



**Please return the enclosed  
registration form to  
The Arc Gloucester**

- ◇ Music & Movement—Dance for Health - \$180
- ◇ Kitchen Creations—\$180
- ◇ Party Planning—Oldies but Goodies - \$180
- ◇ Say It With Clay - \$180
- ◇ Yoga—\$180
  
- ◆ Advanced registration is required
- ◆ Pay by cash, credit card or check
- ◆ Make all checks payable to The Arc Gloucester

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

## OUR MISSION

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

CLASS SIZE IS LIMITED  
**REGISTER EARLY!**

Register online or mail in registration form with payment by March 22 to:

The Arc Gloucester  
1555 Gateway Blvd.  
West Deptford, NJ 08096  
Attn: Maria Ruble



Email  
[mruble@thearcgloucester.org](mailto:mruble@thearcgloucester.org)



Website  
[www.TheArcGloucester.org](http://www.TheArcGloucester.org)



Phone  
856-848-8648

# LIFE LONG LEARNING

EVENING CLASSES FOR ADULTS  
AGE 18+

***SPONSORED BY***



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

# LIFE LONG LEARNING

## Spring 2023 SEMESTER

### SEMESTER CLASS DATES

- Monday, April 3rd
- Monday, April 10th
- Monday, April 17th
- Monday, April 24th
- Monday, May 1st
- Monday, May 8th
- Monday, May 15th
- Monday, May 22nd (Closing Ceremony)

Time: 6:00 PM—8:00 PM

Social time & light snack 6:45–7:15

Classes are held at:

**Woodbury Achievement Center**  
**814 N. Broad St.**  
**Woodbury, NJ 08096**

Registration Deadline: March 24th

**SCAN HERE TO PAY ONLINE!**



## COURSE DESCRIPTION

6–10 STUDENTS PER CLASS

### **Movement & Music—Dance for Health**

*Instructor-Casey Clark*

Let's move and groove! Go at your own pace and ability level. The fun filled and choreographed dances will give everyone an opportunity to stretch and move and get the heart pumping!

### **Kitchen Creators**

*Instructor-Robin Jefferson*

Come create and enjoy some easy to make meals, appetizers and snacks! You will learn how simple it is to take five ingredients, or less, and make delicious foods for any occasion.

### **Party Planning—Oldies but Goodies**

*Instructor-Francyne Zeoli*

Let's learn easy ways to create a party! Each week we will have a different theme and treats to share. Have fun dancing, singing, playing games and making party favors.

### **Say it With Clay**

*Instructor-Abbie Kasoff*

Come and enjoy utilizing a hands-on therapeutic approach using clay to offer individuals an effective alternative channels for communication and creativity.

### **Yoga**

*Instructor-Stacy Hoffman*

This class will be a gentle flow yoga class each week focusing on mindfulness and gentle yin-style stretching. Each class will begin and end with soothing meditation and a focus on our breathing. An excellent introduction to yoga for beginners.

## OUR VISION

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