



August/September 2021

4511 6th Avenue,
Suite 204
Kearney, NE 68845

The mission of The Arc of Buffalo County is to help children and adults with developmental disabilities secure the opportunity to choose and realize their goals of where and how they want to live, learn, work, and play.

www.arcofbuffalocounty.org

308-237-4343

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ON-LINE Activities and Events:

Parent Group: 3rd Monday monthly at 6:30pm @

<https://us02web.zoom.us/j/89249762242?pwd=bmVVOldzQXRIakJRSnhsMG5qVmwzUT09>

Meeting ID: 859 3384 9418

Passcode: 822609

Phone: 312 626 6799

Fun with Music: Every Monday at 11am @

<https://us02web.zoom.us/j/85770132289?pwd=SmhiODBiC2o4cUQyRnI3L3pZWk5VUT09>

Meeting ID: 857 7013 2289

Passcode: 315845

Phone: 312 626 6799

Game Time: Every Tuesday at 1:30pm @

<https://us02web.zoom.us/j/88424922275?pwd=OG8xRGU2clFikzRuQWI2VkduWHdXUT09>

Meeting ID: 884 2492 2275

Passcode: 111175

Phone: 312 626 6799

BINGO : Every Wednesday at 1pm @

<https://us02web.zoom.us/j/87249089596?pwd=NXVPSVFFSHFaOTB0bzBBOHU3ckFYUT09>

Meeting ID: 872 4908 9596

Passcode: 717961

Phone: 312 626 6799

Weigh On Wednesday Every Wednesday at 10am @

<https://us02web.zoom.us/j/86346433654?pwd=YUFzUERkeDIKY0hJeW5mWlqveTZGUT09>

Meeting ID: 863 4643 3654

Passcode: 236489

Phone: 312 626 6799

Stretch to Fitness Every Wednesday at 11am @

<https://us02web.zoom.us/j/82785215539?pwd=YXo5dVhGcmdVdm5mcGdVd2s0NWtZZz09>

Meeting ID: 827 8521 5539

Passcode: 187680

Phone: 312 626 6799

Lunch Bunch Social Group 3rd Tuesday monthly at 12PM @

<https://us02web.zoom.us/j/85206105149?pwd=bnlhUW9MZFN6WWsvVW1BRmw5eitJZz09>

Book Club 1st & 3rd Tuesdays monthly @ 11am

<https://us02web.zoom.us/j/85206105149?pwd=bnlhUW9MZFN6WWsvVW1BRmw5eitJZz09>

Meeting ID: 852 0610 5149

Passcode: 977552

Phone: 312 626 6799

Crafts 3rd Thursday at 2pm on Zoom **Call for information**

Microwave Cooking Class: 2nd & 4th Tuesdays at 11am on Zoom **Call for information**

We are utilizing a grant from the Nebraska DD Council to provide tablets and training for individuals with Intellectual/Developmental Disabilities. We offer a Lending Library for individuals to check out a tablet with internet for training purposes. Call to learn more!

If you would like to be on The Arc email list please call The Arc office at 308-237-4343 to provide your email address.

Disability is a natural part of the human experience and in no way diminishes the right of individuals to live independently, enjoy self-determination, make choices, contribute to society, pursue meaningful careers, and integration in the economical, political, social, cultural and educational mainstream of American society. - 1992 Developmental Disabilities Assistance and Bill of Rights Act

Kearney Special Olympics Practice Schedule

FREE physicals at UNK on September 11th from 8am—12PM.

Athletes must pre-register online or with Coach Jen.

Unified Bowling: at Big Apple:

Aug 21 @10:30 OR 11:45AM

Aug 28 @10:30 OR 11:45AM

Sept 11 @10:30 OR 11:45AM

Sept 18 @10:30 OR 11:45AM

Sept 25 @10:30 OR 11:45AM



Soccer At Harvey Park :

Aug 23rd @ 5:30PM

Aug 30th @ 5:30PM

Sept 13th @ 5:30PM

Sept 20th @5:30PM

Sept 27th @5:30PM

Swimming will begin in October.



The Arc of Buffalo County has a limited number of UNK Sports passes for **member's** to

"check out" to attend home games. We have a "check out" system requiring a **\$5 deposit** for each pass checked out. We request that passes be **returned within 3-5 days of check out**. Upon return, you will receive your deposit dollars back. There is NO LIMIT to the number of times you may check out passes. Failure to return passes within the 3-5 day timeframe may result in a temporary suspension of check out privileges, and total failure to return passes may result in termination of check out privileges.



Chicory Salad with Honey Mustard Vinaigrette

Ingredients:

1 Cup Pecans	1/4 Cup Red Wine vinegar
2 Tablespoons Honey	1/4 Cup whole grain mustard
1 head escarole	1 head radicchio
1/4 Cup sliced chives	Extra Virgin olive oil
Kosher salt	Freshly ground pepper

Preparation:

Preheat oven to 350°F. Toast pecans on a rimmed baking sheet, tossing once, until slightly darkened and fragrant, 6–8 minutes. Let cool; crush or coarsely chop. Chop/tear escarole & radicchio leaves.

Whisk vinegar, mustard, and honey in a large bowl to combine. Add escarole, radicchio, chives, and half of the pecans. Drizzle with oil, season with salt and lots of pepper, and toss to coat. Top salad with



The annual **People First of Nebraska (PFN) State Convention** will be held **Oct. 8,9,10** in Kearney at the Holiday Inn. Early Bird registrations are due Sept. 1st. **Banquet Dinner** is scheduled for 6pm on Sat. fol-

lowed by the popular DJ dance at 8pm. Photo Booth & Bingo also on Saturday evening. For information or to register go to: <https://www.peoplefirstnebraska.com/convention-2021.html>

June 2021 DAYcation





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Welcome Back to In Person Activities with The Arc of Buffalo County

\$_____ **Buddy Bowling:** Wednesdays from 4-5pm at The Big Apple (500 West 4th St) September 22nd, 29th, October 6th, 13th, 20th, 27th, November 3rd and 10th. **Fee is \$40 for members and \$50 for non-members. Masks may be required**



\$_____ **Painting with Diane:** Class meets on September 23rd from 3-5:30pm at **Diane's Art Studio** 521 E 23rd St. (studio on Ave F) we will meet on patio to paint a Fall Fox.

Fee is \$40 for members — \$45 for non-members. Pre-registration required Maximum 6 participants Masks are encouraged.

In Case of Rain/Wind will be held at The Arc @ 4511 6th Ave.

\$_____ **Children's Respite:** First Thursday monthly from 6-8pm @ Kearney Area Children's Museum @ 5827 4th Ave. Fee is \$5 per family **for members only**. This event provides recreation and supervision for children with physical or developmental disabilities ages 2-12 and their siblings ages 2-10. **Pre-registration is required. Walk Ins will not be accepted.** Please bring a change of clothes in case there are any accidents.

By signing up you are agreeing to the risk: if we need to cancel due to situations out of our control, we are not able to issue refunds. Activities sponsored by The Arc of Buffalo County are at your own risk. We do not assume responsibility. We strongly recommend wearing a mask regardless of being vaccinated. This is subject to change.

The Arc of Buffalo County 2021 Membership Drive Continues!

Your membership matters! Memberships are valid from Jan. 1 through Dec. 31, 2021

Name(s): _____

Address: _____

City/State: _____ **Zip:** _____

Phone: _____ **Birthdate(s):** _____

Membership Fees:

_____ Single/Self-advocate (over 21) \$25 _____ Family \$50

_____ Business \$75 _____ Benefactors \$100

Donations are tax deductible; this is a 501(c)(3) non-profit organization. Membership in our chapter includes membership at state & national level, and discounted rates for Buddy Bowling, crafts, and other programs as well as several discounts at local merchants with member card.

() I would like to sponsor an additional single membership for a person who is unable to pay for an additional \$25

Total amount enclosed: \$_____ **(use this form to sign up for in person activities)**

Please make your check payable to The Arc of Buffalo County

mail to 4511 6th Ave Suite 204, Kearney, NE 68845

Members receive a membership card with local merchant discounts when presented!
Thanks to Big Apple, Taco John's, Mom & Dad's BBQ, and Papa Murphy's Pizza.