

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

Summer Fitness Challenge

Participate in as many classes as you can to earn better health and great incentives!



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

7/3/2024- Wednesday

Independence Day Party

\$5.00

Included:

lunch, contests, and water games (after lunch).

NO Tuesday outing this week

7/9/2024

Dollar Store

\$2.00 + Spending

10:00am and 1:00pm

7/16/2023

Mesquite Groves Aquatic Center
 small water park with lazy river

\$6.00

Bring a lunch, sunscreen, & swim wear

10:00am-2:00pm

7/23/2024

Movie- TBD

\$10.00

9:30-2:00

7/30/2024

Arizona Museum of Natural History

\$9.00

9:00-2:00

Please bring a sack lunch

SPECIAL ACTIVITIES

7/4/2024

CLOSED

In observance of Independence Day

ARCH Summer Games

Sign up to participate with Sam.

Team members arrive by 9:30 to warm up.

Family and friends invited to come watch.

Concession stand will be open.

10:00-12:00

7/12/2024

Basketball

7/19/2024

Volleyball



7/20/2024

\$10.00

5:00pm-8:30pm

Includes Dinner, Water Games, Dance & More

8/8/2024 - 8/11/2024

Dogtown Lake Campout

\$200.00 or 48 units of RSP

Must sign up with Vera.