

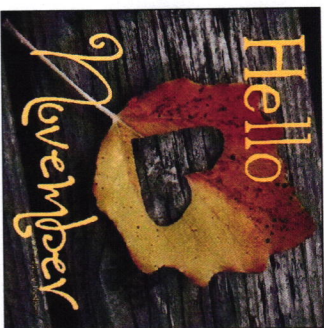
## GENERAL NOTES

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 :

**11/7/2023**  
10:00-2:00  
BBQ at Papago Park  
\$7.00

**11/14/2023**  
11:30 - 2:30  
Movie  
The Marvels  
\$10.00

Please plan to eat early/late or bring \$

**11/21/2023**  
9:00am –2:00pm  
Hiking and picnic at Sears Kay Ruins  
*Please bring a lunch*  
Transportation and snack \$6.00

**11/28/2023**  
Phoenix zoo  
9:30– 2:30  
\$10.00  
9:00-2:00

**Steps to Health & Wellness**  
  
\*Fall Fitness Challenge\*  
Bring your water and athletic wear.  
Join health/fitness classes to participate.

### Special Activities:

**ARCH Closures**  
Friday, November 10, 2023  
In observance of Veterans' Day  
Thursday & Friday, November 23 & 24, 2023  
In observance of Thanksgiving  
And Native American Heritage Day

### **Special Olympics**

Regional golf  
Saturday, November 4th  
Encanto Golf Course  
Skills team 8:00am –1:00pm  
9 Holes teams times TBD

Thursday, November 16, 2023  
Special Olympic Softball  
7:30am to 3pm  
Please bring a lunch

Thanksgiving Luncheon  
Wednesday, November 22, 2023  
\$5.00  
Please bring a dessert to share.