

NOVEMBER

2022

DTA



MONDAY

- 8:00-9:00 ARRIVAL/ TAI CHI
- 9:00-10:00 LATIN ZUMBA / HANG MAN
- 10:00-10:30 INDIVIDUAL GOALS/ READING /JOB SKILLS
- 10:30-11:30 BOCCÉ BALL - TEAM ACTIVITY
- 11:30-12:15 LUNCH
- 12:30-1:00 ARCH COUNCIL
- 1:00-2:00 ARCH ALIVE / POOL TOURNAMENT/ CRAFT
- 2:00-3:00 SPIRIT RUNWAY WALK & CHOIR / DICE GAMES
- 3:00-4:00 NAME IT / UNO CHALLENGE

THURSDAY

- 8:00-9:00 ARRIVAL/ TAI CHI
- 9:00-10:00 WEIGHT ROOM / ART
- 10:00-10:30 INDIVIDUAL GOALS/ JOB SKILL
- 10:30-11:30 TIK TOK VIDEO / WONDERS OF THE WORLD
- 11:30-12:15 LUNCH
- 12:30-2:00 COOKING / CUP PONG
- 2:00-3:00 SELF ADVACACY/ SPORTS DRILLS/ BELL CHOIR
- 3:00-4:00 ARCH ALIVE / ONE HAS TO GO

9:30-2:00

TUESDAY

- 8:00-9:00 ARRIVAL/ MINDFULNESS
- 9:00-10:00 STEP AEROBICS / BOGGLE
- 10:00-10:30 INDIVIDUAL GOALS/ READING /JOB SKILLS
- 10:30-11:30 S.O. SOCCER PRACTICE / BOARD GAMES
- 11:30-12:15 LUNCH
- 12:30-2:00 LIBRARY / PENCIL ART / ARCH IDOL
- 2:00-3:00 OPEN RECREATION / BLOOM 365 CLASSES
- 3:00-4:00 SPEED YAHTZEE/ CARDS / THE COMPANY

FRIDAY

- 8:00-9:00 ARRIVAL/ MINDFULNESS
- 9:00-10:00 CARDIO CLASS/ WORD GAMES
- 10:00-11:00 JOB SKILLS- JANITORIAL / GYM GAME
- 11:00-11:30 INDIVIDUAL GOALS/ CROSS WORD PUZZLE /JOB SKILLS
- 11:30-12:15 LUNCH / LUNCH FOR SALE \$5.00
- 12:30-2:00 MOVIE / TENNIS / BOWLING \$6.00 12:00-2:30
- 2:00-3:00 CATEGORIES / THE COMPANY / OPEN REC
- 3:00-4:00 BINGO

WEDNESDAY

- 8:00-9:00 ARRIVAL/ CHAIR YOGA
- 9:00-10:00 BALANCE & BREATHING / CARD GAMES
- 10:00-10:30 INDIVIDUAL GOALS -MONEY WORK SHEET/JOB SKILLS
- 10:30-11:30 MAD GAB -TEAM CHALLENGE
- 11:30-12:15 LUNCH
- 12:30-2:00 NAIL CARE / BOARD GAMES/ OUTING (SEE BACK)
- 2:00-3:00 SPORTS SKILLS / WALL ART / THE COMPANY
- 3:00-4:00 COFFEE BREAK & SIGN LANGUAGE/ DICE GAME

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