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| Arc Day Hab July | 2021 |
| **IMPORTANT NOTE: Each day will be maxed out at 9 participants. To keep the program equitable, reserving a spot will be on a first come first served basis. All requests received after slots are full will be placed on a waiting list in case of cancelations. Please return this calendar with the desired dates to staff or email dates to** [**serviceteam@arcsei.org**](mailto:serviceteam@arcsei.org) **by June 28th.** |  |

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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  |  |  | **1** | **2** |
|  |  |  | **Bowling 1:00 pm-4:00 pm**  **Bring $10 (Cash only!)** | **Hickory Hill Park**  **1-4 pm**  **\*Bring snacks\*** |
| **5** | **6** | **7** | **8** | **9** |
|  | **Pool Day**  **(Iowa City Pool)**  **\*Bring own snacks or money for snacks\***  **1-4 pm** |  | **Painting Class**  **1-4 pm** | **Mercer Park Aquatic Center**  **1-4 PM** |
| **12** | **13** | **14** | **15** | **16** |
| **Garden Club**  **&**  **Baking Class**  **1-4 pm** |  | **Cooking Class**  **1-4 pm** | **\*Special Event\***  **Party in the Park @ Lower City Park**  **6:00 pm-8:00 pm** | **Afternoon**  **Downtown**  **1:30-4:30 PM**  **\*Will Use Public Transportation** |
| **19** | **20** | **21** | **22** | **23** |
|  | **Afternoon at Wetherby Park**  **1-4 pm** | **\*Special Event\***  **Journey of Hope**  **5-7 pm**  **@ Mercer Park** | **Afternoon at**  **Coral Ridge Mall**  **1-4 PM** | **Lake MacBride State Park**  **1-4 pm** |
| **26** | **27** | **28** | 29 | 30 |
| **Garden Club**  **&**  **Hangout at the Arc**  **1-4 pm**  **\*Butterfly Presentation** |  | **Johnson County Fair**  **1-4 pm** |  | **Terry Trueblood Recreation Area**  **\*Bring lunch/snacks 1-4 pm** |

**\*\*Note: Due to COVID 19, it will be mandatory for ALL Arc employees to be wearing face masks while providing services, and clients will be strongly encouraged to wear a face mask.**

**Descriptions of Activities**

* **Afternoon downtown:** Participants will utilize public transportation for this outing! They should bring $2 of exact change for the bus, and then additional spending money if they choose for shopping. It will be consumer choice based on where they shop or visit.
* **Bowling:** Colonial Lanes is cash only. Participants should bring at least $10 in cash for shoes and a game of bowling. If they are wanting to purchase any food, they should bring more cash with them.
* **Afternoon at Wetherby Park:** Participants will spend the afternoon at the park where they will be able to play disc golf, use the basketball courts, walk the trails, check out the splash pad and play an assortment of yard games. Participants should be snacks, water, and sunscreen for this outing!
* **Painting Class:** Participants will get the opportunity to try their hand at creativity! They will be supplied with art equipment. This activity will either take place at the Arc or local park for some outdoor inspiration.
* **Baking Class:** This will take place at the Arc. Participants will be work together to bake a treat!
* **Cooking Class:** This will take place at the Arc. Participants will work on their cooking skills and prepare something delicious!
* **Butterfly presentation:** This will be a special educational activity where a guest speaker will visit the group for an hour about butterflies. \*Live butterflies will be at this presentation! \*
* **Party in the Park:** This will be one of our special events for the month of July! This event is hosted by Iowa City Parks and Recreation. There will be music and other activities to join!
* **Garden Club:** Participants will learn a little a bit about gardening, check out and tend to the vegetables growing in our raised garden beds! This activity will typically be an hour or less, and then participants will move to a new activity.
* **Afternoon Hangout at the Arc:** Participants will get to do a variety of activities at the Arc like bingo, play the Wii, card games, board games, and arts & crafts.
* **Lake MacBride State Park:** Participants will head out to the state park for an afternoon of yard games and hiking! Participants should bring snacks, water, and sunscreen.
* **Journey of Hope**: This will be our second special event of the month! The group will meet at the Arc and drive over to Mercer Park. This event is hosted by the Arc for The Journey of Hopes stop through Iowa City. Journey of Hope: *“Each year, more than 100 men embark on a cross-country trip to test their limits, spread awareness, and celebrate the abilities of all people. With three routes kicking off on the West Coast, teams spend the summer crossing the country over a combined 12,000 miles with an arrival at the Capitol Lawn in Washington DC to mark the end of a life-changing event. Along the way, the team spreads the message of disability awareness through local media and makes stops at partner organizations where we delivery joy to our friends from the disability community.”*