



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 TENIS DRILLS/ ASU ACTIVITY
11:30-12:15 LUNCH
12:30-1:00 ARCH COUNCIL
1:00-2:00 ARCH ALIVE/ POOL TOURNAMENT/ PAINTING
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
2:00-3:00 WALL ART/ SHUFFLE BOARD/ SPORTS DRILLS
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 Y2K DANCE AEROBICS / PICTONARY/ COFFEE SHOP
10:00-11:30 LIBRARY/ GOALS/ GROUP CRAFT
11:30-12:15 LUNCH
12:30-2:00 BASKETBALL PRACTICE / ARCH IDOL/ PUZZLES
2:00-3:00 YOU TUBE FITNESS / CHESS/ THE COMPANY
3:00-4:00 SPEED YAHTZEE/ CARDS/ POEM WRITING

THURSDAY

8:00-9:00 ARRIVAL/ TAI CHI
9:00-10:00 PRICE IS RIGHT / 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 DJ RAPHI WORKOUT / BOOK CLUB
3:00-4:00 ARCH ALIVE/ ONE HAS TO GO

FRIDAY

8:00-9:00 ARRIVAL/ MINDFULNESS
9:00-10:00 CARDIO CLASS / CATAGORIES
10:00-11:00 SPANISH CLASS / 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