

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

See back for Tuesday outing

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 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 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

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