

DROP-IN PROGRAM 2020



MONDAY

- 11:30-12:15 LUNCH
 12:15-12:30 POST LUNCH POWER WALK / MEDITATION
 12:30-2:00 ARCH ALIVE/ HIKING/ TEAM JEOPARDY
 2:00-3:00 CRAFT/BELLS & RHYTHM / WEIGHT ROOM
 3:00-4:00 POOL TOURNAMENT/ CHOIR / CARDS
 4:00-5:00 HOT POTATO /OPEN REC/WEEKEND UPDATE
 5:00-6:00 WHITE BOARD GAMES
 6:00-6:30 CLEAN UP

TUESDAY

- 11:30-12:15 LUNCH
 12:15-12:30 POST LUNCH POWER WALK / MEDITATION
 12:30-2:00 GONE FISHIN' (10AM) / CARD GAMES / ARCH IDOL
 2:00-3:00 BALANCE & BREATHING /THE COMPANY /CARD GAMES
 3:00-4:00 SPEED YAHTZEE/ ENTERTAINMENT TODAY/SOLOS
 4:00-5:00 MATCHING TRIVIA
 5:00-6:00 BOARD GAMES
 6:00-6:30 CLEAN UP

Tennis practice
 Mondays
 at 10:00 am

WEDNESDAY

- 11:30-12:15 LUNCH (SANDWICHES AND SALADS FOR SALE)
 12:15-12:30 POST LUNCH POWER WALK / MEDITATION
 12:30-1:00 ARCH COUNCIL MEETING
 1:00-2:30 NAILCARE/ BASKETBALL / LIBRARY
 2:30-3:30 YAHTZEE/ THE COMPANY/ BOARD GAMES
 3:30-4:30 SIGN LANG /ART CONTEST / OPEN REC
 4:30-5:00 I'D RATHER
 5:00-6:00 WHITE BOARD GAMES
 6:00-6:30 CLEAN UP

Music Therapy
 Tuesdays
 2:00 pm & 3:00pm
 Closed Group

THURSDAY

- DROP-IN PARTICIPANTS MAY COME IN EARLY FOR OUTINGS & FISHING**
 3/5 PHOENIX COLLEGE HEALTH FAIR
 3/12 COOK OUT AT SOUTH MOUNTAIN \$5.00
 3/19 MINI GOLF AND VIDEO GAMES \$13.00 9:30-2:00
 3/26 NATURE TALK & HIKE \$3.00 BRING A LUNCH 9:00-2:00
 12-15-12:30 POST LUNCH POWER WALK / MEDITATION
 12:30-1:00 EMERGENCY PREPAREDNESS TALKS/COOKING
 1:00-2:00 TRACK & FIELD / \$ BINGO / COOKING
 **COOKING is an educational program and not designed to replace lunch.
 2:00-3:00 THE COMPANY/ NAME THAT TUNE/ ART
 3:00-3:30 FAIR PROJECT
 3:30-4:00 ARCH ALIVE / BOWLING DICE / SHUFFLEBOARD
 4:30-5:00 ARCH ALIVE / JACOB'S CORNER
 5:00-6:00 BOARD GAMES
 6:00-6:30 CLEAN UP

HANNI'S THURSDAY EAP CLASSES:

- 1:30-2:30 HEALTHY RELATIONSHIPS
 2:30-3:30 EXERCISE

FRIDAY

- 11:00-11:45 LUNCH- (FUN FOOD FRIDAY)
 11:30-2:00 BOWLING \$6.00
 12:15-12:30 POST LUNCH POWER WALK / MEDITATION
 12:30-2:00 PUZZLES/ DISCOUNT STORE / MOVIE /TENNIS
 2:00-3:00 THE COMPANY / Pictionary / THEME DECORATIONS
 3:00-4:00 BINGO / CARD GAMES
 4:00-5:00 PERSONAL UPDATE
 5:00-6:00 WHITE BOARD GAMES
 6:00-6:30 CLEAN UP

HANNI'S WEDNESDAY EAP CLASSES:

- 12:30-1:30 ALL ABOUT A DECK OF CARDS
 1:30-2:30 COOKING/KITCHEN SKILLS
 4:30-5:30 AEROBICS
 (ADDITIONAL FEES APPLY FOR EAP CLASSES)

FOR QUESTIONS OR
 ADDITIONAL INFORMATION,
 PLEASE CALL: 602-230-2226

Hours of Operation

Monday-Thursday
 11:30am-6:30pm
 Friday
 11:00am-6:30pm

PLEASE DO NOT ARRIVE EARLY
Program Fees

\$2.00 daily or \$40.00 monthly