



Updated!!!
The Arc Community Calendar will not only provide ideas of free or low cost things to do in our community, we will also provide more info on resources and news of importance.
Thanks for reading and sharing!!



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The Arc Muskegon Calendar is published monthly by The Arc Muskegon - 601 Terrace St., Suite 101, Muskegon, MI 49440 (231) 777-2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Stronger Together Women's Support Group 1-2:30pm 27 E. Clay. (Disability Network) 	2 <i>Groundhog Day</i>	3-4 Snowfest February 3-4 Downtown Muskegon Movie, Chili Cook-Off, Snow Volleyball, Cornhole Tournament and more! For more info, visit: www.muskegonjaycees.org	
5 <i>The State of Michigan celebrated it's 180th Birthday on January 26, 2017!!</i> 	6 Want something posted on our calendar? Contact us today!!	7 NAMI Meeting Central United Methodist Church (1011 Second St.) 6:00pm 	8 Healthy Heart Tip Get Active!! The American Heart Assoc. suggests at least 150 minutes a week of moderate exercise.	9 Muskegon Museum of Art Public Tours 5:00pm-7:00pm 296 W. Webster FREE guided tours on Thursdays through February 16, 2017	10 To apply for Health West Services Call ACCESS 720-3200 	11 Autism Network Bowling Event 1:00pm-3:00pm Northway Lanes Cost: \$8.50 Includes 2 games and shoes. All ages welcome. RSVP by Feb. 3 muskegonautism@aol.com
12 For information on LARC events call Pioneer Resources at 773-5355 Extension 1235 or 1216	13 Need help with your energy bill? Call 2-1-1 or go to: consumersenergy.com/assistance	14 Valentine's Day	15 DD Council Self-Advocate Training 10:30am-2:30pm Hope Network (775 36th Street Grand Rapids) Learn how to advocate to legislators.	16 "Incoming!" Tuesdays and Thursdays Now—March 2 7:00pm Carr-Fles Planitarium 221 S. Quarterline	17 Michigan Trivia!! Q:How many state parks are in Michigan? A: 101	18
19 Sign up for The Arc E-news! Informative and easy to share with others! Just click send. Call 777-2006!	20 	21 Soup for Suits to benefit Muskegon Rescue Mission 11:30am—1:00pm Fricano's (1050 W. Western) FREE soup and bread luncheon with dessert and coffee available to purchase. Donations accepted.	22 Visit us at arcmuskegon.org 	23 Healthy Heart Tip Meditate Take time to just sit still and focus on your breathing.	24 How to Ride the MATS Bus Workshop 1:30pm HealthWest 376 E. Apple Ave. Call 231-724-6420 to register.	25 Michigan Trivia!! Q:What is the oldest city in Michigan? A: Sault Ste. Marie
26 Do you have questions for one of our advocates? If so, it can be submitted through the "Ask The Advocate" tab on our website. arcmuskegon.org	27 Plaza 1 & 2 (3450 Henry St.) Mondays are Discount Movie Night Tickets are \$2 Call (231) 798-2608 	28 Feeding the Soul of the City GVSU Cantate Chamber Ensemble 12:15pm-12:45pm St. Paul's Episcopal Church (1006 3rd St.) FREE	Resource of the Month LOVE INC connects people in need with the gifts and resources of local churches. Ministries include: Baby Pantry, Food Pantry, Household Pantry, Personal Care Pantry, Furniture Pantry, Project Ramp and Clothing Pantry. If you are in need of any of these resources, contact Love INC at 231-777-3905.			

\$ = Costs money: Call provided number for information

= Wheelchair accessible **B** = On MATS bus route - call 724-6420 for a schedule