

# NOVEMBER



# 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/ CHOIR / CARDS

## WEDNESDAY

- 8:00-9:00 ARRIVAL/ CHAIR YOGA
- 9:00-10:00 LOW INTENSITY CARDIO/ CARD GAMES
- 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 / BOGGLE
- 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 ?

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

## FRIDAY

- 8:00-9:00 ARRIVAL/ CHAIR YOGA
- 9:00-10:00 ZUMBA/ BOGGLE
- 10:00-11:00 JOB SKILLS- JANITORIAL / HOW IT'S MADE
- 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

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