

GENERAL NOTES

PLEASE HELP STOP THE SPREAD OF ILLNESS BY STAYING HOME WHEN FEELING UNWELL

FRIDAY LUNCHES ARE \$5.00

PLEASE BE AWARE THAT DUE TO TIME LIMITATIONS ARCH HAS A POLICY IN WHICH WE DO NOT HEAT UP LUNCHES UNLESS IT IS NEEDED AND PRESCRIBED IN WRITING BY A MEDICAL PROVIDER.

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 BE A 3.5% SERVICE FEE
ON ALL CREDIT/DEBIT CARD TRANSACTIONS.**

PLEASE NOTE:

ARCH KEEPS LIMITED CASH ON HAND AND WILL NO LONGER BE ABLE TO BREAK BILLS ABOVE \$5.00
USAGE OF SPENDING ACCOUNTS FOR "SPENDING CASH" WHILE ON AN OUTING WILL NEED TO BE REQUESTED PRIOR TO THE OUTING TO MAKE SURE WE HAVE FUNDS AVAILABLE ONSITE.



TUESDAY OUTINGS

11/4/2025

Dragonfly Trail

\$6.00

9:30-2:30

1.7 mile hike

This is considered a easy trail, but does have some rocky spots. Hikers should be able to safely manage uneven ground.

Please bring a sack lunch and water.

No water is available onsite.

11/18/2025

Luke Airforce Field Day

Athletes have been pre-registered due to security protocol.

Please have transportation to ARCH at 7:30AM

Lunch will be included.

\$3.00

11/25/2025

Pickle ball/tennis and lunch at Encanto.

Bring your lunch and enjoy the beautiful weather.

\$3.00

10:00-2:00

CLOSED

**11/11/2025 for
Veterans Day**

**11/27/2025 &
11/28/2025 for
Thanksgiving**

Please sign up and pay for outings and Friday lunch at least two days in advance. We have to plan transportation, get supplies, and buy tickets in advance.

STEPS to Health and Wellness

Fall Fitness Challenge

Join fitness classes to earn a ticket to a pizza party!

SPECIAL EVENTS

11/8/2025

Special Olympics Golf

Athletes please meet at Encanto Golf Course
2775 N 15th Ave.

At 8:45am and picked up there at 2:00pm
Lunch will be included.

11/13/2025

Special Olympic Softball

All athletes please meet at ARCH at 7:45am.
Those on the van run will be dropped off

11/14/2025

Soccer Invitational

Please inform Sam if you are interested in either playing or going to watch.
Please arrive by 9:00am
and bring a sack lunch and water.

11/20 & 11/21

Health fairs 9:00am and 1:00pm

11/21 thru 11/23 Laughlin Trip

Must have pre-registered with Vera

11/24/2025

"We Can Be Heroes" performance at senior facility.
Performers please arrive by 12:00pm
We will return at 3:00pm

11/26/2025

Thanksgiving Luncheon
\$6.00

Please bring a dessert to share.