

November

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
11:30-12:15 LUNCH
12:30-1:00 ARCH COUNCIL
1:00-2:00 ARCH ALIVE/ POOL TOURNAMENT/ WATER COLORS
2:00-3:00 OPEN GYM / DICE GAMES / CHOIR
3:00-4:00 NAME IT/ UNO CHALLENGE/ FOOZ BALL

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/ BELL CHOIR/ OUTING/ CARDS
2:00-3:00 WALL ART/ SHUFFLE BOARD/ DJ RAPHI
3:00-4:00 COFFEE BREAK & SIGN LANGUAGE/ BUNCO

See back for Tuesday outing

WEDNESDAY

8:00-9:00 ARRIVAL/ MINDFULNESS
9:00-10:00 DANCE AEROBICS / PICTONARY/ COFFEE SHOP
10:00-11:30 LIBRARY/ GOALS/ CRAFT
11:30-12:15 LUNCH
12:30-2:00 SOFTBALL SKILLS / ARCH IDOL/ PUZZLES
2:00-3:00 SPORTS DRILLS/ CHESS/ THE COMPANY
3:00-4:00 SPEED YAHTZEE/ CARDS/ POEM WRITING

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/ GONE FISHIN' 10-2
10:30-11:30 BOARD GAMES / NATIONAL GEOGRAPHIC
11:30-12:15 LUNCH
12:30-2:00 COOKING/ OPEN REC/ WORD FIND
2:00-3:00 YOU TUBE FITNESS/ BOOK CLUB
3:00-4:00 ARCH ALIVE/ ONE HAS TO GO

Gone Fishin' starts again

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/ TIK TOK/ BOWLING \$6.00 12:00-2:30
2:00-3:00 GUIDED MEDITATION/ THE COMPANY / OPEN REC
3:00-4:00 BINGO

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