

THURSDAY'S CHILD

Play group every Thursday morning from 9:30am-11am for children with disabilities ages birth - 6, their parents and siblings. Children will have a great time playing and meeting other friends while parents have the opportunity to talk with each other.

3/1 at Menasha Site

3/8 at Prince of Peace Church

2330 E. Calumet St. Appleton

3/15 at Menasha Library Kids' Dept.

440 1st St., Menasha

3/22 at First English Lutheran Church

360 E. North St., Appleton

3/29 at Menasha Site

CREATIVE PLAY

Thurs. March 22, 5:30-7:30pm

at Fox Valley Humane Association

N115 Two Mile Road, Appleton (west off BB)

"Parent Talk"

A forum for the free exchange of parenting ideas is offered to parents of kids 3-12 with and without disabilities. Its held the 2nd Monday of each month, 6-7:30pm, concurrent with Pal Pod (see note at right). Contact Lisa Murphy or Lisa McCallister with any questions.

Due to rising utility costs, facility fees and programming expenses, you may notice a slight increase in some of our fees. As always, if our fees pose a hardship for your family please call 731-9831 to discuss options.

Parents are always welcome to stay at any program we offer.



PAL POD

Pal Pod is a social group for children 3-12 with and without disabilities. Activities such as games and crafts provide opportunities for friendship building among participants. Pal Pod is held at various locations around the Fox Cities. (all activities will have 2 adults)

- **Mar. 12** UUF (located at 2600 Phillip La. in Appleton). 6-7:30pm \$5
- **Mar. 13** Messy Night 4:30-6. It's back by popular demand— get messy doing everything you can't do at home. Menasha Site, \$5
- **Mar. 26** UUF (located at 2600 Phillip La. in Appleton). 6-7:30pm \$5
- **Mar. 27** Gym/Outdoor Night. 4:30-6pm Maybe March will bring some nice weather! We will play outside if it's nice. Menasha Site. \$5



YARC

Educational and recreational program for young adults ages 13-23 with and without disabilities

- **Mar. 2-3** Yarc Overnight! See info on the back of the calendar. \$15 each, includes pizza, soda, accommodations.
- **Mar. 6** Game Night, 5-6:30pm. Play all the classics. Bring along your own if you want! Menasha Site, \$5 2 Staff
- **Mar. 7** Healthy Relationship class, Valley Packaging, 2730 N. Roemer Rd. Appleton, 4:30-5:30pm. 2 staff
- **Mar. 8** Yarc Meeting, 7-8:30pm at First Congregational United Church of Christ, 724 E. South River St. Appleton
- **Mar. 15** St. Pat's Party. 5-6:30pm All the green you can imagine! Menasha Site, \$6. 2 staff
- **Mar. 19** Build your own Pizza, 5-6:30pm. You like sausage and friends like mushrooms? No Problem, make it just how you like it. Menasha Site. \$7 2 staff
- **Mar. 21** Healthy Relationship class, Valley Packaging, 2730 N. Roemer Rd. Appleton, 4:30-5:30pm. 2 staff
- **Mar. 22** Yarc Meeting, 7-8:30pm at First Congregational United Church of Christ, 724 E. South River St., Appleton
- **Mar. 29** E-Friends, 5-6pm at Menasha Site. 2 Staff.



ADULT ACTIVITIES

- **Mar. 3** Recreational Bowling at Sabre Lanes 10 am—noon. \$6 2 staff
- **Mar. 5** E-buddies Registration Night *What is Ebuddies?* See back side for more information.
- **Mar. 7** Healthy Relationship class, Valley Packaging, 2730 N. Roemer Rd. Appleton, 4:30-5:30pm. 2 staff
- **Mar. 11** Movies, Valley Fair Mall 1-3:30 pm, BYOM. 1 staff
- **Mar. 12** Independent Living Skills "How to use Valley Transit, Goodwill Bldg., 1800 Appleton Rd., Menasha, Door 2, 6-7:00 pm. \$5 2 staff
- **Mar. 15** Venturing--Outdoor Cooking 6:30—7:30 pm Menasha site 2 staff
- **Mar. 16** St. Pat's Dance at Sabre Lanes 6:30-9pm \$7 incl. soda, food & DJ. 3 Staff
- **Mar. 17** Recreational Bowling at Sabre Lanes 10 am—noon. \$6 2 staff

- **Mar. 20** Arts/Craft at Goodwill Bldg., 1800 Appleton Rd., Menasha, Door 2, 6:30—8 pm. \$5 2 staff
- **Mar. 21** Healthy Relationship class, Valley Packaging, 2730 N. Roemer Rd. Appleton, 4:30-5:30pm. 2 staff
- **Mar. 23** Games/Bingo at Harmony Café, 124 N. Oneida St., Appleton. \$5 6:30-8 2 Staff
- **Mar. 24** Recreational Bowling at Sabre Lanes 10 am—noon. \$6 2 staff
- **Mar. 24** Winter Blues?/Respite Care Day Bowling, lunch out, movie. Drop off at Sabre Lanes 10 am—pick up at Regal Cinema App. at 4:30pm. \$45 (all fees included) 4 Staff
- **Mar. 26** Independent Living Skills "How to use Valley Transit, Goodwill Bldg., 1800 Appleton Rd., Menasha, Door 2, 6-8:00 pm. \$5 2 staff
- **Mar. 29** Casino Night/Respite includes dinner/games, 5:30-8:30pm Menasha site. \$20 4 staff
- **Mar. 31** Recreational Bowling at Sabre Lanes 10 am—noon. \$6 2 staff

Mark your calendar for these events!

Annual Children's Tea Party & Fashion Show, Saturday, March 31st, 2007
at Bridgewood Resort Hotel & Conf. Center, Neenah
Tickets are available now at our Appleton office.

2007 Walkabout, Sunday, May 20th
at Plamann Park, Appleton

June 17-22 Arc Camp Onaway and Camp Nan-a-Bo-Sho

Arc Annual Golf Outing, Tues., September 18th
at Butte des Morts Country Club

~ Special Olympics Fox Cities ~

Congratulations to all the basketball teams that participated in the seeding tournament in Menasha...as usual, it was lots of fun!

Swimming began on Feb. 26th...you can still join if you register BEFORE March 8th.

District BB tournament—March 10 at Menasha High

Track & Field—practice begins March 27th. Schedules will be mailed to athletes who have registered. If you have not registered and want to do so, call Linda Kay BEFORE March 20th. 725-0943

Interested in soccer?...please call for more info.



People First Fox Cities
~An adult self-advocate business meeting~

- Appleton Chapter: **Thursday, March 1** at Appleton Public Library, 225 N. Oneida St. 6:15-7:30pm. 1 Staff
- Menasha Chapter: **Tuesday, March 13** 6—7:30 pm at the Menasha site. 1 staff

March 2007

S	M	T	W	T	F	S
				1 	2	3 Yarc Overnight
4	5 	6 	7 	8 Parenting Series 	9	10 District Basketball Tourney at MHS
11 	12 	13 	14	15 	16 	17 Happy St. Patrick's Day!
18	19 	20 	21 	22 	23 	24
25	26 	27 Track practice begins 	28 	29 	30 	31 Tea Party and Fashion Show

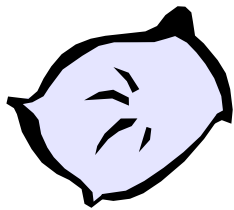
The Arc Fox Cities, Inc. is a non-profit agency supported by its members, the United Way Fox Cities, and other community partners.



Yarc Overnight

at the Appleton YMCA
Friday, March 2, beginning at 10 p.m.

Join members of YARC for an exciting all-nighter at the YMCA in Appleton.



Fun will include basketball, swimming, inflatable mountain, inflatable obstacle course, singing, movies, eating pizza, and (maybe) sleeping!

COST: \$15.00 (includes pizza, soda, accommodations)
WHO MAY ATTEND: All members of Yarc (age 13 and older)
START: Friday, March 2, 10 p.m.
END TIME: Saturday, March 3, 6:00 a.m.

(PARENTS: Please let me know if you'd be interested in being a chaperone.)

Call Nick Heimmermann at 725-0943 with questions or to sign up for this event.
E-mail: nick@arcfoxcities.com

Informational and Educational Workshops and Seminars: Contact the Arc offices for reservation information.

March 5 - May 21—Music for Special Needs

Lawrence Academy of Music is again offering music enrichment classes for children with special needs. Sessions are held on Mondays at Trinity Lutheran Church, 209 S. Allen St., Appleton; with age groupings of 1-4 years, 5-11 years, and 12-18 years. The cost is \$70, and class sizes are limited to five children.

March 6—IDEA 2004 and Changes in Chapter 115

Presented by the Autism Society of the Fox Valley and Kara VanVooren, WI-FACETS. Held at the Goodwill Community Center, 1800 Appleton Road, Menasha. 6-8:00 pm.

March 8—Working Within the IEP

Find out how to work within the IEP to develop an educational program that fits your child's needs. Presented by Kara VanVooren and Julia Cartwright, both of FACETS. Held at our Menasha Site, 375 Winnebago Avenue, Menasha, from 6:30-8:00pm. Child care is available upon request. Please register by March 6th with Lisa McCallister (mccallister@arcfoxcities.com) or Lisa Murphy (murphy@arcfoxcities.com), or call 725-0943.

AUTISM: Educating Our Community 2007

These programs are held the 2nd Tuesday of each month through May. Each month features a different topic with speaker(s), followed by 30 minutes of support, questions and answers, etc. It is open to anyone interested in learning about autism. AASD teaching staff can receive district points. All AASD staff can ask their principal to accept these meetings as staff development hours. We meet 6:30-8:30 pm in the library (LMC) at Appleton North High School, 5000 Ballard Rd., Appleton.



Contact persons: Mary Ann Tellock 997-1399 ext. 6660 tellockmary@aasd.k12.wi.us
Or Leanne Line lineanne@aasd.k12.wi.us

March 13: Medication issues. Speaker Dr. Jenna Saul (Psychiatrist)

What are the medications available? How safe are they? What are the side effects? How will that affect them at home/school?

March 14—Public Forum on Special Education (at Racine)

March 22-23, 2007—"Autism and Asperger Syndrome in the Classroom" Conference held at the Best Western Bridgewood Resort Hotel and Conference Center, Neenah

March 22 Topic: Strategies for Students with Asperger Syndrome (with Diane Adreon)

March 23 Topic: Autism in the Inclusive Classroom (with Dr. Paula Kluth)

April 11-12—Critical Issues for Adolescents on the Autism Spectrum

This conference is held at the Holiday Inn, Crystal Lake, Illinois. April 11th offers "Transitioning to Adulthood", and April 12 offers Behavior Solutions for Severe ASD.

April 26-27—Circles of Life Conference

Held near Madison, this popular conference is filled with quality information, breakout sessions and fun activities for youth and adults. Scholarship applications are available until March 9th and must be completed by March 15th. Registration deadline is March 27th. There will be no walk-in registrations. The Arc Fox Cities Administrative Office has a brochure available upon request.



What is e-Buddies?

Individuals are matched in e-mail friendships based on age, gender, geography, and similar interests. Your e-Buddy will be someone from another state.

But I don't know how to use a computer!

You do not need to know how to use a computer or even own a computer. e-Buddies provides people an opportunity to develop new friendships while acquiring much needed computer skills. The benefits of that are immeasurable. An Arc staff will be available to help as needed on scheduled e-Buddies nights. E-Buddies ask that you make a year-long commitment.

Is it safe?

e-Buddies is committed to making this experience a fun, fulfilling and safe experience for all participants. References checks are done on all applicants and require parental permission for those under 18. Participants need to agree to a code of conduct that prohibits the exchange of addresses and telephone numbers and in-person meetings. In addition, emails are exchanged through the e-Buddies e-Mail System. All e-mails are sent to a common address and then forwarded to the appropriate person. This provides further safety measures as participants do not share their personal e-mail address with their e-Buddy and e-Buddy staff are able to monitor the e-mails exchanged to ensure that interactions are appropriate.

Registration will be on Monday, March 5th at the Appleton Library and The Arc Fox Cities Menasha site.

As we recognize March as Disability Awareness Month, consider giving us an hour of your time by volunteering at one of our many activities. You're sure to meet friendly faces and possibly begin a new friendship.



NOTICE

Arc Respite Days

The Arc Fox Cities will be offering fun-filled half and full day respite activities to our adult participants. The purpose of these monthly activities is to provide a structured, supervised time for our participants to socialize, interact and have fun while providing caregivers a break from their daily demands and responsibilities.

The fees for the respite activities have increased to reflect our commitment to this program. We believe it is important for families to be able to rely on respite programming on a regular and continual basis.

Our March Respite Days are as follows:

Full Day

Saturday, March 24, 10 a.m. - 4:30 p.m. \$45 fee includes everything.

- **Sign-up and fees due by Monday, March 19 at 4 p.m.**
- Participants are to be dropped off at Sabre Lanes in Menasha at 10 a.m.
 - They will bowl and eat lunch at Sabre.
- They will then take Valley Transit to Regal Cinema in Appleton for a movie.
 - All participants are to be picked up at Regal Cinema at 4:30 p.m.
 - **Registration is limited. First come basis.**

Evening

Thursday, March 29, 5:30 – 8:30 p.m. \$20 fee includes everything.

- **Sign-up and fees due by Thursday, March 22 at 4 p.m.**
- Drop off and pick up are at The Arc Fox Cities Menasha facility.
 - An Italian dinner will be provided.
 - **Registration is limited. First come basis.**



Arc Camping Opportunities

Ages 14 & Over -- Arc Camp Onaway

June 17 – 22, 2007

This program provides an opportunity for 60 campers to enjoy a unique camp experience, which includes opportunities for personal growth and steps towards greater independence. Campers will have the chance to socialize and interact with each other through skits, sports, water activities, crafts and off-island trips (such as a sternwheeler cruise and mini-golf), as well as having much needed rest time each day. All activities are planned and supervised by Arc staff and volunteers.

Eligibility Guidelines: The camper must meet the following requirements:

- ◆ Age 14 and over with a mild cognitive disability.
- ◆ All campers must be fully toilet trained and independent in their self care skills.
- ◆ Campers must be comfortable riding on a boat as the camp is on an island.
- ◆ Campers must be able to climb up a flight of stairs.
- ◆ This camp is not able to accept campers with the following disabilities: physically handicapped, severely emotional disturbed, life threatening conditions, certain medical conditions or behaviors unsuitable for the camp setting.
- ◆ Camp is a smoke free environment.

Facility: The Boys & Girls Brigade of Neenah operates Camp Onaway near Waupaca. The Arc Fox Cities rents Onaway Island for this week, enabling us to be the only camper on the island. In addition to Onaway's staff (chefs, chore boys/girls, lifeguards, etc.), the Arc staffs the island with a 24/7 on-site nurse, activity supervisors and camp counselors. Campers are bussed from the Menasha site to Taylor Lake boat landing. Campers are then transported by pontoon boats to Onaway Island on the Chain of Lakes. The terrain of the camp is uneven (sandy & rocky). Campers stay in rustic cabins; each cabin houses 2-4 campers and a camp counselor. Bathroom and shower facilities are located in a separate building.

Cost: \$275 for an Arc member, \$410 for non-members.

Ages 13-23 -- YMCA Camp Nan A Bo Sho

June 17 - 22, 2007

This program provides an opportunity for 20 campers to enjoy a YMCA camp experience. Enjoy camp with other YMCA campers from the Fox Cities. Experience sailing, canoeing, arts/crafts, swimming, archery, riflery and campfires.

Eligibility Guidelines: The camper must meet the following requirements:

- ◆ Age 13-23 with a mild cognitive disability.
- ◆ All campers must be fully toilet trained and independent in their self care skills.

Facility: The YMCA of the Fox Cities operates Camp Nan A Bo Sho. Camp is located in Lakewood, WI. Campers are bussed from the Appleton YMCA to Camp Nan A Bo Sho. Campers stay in rustic cabins. Bathroom and shower facilities are located in a separate building. Camp Counselors are hired by the YMCA and work throughout the summer at Camp Nan A Bo Sho. An Arc staff member accompanies campers for this fun and educational camp experience.

Cost: \$291 per camper

Adult Fall Weekend at Camp Nan A Bo Sho

Sept. 21 – 23, 2007

Not able to go to the week-long camps? Join us for this two night stay! This includes programming such as canoeing, archery, field games and more. The \$75 fee includes lodging, breakfast, lunch and dinner on Saturday, and breakfast/brunch on Sunday. Leave Appleton YMCA at 5:00 pm Friday September 21st, arrive back before noon on Sunday September 23rd. Campers stay in rustic cabins. Bathroom and shower facilities are located in a separate building. Arc staff members accompany campers for this fun and educational camp experience. Additional staff will be provided by the YMCA.

Cost: \$75 per camper

For more information or an application contact the Arc office at 725-0943.

Good times – good friends – great memories – laugh – smile – learn – achieve – be a part of our camps

Working Within the IEP

March 8, 2007

6:30 pm—8:00 pm

The Arc Fox Cities

375 Winnebago Ave., Menasha, WI

presented by

Kara Van Vooren (FACETS)

Julia Cartwright (FACETS)

Do you break into a sweat when IEP time comes? Are you unsure what to expect when your child enters the school system? Do you feel your child's needs are not adequately reflected in the IEP? Then come to this informative program about how to work within the IEP to develop an educational program that fits your child's needs.

Registration/Social 6:00-6:30 pm

Presentation will feature two break-out sessions at 6:30 pm targeted for parents of:



**Children in Early Intervention
Transition to Preschool Options**

And

**School Aged Children
How to Be an Effective IEP Partner**



PLEASE REGISTER BY



ch

THE Arc
FOX CITIES

(920) 725-0943

mccallister@arcfoxcities.com or
murphy@arcfoxcities.com

Adult Activities **Cost**

<input type="checkbox"/>	Mar. 3 Recreational Bowling at Sabre Lanes, 10 am—noon. \$6 at activity.....	BYOM
<input type="checkbox"/>	Mar. 5 E-Buddies, 6-7pm	n/c
	Choose: ___ Appleton Library or ___ Arc FC Menasha site	
<input type="checkbox"/>	Mar. 11 Movies at Valley Budget Cinema, 1-3:30pm, \$2.75 plus refreshments.....	BYOM
<input type="checkbox"/>	Mar. 12 Ind. Living Skills at the Goodwill Bldg., 1800 Appleton Rd., Menasha, Door 2. 6 - 7 pm. \$5	\$5
<input type="checkbox"/>	Mar. 15 Venturing/Outdoor Cooking at Menasha Site, 7:30pm.....	n/c
<input type="checkbox"/>	Mar. 16 St. Pat's Dance at Sabre Lanes, 6:30-9pm. \$7	\$7
<input type="checkbox"/>	Mar. 17 Recreational Bowling at Sabre Lanes, 10 am—noon. \$6	BYOM
<input type="checkbox"/>	Mar. 20 Arts/Crafts at Goodwill Bldg., 1800 Appleton Rd., Menasha, Dr 2., 6:30- 8pm. \$5	\$5
<input type="checkbox"/>	Mar. 23 Games/Bingo at Harmony Café, 6:30-8pm, 124 N. Oneida St., Appleton.	\$5
<input type="checkbox"/>	Mar. 24 Recreational Bowling at Sabre Lanes, 10 am—noon. \$6 at activity.....	BYOM
<input type="checkbox"/>	Mar. 24 Respite Care Day, Drop off at Sabre Lanes, Menasha, 10am; pick up at Regal Cinema, Appleton, 4:30pm. \$45	\$45
<input type="checkbox"/>	Mar. 26 Ind. Living Skills at the Goodwill Bldg., 1800 Appleton Rd., Menasha, Door 2. 6 - 7 pm. \$5	\$5
<input type="checkbox"/>	Mar. 29 Casino Nite/Respite includes dinner at Menasha Site, 5:30-8:30pm. \$20	\$20
<input type="checkbox"/>	Mar. 31 Recreational Bowling at Sabre Lanes, 10 am—noon. \$6 at activity.....	\$6



Program
 questions?
 Call
 725-0943

Youth Activities

Creative Play, Thurs., **March 22**, at the Fox Valley Humane Assoc., Appleton
5:30-7:30pm. *No charge - funding made possible through a grant.* n/c

Pal Pod

<input type="checkbox"/>	Mar. 12 Unitarian Universalist Fellowship, 6-7:30pm, \$5 (located at 2600 Phillip La. in Appleton).	\$5
<input type="checkbox"/>	Mar. 13 Messy Night!, 4:30-6pm at Menasha Site. \$5.....	\$5
<input type="checkbox"/>	Mar. 26 Unitarian Universalist Fellowship, 6-7:30pm, \$5.....	\$5
<input type="checkbox"/>	Mar. 27 Gym/Outdoor Night, 4:30-6pm at Menasha Site. \$5.....	\$5

YARC

<input type="checkbox"/>	Mar. 2-3 Yarc Overnight, CALL 725-0943 TO SIGN UP!	\$15
<input type="checkbox"/>	Mar. 6 Game Night, 5-6:30pm at Menasha Building. \$5	\$5
<input type="checkbox"/>	Mar. 8 Yarc Meeting, 7-8:30pm at First Congregational United Church of Christ, 724 E. South River St. Appleton	n/c
<input type="checkbox"/>	Mar. 15 St. Pat's Party, 5-6:30pm at Menasha Building. \$6	\$6
<input type="checkbox"/>	Mar. 19 Build Your Own Pizza, 5-6:30pm at Menasha Site. \$7	\$7
<input type="checkbox"/>	Mar. 22 Yarc Meeting, 7-8:30pm at First Congregational United Church of Christ, 724 E. South River St. Appleton	n/c
<input type="checkbox"/>	Mar. 29 E-Friends, 5-6pm at Menasha Site	n/c

Mar. 31 Children's Tea Party & Fashion Show

Age 10 & under=\$10 ea Age 11 thru adults=\$15 ea

*=Caregiver fees apply. Make checks payable to **Arc Fox Cities**. Total amount due: _____