

VIRTUAL DAY SERVICES AT THE ARC BALTIMORE

1 hour classes | click class below for more info

	MONDAY 11/2	TUESDAY 11/3	WEDNESDAY 11/4	THURSDAY 11/5	FRIDAY 11/6
9 AM	CHAT ROOM FOR FRIENDS	CHAT ROOM FOR FRIENDS	CHAT ROOM FOR FRIENDS	CHAT ROOM FOR FRIENDS	CHAT ROOM FOR FRIENDS
		BASIC COMPUTER SKILLS		BASIC COMPUTER SKILLS	
9:30 AM	COFFEE TALK WITH ADAM	COFFEE TALK WITH ADAM	COFFEE TALK WITH ADAM	COFFEE TALK WITH ADAM	COFFEE TALK WITH ADAM
10 AM	EMPLOYMENT SKILLS FOR JOB SEEKERS	EMPLOYMENT SKILLS FOR JOB SEEKERS	EMPLOYMENT SKILLS FOR JOB SEEKERS	EMPLOYMENT SKILLS FOR JOB SEEKERS	EMPLOYMENT SKILLS FOR JOB SEEKERS
	KARAOKE WITH LATOYA	ZOOM SCAVENGER HUNT			
10:30 AM	ESSENTIAL SKILLS FOR THE WORKPLACE	ESSENTIAL SKILLS FOR THE WORKPLACE	ESSENTIAL SKILLS FOR THE WORKPLACE	ESSENTIAL SKILLS FOR THE WORKPLACE	ESSENTIAL SKILLS FOR THE WORKPLACE
		BERKSHIRE MUSICAL THEATER		BOOK CLUB	
11 AM	WHAT'S NEW WITH ALETHIA	WHAT'S NEW WITH ALETHIA	WHAT'S NEW WITH ALETHIA	WHAT'S NEW WITH ALETHIA	WHAT'S NEW WITH ALETHIA
		TRAVEL THE WORLD WITH DEBBIE			
12 PM	THEATER FUN WITH TAMMY	TASTY TUESDAY WITH TERRY	SWEET TREATS	ARTS & CRAFTS WITH MRS. LOVELACE	CLUB DUNDALK
1 PM	SPORTS TALK WITH ADAM	SPORTS TALK WITH ADAM	SAFETY SHUFFLE WITH JK	SPORTS TALK WITH ADAM	SPORTS TALK WITH ADAM
		VIRTUAL BINGO		FITNESS WITH LATOYA	SHOPPING WITH LATOYA
1:30 PM	FUN WITH SPANISH				
2 PM			ON THE FARM WITH JENN	COOKING WITH OLIVIA	PAINTING WITH KEE
2:30 PM		SHOW AND TELL WITH CIARA			
3 PM			CONNECT FOUR WITH LATOYA	CONNECTIONS TRAINING	VIRTUAL KARAOKE
4 PM					
5 PM					
8 PM			WRESTLING WEDNESDAYS WITH ADAM		

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@thearcbbaltimore.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 Tammy Kaskel (The Sky is the Limit Arts Program Director).

Offered every Wednesday, 10:30 am - 11:30 am

REGISTER WITH TAMMY: TKaskel@thearcbbaltimore.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 ALETHIA: ALance@thearcbbaltimore.org | ONLY 4 SPOTS

Book Club

Read stories of your choice with Ciara and have a chance to talk about the book with you friends who also love books.

Offered every Thursday, 10:30 am - 11:30 am

REGISTER WITH CIARA: cadolfo@thearcbbaltimore.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@thearcbbaltimore.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@thearcbbaltimore.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@thearcbbaltimore.org

Connect Four with Latoya

Come Play your favorite Tic-Tac-Toe-like game! Players alternatively place pieces on the vertical game board. First to achieve a line of four connected pieces, wins the game!

Offered every Wednesday, 3 pm - 4 pm

LANIECE: lfaggans@thearcbbaltimore.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 ALETHIA: ALance@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, work-place 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

Fitness with Latoya

This class will creatively focus on exercises pertaining to your arms, legs and core. Each class is designed to be different to get your body moving!

Offered every Thursday, 1 pm–2 pm

REGISTER WITH LANIECE: lfaggans@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

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

Shopping with Latoya

Learn the essentials of smart shopping.

Offered every Friday 1 pm – 2pm

REGISTER WITH LANIECE: lfaggans@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

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

(Be sure to attend "The Music Factory" the alternative Tuesdays from 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

This and That with Debbie

Fun, socially interactive games. Name that tune. Guess that Movie. Recognize this place? Which animal is this? And much more!

Offered the Second, Third and Fourth Wednesday of the month, 2 pm - 3 pm

(Be sure to attend "On The Farm" the first Wednesday from 2pm–3pm)

REGISTER WITH CIARA: cadolfo@thearcbaltimore.org

Travel the World with Debbie

Visiting different countries and places on Zoom.

Offered every Tuesday, 11 am - 12 pm

REGISTER WITH LANIECE: lfaggans@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 Monday with Latoya, 10 am–11 am

REGISTER WITH LANIECE (Mondays): lfaggans@thearcbaltimore.org

Offered every Friday with Millie, 3 pm–4 pm

REGISTER WITH MILIE (Fridays): msantos@thearcbaltimore.org

What's New with Alethia—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 ALETHIA: ALance@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

Zoom Scavenger Hunt

Ask each individual to find something that will be easy and usually in the home. (ex. Find something that has a lot of numbers on it , answer: phone , remote control). Find something red., things of that nature. This class will get them up and moving around.

Offered every Tuesday, 10 am - 11 am

REGISTER WITH LANIECE: lfaggans@thearcbaltimore.org