



2024

DTA

**MONDAY**

- 8:00-9:00 ARRIVAL/TAI CHI
- 9:00-10:00 BALANCE & BREATHING/HANG MAN
- 10:00-10:30 GOALS/READING/VEHICLE OCCUPATIONAL SKILLS-VOS
- 10:30-11:30 CHAMBERLAIN ACTIVITY/PSYCH TEAM GAME
- 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 GOALS \$ WORKSHEETS/BUILDING OCC SKILLS
- 10:30-11:30 ONLINE TRIVIA/GYM OPEN REC
- 11:30-12:15 LUNCH
- 12:30-2:00 NAIL CARE/OPEN REC/OUTING
- 2:00-3:00 BELL CHOIR/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 STEP AEROBICS/CHAMBERLAIN ACTIVITY/ VOS
- 10:00-11:30 LIBRARY/GOALS/ BASICS WITH ADRIAN
- 11:30-12:15 LUNCH
- 12:30-2:00 SUMMER SPORTS/ ARCH IDOLS/SNOW CONES \$1.00
- 2:00-3:00 STEP TO THE BEAT/CHESS/THE COMPANY
- 3:00-4:00 SPEED YAHTZEE/CARDS/SENSORY EXPLORATION

**THURSDAY**

- 8:00-9:00 ARRIVAL/TAI CHI
- 9:00-10:00 BOGGLE/DANCE AEROBICS
- 10:00-10:30 INDIVIDUAL GOALS/SPELLING/BUILDING OCC SKILL
- 10:30-11:30 OPEN REC/ NATIONAL GEOGRAPHIC/SPORTS CHAT
- 11:30-12:15 LUNCH
- 12:30-2:00 COOKING/SERENITY CIRCLE/BOARD GAMES
- 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/CATEGORIES
- 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**