

Northeast Arc Day Services Virtual Programs FULL SCHEDULE
 (Programs in green are open to ALL individuals, please contact Northeast Arc Staff to inquire about programs in black.)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Skill Building 10:30AM ZOOM Teri Williams 1 hour	Virtual Field Trip / Guided 10:30 AM ZOOM Teri Williams 1 hour	Warehouse-Machinery training 2:00 PM ZOOM Knicki 1 Hour Meeting ID 125-750-290 EMAIL: Kfoss@ne-arc.org Email by 1:50 for password	STEP Main St. - Social Group 10:30 AM ZOOM Teri Williams 1 Hour	Discover and Design Program 10:30AM ZOOM Susan Dodge 1 Hour	Gentle Stretching 10:00 AM ZOOM Marie McCarthy 1 hour	Work Support Social Group 11:00 AM ZOOM Casey Binkerd 1 hour
Skill Building 1:00pm ZOOM Teri Williams 1 hour	Virtual Field Trips / Guided 1:00 PM ZOOM Teri Williams Zoom Meeting ID: 933 021 845 EMAIL: Twilliams@ne-rac.org Email by 12:50 for password	Life Skill Games 10:00 AM Confrence call Knicki Foss 1 Hour	STEP Holten St - Social Group 1:00 PM ZOOM Teri Williams 1 hour	Employment Group 2:00 PM ZOOM Lauren Kreamer 1 hour		Journeys Social Group 4:00 PM ZOOM Donna Marden 1 hour
Healthy Living Group 3:00PM ZOOM Casey Binkerd 45 minutes Meeting ID 548 460 1231 EMAIL: Cbinkerd@ne-arc.org Email by 2:50 for password	Current Events/Health and 10:00 AM ZOOM Lucy Ridley 1 hour	Discover and Design-Art 10:30 AM ZOOM Susan Dodge 1 hour	#Opportunities - Virtual Tours/Relaxation 10:00 AM ZOOM Lucy Ridley 1 hour Meeting ID 885-115-007 EMAIL: Lridley@ne-arc.org Email by 9:50 for password	Current events/Relaxation 1:00 PM ZOOM Lucy Ridley 30 minutes Meeting ID 634-926-965 EMAIL: Lridley@ne-arc.org Email by 12:50 for password		Leeds Social Group 3:00 PM ZOOM Kaitlyn Standley 1 hour
Sensory Relaxation Techniques 3:00 PM ZOOM Kaitlyn Standley 30 minutes Meeting ID: 839 932 501 EMAIL: Kstandley@ne-arc.org Email by 2:50 for password	Lets make Dinner together 6:00 PM ZOOM Knicki 1 hour Meeting ID 911-9239-6159 EMAIL: Kfoss@ne-arc.org Email by 5:45 for password	Social Group -#Opportunities 6:30 AM ZOOM Lucy Ridley 30 minutes	Lets make Dinner together 6:00 PM ZOOM Knicki 1 hour Meeting ID 911-9239-6159 EMAIL: Kfoss@ne-arc.org Email by 5:45 for password	Journey's Social Group 3:00 PM ZOOM Donna Marden 1 hour		
Shredding Social Group 9:00 AM Zoom & Calls Knicki 1 hour	Virtual tours around the 3:00 PM ZOOM Donna Marden 1 hour Meeting ID 943 9775 2455 EMAIL: Dmarden@ne-arc.org Email by 2:50 for password	Meridian - 1:00 PM ZOOM Lucy Ridley 30 minutes	Healthy Living Group 12:00 PM ZOOM Casey Binkerd 1 hour	Social Group-Caning and 4:00 PM Zoom & Calls Knicki 1 hour		
Morning meeting 9:45am (M-Thurs) ZOOM Kaitlyn Standley 30 minutes	Virtual Tours 11:00 AM ZOOM Nery Santiago 30 min	Employment Group 2:00 PM ZOOM Lauren Kreamer 1 hour	Employment Group 2:30 PM Zoom Lauren Kreamer 1 hour	Dance / Music 11:00 AM Zoom Nery Santiago 45 minutes Meeting ID 949 6706 9880 EMAIL: Nsantiago@ne-arc.org Email by 10:45 for password		
	Sensory Relaxation Techniques 3:00 PM ZOOM Kaitlyn Standley 30 minutes Meeting ID: 839 932 501 EMAIL: Kstandley@ne-arc.org Email by 2:50 for password	Exploring activities/Relaxation 11:30 ZOOM Marie McCarthy 1 hour	ASL Social - Group / Learning to Zoom 10:00 AM ZOOM Marie McCarthy 30 minutes	Employment Group - STEP 12:00 PM ZOOM Lauren Kreamer 1 hour		
		Sensory Relaxation Techniques 3pm ZOOM Kaitlyn Standley 30 minutes Meeting ID: 839 932 501 EMAIL: Kstandley@ne-arc.org Email by 2:50 for password	ASL Social - Group / Learning to Zoom 11:00 -11:30 am ZOOM Marie McCarthy 30 minutes	Employment Group - STEP 3:30 PM ZOOM Lauren Kreamer/Matt Lacorroza 1 hour Meeting ID: 951-5637-3619 EMAIL: Ltobey@ne-arc.org Email by 3:20 for password		
			Sensory Relaxation Techniques 3pm ZOOM Kaitlyn Standley 30 minutes EMAIL: Kstandley@ne-arc.org Email by 2:50 for password			