

WINTER SEMESTER CLASS CATALOG

October 2, 2023 - March 29, 2024



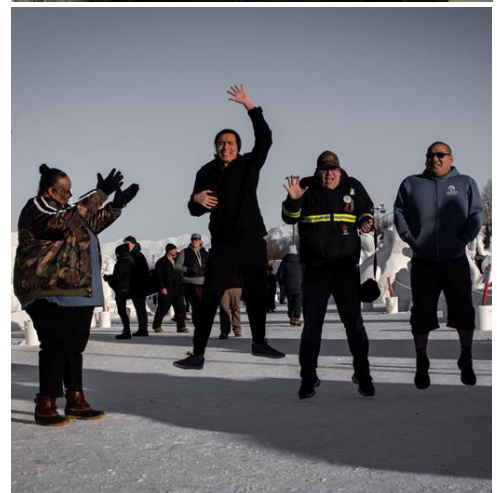


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HOW TO REGISTER:

1. REGISTER ONLINE:

[HTTPS://THEARCOFANCHORAGE.ORG/CLASSES-EVENTS/](https://thearcofanchorage.org/classes-events/)

2. REGISTER IN PERSON:

2211 ARCA DRIVE ANCHORAGE, AK 99508

Classes at The Arc of Anchorage run for six months in two semester blocks:

Summer Semester: April through September

Winter Semester: October through March

*Please note, that in order to register for classes and club hopping, you must be enrolled in the Rec/Sparc program or have waiver services with The Arc of Anchorage.

*Payment is required before the start of the semester.

WINTER 2023-24 AGENCY CLOSURES

NOVEMBER 23 - Thanksgiving Day

DECEMBER 25 - Christmas Day

JANUARY 1 - New Year's Day

MARCH 25 - Staff In-Service

**Please note that on these dates, there will be no classes for the Rec/Sparc program.*

Class Information

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Who Can Attend

Registration is open to participants ages 16 and over who have chosen The Arc of Anchorage as a service provider in their approved Waiver Support Plan through the State of Alaska. If you're interested in receiving services and taking classes at The Arc of Anchorage, please visit thearcofanchorage.org/services and complete an intake application.

Registration

Registration may be completed at any time throughout the semester by visiting thearcofanchorage.org/classes-events. Fees may be pro-rated for participants who join classes mid-semester. Please note that class fees go towards supplies and activity costs, and are separate from the services The Arc bills through Medicaid. Additionally, class fees are paid once and cover costs for the six month semester.

Arrival/Departure Times

Attendees should arrive at the start of class, or no later than 30 minutes prior to the class start time. Pickups should occur and be scheduled no later than 30 minutes after the scheduled class end time.

Transportation Reimbursement

The Arc of Anchorage pays transportation fees for participants who attend classes and receive Day Habilitation services in the Rec/Sparc program. We cover Anchor Rides to and from classes and provide reimbursement for individuals and families who privately transport.

Contact Information

Vanessa Solorio | *Director of Community Programs*
907.777.0157 | vsolorio@thearcofanchorage.org

Alexandria Gazmen | *Rec/Sparc Team Lead*
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Teri Nickels | *Recreation Coordinator & Activity Specialist*
907.777.0185 | tnickels@thearcofanchorage.org

CLASSES

MONDAY

05

Mosaics	10:30 am - 12:30 pm	Sparc	\$50	Create unique mosaic artwork using tiles, stones, beads, glass, and more! From picture frames to wall hangings, construct mosaic artwork suitable for professional display, retail sale, or gift-giving. The class fee covers studio supplies and materials used.
Ceramics	1:30 pm - 5:30pm	Sparc	\$80	Create unique ceramic pieces as you develop skills in working with clay, glazing, designing, and decorating to make sculptures, vases, teapots, and so much more! Learn to finish ceramic artwork suitable for professional display, retail sale, or gift-giving. The class fee covers clay, glaze, and materials used. *Disclaimer: Kiln is fired only when full.
Cooking Around the World	1:30 pm - 5:30 pm	Recreation Center	\$240	Are you interested in food from other cultures? Prepare a meal to enjoy with your peers as you learn cooking skills to increase independence in the kitchen! The class fee covers the cost of groceries.
Active for Life	1:30 pm - 5:30pm	Recreation Center	Free	Fitness can be fun, easy, and free! Join us for indoor and outdoor games, such as soccer, hula hoop, jump rope, volleyball, sledding, and more, to stay active, healthy, and happy!
Introduction to A.S.L.	1:30 pm - 3:30pm	Recreation Center	Free	Participate in games and activities with your peers designed to teach American Sign Language in this introductory class. You'll learn fingerspelling, numbers, basic vocabulary, and more!
Adventure Photography	3:30 pm - 5:30 pm	Recreation Center	\$10	Enjoy Alaska's natural winter beauty by taking pictures with your peers! Enjoy the benefits of being out in nature, socializing, exercising, and improving your photography skills. Experience a new way of seeing the world and create a digital portfolio of your experience! The class fee covers photo printing and frames. *Disclaimer: This class will include walking at minimum 1 mile and being outdoors; please dress appropriately for the weather!

CLASSES

TUESDAY

06

Open Studio	10:30 am - 12:30 pm	Sparc	\$50	Do you have a creative itch that just can't be scratched? Do you want to paint or draw but can't find time? Have you been thinking about fiber arts or sewing but need some guidance? Explore almost any medium during our group open studio time. The possibilities are endless! The class fee covers studio supplies and materials used.
Karaoke & Dance	1:30 pm - 3:30pm	Recreation Center	Free	Put a song in your heart and some pep in your step; It's time to sing along to your favorite tunes and dance with your peers as you explore different genres of music, dance, and musical expression! Showcase your talent by performing on stage in front of an audience mid-semester.
Life Skills	1:30 pm - 5:30 pm	Recreation Center	Free	Do you like to give back? Do you want to learn more about what our community has to offer? Join us as we volunteer at various places and learn new life skills while enjoying time with friends. *Disclaimer: Must be able to volunteer in the community.
Stained Glass	1:30 pm - 5:30pm	Sparc	\$80	Create the perfect window piece as you design, cut, grind, foil, and solder glass pieces into luminous artwork suitable for professional display, retail sale, or gift-giving. The class fee covers studio supplies and materials used. *Disclaimer: This is an intermediate to advanced class.
Basketball	3:30 pm - 5:30pm	Recreation Center	Free	Start with stretching, drills, and learning the fundamental skills of basketball, such as dribbling and passing to your teammates; then compete in an action-packed game with your peers! *Disclaimer: Please wear appropriate gym shoes and athletic wear.

CLASSES

WEDNESDAY

07

Game Day	1:30 pm - 3:30 pm	Recreation Center	Free	No bored games here, just board games! From Hungry Hungry Hippos to Risk, we've got the games for you to play with your peers!
Painting	1:30 pm - 5:30pm	Sparc	\$80	Learn about different painting styles and techniques while you create beautiful artwork suitable for professional display, retail sale, or gift-giving! This class will have structured lessons that teach beginning skills, like color mixing, brush selection, and canvas preparation, and intermediate skills, like composition, layering, and value. The class fee covers studio supplies and materials used.
Wednesday Bowling	1:30 pm - 5:30 pm	Recreation Center	\$150	Don't be split! Get some strikes and socialize with our afternoon bowling crew. The class fee covers weekly bowling costs and shoe rentals. *Disclaimer: Please bring a snack.
Scrapbooking	1:30 pm - 3:30pm	Recreation Center	Free	Let's get scrapping! Learn to assemble a scrapbook filled with memories to show friends and family.
Party Hosting	3:30 pm - 5:30pm	Recreation Center	Free	It's party time! Join your peers in helping plan, prepare, and host The Arc's monthly birthday parties. Activities vary weekly and include decorating the birthday board, making birthday cards, wrapping presents, and creating decorations for the birthday each month.

CLASSES

THURSDAY

08

Print Making	10:30 am - 12:30 pm	Sparc	\$30	Tell your story through prints! Learn printmaking techniques such as monoprint, intaglio, relief, and silkscreen to create a one-of-a-kind book filled with your artwork. The class fee covers studio supplies and materials used.
Coffee Cruise	1:30 pm - 3:30pm	Recreation Center	\$175	Are you looking to try new places? Gather around and vote with your peers on a coffee shop in town to go to. Enjoy a delicious coffee or smoothie and get that socialization we all need! The class fee covers a \$7 weekly purchase of the participant's choice.
Costume Design	1:30 pm - 5:30 pm	Sparc	\$60	Make a fantastic costume with the help of our staff! Learn the basics of sewing to design cool t-shirts, bags, blankets, and costumes. Come with ideas in mind, and we can make it happen! The class fee covers studio supplies and materials used.
Cooking Basic A.	1:30 pm - 3:30pm	Recreation Center	\$200	Curious about cooking? Learn basic cooking techniques, kitchen safety, sanitation, and more with your peers. The class fee covers the cost of groceries.
Cooking Basic B.	3:30 pm - 5:30pm	Recreation Center	\$200	Curious about cooking? Learn basic cooking techniques, kitchen safety, sanitation, and more with your peers. The class fee covers the cost of groceries.
Thursday Basketball	3:30 pm - 5:30 pm	Recreation Center	Free	Start with stretching, drills, and learning the fundamental skills of basketball, such as dribbling and passing to your teammates; then compete in an action-packed game with your peers! *Disclaimer: Please wear appropriate gym shoes and athletic wear.
Dimond Mall Ice Skating	1:30 pm - 5:30 pm	Recreation Center	\$230	Join us as we enjoy weekly ice skating at the Dimond Mall! The class fee covers weekly admission fees and ice skate rentals.

CLASSES

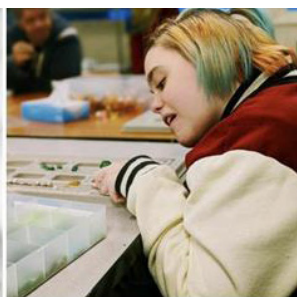
FRIDAY

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Beading & Jewelry Making	10:30 am - 12:30 pm	Sparc	Free	Please take advantage of our extensive bead collection to design and fashion many different items, such as necklaces, earrings, stone wire wrapping, and more!
Movie Enthusiast	1:30 pm - 5:30pm	Recreation Center	\$240	Do you love cinema like we do? Meet up at The Arc with your peers and vote on which movie to watch at the theater! Please bring money for snacks to purchase. Movie ticket costs are included in the class fee. *Disclaimer: R-rated films may be chosen. If theater times do not align with class times, we will watch a movie in our TV room from the many streaming services we have available, and those in attendance for the class will receive a complimentary movie ticket.
Friday Bowling	1:30 pm - 5:30 pm	Recreation Center	\$240	Don't be split! Get some strikes and socialize with our afternoon bowling crew. The class fee covers weekly bowling costs and shoe rentals. *Disclaimer: Please bring a snack.
Drawing	1:30 pm - 3:30pm	Sparc	\$40	Learn the basics of drawing; from cartoons to portraits, we will help you build confidence in your drawing ability!
All About Me	1:30 pm - 3:30pm	Recreation Center	Free	Every person is unique and special; learn the importance of self-care, making healthy choices, setting healthy boundaries with others, and much more! This class aims to improve self-confidence, independence, and overall well-being.
Special Events Committee	3:30 pm - 5:30 pm	Recreation Center	Free	Please help us create decorations by theme for The Arc's monthly dances throughout the semester! Make magic happen by volunteering to decorate our gym for the dance as we create lasting memories. *Disclaimer: Class does not meet on dance days.
Open Studio	3:30 pm - 5:30 pm	Sparc	\$50	Do you have a creative itch that just can't be scratched? Do you want to paint or draw but can't find time? Have you been thinking about fiber arts or sewing but need some guidance? Explore almost any medium during our group open studio time. The possibilities are endless! The class fee covers studio supplies and materials used.

CLASS COLLAGE

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REC/SPARC CALENDAR

The Arc of Anchorage | 907.277.6677
2211 Arca Drive, Anchorage, AK 99508

Register at
thearcofanchorage.org/classes-events.
Schedule a tour by calling 907.277.6677.

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We seize the opportunities to create
adventure and fulfillment in all aspects of life.
Our Core Value of **JOY**



OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
	2	3	4	5	6 FIRST FRIDAY 3:00 P.M.- 5:00 P.M.	7
8	9	10	11	12	13 MURDER MYSTERY DINNER 6:00 P.M.- 7:00 P.M.	14
15	16	17	18 OCTOBER BIRTHDAY PARTY 4:30 P.M.- 5:30 P.M.	19	20	21
22	23	24	25	26	27 HALLOWEEN THRILLER DANCE 6:00 P.M.- 8:00 P.M.	28
29	30	31 HALLOWEEN COSTUME CONTEST 1:30 P.M.- 3:30 P.M.				

See website for all classes, fees and descriptions.
Register at thearcofanchorage.org/classes-events.



Follow us on social media!



NOVEMBER

SUN

MON

TUE

WED

THU

FRI

SAT

			1	2	3 FIRST FRIDAY 3:00 P.M.- 5:00 P.M.	4
5	6	7	8	9	10	11 BINGO! (BRING \$5 TO PLAY) 2:00 P.M.- 4:00 P.M.
12	13	14	15 NOVEMBER BIRTHDAY PARTY 4:30 P.M.- 5:30 P.M.	16	17 DR. SEUSS DANCE 6:00 P.M.- 8:00 P.M.	18
19	20	21	22	23 AGENCY CLOSED THANKSGIVING	24	25
26	27	28 GIVING TUESDAY 3:00 P.M.- 5:00 P.M.	29	30		

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We do the right thing. Our Core Value of Integrity

DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
					1 FIRST FRIDAY 3:00 P.M.- 5:00 P.M.	2
3	4	5	6	7	8	9 PUTTERS WILD MINI GOLF 1:00 P.M.- 5:00 P.M.
10	11	12	13	14	15 HARRY POTTER YULE BALL DANCE 6:00 P.M.- 8:00 P.M.	16
17	18	19	20 DECEMBER BIRTHDAY PARTY 4:30 P.M.- 5:30 P.M.	21	22	23
24	25 AGENCY CLOSED CHRISTMAS DAY	26	27	28	29	30 BINGO! (BRING \$5 TO PLAY) 2:00 P.M.- 4:00 P.M.

See website for all classes, fees and descriptions.
Register at thearcofanchorage.org/classes-events.



Follow us on social media!



JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
	1 AGENCY CLOSED NEW YEAR'S DAY	2	3	4	5 FIRST FRIDAY 3:00 P.M.- 5:00 P.M.	6
7	8	9	10	11	12 CASINO ROYALE DINNER 6:00 P.M.- 7:00 P.M.	13
14	15	16	17 JANUARY BIRTHDAY PARTY 4:30 P.M.- 5:30 P.M.	18	19	20
21	22	23	24	25	26 CANDY LAND DANCE 6:00 P.M.- 8:00 P.M.	27
28	29	30	31			

See website for all classes, fees and descriptions.

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We honor everyone's heritage, history,
experiences and specific personal inter-
ests.

FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2 FIRST FRIDAY 3:00 P.M.- 5:00 P.M.	3
4	5	6	7	8	9	10 CROSS COUNTRY SKIING 10:00 A.M.- 3:00 P.M.
11	12	13	14 FEBRUARY BIRTHDAY PARTY 4:30 P.M.- 5:30 P.M.	15	16	17
18	19	20	21	22	23 I LOVE LUCY VALENTINE'S DANCE 6:00 P.M.- 8:00 P.M.	24 FUR RONDY 12:00 P.M.- 5:00 P.M.
25	26	27	28	29		

See website for all classes, fees and descriptions.

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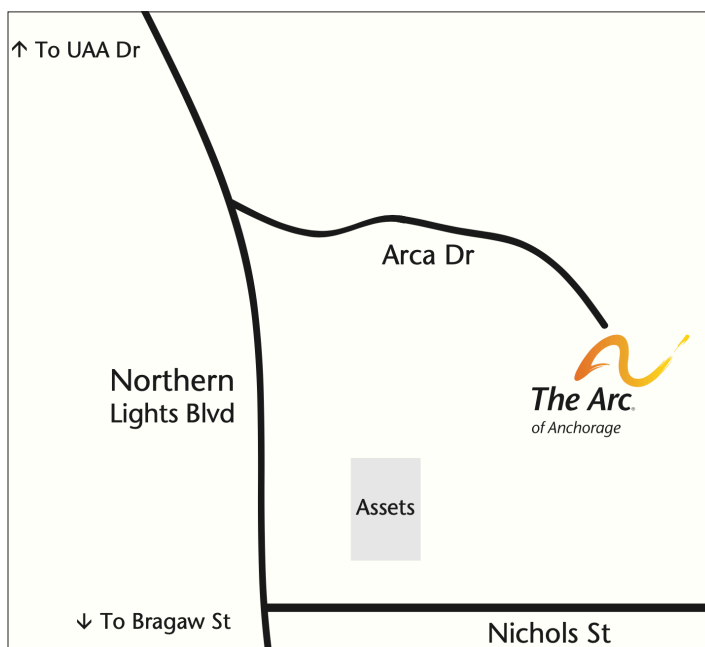


MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
					1 FIRST FRIDAY 3:00 P.M.- 5:00 P.M.	2
3	4	5	6	7	8 POKEMON GO DINNER 6:00 P.M.- 7:00 P.M.	9
10	11	12	13	14	15	16 BINGO! (BRING \$5 TO PLAY) 2:00 P.M.- 4:00 P.M.
17	18	19	20 SEPTEMBER BIRTHDAY PARTY 4:30 P.M.- 5:30 P.M.	21	22 UNDER THE SEA DANCE 6:00 P.M.- 8:00 P.M.	23
24	25 CLOSED STAFF IN-SERVICE	26	27	28	29	

See website for all classes, fees and descriptions.

Register at thearcofanchorage.org/classes-events.



**REGISTER FOR CLASSES
STARTING SEPTEMBER, 2023
OR ANYTIME DURING THE SEMESTER.**

REGISTER ONLINE:
[THEARCOFANCHORAGE.ORG/CLASSES-EVENTS](https://thearcofanchorage.org/classes-events)

CLASSES BEGIN OCTOBER 2, 2023.

REC/SPARC PROGRAM

907.277.6677
2211 Arca Drive
Anchorage AK, 99508

Achieve with us.