



2023

DTA



MONDAY

- 8:00-9:00 ARRIVAL/ TAI CHI
- 9:00-10:00 BALANCE & BREATHING / HANG MAN
- 10:00-10:30 INDIVIDUAL GOALS/ READING /JOB SKILLS
- 10:30-11:30 BOUCE BALL - TEAM ACTIVITY
- 11:30-12:15 LUNCH
- 12:30-1:00 ARCH COUNCIL
- 1:00-2:00 ARCH ALIVE / POOL TOURNAMENT/ JEWELRY
- 2:00-3:00 BASKETBALL PRACTICE / CHOIR / DICE GAMES
- 3:00-4:00 NAME IT / UNO CHALLENGE

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 TEAM LAWN BOWLING / BOARD GAMES
- 11:30-12:15 LUNCH
- 12:30-2:00 LIBRARY / ARCH IDOL / BAKED TREAT \$1.00
- 2:00-3:00 CRAFT / BOGGLE/ THE COMPANY
- 3:00-4:00 SPEED YAHTZEE/ CARDS / OPEN REC

WEDNESDAY

- 8:00-9:00 ARRIVAL/ CHAIR YOGA
- 9:00-10:00 WEIGHT ROOM/ / 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 /CARDS
- 2:00-3:00 WALL ART / PERFORMANCE PREP / TIK TOK VIDEOS
- 3:00-4:00 COFFEE BREAK & SIGN LANGUAGE/ DICE GAME

THURSDAY

- 8:00-9:00 ARRIVAL/ TAI CHI
- 9:00-10:00 CARDIO CLASS/ ART
- 10:00-10:30 INDIVIDUAL GOALS /JOB SKILL
- 10:30-11:30 TEAM PHOTOGRAPHY/ WONDERS OF THE WORLD
- 11:30-12:15 LUNCH
- 12:30-2:00 COOKING / OPEN REC
- 2:00-3:00 TRIVIA /SPORTS DRILLS/ BELL CHOIR
- 3:00-4:00 ARCH ALIVE / ONE HAS TO GO

9:30-2:00

FRIDAY

- 8:00-9:00 ARRIVAL/ MINDFULNESS
- 9:00-10:00 HIP HOP ZUMBA 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 / PEER SUPPORT / BOWLING \$6.00
- 2:00-3:00 FIELD GAMES / THE COMPANY / OPEN REC
- 3:00-4:00 BINGO

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