

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

1/6/2026

Lower Salt River Nature Trail
2.3 mile hike along the river.

9:30-2:30

Bring a sack lunch and water
\$3.00

1/13/2026

McCormick-Stillman Railroad Park
9:30-2:30

Bring a sack lunch and water
\$3.00

1/20/2026

Movie-TBD

Arrive at ARCH by 10:00 am
\$10.00

1/27/2026

Cook-Out and Field Games at ARCH
\$6.00

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

SPECIAL EVENTS

Closures

1/1/2026

for New Years Day

1/19/2026

for Martin Luther King Jr Day

1/30/2026

Visit Glendale College
for tour and health assessments

11:00 AM-4:00PM

if you wish to attend and are typically on a DTA Ride home you will need alternate transportation home.



STEPS to Health and Wellness

Continue the walking challenge
to earn picks from the prize box!