



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 FIELD GAMES/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 /SOCCER PRACTICE
- 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 / MONOLOPOLY TOURNAMENT
- 11:30-12:15 LUNCH
- 12:30-2:00 SOFTBALL PRACTICE/ARCH IDOL
- 2:00-3:00 YOUTUBE WORKOUT /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/PELLING/BUILDING OCC SKILL
- * 10:00-2:30 GONE FISHING -PLEASE BRING WATER & SACK LUNCH
- 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