

Monday

Tuesday

Wednesday

Thursday

Friday

September 2022

Arnprior Regional Health Adult Day Program

			<p>9:30 – Meet & Greet 1 10:00 – Client Council 10:30 – Horse Races 11:00 – Reminiscing: Back To School 11:30 – Exercises 12:45 – Science Experiments 1:15 – Minute To Win It Games 2:00 – Fact Or Fiction?</p>	<p>9:30 – Meet & Greet 2 10:00 – Client Council 10:30 – Tabletop Games 11:00 – Balloon Badminton 11:30 – Stretches 12:45 – Walk & Talk 1:15 – Bowling 2:00 – Family Feud</p>
<p>The Adult Day Program Is Closed Today</p>	<p>5 9:30 – Meet & Greet 6 10:00 – Client Council 10:30 – Swing Ball 11:00 – “Top Ten” Tuesday 11:30 – Weighted Arm Workout 12:45 – Outdoor Walks 1:15 – Advice For Students 2:00 – Armchair Travel: Alberta</p>	<p>7 9:30 – Meet & Greet 7 10:00 – Client Council 10:30 – Broomball 11:00 – Junk Drawer Detective 11:30 – Chair Zumba 12:45 – Finish The Phrase 1:15 – Famous Shipwrecks 2:00 – Beachball Toss</p>	<p>8 9:30 – Meet & Greet 8 10:00 – Target Practice 10:30 – Giant Jenga 11:00 – Name That Tune 11:30 – Upper Body Workout 12:45 – Walk & Talk 1:15 – Shake Loose A Memory 2:00 – Darts</p>	<p>9 9:30 – Meet & Greet 9 10:00 – Yahtzee 10:30 – Beanbag Toss 11:00 – Name Five Game 11:30 – Core Workout 12:45 – Courtyard Walk 1:15 – Headbandz Game 2:00 – Bingo</p>
<p>9:30 – Meet & Greet 12 10:00 – Noodle Ball 10:30 – Conversation Cards 11:00 – Movie Trivia 11:30 – Seated Workout 12:45 – Walk & Stretch 1:15 – Brain Teasers 2:00 – Pallina</p>	<p>13 9:30 – Meet & Greet 13 10:00 – Curling 11:00 – Jeopardy 11:30 – Fit & Fun 12:45 – Hangman 1:00 - <i>Musical Entertainment With The Dregischan’s</i> 2:00 – Ladder Ball</p>	<p>14 9:30 – Meet & Greet 14 10:00 – Giant Checkers 10:30 – Connect Four 11:00 – The Price Is Right 11:30 – Resistance Bands 12:45 – Outdoor Strolls 1:15 – You Be The Judge 2:00 – Sing-A-Long</p>	<p>15 9:30 – Meet & Greet 15 10:00 – Mini Putt 10:30 – Virtual Museum Exhibit 11:00 – Boccee Ball 11:30 – Chair Yoga 12:45 – Fall Colors Group Walk 1:15 – Crokinole 2:00 – Apple Pie Social</p>	<p>16 9:30 – Meet & Greet 16 10:00 – Toss Across 10:30 – Cards 11:00 – Paint By Number 11:30 – Mobility Exercises 12:45 – Outdoor Walks 1:15 – 4 Pics 1 Word 2:00 – Would You Rather?</p>
<p>9:30 – Meet & Greet 19 10:00 – True Or False 10:30 – Pokeno 11:00 – Shuffleboard 11:30 – Resistance Bands 12:45 – Leaf Rubbing 1:15 – Virtual Art Gallery 2:00 – Drum Circle</p>	<p>20 9:30 – Meet & Greet 10:00 – Bowling 10:30 – Kick Ball 11:30 – Mobility Stretches 12:45 – Name That Tune 1:15 – “Deer” Hunting 2:00 – Bean Bag Toss</p>	<p><i>Decorating For Fall</i> 21 9:30 – Meet & Greet 10:00 – Fall Craft 11:00 – Whiteboard Word Games 11:30 – Stretches 12:45 – Short Story: ‘If The Hat Fits’ 1:15 – Finish The Lyric 2:00 – Musical Bingo</p>	<p>22 9:30 – Meet & Greet 22 10:00 – What Am I? 10:30 – Remembering Music: Patsy Cline 11:00 – Giant Kerplunk 11:30 – Exercises 12:45 – “I Spy” Walk 1:15 – Interesting Inventions 2:00 – Tabletop Physical Games</p>	<p>23 9:30 – Meet & Greet 23 10:00 – Color- A- Bookmark 11:00 – Mini Putt 11:30 – Exercising With Weights 12:45 – Outdoor Group Walk 1:15 – What’s In The Box? 2:00 – Volleyball</p>
<p>9:30 – Meet & Greet 26 10:00 – Darts 10:30 – Board Game 11:00 – Apples To Apples 11:30 – Chair Boxing 12:45 – Crokinole 1:15 – Riddles & Rhymes 2:00 – Thanksgiving Craft <i>Happy Birthday Blair!</i></p>	<p>27 9:30 – Meet & Greet 27 10:00 – Horseshoes 10:30 – Whiteboard Games 11:00 – On This Day 11:30 – Yoga 12:45 – Walk & Talk 1:15 – Reminiscing Bingo 2:00 – Family Feud <i>Happy Birthday Linda!</i></p>	<p>28 9:30 – Meet & Greet 28 10:00 – Bowling 10:30 – Drawing 11:00 – Morning Manicures 11:30 – Silver Sneakers 12:45 – Walk & Talk 1:15 – Courtyard Scavenger Hunt</p>	<p>29 9:30 – Meet & Greet 29 10:00 – Dice Game 10:30 – Candle Making 11:00 – Short Stories 11:30 – Seated Workout 12:45 – Outdoor Strolls 1:15 – Cards 2:00 – Jewelry Making</p>	<p>30 9:30 – Meet & Greet 30 10:00 – Broomball 10:30 – Candle Making 11:00 – Armchair Travel: Peru 11:30 – Core Exercises 12:45 – Walk & Talk 1:15 – Celebrating Oktoberfest</p>