

GENERAL NOTES

ARCH CONTINUES TO FOLLOW CDC GUIDELINES REGARDING HEALTH AND SAFETY.
IF YOU ARE NOT FEELING WELL PLEASE REFRAIN FROM ATTENDING ARCH.

FRIDAY LUNCHES ARE \$5.00

PLEASE BE AWARE THAT ARCH HAS A POLICY IN WHICH WE DO NOT HEAT UP LUNCHES 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 LUNCHES.

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

Fall Fitness Challenge Begins
Join classes to earn a special outing

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



HELLO
September

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

9/3/2024

Eggees
\$6.00
12:30-2:00
Slushie only

9/10/2024

Movie
\$10.00

9/17/2024

Samurai comics
\$2.00 plus Spending
12:00-2:00

9/24/2024

Cabela's
10:00-2:00
Gone Fishin' club members

(Fishing begins in October every Thursday at 9:00am \$40.00 for the season)

SPECIAL ACTIVITIES

ARCH will be Closed
Monday 9/2/2024 in observance of Labor Day

Fall Friends & Family show
9/23/2024

Doors open at 5pm
Showtime 5:15-6:30
Refreshments 6:30-7:00
Donations gratefully accepted at the door

Special Olympic Bocce ball
9/25/2024

7:30-2:30
Please bring a a lunch and water
Athletic clothing is required, No jeans.

California Dreamin'
9/29/2024-10/6/2024

Must preregister with Vera
Space still available

