

GENERAL NOTES

ARCH CONTINUES TO FOLLOW CDC GUIDELINES REGARDING HEALTH AND SAFETY. IF YOU ARE NOT FEELING WELL STAY HOME.

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.

ATTN: THERE WILL NOW BE A 3% SERVICE FEE ON ALL CREDIT CARD TRANSACTIONS.

STEPS to Health & Wellness

***Fall Fitness Challenge ***
Join classes to earn a special outing

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

10/1/2024
Ice Cream Social at ARCH
12:30
\$5.00

10/8/2024
Halloween superstore
10:00-11:30 DTA
12:30-2:00 Drop-in
\$2.00

10/15/2024
Surprise Team Contest
12:30 -2:00
\$2.00

10/22/2024
Performing arts show at ARCH
and Halloween paper mâché activity
10:00-2:00
\$2.00

10/29/2024
Special Olympic Bowling
Please bring a lunch.
9:00-2:00

Gone Fishin' club members sign up now.
(Fishing begins in November. Every Thursday at 9:00am \$40.00 for the season)



SPECIAL ACTIVITIES

California Dreamin'
9/29/2024-10/6/2024
Must have pre-registered with Vera

ARCH will be Closed
Monday 10/14/2024
in observance of Columbus Day

State Bocce Ball 10/11/2024
7:30-3:00
Lunch included

State Fair Outing
10/17/2024
10:00-3:00
\$5.00

Please bring a sack lunch or \$
And additional \$ for rides/games/shopping

Performing arts show at the fair
10/24/2024
11:30-3:00

Spook Fest
October 26th
5:00-8:00
\$10.00

Carnival games, Dinner, Dance

Halloween party
10/31/2024
10:00-2:00
includes lunch
\$5.00