

The Arc of Spokane Community Center
 320 E. 2nd Ave. Spokane, WA 99202
 Phone Number: (509) 789-8791

Sick Policy

Since there are many members that attend our programs, colds and other ailments can spread from one person to another. If you exhibit any of the conditions listed below, it would be necessary to stay at home until you feel better, or until you are able to see a doctor if you need to. If you came to the Community Center or develop such conditions while present, care provider(s) will be contacted to take you home.

Deep congested cough
Any rashes or sores
Fever or clamminess
Headache
Abdominal pain
Unusual irritability
Excessive nasal discharge

Flushed appearance
Sore throat
Complaining of pain
Diarrhea
Head/body lice
Unusual listlessness
Conjunctivitis (pink eye)

*If you are contacted to pick up a member for reasons of illness or behavior, we request that you are on site to pick up **within 30 minutes** of notification of incident. Thank you.*

Hours Of Operation

The Community Center is open from **8:30am – 3:30pm**. We ask that morning rides/drop offs be scheduled no earlier than 8:30am, and afternoon rides/pick ups be scheduled no later than 3:15pm. This allows the staff ample time to always have the best activities and outings scheduled and prepped. Thank you for understanding!

Volunteer

From everyone at the community center (staff and members), we would like to thank the amazing volunteers we have been fortunate enough to have! Your time, money, and effort has greatly impacted the work we do. We hope you have enjoyed your time here as much as we have, **thank you!!**

If you are interested in volunteering, please visit our website, call us at **(509) 328-6326**, or email Janai at jlimtiaco@arc-spokane.org. We always love getting new volunteers!

Water Bottles Reminder

As the weather gets warmer and we start to do more outdoor activities, it is **important to have a water bottle so that you can stay hydrated!** We have an ice machine and filtered water accessible at the Community Center. Please consider bringing a water bottle with you when you attend the Community Center as we do not have extra bottles to loan out!

To learn more about The Arc of Spokane:

Visit: www.arc-spokane.org

Call: (509) 789-8791

Email: slyon@arc-spokane.org



*Inclusive community.
 Every life fulfilled.*

Community Center Staff:

Program Manager:

Stephanie Lyon

Office #: (509) 789-8790
slyon@arc-spokane.org

Transportation

Coordinator:

Corey Horstman

chorstman@arc-spokane.org

Community Center

Specialists:

Darla Olson

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Hannah Michelbook

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Hannah Icard

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Justin Ostberg

jostberg@arc-spokane.org

Taylor Crisp

tcrisp@arc-spokane.org

April News

Evening Dance: Mad Hatter's Tea Party

Our next evening dance will be on **Wednesday, April 10th**, and the theme will be a tea party in Wonderland! Wear your silliest hat and be ready to celebrate your un-birthdays! The dance will be **5 pm to 7 pm** and attendance will **cost \$10**. Dinner will not be served, but light snacks and refreshments will be provided. Community Center members may stay past 3 pm on that day to stay for the dance.




Scan here to sign up!

The Arc Evening Dances are available to anyone currently enrolled in a program at The Arc including (but not limited to) Community Center, Supported Living, Supported Employment, TYAP, and Advocacy and Family Support. **Pre-registration is required to attend, so make sure you use our website or QR code above if you want to come!**

Community Center Closure

The Arc of Spokane Community Center will be **closed** for the following day in the month March.

- **Tuesday Morning on April 23rd 8am-12pm for Staff Meeting, Community Center will be open for Afternoon Session Only**

Please ensure all rides to and from The Community Center are cancelled at these times. Thank you!

Lunch Outing at South Perry Pizza

On **Tuesday, April 16th at 12pm** we will be taking a group on a lunch outing to South Perry Pizza to have lunch with The Arc of Spokane's new CEO, Pamela Norr! If you would like to come along, bring at least **\$15** to cover your pizza and drink!

Call us at **(509) 789-8791** with any questions!

April 2024 Adventure Schedule

- Community Adventures are a **first come, first serve** activity. Please call us ahead of time at **(509) 789-8791 to RSVP** when you see an outing you really want to attend.
- When signing up for a food outing, **please pack a backup lunch** in case we can't make the trip due to unforeseen circumstances.
- There is always a chance that adventures can be canceled or rescheduled the day of. We apologize for the inconvenience and appreciate your understanding.
- Recommendations on how much money to bring are as follows:
 - Coffee: \$5-\$7 or more
 - Fast Food: \$10 or more
 - Movies: \$20 or more
 - Store outings: as much \$ for desired purchases
- **If you have any questions**, please call us at (509) 789-8791 or email Corey at chorstman@arc-spokane.org. We are always happy to help!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00am: Meals on Wheels w/ Hannah I 1:00pm: Members Choice w/ Darla	2 10:00am: Rusty Mug w/ Hannah M 1:00pm: Walmart w/ Darla	3 10:00am: Spokane Public Library w/ Corey 1:00pm: New Love Coffee w/ Darla	4 10:00am: Crepe Café w/ Darla 1:00pm: Lilac Lanes w/ Hannah I (\$3)	5 10:00am: Maple Street Bistro w/ Hannah I 1:00pm: Art Salvage Art Supply Store w/ Corey
8 10:00am: Meals on Wheels w/ Hannah I 1:00 pm: Dollar Store w/ Darla	9 10:00am: Thrift Fringe and Fray w/ Hannah M 1:00 pm: Community Walk w/ Darla	10 10:00am: Spokane Public Library w/ Corey 1:00pm: The Mac Museum w/ Darla (\$20)	11 10:00am: Beard Papas w/ Darla 12:00 pm: Lilac Lanes w/ Hannah I (\$3)	12 10:00am: Monkey Biz Comics w/ Hannah I 12:00pm: Saranac Commons Lunch & Shopping w/Corey (\$15)
15 10:00am: Meals on Wheels w/ Hannah I 1:00 pm: Franklin Park w/ Darla	16 10:00am: Cooking Class Shopping w/ Hannah M 12:00pm: South Perry Pizza w/ Darla (\$15)	17 10:00am: Spokane Public Library w/ Corey 1:00 pm: Neighborhood Walk w/ Darla	18 10:00am: Pet Store w/ Darla 12:00 pm: Chaos Arcade w/ Hannah I (\$20)	19 10:00am: Arc of Spokane Thrift w/ Corey 1:00 pm: Lilac Lanes w/ Hannah I (\$3)
22 10:00am: Meals on Wheels w/ Hannah I 12:00 pm: Northtown Mall Walk & Play Pokémon w/ Darla	23 MORNING SESSION CLOSED FOR STAFF MEETING 1:00 pm: Target w/ Darla	24 10:00am: Spokane Public Library w/ Corey 1:00 pm: Arctos Coffee w/ Darla	25 10:00am: Manito Park Walk w/ Darla 12:00 pm: Lilac Lanes w/ Hannah I (\$3)	26 10:00am: Park Games w/ Corey 1:00 pm: Avista Tour w/ Corey & Kristie
29 10:00am: Meals on Wheels w/ Hannah I 1:00 pm: Neighborhood Walk w/ Darla	30 10:00am: Liberty Park w/ Hannah M 1:00 pm: Riverpark Square Walk w/ Darla			