

Spring Flower Painting!

Wednesday, May 4th, 2016
6:00 - 7:30 pm



The Dreaming Bear | 720 11th Street • Marion
\$10.00 per person | Hosting 15 - 16 people!

Come paint with us at The Dreaming Bear!

We'll create a lovely wooden flower on a stand that you can use to decorate your home, or give to mom for Mother's Day! You can paint it any color you like! All supplies are provided for you!

Please RSVP by April 27th to Stephanie at smuters@arceci.org or 319-365-0487 ext. 1056.

Free Health Fair

Monday, May 16th, 2016
2:00 - 4:00 pm

Downtown Library

450 Fifth Avenue SE • Cedar Rapids

Mercy parish nurses will provide a blood pressure screening and health education to Arc clients. Topics covered to include: sun safety, creating a healthy plate, hygiene, and the benefits of physical activity.

Please RSVP by May 9th to Stephanie at smuters@arceci.org or 319-365-0487 ext. 1056.



Be sure to come out and support your

Arc Softball Teams May 31st at Ellis!

***Reminder for Arc Softball Sign Up:** Forms are due to Stephanie by May 10th. Stop in and grab a registration form if you're interested in playing!



JOIN THE CLUB!

Become a Member of Voices Unlimited

Voices Unlimited is a membership club for adults with disabilities. It's a social club that provides a place where individuals can share their ideas, build friendships, and learn how to be an active participant in their community. Two events are scheduled each month and announced in the "Our Voices" newsletter (dances, educational or craft workshops, outings, and tours of local museums or similar organizations).

The events and newsletter are available to anyone in the community, however a **MEMBER** receives a membership card, discounts at some Voices Unlimited events, entrance to Members Only events, and double the door prize tickets. All new members also receive a FREE Voices Unlimited T-shirt! You can receive all of these great benefits for only the low yearly membership fee of \$10.00.

If your membership has lapsed or you would like to become a member, please fill out the application form below and return it to The Arc along with your \$10.00 membership fee. Voices Unlimited is supported by United Way funding; **ALL** of the following information is needed for their records. If you have any questions, please contact The Arc at 319-365-0487.

Voices Unlimited Membership Application

Please fill out this form completely and return it to
The Arc with your \$10 membership fee.



Name: _____

Address: _____

City: _____ State: _____ Zip: _____ County: _____

Telephone #: _____ Yearly Gross Income: _____

Email Address: _____ Shirt Size: _____

Date of Birth: _____ Gender: _____ Household Size: _____

Race (circle one): African American Asian Caucasian Hispanic Multiracial
Other _____

Ethnicity: ☐ Check if you ethnically identify as Hispanic or Latino.

Please return this completed form along with your \$10.00 membership fee to:

The Arc of East Central Iowa
680 2nd St. SE, Ste 200
Cedar Rapids, IA 52401

Activity Fun



New & Returning Members!

Serena Buelow · Collin Frost · Brenda Walkner

Happy Birthday Members!

Jeffery Alt · Anita Harban · Ethan Mortensen · Tyler Smothers



*For people with intellectual
and developmental disabilities*

The Arc of East Central Iowa

680 2nd Street SE
Cedar Rapids, IA 52401

Phone: 319-365-0487

Fax: 319-365-9938

www.arceci.org

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Upcoming June Events!



***Craft Night
with Stephanie
• June 1st •***

***Ice Cream Social
at St. Marks
• June 15th •***

