

Monday	Tuesday	Wednesday	Thursday	Friday
<p>The Arnprior Regional Health Adult Day Program Will Be Closed Today</p>	<p>2 9:30- Meet & Greet 10:00- Client Council 10:30- Bean Bag Toss 11:00- Who Am I? 11:30- Fitness 1:00- Jeopardy 1:15- Baking 2:00- Hangman</p>	<p>3 9:30- Meet & Greet 10:00- Client Council 10:30- Making Trail Mix 11:00- Ball Toss 11:30- Resistance Bands Workout 1:00- Curling 1:15- Book Club 2:00- Name That Instrument</p>	<p>4 Armchair Travel: Italy 9:30- Meet & Greet 10:00- Client Council 10:30- Making Ice Cream 11:00- Travel To Italy 11:30- Stretches Spaghetti Lunch 1:00- Italian Bingo 1:30- Italy Craft 2:00- Learning Italian</p>	<p>5 9:30- Meet & Greet 10:00- Client Council 10:30- Giant Crossword 11:00- New Years Jokes 11:30- Move With Us 1:00- Is It Groovy? 1:30- Music With Dan & Friends</p>
<p>9:30- Meet & Greet 10:00- Client Council 10:30- Shake Awake Your Taste 11:00- Volleyball 11:30- Morning Movements 1:00- Happy Hour/Lottery 2:00- Horse Races <i>Happy Birthday Stewart!</i></p>	<p>9 9:30- Meet & Greet 10:00- Never Have I Ever 10:30- Connect 4 11:00- Horse Shoes 11:30- Group Workout 1:00- Music With The Dregischan's 2:00- Balloon Badminton</p>	<p>10 9:30- Meet & Greet 10:00- Curling 10:30- Giant Kerplunk 11:00- Remembering Music 11:30- Yoga 1:00- Karaoke 1:15- Giant Jenga 2:00- Toss Across</p>	<p>11 9:30- Meet & Greet 10:00- Kickball 10:30- Giant Jenga 11:00- Catch Of The Day 11:30- Aerobics 1:00- Chain Race 1:15- Bingo 2:00- Mini Putt</p>	<p>12 Hawaiian Day 9:30- Meet & Greet 10:00- Hawaiian Scavenger Hunt 10:30- Travelling To Hawaii 11:00- Hawaiian Bingo 11:30- Fun Fitness 1:00- Grass Skirt Dancing 1:15- Hawaiian Social</p>
<p>9:30- Meet & Greet 10:00- Curling 10:30- Yahtzee 11:00- Trivia 11:30- Morning Workout 1:00- Darts 1:15- Painting Planters 2:00- Left Right Centre Dice Game</p>	<p>16 9:30- Meet & Greet 10:00- Giant Checkers 10:30- Wake Up Your Taste 11:00- Ring Toss 11:30- Let's Move 1:00- Hilarious Headlines 1:15- Bowling 2:00- Mini Putt</p>	<p>17 Armchair Travel: Las Vegas 9:30- Meet & Greet 10:00- Travel To Vegas 10:30- Table Top Games 11:00- Darts 11:30- Morning Yoga Pizza Lunch 1:00- Pub Afternoon 2:00- Las Vegas Light Show</p>	<p>18 9:30- Meet & Greet 10:00- Brain Teasers 10:30- Ladderball 11:00- Giant Connect 4 11:30- Working Out With Weights 1:00- Volleyball 1:15- Junk Drawer Detective 2:00- Making Floating Fluids</p>	<p>19 9:30- Meet & Greet 10:00- Kickball 10:30- Ball Toss 11:00- Trivia Tea Toss 11:30- Warmups 1:00- Dice Game 1:15- Canada Flag Craft 2:00- Jeopardy</p>
<p>Winter Olympics Week 9:30- Meet & Greet 10:00- Ring Toss 10:30- Olympic Trivia 11:00- Badminton 11:30- Olympic Workout 1:00- Jeopardy 1:15- Olympic Craft</p>	<p>23 Winter Olympics Week 9:30- Meet & Greet 10:00- Snowball Target Practice 10:30- Bean Bag Toss 11:00- Mini-Sticks 11:30- Group Fitness 1:00- Minute To Win It Games 2:00- Sports Of The 60's</p>	<p>24 Winter Olympics Week 9:30- Meet & Greet 10:00- Broomball 10:30- Curling 11:00- Egg Race 11:30- Seated Yoga 1:00- Catch Of The Day/Ice Fishing 1:15- Toss Across 2:00- Volleyball</p>	<p>25 Winter Olympics Week 9:30- Meet & Greet 10:00- Snow Golf 10:30- Bowling 11:00- Olympic Stories 11:30- Upper Body Workout 1:00- Olympic Hangman 1:15- Noodle Ball 2:00- Ball Toss</p>	<p>26 Winter Olympics Week 9:30- Meet & Greet 10:00- Reminiscing: Winter Olympics 10:30- Snowball Toss 11:00- Name That Sport 11:30- Too Fit To Fall 1:00- Olympic Bingo 1:15- Balloon Relay 2:00- Medal Ceremony</p>
<p>9:30- Meet & Greet 10:00- Winter Crafts 10:30- Giant Sequence 11:00- Valentine's Day Craft 11:30- Weighted Workout 1:00- Movie Matinee & Popcorn 2:00- February Board</p>	<p>30 9:30- Meet & Greet 10:00- Chair Soccer 10:30- Travel To New Zealand 11:00- Horse Races 11:30- Exercise 1:00- Volleyball 1:15- New Zealand Trivia 2:00- Beach Ball Toss</p>	<p>31</p>	 <p><i>January 2023</i> ARH Adult Day Program</p>	