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| Arc Day Hab Nov | 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 October 29th.** |  |

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| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **1** | **2** | **3** | **4** | **5** |
| **Iowa City Public Library/Downtown****1-4 pm** |  | **Big Grove Brewery****1-4 pm** |  | **Arcade****1-4 pm** |
| **8** | **9** | **10** | **11** | **12** |
| **Bowling****1-4 pm** |  | **Cooking Class****1-4 pm**(Thanksgiving Themed) |  | **University of Iowa Athletics Hall of Fame****1-4 pm** |
| **15** | **16** | **17** | **18** | **19** |
| **Baking Class****1-4 pm**(Thanksgiving Themed) |  | **Craft Day****1-4 pm** |  | **Mindfulness Day****1-4 pm** |
| **22** | **23** | **24** | **25** | **26** |
| **No Day Hab due to the Holiday** |  | **No Day Hab due to the Holiday** |  | **No Day Hab due to the Holiday** |
| **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**

**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!

**Big Grove Brewery:** We will take a trip over to Big Grove Brewery in Iowa City to enjoy a (non-alcoholic) drink and games.

**Craft Day:** Clients will get to work on fun crafts for the upcoming holiday!

**Mindfulness Day:** Clients will get to talk about mindfulness, meditation, relaxation, and try out some yoga.

**Arcade:** Clients will get to enjoy board games, card games, and video games with their peers!

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