

GENERAL NOTES

ARCH CONTINUES TO FOLLOW CDC GUIDELINES REGARDING HEALTH AND SAFETY.
IF YOU ARE NOT FEELING WELL PLEASE REFRAIN FROM ATTENDING ARCH.

FRIDAY LUNCHESES ARE \$5.00

PLEASE BE AWARE THAT ARCH HAS A POLICY IN WHICH WE DO NOT HEAT UP LUNCHESES UNLESS IT IS NEEDED AND PRESCRIBED IN WRITING BY A MEDICAL PROVIDER. WE DO NOT HAVE ENOUGH TIME IN OUR LUNCH HOUR TO HEAT UP A MULTITUDE OF LUNCHESES.

IF YOU TAKE VALLEY METRO DIAL A RIDE PLEASE SET RIDES FOR 5:30 PM OR EARLIER TO ENSURE PICK UP PRIOR TO CLOSING AT 6:00 PM. FEES MAY BE APPLIED IF STAFF ARE REQUIRED TO STAY LATE.



Tuesday Outings :

3/7/2023
Movie - Creed III
12:00-3:00 PM
\$9.00

3/14/2023
Dollar Store
12:30-2:00 pm

Bring your own spending money.

3/21/2023
Shemer Art Center
Bring a sack lunch
\$3.00
10:00am-2:00 pm

3/28/2023
BBQ at Park
10:00am -2:00pm
\$6.00

STEPS to Health & Wellness
Spring Fitness Challenge Begins!
Participate in exercise classes to earn a special outing.

Special Activities:

3/10 & 3/11/2023
State Special Olympic Basketball
Lunch is provided.
Please be prepared to arrive at 7 am.
More info later

3/17/2023
St. Patrick's Day party and lunch
\$5.00

3/24/2023
Phoenix College Health Fair
More info to follow

3/29/2023
Special Olympic Track and Field
8am to 2:30pm
Please bring a lunch

For sale: hot cocoa or a baked treat.
\$1.00 each on Wednesdays.