




The Arc
Ocean County Chapter

Fun In Your Free Time

Week of July 22-July 28



Recipe of the Week

[Mini Pizza](#)



Explore

[The Smithsonian](#)



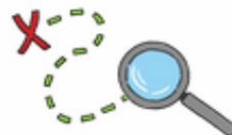
Health and Fitness

[Total Body Stretch](#)



Movie of the Week

[Princess and the Frog](#)



Scavenger Hunt

[Sounds](#)