





# VIRTUAL DAY SERVICES AT THE ARC BALTIMORE

1 hour classes | click class below for more info

2021	MONDAY 1/11	TUESDAY 1/12	WEDNESDAY 1/13	THURSDAY 1/14	FRIDAY 1/15
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="#">CHAT ROOM FOR FRIENDS</a>	<a href="#">CHAT ROOM FOR FRIENDS</a>
		<a href="#">BASIC COMPUTER SKILLS</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="#">EMPLOYMENT SKILLS FOR JOB SEEKERS</a>	<a href="#">EMPLOYMENT SKILLS FOR JOB SEEKERS</a>
	<a href="#">KARAOKE WITH LATOYA</a>	<a href="#">ZOOM SCAVENGER HUNT</a>			<a href="#">ART IS FUN</a>
10:30 AM			<a href="#">BERKSHIRE MUSICAL THEATER</a>	<a href="#">BOOK CLUB</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="#">WHAT'S NEW WITH ALETHIA</a>	<a href="#">WHAT'S NEW WITH ALETHIA</a>
		<a href="#">TRAVEL THE WORLD WITH DEBBIE</a>			 <a href="#">MINDFULNESS AND MEDITATION</a>
12 PM	<a href="#">THEATER FUN WITH TAMMY</a>	<a href="#">TASTY TUESDAY WITH TERRY</a>	<a href="#">SWEET TREATS</a>	<a href="#">ARTS &amp; CRAFTS WITH MRS. LOVELACE</a>	<a href="#">CLUB DUNDALK</a>
1 PM		<a href="#">VIRTUAL BINGO</a>			
1:30 PM	<a href="#">FUN WITH SPANISH</a>				
2 PM			<a href="#">THIS AND THAT</a>	<a href="#">COOKING WITH OLIVIA</a>	 <a href="#">ASL</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>	<a href="#">SPORTS TALK WITH ADAM</a>
		<a href="#">SPORTS TALK WITH ADAM</a>			
3 PM			<a href="#">CONNECT FOUR WITH LATOYA</a>	<a href="#">CONNECTIONS TRAINING</a>	<a href="#">VIRTUAL KARAOKE</a>

## 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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## American Sign Language (ASL)

*Communicate with your hands. Learn basic American Sign Language.*

Offered every Friday, 2:00 pm - 3:00 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)

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## 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)

## 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@thearcbbaltimore.org](mailto:mblake@thearcbbaltimore.org)

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## 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@thearcbbaltimore.org](mailto:ogoodwin@thearcbbaltimore.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@thearcbbaltimore.org](mailto:ALance@thearcbbaltimore.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@thearcbbaltimore.org](mailto:cotterbein@thearcbbaltimore.org)

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



## Mindfulness and Meditation

*The practice of actually being present in the moment, which in turn trains us to become more mindful throughout the day, particularly during difficult situations.*

Offered every Friday, 11:00 am - 12:00 pm

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

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## 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@thearcbbaltimore.org](mailto:sjohnson@thearcbbaltimore.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@thearcbbaltimore.org](mailto:jbrower@thearcbbaltimore.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@thearcbbaltimore.org](mailto:kfields@thearcbbaltimore.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](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)

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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)

## 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)

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## 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)

## 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)

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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)

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## 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 Talk 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)