

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

May Mini Fitness Challenge

Bring your water bottle to participate in the water challenge

Health Fairs :

5/2/2024

&

5/3/2024

9:00am-12:00pm



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

5/7/2024

Phoenix Art Museum

Barbie Exhibit

10:00-2:00

Bring a sack lunch

\$5.00

5/14/2024

Dollar Store

\$2.00 + Spending

10:00am and 1:00pm

5/21/2024

Fishing, Hiking & Picnic

Lynx Lake in Prescott

\$15.00

8:00-3:00

Please arrange to be dropped off if you are participating and receive DTA transportation

5/28/2024

Mall Walk

\$2.00 + Spending

10:00-2:00

SPECIAL ACTIVITIES

Friday, May 3rd

Day for Special Smiles

Free Dental Care

Must pre-registered with Grace or Sam and return paperwork prior to attending

13 people total can attend

8:00-3:30

Sack lunch needed.

Please arrange to be dropped off if you are participating and receive DTA transportation

Friday, May 10, 2024

Family Luau

5:00-8:30pm

\$15.00

Includes:

dinner, show, dancing, hula lesson
crowding of the luau Royalty

Monday, May 27, 2024

Closed for Memorial Day