

The Arc Express

your monthly newsletter

March 2020



EVENTS

DONATE

CONTACT US

March is Developmental Disabilities Awareness Month

*Celebrate & Spread
Awareness!*

**SHARE YOUR STORY ON
SOCIAL MEDIA WITH HASHTAG
#DDAWARENESS20**

**Welcome to the Arc Jackson
County's monthly newsletter.**

Achieve with us.

The Arc is dedicated to enhancing the lives of people with developmental disabilities and their families by providing community awareness, advocating needed services, and fostering self-sufficiency.

READ MORE



The Arc Jackson County



541.779.4520 | 121 North Central Avenue, Medford, OR 97501

MARCH EVENTS



Check out our upcoming events, and be sure to contact us if you'd like to volunteer!

03

Health Matters Begins!

**see more on page 4*

Be sure to sign up and join us to learn healthy habits and make friends!

T/Th 2:00 - 3:30 p.m.

Rogue Valley YMCA

522 W. 6th Street, Medford

07

1st Saturday Dance

Join us for the Community Dance, where this month's theme is Super Hero/Villain!

7:00 - 10:00 p.m.

Santo Community Center

710 N. Columbus Street, Medford

Entrance Fee: \$5.00



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MARCH EVENTS



Check out our upcoming events, and be sure to contact us if you'd like to volunteer!

13

Jackson Co. Resource Night

Learn about transition resources for individuals

15 & up

RSVP here

5:00 - 7:00 p.m.

Medford Library, 205 S. Central Ave.

14

Live to Dance 2020

**see more on page 5*

Join us for our biggest fundraiser of the year!

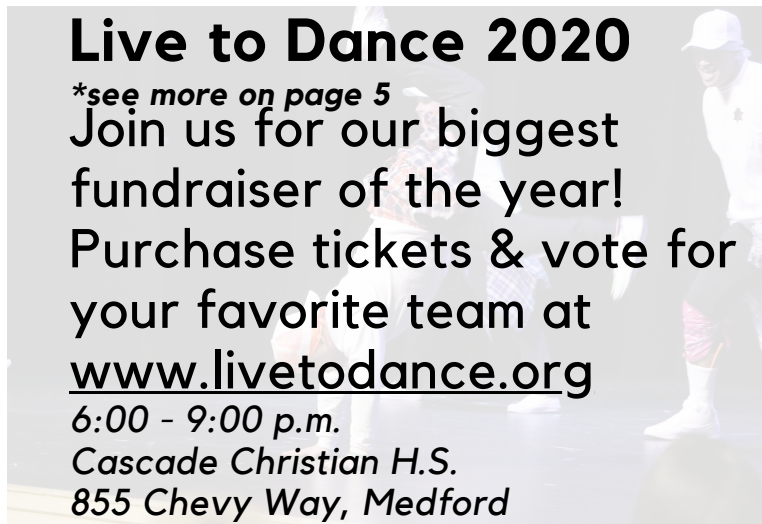
Purchase tickets & vote for your favorite team at

www.livetodance.org

6:00 - 9:00 p.m.

Cascade Christian H.S.

855 Chevy Way, Medford



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HEALTH MATTERS

A program focusing on health, nutrition, and overall well-being



Exercise, Nutrition... Fun!

LEARN TECHNIQUES FOR HEALTHIER HABITS,
AND MAKE FRIENDS!

*March 3rd - May 21st
T/Th 2:00 - 3:30 p.m.
Rogue Valley YMCA
522 W. 6th Street, Medford*

*Interested in joining us?
Contact Julie at
julie@thearcjackson.org*



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LIVE TO DANCE 2020



*Our 10th annual fundraiser and dance celebration
is almost here!*

March 14th @ Cascade Christian H.S.

*Join us to watch some amazing dance acts! Even if you can't make it, be sure to
vote for your favorite dancers online. Each vote is \$5 and earns you a **free drink**
from our friends at Human Bean!*

www.livetodance.org



Contact us if you have questions or would like
to sponsor this incredible event!

office@thearcjackson.org



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THE ARC THRIFT STORE



Come by and see us Thursday - Saturday, 11:00 a.m. - 4:00 p.m.

Attention!

OUR STORE...

...is making some changes!

Beginning March 9th, we will be open Thursday, Friday, & Saturday each week, 11:00 a.m. - 4:00 p.m.

Please come by and check out our gently used collection of clothing and home goods!



We are in need of volunteers to work in our thrift store! If you are interested please call us at (541) 779-4520.

Attention Rogue Valley! We are having a sale on ALL coats and outer wear. You can score a gently used coat for only \$5! This deal wont last long! You won't want to miss it!



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