



# 2022: VIRTUAL DAY SERVICES

## @ THE ARC BALTIMORE

	Monday	Tuesday	Wednesday	Thursday	Friday
9 AM	<u>CHAT ROOM FOR FRIENDS</u>	<u>CHAT ROOM FOR FRIENDS</u>	<u>CHAT ROOM FOR FRIENDS</u>	<u>CHAT ROOM FOR FRIENDS</u>	<u>CHAT ROOM FOR FRIENDS</u>
10 AM	<u>KAROAKE</u>	<u>ZOOM SCAVENGER HUNT</u>		<u>BOOK CLUB</u>	
11 AM	<u>SELF ADVOCACY CLASS</u>	<u>TRAVEL THE WORLD</u>	<u>MYSTERY TOPIC?</u>		<u>ANYTHING GOES</u>
12 PM	<u>CoFIT</u>	<u>THE MUSIC FACTORY/ MYSTERY BOX</u>			<u>CLUB DUNDALK</u>
1 PM		<u>BINGO</u>	<u>THE ANIMATION EXPERIENCE</u>		<u>SHOPPING WITH FRIENDS</u>
2 PM	<u>SIMON SAYS</u>	<u>SHOW AND TELL</u>	<u>THIS AND THAT</u>	<u>COOKING</u>	
2:30 PM	<u>SPORTS TALK WITH ADAM</u>	<u>SPORTS TALK WITH ADAM</u>	<u>WRESTLING WEDNESDAYS WITH ADAM</u>	<u>SPORTS TALK WITH ADAM</u>	<u>SPORTS TALK WITH ADAM</u>
3 PM		<u>MYSTERY BOX</u>	<u>CONNECT FOUR</u>	<u>INSPIRATION MOMENTS</u>	<u>DJ PAUL DANCE PARTY</u>

### ANNOUNCEMENTS:

**Until further notice**, the schedule and contacts will remain the same each week.  
The Music Factory and Mystery Box alternates each Tuesday.

## The Animation Experience

Watch and discuss animation history of past and present.

Will be Informative, social interaction, some discussion, and fun!

Offered every  
Wednesday  
1 pm - 2 pm

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

## Anything Goes

This class will concentrate on anything that is informative, build socialization skills, opportunity for discussion, educational, and interesting.

Offered every  
Friday,  
11 am - 12 pm

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

## 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)

## 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 am - 11 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 everyday,  
Monday - Friday  
9 am - 10 am

REGISTER WITH LANIECE:  
[lfaggans@thearcbaltimore.org](mailto: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 - 1 pm

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

## CoFit

Getting exercise in doing everyday movements. No equipment needed! Simple exercises that you can join in and do!

Offered every  
Monday,  
12 pm - 1 pm

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

## Connect Four

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

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

## Cooking is Fun

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 CIARA:  
[cadolfo@thearcbaltimore.org](mailto:cadolfo@thearcbaltimore.org)

## DJ Paul Dance Party

Formerly known as “Virtual Karaoke”, host DJ Paul, will play some dance music for everyone to enjoy and party! **Hosted by Milie.**

Offered every Friday,  
3 pm - 4 pm

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

## Inspiration Moments

Sharing inspirational stories about people and animals. This class will inspire our people, show them what compassion is, and that there are many good and caring people out there in our world.

Offered every Thursday,  
3 pm - 4 pm

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

## 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! Hosted by Latoya.

Offered every Monday,  
10 am - 11 am

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

## Mystery Box

Latoya will present 10 items in a box and use her senses to describe and then YOU have to guess that mysterious item.

Offered *every other* Tuesday  
3 pm - 4 pm

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

## Mystery Topic???

Your guess is as good as mine... what will be the mystery topic of the week? Join Latoya each week to find out!

Offered every Wednesday,  
10 am - 11 am

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

## Self Advocacy Class

Engage the individuals who receive support services in discussions on why their voices matter. This is in order to advocate for themselves and their communities in matters of civic engagement, employment, school and education. As well as going into the history of Self-Advocacy and how and why it matters.

Offered every Monday,  
11 am - 12 pm

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

## Shopping with Friends

Learn the essentials of smart shopping.

Offered every Friday,  
1 pm - 2 pm

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

## Show and Tell

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 pm - 3 pm

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

## Simon Says

Simon says spin the wheel I will spin the wheel for the individuals and will do the activity the arrow lands on. This activity will include patience, fun and movement, exercise and listening skills.

Offered every  
Monday,  
2 pm - 3 pm

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

## Sports Talk w/ 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 every  
Mon, Tues, Thurs, Fri  
2:30 pm - 3:30 pm

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

## This and That

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

Offered every  
Wednesday,  
2 pm - 3 pm

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

## Travel the World

Visiting different countries and places on Zoom.

Offered every  
Tuesday,  
11 am - 12 pm

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

## Wrestling Talk Wednesdays w/ 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)

## Zoom Scavenger Hunt

Find things around your own home based on description, or characteristics of an item. This class will get everyone up and moving around.

Offered every  
Tuesday,  
10 am - 11 pm

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

# NEW HOPE FOR ALL

Fostering Self-Advocacy & Empowerment at The Arc Baltimore

**Zoom  
Meeting ID**  
843 1694 8016

**Passcode**  
380308



**Third Wednesday of the  
Month from  
4 pm - 5 pm**

## **OUR MISSION**

*New Hope for All creates a space for people whose voices have not always been heard so they can feel empowered and advocate for their rights.*

## **ISSUES AND FOCUS AREAS**

*Employment Waiver Changes Leadership Public Speaking  
Community Leaders Policing Relationships Public Policy*

## **JOIN US VIRTUALLY**

Third Wednesday of the Month, 4 pm - 5 pm

**[https://us02web.zoom.us/j/84316948016?  
pwd=YUtkZkdDMnFiNXIRU1JWUWtKZFJjUT09](https://us02web.zoom.us/j/84316948016?pwd=YUtkZkdDMnFiNXIRU1JWUWtKZFJjUT09)**

**Meeting ID: 843 1694 8016 | Passcode: 380308**

For more information and registration,  
contact:

**Crystal Stephens**  
[crystals5@aol.com](mailto:crystals5@aol.com)  
443-850-4238

Or

**Lori Miller**  
[lmiller@thearcbaltimore.org](mailto:lmiller@thearcbaltimore.org)

### **New Hope for All - Information & Registration:**

Crystal Stephens, [crystals5@aol.com](mailto:crystals5@aol.com), 443-850-4238  
Lori Miller, [lmiller@thearcbaltimore.org](mailto:lmiller@thearcbaltimore.org)