



DTA 1

Erwin/Brandon/Rachel

MONDAY

8:00-9:00 ARRIVAL/ CHAIR YOGA
9:00-10:00 HIGH INTENSITY CARDIO / HANG MAN
10:00-11:00 AROUND THE WORLD / JOB SKILLS– JANITORIAL
11:00-11:30 INDIVIDUAL GOALS/ MATH WORKSHEETS
11:30-12:15 LUNCH
12:15-12:30 POWER WALK
12:30-1:00 ARCH COUNCIL
1:00-2:00 ARCH ALIVE / POOL TOURNAMENT/ART
2:00-3:00 PERFORMING ARTS / BOWLING DICE
3:00-4:00 HOT SEAT / UNO CHALLENGE

TUESDAY

8:00-9:00 ARRIVAL/ CHAIR YOGA
9:00-10:00 WEIGHT ROOM / BOGGLE
10:00-11:00 SPECIAL OLYMPIC DRILLS / JOB SKILLS– VAN
11:00-11:30 INDIVIDUAL GOALS / WORD SEARCHES
11:30-12:15 LUNCH
12:15-12:30 POWER WALK
12:30-2:00 ARCH IDOL/ BOWLING (12:00-2:00)/ PENCIL ART
2:00-3:00 THE COMPANY/ GAME ROOM REC / PAINTING
3:00-4:00 SPEED YAHTZEE/ CARD GAMES / BOGGLE

WEDNESDAY

8:00-9:00 ARRIVAL/ CHAIR YOGA
9:00-10:00 LOW INTENSITY CARDIO/ BUILD A WORD
10:00-11:00 CATEGORIES/ JOB SKILLS– JANITORIAL
11:00-11:30 INDIVIDUAL GOALS –MONEY WORK SHEETS
11:30-12:15 LUNCH
12:30-2:00 NAIL CARE /BOARD GAMES/ OUTING (SEE BACK)
2:00-3:00 MINI BOWLING / TEAM SCATAGORIES
3:00-4:00 COFFEE BREAK & SIGN LANGUAGE/ DICE GAME

THURSDAY

8:00-9:00 ARRIVAL/ CHAIR YOGA
9:00-10:00 WEIGHT ROOM / READING COMP
10:00-11:00 SPECIAL OLYMPIC DRILLS / JOB SKILLS– VAN
11:00-11:30 INDIVIDUAL GOALS / READING WORK SHEETS
11:30-12:15 LUNCH
12:15-12:30 POWER WALK
12:30-2:00 COOKING / CRAFT
2:00-3:00 NAME IT/ POOL TOURNEY
3:00-4:00 ARCH ALIVE / WHAT AM I ?

FRIDAY

8:00-9:00 ARRIVAL/ CHAIR YOGA
9:00-10:00 ZUMBA/ BOGGLE
10:00-11:00 JOB SKILLS– JANITORIAL / HOW TO SURVIVE
11:00-11:30 INDIVIDUAL GOALS / CROSS WORD PUZZLES
11:30-12:15 LUNCH / LUNCH FOR SALE \$5.00
12:15-12:30 POWER WALK
12:30-2:00 MOVIE / TENNIS / LIBRARY
2:00-3:00 CATEGORIES / THE COMPANY / OPEN REC
3:00-4:00 BINGO

Gone Fishin'
Thursdays 9:30-2:00
Bring a sack lunch & water

FOR QUESTIONS OR
ADDITIONAL INFORMATION,
PLEASE CALL: 602-230-2226
WWW.ARCHAZ.ORG