



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 BOCCE 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-VOLLEYBALL / DICE GAMES
- 3:00-4:00 NAME IT/ UNO CHALLENGE/ CHOIR

TUESDAY

- 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 / DANCE WORKOUT
- 3:00-4:00 COFFEE BREAK & SIGN LANGUAGE/ DICE

New Community Outing Day

WEDNESDAY

- 8:00-9:00 ARRIVAL/ MINDFULNESS
- 9:00-10:00 STEP AEROBICS / BOGGLE
- 10:00-11:30 LIBRARY/ GOALS/ CRAFT
- 11:30-12:15 LUNCH
- 12:30-2:00 TIK TOK / BOARD GAMES/ ARCH IDOL
- 2:00-3:00 YOU TUBE FITNESS/ TRIVIA / THE COMPANY
- 3:00-4:00 SPEED YAHTZEE/ CARDS / OPEN REC

THURSDAY

- 8:00-9:00 ARRIVAL/ TAI CHI
- 9:30-2:00 **GONE FISHIN CLUB**
- 9:00-10:00 CARDIO CLASS/ ART
- 10:00-10:30 INDIVIDUAL GOALS /JOB SKILL
- 10:30-11:30 CREIGHTON NURSING ACTIVITY/ PENCIL ART
- 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

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** 12:00-2:30
- 2:00-3:00 TRACK AND FIELD / THE COMPANY / OPEN REC
- 3:00-4:00 BINGO

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