

ARC GAMES & MORE

Each month will include teamwork activities and theme based creative activities, using art, music, dancing, cooking, crafts, games, health & fitness, community groups, and more!

6:30-8pm, 3rd Monday of each month, starting September 18th

**CCRI Building
2903 15th St S, Moorhead**

Check [website](#) for updated information on each session's theme.

2017/18 Tentative Schedule:

**Sept. 18th: Healthy Snacks
(register through Community Ed)**

Oct. 16th: Fitness Fun

Nov. 20th: Giant Games

Dec. 18th: Hip Hop Dance

January 15th - Zumba



The Arc

West Central

For people with intellectual
and developmental disabilities


To register, or for more information,
Contact: **Arc West Central**

810 4th Ave. S, #134
Moorhead, MN 56560

218-233-5949

arcwcm@702com.net

Arcwestcentral.org



Personal care attendants must be available to provide special needs, such as feeding, medication, bathroom assistance, and/or behavioral concerns.