



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 CELL PHOTOGRAPHY/TENNIS /JEWELRY  
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 CRAFT/OUTING/PUZZLES  
11:30-12:15 LUNCH  
12:30-2:00 NAIL CARE/OPEN REC/OUTING  
2:00-3:00 ART/FOOZ BALL /FITNESS MARSHALL  
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 DANCE AEROBICS/WORDGAMES/VOS/ S.O. GOLF  
10:00-11:30 LIBRARY/COFFEE SHOP / MONOPOLY TOURNAMENT  
11:30-12:15 LUNCH  
12:30-2:00 BOCCE BALL PRACTICE/ARCH IDOL  
2:00-3:00 SPORTS DRILLS /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/STEP AEROBICS  
10:00-10:30 INDIVIDUAL GOALS/SPELLING/BUILDING OCC SKILL  
10:30-11:30 OPEN REC/ MUSICAL INSTRUMENTS/ SPORTS CHAT  
11:30-12:15 LUNCH  
12:30-2:00 COOKING/SERENITY CIRCLE/BOARD GAMES  
2:00-3:00 DJ RAPHI WORKOUT/SELF ADVOCACY  
3:00-4:00 ARCH ALIVE/ONE HAS TO GO

**FRIDAY**

8:00-9:00 ARRIVAL/MINDFULNESS  
9:00-10:00 CARDIO TO THE BEAT/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