

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

August Mini Challenge

Join in these great health initiatives led by Sam and other ARCH Fitness Professionals



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

8/6/2024

Thrift store outing
\$2.00 plus personal spending
10am an 1pm

8/13/2024

ARCH Summer Games
Water Sports Competition
10:00am

Please sign up to participate with Sam

8/20/2024

Casino Arizona
Bingo
\$8.00

Please bring extra \$ if you'd like to play the slots
10:00-3:00

8/27/2024

ARCH Carnival Row
10:00-1:30
\$2.00

Games and contests in the gym

SPECIAL ACTIVITIES

FREE Special Olympic Physical

8/1/2024

Starting at 9:30am.
These are only for individuals who expire this year or athletes new to ARCH.
Please make sure you have returned the completed medical history.

8/1/2024

Cardinals Training Camp
12:00-4:30pm
\$2.00

Must have own transportation home if on DTA Van

8/8/2024 - 8/11/2024

Dogtown Lake Campout
\$200.00 or 48 units of RSP
Must have signed up with Vera.

