

## GENERAL NOTES

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

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.

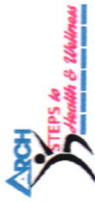
IF YOU TAKE VALLEY METRO DIAL A RIDE PLEASE SET RIDES FOR **5:30 PM** OR EARLIER TO ENSURE PICK UP PRIOR TO CLOSING AT 6:00 PM. FEES MAY BE APPLIED IF STAFF ARE REQUIRED TO STAY LATE.

**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



HELLO November

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

11/5/2024  
Picnic at Needle Rock Recreation  
9:00 -2:30  
\$10.00

Includes nature walk near creek and lunch

11/12/2024  
Coffee Shop  
10:00-11:30 DTA  
12:30-2:00 Drop-in  
\$7.00- includes small drink

11/19/2024  
Movie TBD  
10:30 -2:30  
\$10.00

11/26/2024  
Hike at Apache Wash Trailhead  
2 mile mostly flat trail  
9:30-2:00  
\$3.00

Please bring a lunch and water

Gone Fishin' club members sign up now.  
(Fishing begins in November. Every Thursday at 9:30am \$40.00 for the season)



### SPECIAL ACTIVITIES

ARCH will be Closed

Monday 11/11/2024  
in observance of Veterans Day &

Thursday 11/28/2024  
Friday 11/29/2024  
In observance of Thanksgiving

Special Olympic Golf  
11/2/2024

Golf teams 0730 at Golf Course  
Skills athletes 11:00-3:00  
Lunch included

Special Olympic Softball  
11/14/2024  
7:30-3:00

Please bring water and a lunch

Thanksgiving Luncheon  
11/27/2024  
\$5.00

Meal served at 12:00  
Please bring a desert to share

Laughlin Trip  
12/1-12/3 2024

\$200.00 or 36 Respite Units

Must pre-register and pay by 11/15//2024