<table>
<thead>
<tr>
<th>Time</th>
<th>Monday 7/27</th>
<th>Tuesday 7/28</th>
<th>Wednesday 7/29</th>
<th>Thursday 7/30</th>
<th>Friday 7/31</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 AM</td>
<td>Chat Room for Friends</td>
<td>Chat Room for Friends</td>
<td>Chat Room for Friends</td>
<td>Chat Room for Friends</td>
<td>Chat Room for Friends</td>
</tr>
<tr>
<td>9:30 AM</td>
<td>Coffee Talk with Adam</td>
<td>Coffee Talk with Adam</td>
<td>Coffee Talk with Adam</td>
<td>Coffee Talk with Adam</td>
<td>Coffee Talk with Adam</td>
</tr>
<tr>
<td>10:30 AM</td>
<td>Essential Skills for the Workplace</td>
<td>Essential Skills for the Workplace</td>
<td>Essential Skills for the Workplace</td>
<td>Essential Skills for the Workplace</td>
<td>Essential Skills for the Workplace</td>
</tr>
<tr>
<td>12 PM</td>
<td>Taste Tuesday</td>
<td>Sweet Treats</td>
<td>Arts &amp; Crafts with Mrs. Lovelace</td>
<td>Club Dundalk</td>
<td></td>
</tr>
<tr>
<td>1 PM</td>
<td>Sports Talk with Adam</td>
<td>Sports Talk with Adam</td>
<td>Sports Talk with Adam</td>
<td>Sports Talk with Adam</td>
<td>Sports Talk with Adam</td>
</tr>
<tr>
<td>1:30 PM</td>
<td>Fun with Spanish</td>
<td>Virtual Bingo</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 PM</td>
<td></td>
<td></td>
<td>Cooking with Olivia</td>
<td>Painting with Kee</td>
<td></td>
</tr>
<tr>
<td>2:30 PM</td>
<td></td>
<td></td>
<td>Show and Tell with Ciara</td>
<td>Travel the World with Suzanne</td>
<td></td>
</tr>
<tr>
<td>3 PM</td>
<td></td>
<td></td>
<td>Connections Training</td>
<td>Virtual Karaoke</td>
<td></td>
</tr>
<tr>
<td>8 PM</td>
<td></td>
<td></td>
<td>Wrestling Wednesdays with Adam</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Arts and Crafts with Mrs. Lovelace; Art, Social Skills, Self-Expression, and Creativity
Make crafts in the comfort of your own home with supplies you may already have on hand. Some supplies will be mailed to you before the next class.
Offered every Thursday, 12 pm - 1 pm
REGISTER WITH LANIECE: lfaggans@thearcbaltimore.org

Basic Computer Skills
An interactive class for those who want to learn the basics of Microsoft Word, Outlook, Excel and PowerPoint. Having beginner computer skills is helpful. Also having a desktop computer or laptop is preferable.
Offered every Tuesday and Thursday, 9 am - 10 am
REGISTER WITH DANIEL: dluckenbach@thearcbaltimore.org

Berkshire Musical Theater Program
Learn about and sing along to select Broadway musicals (The Sound of Music, Grease, Hairspray, Shrek, The Little Mermaid) with Debbie Staigerwald (The Sky is the Limit Arts Program Director).
Offered every Wednesday, 10:30 am - 11:30 am
REGISTER WITH DEBBIE: dstaigerwald@thearcbaltimore.org

Book Club
Read stories of your choice with Ciara and have a chance to talk about the book with your friends who also love books.
Offered every Thursday, 10:30 am - 11:30 am
REGISTER WITH CIARA: cadolfo@thearcbaltimore.org

Chat Room with Friends
A person led and lively chat group about topics of the day; no planned topics, just a place to connect, catch up, and enjoy each other’s company.
Offered Monday through Friday, 9 am - 10 am
REGISTER WITH LANIECE: lfaggans@thearcbaltimore.org

Club Dundalk
Club Dundalk w/DJ Howard- Come dance with us with your very own DJ right in your own home. Meet up with friends to dance till you drop!
Offered every Friday, 12 pm
REGISTER WITH LANIECE: lfaggans@thearcbaltimore.org

Coffee Talk with Adam
An open forum on anything from current events to whatever’s on your mind. Like being at Dunkin Donuts or Starbucks and hanging out with some friends! Come with your coffee - or whatever else you drink to get your day started, and be prepared to join in on some interesting conversation!
Offered Monday through Friday, 9:30 am - 10:30 am
REGISTER WITH ADAM: asouthwick@thearcbaltimore.org

Connections Training
The class is about making and nurturing connections (friends, family, co-workers, neighbors) It will discuss what good connections and bad connections look like. Additionally it will teach individuals how to plan activities.
Offered every Thursday, 3 pm - 4 pm
REGISTER WITH MONEEN: mblake@thearcbaltimore.org

Cooking with Olivia
Creating delectable foods that can be made with ingredients most people have readily available or can easily obtain after the event and make later.
Offered every Thursday, 2 pm - 3 pm
REGISTER WITH OLIVIA: ogoodwin@thearcbaltimore.org

Employment Skills for Job Seekers
A robust and interactive discussion of employment skills and work-related topics for those actively seeking employment in the community
Offered Monday through Friday, 10 am - 11 am
REGISTER WITH DANIEL: dluckenbach@thearcbaltimore.org
**Essential Skills for the Workplace**

Discussion / practice around skills that employers are looking for in employees and expect in the workplace. Topics include the process of getting a job, resume writing, interviewing, communication and listening skills, problem solving, workplace etiquette, what to expect when starting a job, and much more!

Offered Monday through Friday, 10:30 am - 11:30 am

REGISTER WITH ADAM: asouthwick@thearcbaltimore.org

---

**Fun with Spanish**

Hola! Let’s learn Español together! No prior knowledge required. Socialization Skills, Cross Cultural Language Skills, and Memory.

Offered every Monday, 1:30 pm - 2:30 pm

REGISTER WITH CATHY: cotterbein@thearcbaltimore.org

---

**Money Talk with Val**

Learn about how to read a paycheck, what the numbers on the paycheck mean, identifying and understanding money and denominations of money, purchasing items in the community, and how to save money for a rainy day!

Offered every Monday, 9:30 am - 10:30 am

REGISTER WITH VAL: vtowson@thearcbaltimore.org

---

**The Music Factory**

Join me for a music extravaganza! We would talk about and listen, and maybe even, dance to different music artist, genre, or era every other Tuesday. You don’t want to miss it!

Offered every other Tuesday, 12 pm - 1 pm

REGISTER WITH SHAMEKA: sjohnson@thearcbaltimore.org

---

**On the Farm with Jenn**

Visit Jenny’s farm to see baby animals (Watch them as they grow) and have a chance to ask questions about what it is like to live on a farm and get a basic understanding of how to maintain a farm.

Offered the First Wednesday of the month, 2 pm - 3 pm

REGISTER WITH JENN: jbrower@thearcbaltimore.org

---

**Painting with Kee: Art is Fun**

Enjoy the peaceful act of painting

Offered every Friday, 2 pm - 3 pm

REGISTER WITH KEE: kfields@thearcbaltimore.org

---

**Safety Shuffle with JK**

An interactive discussion about basic safety in the home and community to address topics: calling 911, recognizing an emergency, building a first aid kit and a Go Kit, fire safety, and other relevant topics with examples and Q&A

Offered every other Wednesday, 1 pm - 2 pm

REGISTER WITH NANCY: nbrown@thearcbaltimore.org

---

**Show and Tell (Pet Lovers) with Ciara**

Show us something important to you where you live. Many of us have pets and love to discuss our pets. You don’t have to have a pet to participate… You can show and tell us the things that are important to you.

Offered every Tuesday, 2:30 pm - 3:30 pm

REGISTER WITH CIARA: cadolfo@thearcbaltimore.org

---

**Sports Talk with Adam**

An interactive group discussion for the avid sports fanatic! If you’re into stats, historical sporting events or just sports in general, this is the group for you!

Offered Monday, Tuesday, Thursday and Friday, 1 pm - 2 pm

REGISTER WITH ADAM: asouthwick@thearcbaltimore.org
Sweet Treats
Learn how to make delectable delicious easy treats using 5 ingredients.
Offered every Wednesday, 12 pm - 1 pm
REGISTER WITH SHAREEN: SBrown-Jones@thearcbaltimore.org

Taking Care of Me
Guided Meditation and Group Discussion about Current Events with Michelle Anderson. Class topic may vary depending on attendee input
Offered the first Thursday of each month, 1:30pm - 2:30 pm
REGISTER WITH MICHELLE: manderon@thearcbaltimore.org

Tasty Tuesday’s with Terry
Learn how to make tasty, delicious treats with ingredients around the house.
Offered every other Tuesday, 12 pm - 1 pm
REGISTER WITH TERRY: TGriffin@thearcbaltimore.org

Theater Fun with Tammy
Socialization Skills, Spoken Dialogue, Memory, Creativity and Imagination.
Offered every Monday, 12 pm - 1 pm
REGISTER WITH TAMMY: tkaskel@thearcbaltimore.org

Travel The World with Suzanne
A discussion of places we have traveled or would like to travel to with pictures of interesting places around the world
Offered every other Thursday, 2:30 pm - 3:30 pm
REGISTER WITH SUZANNE: SDavenport@thearcbaltimore.org

Virtual BINGO
Live virtual Bingo full of excitement and complete with music and prizes!
Create your own card and join us!
Offered every Tuesday 1 pm - 2 pm
REGISTER WITH CIARA: cadolfo@thearcbaltimore.org

Virtual Karaoke
Calling all singers ready to belt out a ballad, uplift with a gospel standard, sing your favorite rock song or harmonize with your favorite song!
Offered every Friday, 3 pm—4 pm
REGISTER WITH MILIE: msantos@thearcbaltimore.org

What’s New with Daniel—Current Events and Culture
An interactive forum that explores a wide variety of topics such as current events, mindfulness and meditation, Google Earth tours and cultural experiences just to name a few. Make new friends and learn something new!
Offered Monday through Friday, 11 am - 12 pm
REGISTER WITH DANIEL: dluckenbach@thearcbaltimore.org

Wrestling Wednesdays with Adam
Gather with friends for a fun, weekly discussion of wrestling during the live TV event. Geared for the true wrestling fanatic!
Offered every Wednesday, 8 pm—9 pm
REGISTER WITH ADAM: asouthwick@thearcbaltimore.org