



2024

**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 TENNIS 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

**WEDNESDAY**

8:00-9:00 ARRIVAL/MINDFULNESS  
9:00-10:00 Y2K DANCE AEROBICS/PICTIONARY/COFFEE SHOP  
10:00-11:30 LIBRARY/GOALS/GROUP CRAFT  
11:30-12:15 LUNCH  
12:30-2:00 SPECIAL OLYMPIC PRACTICE/ARCH IDOL/ PUZZLES  
2:00-3:00 YOU TUBE FITNESS/CHESS/THE COMPANYY  
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 CREIGHTON HOUR/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

See back for Tuesday outing

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