

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. One event is scheduled each month and announced in the "Our Voice" newsletter (dances, educational or craft workshops, outings, etc).

The events and newsletter are available to anyone in the community, however, a MEMBER receives a membership card and discounted or free admittance to some voices events. All new members also receive a FREE Arc Drawstring Bag!

Voices Unlimited membership is only \$10 for the year.

If your membership has lapsed or you would like to become a member, please contact our Community Integration Program Coordinator **Derek Xayasouk** at 319-365-0487 ext: 1056 or by email at dxayasouk@arceci.org for more information about signing up.



Non-Profit
Organization
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Cedar Rapids, IA
Permit No. 313



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Achieve with us.®



The Arc®

East Central Iowa

OUR VOICE

AUGUST 2019





August 14th
5:30 - 7:00 pm

Vet's Memorial Building
4th Floor
51 1st Ave Bridge
Cedar Rapids

FREE

Come join us for a fun
filled night of **BINGO**
with friends!

Please RSVP by
August 12th to Derek at
dxayasouk@arceci.org or
319-365-0487 ext. 1056.

SUNDAY FUN DAY

Sunday, September 8th
12:00 - 2:00 pm

Variety Star Playground
at Noelridge Park
4900 Council St. NE, Cedar Rapids

Free event for family and friends of The Arc!

Activities:

Kona Ice, Face Painting,
Walking and Biking
Around the Path
(Bring your bike/scooter/etc.)



Please RSVP by September 3rd to Lexi
at lcoberly@arceci.org or 319-365-0487 ext.1024.

Halloween Dance

Friday, October 25th, 2019
7:00 - 9:00 pm

NW Rec Center
1340 11th Street NW, Cedar Rapids

Put on your costume and join your friends at the NW
Rec Center for a night of dancing and fun! Dance
and groove to the music and enjoy snacks and
drinks. Prizes will be awarded for the best costume!

All Ages Welcome

\$5.00
per person

*No need to
pre-register.*

Pay at the door!



MOVIE NIGHT

September 19th
Cedar Rapids Public Library

5 - 7 pm



RELATIONSHIP CLASSES

The Arc of East Central Iowa will be hosting
relationship classes once again presented by
Bridgehaven PSC. The curriculum teaches life, love,
and leadership skills. It is a high-energy, fun, positive
program that empowers a person to make healthy life
choices. The topics and classes that will be presented
are:

- Understanding Our Bodies
- Social Skills
- Healthy Friendships and Dating
- Sexual Health and Risk Avoidance
- Pregnancy and Parenting
- Refusal Skills, Decision Making, Awareness

We welcome all parents/guardians to sit in on these
classes and to ask any and all questions in regard to
what is being taught and presented.

Classes will be every Wednesday 5:00 - 6:30 pm
September 4th - October 9th.
Please RSVP to Derek at 319-365-0487 ext. 1056
or email dxayasouk@arceci.org.