

# VIRTUAL DAY SERVICES AT THE ARC BALTIMORE

1 hour classes | click class below for more info

MONDAY  
11/23

TUESDAY  
11/24

WEDNESDAY  
11/25

THURSDAY  
11/26

FRIDAY  
11/27

9 AM	<a href="#">CHAT ROOM FOR FRIENDS</a>	<a href="#">CHAT ROOM FOR FRIENDS</a>	<a href="#">CHAT ROOM FOR FRIENDS</a>
		<a href="#">BASIC COMPUTER SKILLS</a>	
10 AM	<a href="#">EMPLOYMENT SKILLS FOR JOB SEEKERS</a>	<a href="#">EMPLOYMENT SKILLS FOR JOB SEEKERS</a>	<a href="#">EMPLOYMENT SKILLS FOR JOB SEEKERS</a>
	<a href="#">KAROAKE WITH LATOYA</a>	<a href="#">ZOOM SCAVENGER HUNT</a>	
10:30 AM			<a href="#">Berkshire Musical Theater</a>
11 AM	<a href="#">WHAT'S NEW WITH ALETHIA</a>	<a href="#">WHAT'S NEW WITH ALETHIA</a>	<a href="#">WHAT'S NEW WITH ALETHIA</a>
	<a href="#">RELATE &amp; DRAW WITH NATURE</a>	<a href="#">TRAVEL THE ORLD WITH DEBBIE</a>	
12 PM	<a href="#">THEATER FUN WITH TAMMY</a>	<a href="#">THE MUSIC FACTORY</a>	<a href="#">SWEET TREATS</a>
1 PM		<a href="#">VIRTUAL BINGO</a>	<a href="#">SAFETY SHUFFLE WITH JK</a>
1:30 PM	<a href="#">FUN WITH SPANISH</a>		
2 PM			<a href="#">THIS AND THAT</a>
2:30 PM	<a href="#">SPORTS TALK WITH ADAM</a>	<a href="#">SHOW AND TELL WITH CIARA</a>	<a href="#">WRESTLING WEDNESDAYS WITH ADAM</a>
		<a href="#">SPORTS TALK WITH ADAM</a>	
3 PM			<a href="#">CONNECT FOUR WITH LATOYA</a>



**The Arc Baltimore will be Closed  
11/26 & 11/27  
HAPPY THANKSGIVING!**



## 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](mailto:lfaggans@thearcbaltimore.org)

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## 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@thearcbaltimore.org](mailto:TKaskel@thearcbaltimore.org)

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## 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@thearcbaltimore.org](mailto:ALance@thearcbaltimore.org) | ONLY 4 SPOTS

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## 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@thearcbaltimore.org](mailto: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](mailto:lfaggans@thearcbaltimore.org)

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## 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](mailto:lfaggans@thearcbaltimore.org)

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## 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@thearcbaltimore.org](mailto:lfaggans@thearcbaltimore.org)

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## 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](mailto: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](mailto:ogoodwin@thearcbaltimore.org)

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## 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](mailto:ALance@thearcbaltimore.org)

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## 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](mailto:lfaggans@thearcbaltimore.org)

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## 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](mailto:cotterbein@thearcbaltimore.org)

**SUBSTITUTE TEACHER ON 11/16, 12/21, 1/18**

## 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](mailto:sjohnson@thearcbaltimore.org)

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## 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](mailto:jbrower@thearcbaltimore.org)

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## Painting with Kee: Art is Fun

*Enjoy the peaceful act of painting*

Offered every Friday, 10 am - 11 am

REGISTER WITH KEE: [kfields@thearcbaltimore.org](mailto:kfields@thearcbaltimore.org)

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## Relate & Draw with Nature with Renee

*Build Relationships with living creatures around you. We will look & learn about creatures living in Maryland. What lives near YOU? What have you never noticed before? Learn & appreciate other life forms. RELATE, RESPECT and LOVE all living forms & creatures. This zoom class deepens relationships with the natural world and also builds visual communication through drawing. If you only want to watch and learn, that's fine! But all are encouraged to actively draw anything from what we see that is living. Bring a pencil or pen, and paper. Let's learn, relate & draw!*

Offered every Monday, 11 am - 12 pm

REGISTER WITH LANIECE: [lfaggans@thearcbaltimore.org](mailto:lfaggans@thearcbaltimore.org)

**New Class October 26 through November 30**

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## 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](mailto:nbrown@thearcbaltimore.org)

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## 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](mailto:cadolfo@thearcbaltimore.org)

## Shopping with Latoya

*Learn the essentials of smart shopping.*

Offered every Friday 1 pm – 2pm

REGISTER WITH LANIECE: [lfaggans@thearcbaltimore.org](mailto:lfaggans@thearcbaltimore.org)

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## 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, 2:30 pm - 3:30 pm

REGISTER WITH ADAM: [asouthwick@thearcbaltimore.org](mailto:asouthwick@thearcbaltimore.org)

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## 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](mailto:SBrown-Jones@thearcbaltimore.org)

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## 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](mailto: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](mailto:tkaskel@thearcbaltimore.org)

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## 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](mailto:cadolfo@thearcbaltimore.org)

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## 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](mailto:lfaggans@thearcbaltimore.org)

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## 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](mailto: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](mailto:lfaggans@thearcbaltimore.org)

Offered every Friday with Millie, 3 pm–4 pm

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

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## 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](mailto:ALance@thearcbaltimore.org)

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## Wrestling Wednesdays with Adam

*Gather with friends for a fun, weekly discussion of wrestling. Geared for the true wrestling fanatic!*

Offered every Wednesday, 2:30 pm–3:30 pm

REGISTER WITH ADAM: [asouthwick@thearcbaltimore.org](mailto:asouthwick@thearcbaltimore.org)

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## 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](mailto:lfaggans@thearcbaltimore.org)