



# 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 FACT OR FICTION  
11:30-12:15 LUNCH  
12:30-1:00 ARCH COUNCIL  
1:00-2:00 ARCH ALIVE/ POOL TOURNAMENT/ SAND ART  
2:00-3:00 ULTIMATE FRISBEE / 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

## WEDNESDAY

8:00-9:00 ARRIVAL/ MINDFULNESS  
9:00-10:00 CARDIO CLASS/ / PICTONARY  
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/ SCRAPBOOKING/ THE COMPANY  
3:00-4:00 SPEED YAHTZEE/ CARDS / OPEN REC

**New Community Outing Day**

## THURSDAY

8:00-9:00 ARRIVAL/ TAI CHI  
9:30-2:00 **GONE FISHIN' CLUB**  
9:00-10:00 ART /STEP AEROBICS  
10:00-10:30 INDIVIDUAL GOALS /JOB SKILL  
10:30-11:30 IF I HAD / NATIONAL GEOGRAPHIC  
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 /CATAGORIES  
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 / SERENITY CIRCLE / BOWLING **\$6.00** 12:00-2:30  
2:00-3:00 CREATIVE ARTS / THE COMPANY / OPEN REC  
3:00-4:00 BINGO

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