



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
- 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 OPEN GYM / DICE GAMES
- 3:00-4:00 NAME IT/ UNO CHALLENGE/ CHOIR

THURSDAY

- 8:00-9:00 ARRIVAL/ TAI CHI
- 9:00-10:00 ART / 80'S STEP AEROBICS
- 10:00-10:30 INDIVIDUAL GOALS / JOB SKILLS
- 10:30-11:30 CREIGHTON NURSING / NATIONAL GEOGRAPHIC
- 11:30-12:15 LUNCH
- 12:30-2:00 COOKING/ OPEN REC/ TIK TOK
- 2:00-3:00 TRIVIA / YOU TUBE FITNESS/ BELL CHOIR
- 3:00-4:00 ARCH ALIVE/ ONE HAS TO GO

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
- 11:30-12:15 LUNCH
- 12:30-2:00 NAIL CARE/ BOARD GAMES/ OUTING/ CARDS
- 2:00-3:00 WALL ART/ PERFORMANCE PREP/ DJ RAPHI
- 3:00-4:00 COFFEE BREAK & SIGN LANGUAGE/ BUNCO

See back for Tuesday outing

FRIDAY

- 8:00-9:00 ARRIVAL/ MINDFULNESS
- 9:00-10:00 CARDIO CLASS/ 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

WEDNESDAY

- 8:00-9:00 ARRIVAL/ MINDFULNESS
- 9:00-10:00 DANCE AEROBICS / PICTONARY
- 10:00-11:30 LIBRARY/ GOALS/ CRAFT
- 11:30-12:15 LUNCH
- 12:30-2:00 BOARD GAMES/ ARCH IDOL/ SNOW CONES
- 2:00-3:00 SPORTS DRILLS/ SCRAPBOOKING/ THE COMPANY
- 3:00-4:00 SPEED YAHTZEE/ CARDS/ GUIDED MEDITATION

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