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| Arc Day Hab August | 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** **by July 28th.** |  |

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 2 | 3 | 4 | **5** | **6** |
|  | **Scavenger Hunt****1-4 pm** |  | **Garden Club****& Fairy House Building****1-4 pm** | **Afternoon Downtown****1:30-4:30 pm****(Rock the Chalk**) |
| **9** | **10** | **11** | **12** | **13** |
| **Bowling****1-4 pm** |  | **Kalona Afternoon Trip****1-4 pm** |  | **Cooking Class****1-4 pm** |
| **16** | **17** | **18** | **19** | **20** |
|  | **Painting/Art &Crafts****1-4 pm** |  | **Let’s Ride the Bus****1-4 pm** | **U of I Museums****(Natural History, Old Capitol, Art)****1-4 pm** |
| **23** | **24** | **25** | **26** | **27** |
| **Wilson’s Apple Orchard****1-4 pm** |  | **Baking Class****1-4 pm** |  | **Picnic at the Park****(Bring Lunch/Snacks)****1-4 pm** |
| **30** | **31****Fishing****1-4 pm** |  |  |  |
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**\*\*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 want to purchase any food, they should bring more cash with them.
* **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!
* **Garden Club:** Participants will learn a little 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.
* **Scavenger hunt:** Participants will go out to a destination in the community and participate in a photo scavenger hunt.
* **U of I Museums:** Day Hab will head downtown for the afternoon to explore the various museums offered by the University of Iowa.
* **Kalona Afternoon Trip:** A trip to Kalona to explore the town with a stop at the Kalona Creamery.
* **Fairy House Building:** Participants will build fairy houses/gardens.
* **Wilson’s Apple Orchard:** Day Hab will go to the Orchard to participate in apple picking! They should bring their lunch or snack to enjoy outdoors at the orchard.
* **Let’s Ride the Bus:** Dayhab will head to meet with a mobility coordinator through Johnson County who will give a presentation on public transportation, new routes, and resources. A bus ride will be included in this activity.
* **Fishing:** Dayhab will head to Terry Trueblood Recreation Area to go fishing.