## September 2022

### Arnprior Regional Health Adult Day Program

**Schedule:**

**Monday**
- 9:30 – Meet & Greet
- 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
- 9:30 – Meet & Greet
- 10:00 – Curling
- 11:00 – Jeopardy
- 11:30 – Fit & Fun
- 12:45 – Hangman
- 1:00 – *Musical Entertainment With The Dregischans’s*

**Tuesday**
- 9:30 – Meet & Greet
- 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

**Wednesday**
- 9:30 – Meet & Greet
- 10:00 – Fall Craft
- 10:30 – Whiteboard Word Games
- 11:00 – Fall Craft
- 11:30 – Stretches
- 12:45 – Short Story: ‘If The Hat Fits’
- 1:15 – “What’s In The Box?
- 2:00 – Tabletop Physical Games

**Thursday**
- 9:30 – Meet & Greet
- 10:00 – Board Game
- 10:30 – Horseshoe Games
- 11:00 – On This Day
- 11:30 – Yoga
- 12:45 – Walk & Talk
- 1:15 – Reminiscing Bingo
- 2:00 – Family Feud

**Friday**
- 9:30 – Meet & Greet
- 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

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