

THE ARC UPDATE

Volume 1 Issue 1

Autumn 2013

Ailities Reflect Confidence

ARCANE HORIZON INC.

What's Been Happenin'?!

MUSIC

Music Therapy is being held in ARC every Wednesday afternoon. Tanya Barker continues to offer fun and entertaining musical ideas for the participants. The individuals enjoy playing with various instruments, taking turns listening and dancing to their favourite songs, and trying out new activities.

The third music group has transformed into an exciting karaoke class! Each week, the individuals choose a song to sing based on a theme. *The Beatles* was their first theme. We gathered around the karaoke machine and joined in on the famous lyrics of "Obladi, Oblada" and "Hey Jude".



ART

Art Therapy launched on Tuesday, September 24th. With the guidance of Susan Eilers, the participants have been gathering in ARC every Tuesday from 10:30am – 11:30am or Wednesday from 6:30pm – 7:30pm to create masterpieces. They worked with clay, paint, plaster cast, and Plexi-glass for screen printing. Art is such a wonderful way to express ourselves, and it is a pleasure to see that the individuals have the opportunity to do it together!

Sign-up sheets to attend Art Therapy sessions are on ARC's bulletin board. The space is limited so act fast!



BUMPIN' BOOTCAMP

Erika Seidler, Senior Director by day; motivational Bumpin' Bootcamp trainer by night, has created this program to promote health and fitness for both individuals and staff. Our first session kicked off on Tuesday, November 5th. We felt the burn, witnessed sweat drip down each other's faces, and heard the grunts after each rep... It was so much fun! In future classes, we will learn about nutrition and receive different tips on how to maintain a healthy lifestyle.

If you would like to be a part of Bumpin' Bootcamp, **come on down to ARC on Tuesdays in the month of November from 4:00pm – 5:00pm**. All individuals and staff (you do not have to be on shift) of any fitness level are welcome! Contact Erika or Marielle if you are interested. You won't regret it!



THE HALLOWEEN HOWL

The Halloween Howl was a spooktacular time! The turnout was incredible! ARC was packed with our guests dressed in fabulous costumes. They laughed and cheered as they tossed bean bags in pumpkin buckets, helped Mr. Bones put on his bow tie, brewed up a witch's magical potion, and visited the Cookin' Cauldron... Did you guess what the restaurant customers were eating? The event ended off with tasty treats and photo booth fun.

If you weren't able to attend the Halloween Howl, don't worry! There will be more exciting events planned at ARC!



HAY RIDE

On Friday, November 15th, approximately fifty staff and individuals met at Birds Hill Park Ranch to go on a hay ride. The event started off with a photo shoot in the lobby. Right at 5:00pm, they hopped on the wagons and started their adventure. An hour later, they stayed warm by gathering around a bonfire to eat, laugh, and roast marshmallows. Thank you to everyone who made it out to the ranch despite the cold wind!

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Special Thanks

Thank you to the individuals and their staff who work hard to ensure our office remains clean and runs smoothly!

★ You are all superstars ★

Questions, Concerns, Suggestions?



If you have any questions, concerns, and/or suggestions regarding individuals' day programs, ARC, and special events, please contact:

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