

## 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.

### STEPS to Health & Wellness

*\*Winter Fitness Challenge\**

Bring your water and athletic wear.

Get ready to move!



Please sign up and pay for outings and Friday lunch at least two days in advance. We have to plan transportation, get supplies, and occasionally buy tickets in advance.

### TUESDAY OUTINGS

**1/2/2024**

New Year's Kick-Off party  
\$5.00

Lunch and games included

**1/9/2024**

*Wenka* Movie  
\$10.00

11:30-3:00

**1/16/2024**

10:00-12:30 DTA  
12:00-2:30 Drop-in  
Thrift Store

**1/23/2024**

Nature Talk and Hike  
Foothills Preserve  
\$3.00 Bring Water and a sack lunch.

**1/30/2024**

Cookout at Hero's Park  
\$6.00  
10:00-2:30

### SPECIAL ACTIVITIES

#### ARCH Closures

Monday, January 1, 2024

In observance of New Year's Day

Monday, January 15, 2024

In Observance of  
Martin Luther King Jr Day

#### Special Outings

Friday, January 5, 2024

Detour Theater Footloose  
12:00-3:30  
\$1.00

Saturday, January 20, 2024

Tennis Clinic  
8:30 - 2:00  
\$2.00  
Lunch included  
Waiver required in advance