expertise & Skills** – The Arc Minnesota is a known and trusted organization with a 60-year history of helping people with disabilities. We know the trust laws and governmental reporting requirements, and how to best serve the needs of persons with disabilities.

**Affordability** – The Arc Minnesota’s Master Pooled Trust was designed with lower fees and minimum deposits than other alternatives.

**Safety** – The Arc Minnesota is insured, and our investments are managed by Associated Trust Co. Check out the mutual funds performance report for more information on the investment results.

**Who can participate in the trust?**

To participate, the beneficiary of the trust must have a certified disability of any type and must live in Minnesota. We serve individuals throughout the state.

For more information or to discuss your specific needs, Contact The Arc Minnesota at 1-800-582-5256.

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**Program Ideas**

Do you want to try out a new food place? Have you wanted to see a play or hear live music at a new venue? We are always looking for new ways to learn, grow, and play! If you have a new idea for a program let us know by calling 507-433-8994 or emailing office@thearcmc.org.
Wish List
http://www.thearcmc.org/wish-list.html

The following supplies are needed by The Arc Mower County. All donations of any size or amount are greatly appreciated.

- Batteries (AA, AAA, C, D Volt)
- Bottled pop and water
- Business Card Laminating Sheets
- Colored Paper - 8 1/2 x 11
- Colored Paper - 11 x 17
- Cricut Electronic Cutter
- Envelopes 4-1/8 x 9-1/2
- Gift Certificates (Kwik Trip, Wal-Mart, Hy-Vee, Sam’s Club and area restaurants)
- Glue Sticks
- Ice Machine (Link)
- Instant ice packs
- Ink Cartridges for Dell B1265dfw Printer
- Juice mixes (Sugar Free)
- Magazine & Newspaper subscriptions
- Painting Easels
- Paper Cutter
- Plastic spoons/forks
- Plastic Totes with Lids
- Postage
- Scrapbook supplies
- Washable Markers
- White & Multi-Colored Paper

Help The Arc Go Green!

We are going green and moving our newsletter into the electronic age. Going electronic will:
- Free up valuable dollars so that we can better serve you and other families.
- Receive the most up to date information from The Arc by joining our email list. Be the first to know about upcoming events, fundraisers, news and more!
- Make it easier for you to save the information, event dates, etc. without cluttering up your house with more paper.
- Easier to share! Do you know a person or family that could benefit from reading the newsletter or would be interested in attending one of our events? With the electronic format, sharing will be easier than ever.

To get started, we’ll need your email address. Please visit our website at www.thearcmc.org to sign up. Hardcopies will continue to be printed for those that cannot receive them electronically.
Update from the Program Director
By Jamey Helgeson, Program Director

The Arc Mower County is conducting a member survey. We want to know how you think The Arc Mower County's programs and services are benefiting people with intellectual and developmental disabilities (I/DD) in Mower County. We value your opinion and need to hear from you so we can continue to improve the quality of life of people with I/DD in Mower County. Your privacy and information is important to us and will be respected. Information collected from this survey will be used for the sole purpose of improving The Arc Mower County's programs and services. The survey is available online at www.thearcmc.org or paper copies are available at The Arc office.

If you have any questions please call me at (507) 433-8994 or email jamey@thearcmc.org.

Volunteer at The Arc

Volunteers play an important role in all programs, events and the day-to-day operations of The Arc Mower County. Volunteers are the backbone of our organization - lending support in a variety of ways the people and families we serve. From playing games with teenagers to helping young woman practice her batting swing… coaching a sports team to its first win of the season… or working to make an event run smoothly… there are so many ways you can help! Your contribution can make a valuable difference in someone’s life. Volunteer opportunities exist for individuals and groups. You can help on a one-time basis for our special events or on a regular basis working with people and families in our programs and activities.

How do I sign up to volunteer with The Arc Mower County? Visit http://www.thearcmc.org/volunteer.html, Call (507) 433-8994 or email office@thearcmc.org.

Please remember to enter your volunteer time at http://www.thearcmc.org/my-arc-account.html. You will need a ID Number to access these features. Please contact The Arc office for your number. If you don’t have internet access, please contact Jamey at The Arc office to enter your hours.
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<th>SUNDAY</th>
<th>MONDAY</th>
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For your convenience, The Arc has included check boxes by each activity to assist with registration, to make the payment process easier and to make it easier to remember what you are registered for.

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<th>SUNDAY</th>
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**September 1**
- (T, A) Kickball League 6:30-8:00
- (T, A) Open Center 6:30-8:00

**September 2**
- (T, A) Kickball League 6:30-8:00

- (E) MCSO Bowling 4:00-5:30
- (A) Learning for Life 6:30-8:00

**September 3**
- CLOSED

**September 4**
- CLOSED

**September 5**
- CLOSED

**September 6**
- CLOSED

- (T, A) Witches Brew Chili, Grilled Cheese and Games 5:30-8:00
- (A) Date Night, Couples Only 4:00-9:00

- (E) The Arc In The Park Picnic 4:00-8:00 FREE to all family and friends!!!

**September 7**
- CLOSED

**September 8**
- CLOSED

**September 9**
- CLOSED

**September 10**
- CLOSED

When you see Y, T, A, E, look for the key on page 12.

The Arc Mower County Business Hours
Monday - Thursday: 9:00-12:00 and 1:00-4:00, Friday: Closed
September & October 2016 Activity Guide

Mower County Special Olympics, Our Place Recreation Center, People First Aktion Club and Vacations
A educational, recreational and social center for people with intellectual and developmental disabilities.

Registrations will be accepted beginning on Wednesday, August 17, 2016!

If you plan to register for an activity after Thursday, August 31, 2016, call (507) 433-8994 for availability before registering, otherwise the activity might be full and you will be added to the Waiting List.

How To Register For Activities:

- **Online:** Visit www.thearcmc.org. Click on My Arc Account. You will find instructions on how to register online at www.thearcmc.org. Instructions are also available at The Arc office. You will have to mail or drop off your payment. If you do not have internet access at your house, you can use a computer at The Arc to register for activities. The Arc staff can assist you if you need assistance.

- **By Phone:** You can contact The Arc office at 507-433-8994 during regular business hours to register you for all of the activities that you would like to attend. You will have to mail or drop off your payment.

- **In Person:** Visit The Arc office during regular business hours and The Arc staff can register you for all of the activities that you would like to attend.

- **REGISTRATIONS AND PAYMENTS WILL NOT BE ACCEPTED AT ANY ACTIVITIES. PLEASE USE THE DROP BOX LOCATED BY THE MAIN ENTRANCE TO DROP PAYMENTS OFF AFTER BUSINESS HOURS.**

- **REGISTRATIONS WILL NOT BE ACCEPTED BY EMAIL.**

- **There isn't a registration form inside this newsletter. Please register online, by phone or in person. If you have any questions, please contact The Arc office at 507-433-8994.**

Payment Options:
1. Cash
2. Checks (Please separate checks by program payable to The Arc Mower County unless otherwise noted. Please write the program name in the subject line of the memo to ensure proper recording: Our Place, Special Olympics, Vacations, People First.)
3. Credit/Debit Cards (A minimal fee will be assessed on all activity transactions.)
4. Credit Account (Pre-Pay Account)

Scholarships are Available: Looking forward to that special activity, but it’s slightly out of your budget? Not to worry, we have the solution for you! Call into our office and request a scholarship before the event and get up to 50% of your costs covered for the event!

PLEASE DO NOT CONTACT STAFF ON THEIR CELL PHONES UNLESS IT IS AN EMERGENCY. IF YOU NEED ASSISTANCE, CALL THE OFFICE DURING BUSINESS HOURS.

Please review the Membership Handbook online at www.thearcmc.org.
<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Activity Name</th>
<th>Location</th>
<th>Registration Deadline</th>
<th>Cost: Member</th>
<th>Who</th>
<th>Maximum Participants</th>
<th>Volunteers Needed</th>
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<tr>
<td>Sept. 1</td>
<td>6:30-8:00</td>
<td>Kickball League</td>
<td>Off-Site Austin</td>
<td>August 25 @ 4:00 PM</td>
<td>FREE</td>
<td>T, A</td>
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<td>EVERYONE IS WELCOME (Staff, Parents, Friends, Family, Etc.) Please bring your own water bottle labeled with your name. Pop or soda products will not be allowed during practices. Please wear comfortable clothes and shoes. All players must wear tennis shoes. No metal, hard plastic or polyurethane spikes or shoes with detachable cleats or sandals are allowed. No bunting, stealing, or leading off. Playing rules are similar to softball. In addition, a player is out when he/she is hit by a thrown ball below the waist.</td>
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<td>Sept. 2</td>
<td>6:30-8:00</td>
<td>Open Center</td>
<td>The Arc</td>
<td>No Deadline</td>
<td>FREE N/A</td>
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<td>Our Place Recreation Center is open for you to do practically anything. Play games (Wii, Pool, Pool, Table Tennis, Board Games, Cards, Etc.) relax, watch TV, surf the internet, check your email or hang out with your friends.</td>
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<td>Sept. 13</td>
<td>6:30-8:00</td>
<td>Bingo</td>
<td>The Arc</td>
<td>Sept. 6 @ 4:00 PM</td>
<td>$3.00 N/A</td>
<td>T, A</td>
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<td>Join your friends for an evening of playing the popular game BINGO. We will play between 12-14 games ranging from Regular to 4 Corners to Cover All. The first winner of each game will receive a cash prize. Each member will be allowed to have 2 cards. Note: Refreshments will be served.</td>
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<td>Sept. 14</td>
<td>4:00-5:30</td>
<td>MCSO Bowling Begins</td>
<td>Off-Site Echo Lanes</td>
<td>Sept. 1 @ 4:00 PM</td>
<td>$15.00 N/A</td>
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<td>After your registration is received, you will receive more information about bowling via mail or email.</td>
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<td>Sept. 14</td>
<td>6:30-8:00</td>
<td>Learning for Life</td>
<td>The Arc</td>
<td>Sept. 7 @ 4:00 PM</td>
<td>FREE N/A</td>
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<td>Adults with intellectual disabilities are able to continue their education and improve their skills through this activity. Opportunities are given to utilize learning successfully in their everyday lives. Topic: It's My Choice, #1 You will need to be able to attend all 4 sessions for this activity to register: 9/14, 9/28, 10/12 and 10/26.</td>
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<td>Sept. 15</td>
<td>6:30-8:00</td>
<td>Kickball League</td>
<td>Off-Site Austin</td>
<td>Sept. 8 @ 4:00 PM</td>
<td>FREE</td>
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<td>Sept. 16</td>
<td>4:00-8:00</td>
<td>The Arc In The Park Picnic</td>
<td>Off-Site Austin</td>
<td>Sept. 8 @ 4:00 PM</td>
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<td>Friends and families of The Arc Mower County will gather for an afternoon/evening of fun. Picnic goers will enjoy a delicious meal, games, bingo, dance and the opportunity to meet with friends, old and new.</td>
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<td>Sept. 19</td>
<td>3:00-5:30</td>
<td>Teen Connections</td>
<td>The Arc</td>
<td>Sept. 12 @ 4:00 PM</td>
<td>FREE N/A</td>
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<td>Teen Connections provide social, recreational and independent living skill activities such as games, cooking, creative arts, sports, music, dance and community outings. All activities emphasize peer interaction, group participation, social skill development and lots of fun.</td>
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<td>Date</td>
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<td>Activity Name</td>
<td>Location</td>
<td>Registration Deadline</td>
<td>Cost: Member Staff &amp; Guest</td>
<td>Who</td>
<td>Maximum Participants</td>
<td>Volunteers Needed</td>
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<td>Sept. 20</td>
<td>4:30-6:00</td>
<td>Cooking for Comfort</td>
<td>The Arc</td>
<td>Sept. 13 @ 4:00 PM</td>
<td>$7.00 $7.00</td>
<td>T, A</td>
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<td><strong>Enjoy hands-on experience in the kitchen while you learn to prepare a variety of recipes and practice useful cooking skills.</strong> <strong>Meal:</strong> Easy Macaroni Goulash</td>
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<td>Sept. 22</td>
<td>6:00-8:00</td>
<td>Movie and Munchies</td>
<td>The Arc</td>
<td>Sept. 15 @ 4:00 PM</td>
<td>$3.00 N/A</td>
<td>T, A</td>
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<td><strong>Ghostbusters, Rated PG, 1hr 45m:</strong> After losing their academic posts at a prestigious college, a team of parapsychologists creates a business exterminating ghouls, hobgoblins and supernatural pests -- and are soon hired by a cellist to purge her digs of a demon. <strong>Note:</strong> Refreshments will be served.</td>
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<td>Sept. 23</td>
<td>4:00-9:00</td>
<td>Date Night, Couples Only: Dinner &amp; Shopping</td>
<td>Off-Site Rochester</td>
<td>Sept. 15 @ 4:00 PM</td>
<td>$6.00 N/A</td>
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<td><strong>Enhancing the development of socialization skills, interpersonal communication and appropriate behavior within a “date” setting are goals of this program. When selecting activities, the main focus is on enjoyment and entertainment with a special friend in a supervised setting.</strong> <strong>Note:</strong> Drop-Off Transportation Only. Please meet at The Arc by 3:30. Bring money for supper and shopping at Apache Mall.</td>
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<td>Sept. 24</td>
<td>9:00-????</td>
<td>CC: Lunch and Movie</td>
<td>Off-Site Twin Cities</td>
<td>Sept. 15 @ 4:00 PM</td>
<td>$25.00 N/A</td>
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<td><strong>We are headed to the big screen to see one of the new releases at a theater in the Twin Cities. Before the movie we will be stopping for dinner at Burnsville Mall food court.</strong> <strong>Note:</strong> Cost includes: Movie ticket and transportation. Bring money for supper and snacks at the movie. Drop-Off Transportation Only. Meet at The Arc by 8:30 AM. one week before the activity.</td>
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<td>Sept. 27</td>
<td>6:00-8:00</td>
<td>People First Aktion Club</td>
<td>The Arc</td>
<td>Sept. 20 @ 4:00 PM</td>
<td>$2.00 N/A</td>
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<td><strong>People First Aktion Club is an international self-advocacy and self-help organization for adults (Ages 18 and Older) with disabilities who want to make their own choices, speak up for themselves and be independent. New members are always welcome!</strong> <strong>Note:</strong> Refreshments will be served.</td>
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<td>Sept. 28</td>
<td>6:30-8:00</td>
<td>Learning for Life</td>
<td>The Arc</td>
<td>Sept. 21 @ 4:00 PM</td>
<td>FREE N/A</td>
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<td><strong>Adults with intellectual disabilities are able to continue their education and improve their skills through this activity. Opportunities are given to utilize learning successfully in their everyday lives. Topic: It’s My Choice, # 2</strong> <strong>You will need to be able to attend all 4 sessions for this activity to register: 9/14, 9/28, 10/12 and 10/26.</strong></td>
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<td>Sept. 29</td>
<td>6:30-8:00</td>
<td>Kickball League</td>
<td>Off-Site Austin</td>
<td>Sept. 22 @ 4:00 PM</td>
<td>FREE FREE</td>
<td>T, A</td>
<td>30</td>
<td>5</td>
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<tr>
<td></td>
<td></td>
<td><strong>EVERYONE IS WELCOME (Staff, Parents, Friends, Family, Etc.) Please bring your own water bottle labeled with your name. Pop or soda products will not be allowed during practices. Please wear comfortable clothes and shoes. All players must wear tennis shoes. No metal, hard plastic or polyurethane spikes or shoes with detachable cleats or sandals are allowed. No bunting, stealing, or leading off. Playing rules are similar to softball. In addition, a player is out when he/she is hit by a thrown ball below the waist.</strong></td>
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<tr>
<td>Sept. 30</td>
<td>4:30-8:00</td>
<td>Bean Bag Tournament</td>
<td>The Arc</td>
<td>Sept. 22 @ 4:00 PM</td>
<td>$10.00 N/A</td>
<td>T, A</td>
<td>20</td>
<td>3</td>
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<td></td>
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<td><strong>Get together with your friends for some friendly competition playing bean bags. Teams will be randomly chosen and prizes will be awarded. Supper will be served.</strong></td>
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<tr>
<td>Date</td>
<td>Time</td>
<td>Activity Name</td>
<td>Location</td>
<td>Registration Deadline</td>
<td>Cost: Member Staff &amp; Guest</td>
<td>Who</td>
<td>Maximum Participants</td>
<td>Volunteers Needed</td>
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</tr>
<tr>
<td>October 3</td>
<td>3:00-5:30</td>
<td>Teen Connections</td>
<td>The Arc</td>
<td>Sept. 26 @ 4:00 PM</td>
<td>FREE N/A</td>
<td>T</td>
<td>10</td>
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<tr>
<td></td>
<td>4:00-5:30</td>
<td>Creative Arts: Canvas Painting</td>
<td>The Arc</td>
<td>Sept. 20 @ 4:00 PM</td>
<td>$8.00 N/A</td>
<td>T, A</td>
<td>15 Per Session</td>
<td>3 Per Session</td>
</tr>
<tr>
<td>October 4</td>
<td>6:30-8:00</td>
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<tr>
<td>October 6</td>
<td>5:30-9:30</td>
<td>For Ladies Only: Dinner and a Movie</td>
<td>Off-Site Austin</td>
<td>Sept. 29 @ 4:00 PM</td>
<td>$15.00 N/A</td>
<td>A</td>
<td>10</td>
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<tr>
<td>October 7</td>
<td>6:30-8:00</td>
<td>Open Center</td>
<td>The Arc</td>
<td>No Deadline</td>
<td>FREE N/A</td>
<td>T, A</td>
<td>50</td>
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<tr>
<td>October 8</td>
<td>9:00-3:00</td>
<td>CC: ConnectAbilities Day</td>
<td>Off-Site Stewartville</td>
<td>Sept. 1 @ 4:00 PM</td>
<td>$40.00 N/A</td>
<td>A</td>
<td>10 Lottery</td>
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<tr>
<td>October 11</td>
<td>6:30-8:00</td>
<td>Bingo</td>
<td>The Arc</td>
<td>October 4 @ 4:00 PM</td>
<td>$3.00 N/A</td>
<td>T, A</td>
<td>50</td>
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<tr>
<td>October 12</td>
<td>6:30-8:00</td>
<td>Learning for Life</td>
<td>The Arc</td>
<td>October 5 @ 4:00 PM</td>
<td>FREE N/A</td>
<td>A</td>
<td>30</td>
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<tr>
<td>October 13</td>
<td>4:00-6:00</td>
<td>Nature Center Walk and Roll</td>
<td>Off-Site Austin</td>
<td>October 6 @ 4:00 PM</td>
<td>FREE N/A</td>
<td>T, A</td>
<td>No Limit</td>
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<td>13 Arc Bus</td>
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</tr>
</tbody>
</table>

Teen Connections provide social, recreational and independent living skill activities such as games, cooking, creative arts, sports, music, dance and community outings. All activities emphasize peer interaction, group participation, social skill development and lots of fun.

In crafting, there are no mistakes just unique creations. Come put your own special touch on craft projects that you can take home and share with friends and family. **Note: Please register for only one session.**

No guys allowed! Once a month just the girls will spend the afternoon/evening shopping, learning about hair and makeup, going out for dinner, or just about anything else. **Note: Cost includes: Movie ticket and transportation. Bring money for supper and snacks at the movie. Drop-Off Transportation Only. Meet at The Arc by 5:00 PM.**

Our Place Recreation Center is open for you to do practically anything. Play games (Wii, Pool, Pool, Table Tennis, Board Games, Cards, Etc.) relax, watch TV, surf the internet, check your email or hang out with your friends.

Ironwood Springs’ events for adults with disabilities are a fun getaway for participants and staff alike. Ironwood Springs provides an opportunity to meet new friends and be part of a growing community. **Note: Cost Includes: Transportation, Lunch and Activities. Drop-Off Transportation Only. Please meet at The Arc by 8:30 AM. Moderate Walking.**

Join your friends for an evening of playing the popular game BINGO. We will play between 12-14 games ranging from Regular to 4 Corners to Cover All. The first winner of each game will receive a cash prize. Each member will be allowed to have 2 cards. **Note: Refreshments will be served.**

Adults with intellectual disabilities are able to continue their education and improve their skills through this activity. Opportunities are given to utilize learning successfully in their everyday lives. **Topic: It’s My Choice, # 3** **You will need to be able to attend all 4 sessions for this activity to register: 9/14, 9/28, 10/12 and 10/26.**
<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Activity Name</th>
<th>Location</th>
<th>Registration Deadline</th>
<th>Cost: Member</th>
<th>Staff &amp; Guest</th>
<th>Who</th>
<th>Maximum Participants</th>
<th>Volunteers Needed</th>
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</thead>
<tbody>
<tr>
<td>October 14</td>
<td>6:00-8:00</td>
<td>Halloween Dance</td>
<td>Senior Center</td>
<td>October 6 @ 4:00 PM</td>
<td>$5.00</td>
<td>N/A</td>
<td>E</td>
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<tr>
<td>October 16</td>
<td>TBD</td>
<td>Area 10 Bowling Tournament</td>
<td>Off-Site Treasure Island</td>
<td>Sept. 1 @ 4:00 PM</td>
<td>$10.00</td>
<td>N/A</td>
<td>E</td>
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<tr>
<td>October 17</td>
<td>3:00-5:30</td>
<td>Teen Connections</td>
<td>The Arc</td>
<td>October 10 @ 4:00 PM</td>
<td>FREE N/A</td>
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<tr>
<td>October 18</td>
<td>4:30-6:00</td>
<td>Cooking for Comfort</td>
<td>The Arc</td>
<td>October 11 @ 4:00 PM</td>
<td>$7.00</td>
<td>$7.00</td>
<td>T, A</td>
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<tr>
<td>October 20</td>
<td>5:30-8:00</td>
<td>For Guys Only: Wings, Root Beer and Video Games</td>
<td>The Arc</td>
<td>October 13 @ 4:00 PM</td>
<td>$10.00</td>
<td>N/A</td>
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<tr>
<td>October 21</td>
<td>4:30-7:00</td>
<td>Witches Brew Chili, Grilled Cheese and Games</td>
<td>The Arc</td>
<td>October 13 @ 4:00 PM</td>
<td>$7.00</td>
<td>$7.00</td>
<td>T, A</td>
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<tr>
<td>October 22</td>
<td>10:00-3:00</td>
<td>CC: Mystery Cave, Forestville/Mystery Cave State Park</td>
<td>Off-Site Preston</td>
<td>October 13 @ 4:00 PM</td>
<td>$20.00</td>
<td>N/A</td>
<td>A</td>
<td>10 Lottery</td>
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<tr>
<td>October 25</td>
<td>6:00-8:00</td>
<td>People First Aktion Club</td>
<td>The Arc</td>
<td>October 18 @ 4:00 PM</td>
<td>$2.00</td>
<td>N/A</td>
<td>A</td>
<td>30</td>
<td>0</td>
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</tbody>
</table>

**Note:** Refreshments will be served.

**Date:** October 14  
**Time:** 6:00-8:00  
**Activity Name:** Halloween Dance  
**Location:** Senior Center  
**Registration Deadline:** October 6 @ 4:00 PM  
**Cost:** $5.00 N/A  
**Who:** E  
**Maximum Participants:** 100  
**Volunteers Needed:** 5  

DJ, light refreshments and opportunities for socialization. Join your friends for a fun evening moving and grooving to all of the latest hits and some classics too. Dressing to the theme is encouraged. There will also be a costume contest with people from KAAL as the judges.  

**Note:** Refreshments will be served.

**Date:** October 16  
**Time:** TBD  
**Activity Name:** Area 10 Bowling Tournament  
**Location:** Off-Site Treasure Island  
**Registration Deadline:** Sept. 1 @ 4:00 PM  
**Cost:** $10.00 N/A  
**Who:** E  
**Maximum Participants:** 30  
**Volunteers Needed:** TBD  

After your registration is received, you will receive more information about bowling via mail or email.

**Date:** October 17  
**Time:** 3:00-5:30  
**Activity Name:** Teen Connections  
**Location:** The Arc  
**Registration Deadline:** October 10 @ 4:00 PM  
**Who:** FREE N/A  
**Maximum Participants:** 10  
**Volunteers Needed:** 3  

Teen Connections provide social, recreational and independent living skill activities such as games, cooking, creative arts, sports, music, dance and community outings. All activities emphasize peer interaction, group participation, social skill development and lots of fun.

**Date:** October 18  
**Time:** 4:30-6:00  
**Activity Name:** Cooking for Comfort  
**Location:** The Arc  
**Registration Deadline:** October 11 @ 4:00 PM  
**Who:** $7.00 $7.00  
**Maximum Participants:** 15  
**Volunteers Needed:** 0  

Enjoy hands-on experience in the kitchen while you learn to prepare a variety of recipes and practice useful cooking skills.  
**Meal:** Basic Stir Fry.

**Date:** October 20  
**Time:** 5:30-8:00  
**Activity Name:** For Guys Only: Wings, Root Beer and Video Games  
**Location:** The Arc  
**Registration Deadline:** October 13 @ 4:00 PM  
**Who:** $10.00 N/A  
**Maximum Participants:** A  
**Volunteers Needed:** 10  

No girls allowed! Just the guys will get together to play sports, see a movie, watch a football game, or just about anything else.  
**Note:** Boneless Wings and Root Beer will be served for supper. You can bring your own video game system to share with your friends.

**Date:** October 21  
**Time:** 4:30-7:00  
**Activity Name:** Witches Brew Chili, Grilled Cheese and Games  
**Location:** The Arc  
**Registration Deadline:** October 13 @ 4:00 PM  
**Who:** $7.00 $7.00  
**Maximum Participants:** T, A  
**Volunteers Needed:** 30  

Join us at Our Place as we enjoy some great food. Start the night with a yummy bowl of Witch’s Brew Chili and a great tasting grilled cheese. Bring your friends for a wonderful meal, games and fun times!  
**Note:** A meal will be served.

**Date:** October 22  
**Time:** 10:00-3:00  
**Activity Name:** CC: Mystery Cave, Forestville/Mystery Cave State Park  
**Location:** Off-Site Preston  
**Registration Deadline:** October 13 @ 4:00 PM  
**Who:** $20.00 N/A  
**Maximum Participants:** A  
**Volunteers Needed:** 10 Lottery  

Discovered in 1937, Mystery Cave is the longest cave in Minnesota - spanning over 13 miles underground. It is a network of passages that was dissolved by moving water. On the tours, you will travel the subterranean paths this water has taken, seeing many of the features that make up Mystery Cave including stalactites, stalagmites, flowstone, fossils, and beautiful underground pools.  
**Note:** Drop-Off Transportation Only. Please meet at The Arc by 9:30 AM. Bring money for lunch. Warm dress and sturdy shoes are recommended (underground temperature is 48°F).

**Date:** October 25  
**Time:** 6:00-8:00  
**Activity Name:** People First Aktion Club  
**Location:** The Arc  
**Registration Deadline:** October 18 @ 4:00 PM  
**Who:** $2.00 N/A  
**Maximum Participants:** A  
**Volunteers Needed:** 30  

People First Aktion Club is an international self-advocacy and self-help organization for adults (Ages 18 and Older) with disabilities who want to make their own choices, speak up for themselves and be independent. New members are always welcome!  
**Note:** Refreshments will be served.
### VISIONS SEPTEMBER & OCTOBER 2016

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Activity Name</th>
<th>Location</th>
<th>Registration Deadline</th>
<th>Cost: Member &amp; Guest</th>
<th>Who</th>
<th>Maximum Participants</th>
<th>Volunteers Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>October 26</td>
<td>6:30-8:00</td>
<td>Learning for Life</td>
<td>The Arc</td>
<td>October 19 @ 4:00 PM</td>
<td>FREE N/A</td>
<td>A</td>
<td>30</td>
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</table>

Adults with intellectual disabilities are able to continue their education and improve their skills through this activity. Opportunities are given to utilize learning successfully in their everyday lives. **Topic: It’s My Choice, #4**

You will need to be able to attend all 4 sessions for this activity to register: 9/14, 9/28, 10/12 and 10/26.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Activity Name</th>
<th>Location</th>
<th>Registration Deadline</th>
<th>Cost: Member &amp; Guest</th>
<th>Who</th>
<th>Maximum Participants</th>
<th>Volunteers Needed</th>
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</thead>
<tbody>
<tr>
<td>October 27</td>
<td>6:00-8:00</td>
<td>Movie and Munchies</td>
<td>The Arc</td>
<td>October 20 @ 4:00 PM</td>
<td>$3.00 N/A</td>
<td>T, A</td>
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The Addams Family, PG-13, 1hr 39m: Stepping out of the pages of Charles Addams’ cartoons and the 1960s television series, the beloved macabre family takes to the big screen in a tale that centers on con artists out to swindle them by introducing a bogus Uncle Fester into their home.

**Note: Refreshments will be served.**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Activity Name</th>
<th>Location</th>
<th>Registration Deadline</th>
<th>Cost: Member &amp; Guest</th>
<th>Who</th>
<th>Maximum Participants</th>
<th>Volunteers Needed</th>
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</thead>
<tbody>
<tr>
<td>October 28</td>
<td>6:00-8:00</td>
<td>Halloween Carnival</td>
<td>The Arc</td>
<td>October 20 @ 4:00 PM</td>
<td>$5.00 N/A</td>
<td>E</td>
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</table>

There will be food, games and prizes for all abilities and ages. You can also pick out a pumpkin and craft away! We will have design ideas and supplies ready for you to create your most stylish pumpkin yet. Wear your Halloween costume if you want to.

**Note: Please eat supper before the activity. Refreshments will be available.**

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Activity Name</th>
<th>Location</th>
<th>Registration Deadline</th>
<th>Cost: Member &amp; Guest</th>
<th>Who</th>
<th>Maximum Participants</th>
<th>Volunteers Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 12</td>
<td>TBD</td>
<td>State Bowling Tournament</td>
<td>Off-Site Lakeville</td>
<td>Sept. 1 @ 4:00 PM</td>
<td>$30.00 N/A</td>
<td>E</td>
<td>30</td>
<td>TBD</td>
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</table>

After your registration is received, you will receive more information about bowling via mail or email.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Activity Name</th>
<th>Location</th>
<th>Registration Deadline</th>
<th>Cost: Member &amp; Guest</th>
<th>Who</th>
<th>Maximum Participants</th>
<th>Volunteers Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 28</td>
<td>6:00-7:30</td>
<td>MCSO Basketball Plus Area Tournament</td>
<td>Off-Site Austin</td>
<td>Nov. 1 @ 4:00 PM</td>
<td>$30.00 N/A</td>
<td>T, A</td>
<td>20</td>
<td>TBD</td>
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</table>

After your registration is received, you will receive more information about bowling via mail or email.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Activity Name</th>
<th>Location</th>
<th>Registration Deadline</th>
<th>Cost: Member &amp; Guest</th>
<th>Who</th>
<th>Maximum Participants</th>
<th>Volunteers Needed</th>
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</thead>
<tbody>
<tr>
<td>June 1-3, 2017</td>
<td>TBD</td>
<td>Spring Vacation Quad Cities, IA</td>
<td>Off-Site Quad Cities, IA</td>
<td>November 1 @ 4:00 PM</td>
<td>$350.00 $350.00</td>
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The Quad Cities is a region of four counties in northwest Illinois and Southeastern Iowa. The urban core consists of five principal cities: Davenport and Bettendorf in Iowa, and Rock Island, Moline, and East Moline in Illinois.

**A complete itinerary will be mailed to you around May 1, 2017. Extensive Walking.**

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### Key

- **Y** = Youth - Ages 6 - 12
- **T** = Teens - Ages 13-18
- **A** = Adults - Ages 19 and Above
- **E** = Everyone (Includes Y, T and A)
The Arc Mower County
For people with intellectual
and developmental disabilities

401 2nd Avenue NE
Austin, Minnesota 55912-3418

Achieve with us.

Facebook

United Way
A United Way Funded Agency

September and October 2016 VISIONS Newsletter

The Arc Mower County  |  Membership and Donation Form

Name: ________________________
Phone Number: ________________________
Address: ________________________
City: ________________________
State: ________________________
Zip Code: ________________________

New Membership □
Renewal Membership □
Family □
Organizational □
Program Sponsor □
General Operations □
Scholarship Fund □
Self-Advocate □
Program Sponsor □
General Operations □
Scholarship Fund □
Self-Advocate □

Amount: $_________00

Membership Levels:

$75.00 □
$50.00 □
$100.00 □
$250.00 □
$500.00 □
$1,000.00 □
$1,500.00 □
$2,000.00 □
$2,500.00 □
$3,000.00 □
$5,000.00 □
$10,000.00 □

Donation Categories:

General Operations □
Scholarship Fund □
Self-Advocate □
Program Sponsor □

Credit/Debit Card □
Check □
Cash □

Expiration Date: _________/_______
Card #: ____________
3 Digit Security Code: _________
Billing Zip Code: ____________

In Memory of □
In Honor of □
Fundraiser Sponsor □

Payment: □

Return this form to The Arc Mower County with payment.