




The Arc
Ocean County Chapter

Fun In Your Free Time

Week of September 16-September 22



Recipe of the Week

[One Pot Spaghetti](#)



Explore

[International Dot Day](#)



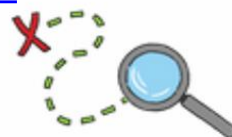
Health and Fitness

[Greatest Showman Workout](#)



Movie of the Week

[Turbo](#)



Scavenger Hunt

[Night Time](#)