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| Arc Day Hab Sept | 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 cancellations. Please return this calendar with the desired dates to staff or email dates to** **serviceteam@arcsei.org** **by August 30th.** |  |

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| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
|  |  | **1** | **2** | **3** |
|  |  | **Cooking Class****1-4 pm** |  | **FRYFest****1-4 pm** |
| **6** | **7** | **8** | **9** | **10** |
| **No Day Hab****Labor Day** |  | **Wilson’s Orchard****1-4 pm** |  | **Iowa vs. Iowa State****Tailgate****1-4 pm** |
| **13** | **14** | **15** | **16** | **17** |
| **Bowling****1-4 pm** |  | **Kite Flying** **1-4 pm** |  | **Game Day****1-4 pm** |
| **20** | **21** | **22** | **23** | **24** |
| **T-Shirt Design Day****1-4 pm** |  | **Let’s Ride The Bus****1-4 pm** | **Movie Night****6:15 pm-8:15 pm** | **Fishing****1-4 pm** |
| **27****Baking Class****1-4 pm** | **28** | **29****Coral Ridge Mall****1-4 pm** | **30** |  |
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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**

* **FRYFest:** Dayhab will head over to FRYFest to join in on the fun of celebrating the Iowa Hawkeyes 2021 football season.
* **Iowa vs Iowa State Tailgate:** This activity will take place at the (P)Arc. Food and yard games will be included. We encourage participants to wear their favorite college or professional sports team if they have one!
* **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!
* **Fishing:** Dayhab will head to Terry Trueblood Recreation Area to go fishing.
* **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 along with a fun scavenger hunt.
* **Kite Flying:** Participants will decorate their own kites and head over to a park to fly them!
* **Game Day:** Participants will go to a community location to enjoy card and board games.
* **T-shirt Design Day**: Participants will get to test out their creativity and decorate t-shirts.
* **Movie Night:** This will be a special after-hours activity. The group will hang out at the Arc for a movie night. Pizza, popcorn, and drinks included.

**\*As a reminder, please contact the Arc if you will not be in attendance for a day you signed up \***