



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

- ◇ Music & Movement—Dance for Health - \$180
- ◇ Kitchen Creations—\$180
- ◇ Yoga—\$180
- ◇ Arts & Crafts - \$180
- ◇ Gardening—\$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 25, 2024**
to:

The Arc Gloucester
1555 Gateway Blvd.
West Deptford, NJ 08096
Attn: Life Long Learning



Email
info@thearcgloucester.org



Website
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 2024 SEMESTER

SEMESTER CLASS DATES

- Monday, April 8
- Monday, April 15
- Monday, April 22
- Monday, April 29
- Monday, May 6
- Monday, May 13
- Monday, May 20 (closing Ceremony)

Time: 6:00 PM—8:00 PM

Social time & light snack 6:45–7:15

Classes are held at:

The Achievement Center at Woodbury
814 N. Broad St.
Woodbury, NJ 08096



SCAN ME

COURSE DESCRIPTION

6–10 STUDENTS PER CLASS

Movement & Music—Dance for Health

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 Creations

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.

Yoga

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 focus on breathing. An excellent introduction to yoga for beginners.

Arts & Crafts

Embrace your creative side! You will experiment with different crafts and artistic styles to create something beautiful.

Gardening

Build something beautiful! Learn how to create and maintain a beautiful garden of flowers, fruits, and vegetables.

Please complete a separate application form and return to The Arc Gloucester by March 25.

OUR VISION

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