

| Monday | Tuesday | Wednesday | Thursday | Friday |
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|  <h2 style="text-align: center;">Arnprior Regional Health Adult Day Program</h2> | | 9:30- Meet & Greet 10:00- Client Council 10:30- Charades 11:00- Table Top Games 11:30- Valentines Day Heart Decorations 1:00- Broomball 1:15- Making A Heart Tree 1:30- Exercises 1:45- Decorating For Valentine's Day 2:00- Horseraces 2:30- Tongue Twisters | Ground Hog Day 9:30- Meet & Greet 10:00- Client Council 10:30- Groundhog Hunt 11:00- Spring Or Snow 11:30- Making Edible Groundhogs 12:45- Groundhog Day Hangman 1:00- Kickball 1:15- Ground Hog Day Trivia 1:30- Resistance Band Workout 2:00- Musical Bingo | Travel to Mexico 9:30- Meet & Greet 10:00- Client Council 10:30- Making Creme Caramel Flan 11:00- Making Sombrero's 11:30- Learning To Salsa 11:45- Making Mexican Flags Nachos Lunch 1:00- Stretches 1:30- <i>Musical Entertainment With Dan & Friends</i> |
| 9:30- Meet & Greet 10:00- Client Council 10:30- Giant Dominoes 11:00- Junk Drawer Detective 11:30- Planting February Flowers 12:45- Toss Across 1:00- On This Day 1:15- Winter Gardening 1:30- Strength Training 1:45- Finish The Scene 2:00- Jeopardy Trivia | 9:30- Meet & Greet 10:00- Client Council 10:30- Curling 11:00- Brain Teasers 11:30- Beanbag Toss 12:45- Love Bug Hat 1:00- Jeopardy 1:15- Valentine's Day Heart Painting 1:30- Weighted Workout 1:45- Super Bowl Trivia 2:00- Toss The Nickle | Crazy Hat Day 9:30- Meet & Greet 10:00- Making Crazy Hats 10:30- Crazy Hat Parade 11:00- Baking Valentines Cupcakes 11:30- Remembering Classic Love Songs 12:45- Fit In 30 1:00- TV Matinée 1:30- Chicken Soup For The Soul Stories 2:00- Giant Connect 4 2:30- Making Music | 9:30- Meet & Greet 10:00- Down Memory Lane 10:30- Giant Jenga 11:00- Connect 4 11:30- Heart Painting 12:45- Ring Toss 1:00- Valentines Words Of Wisdom & Advice 1:15- Valentine's Card Making 1:30- Chair Yoga 1:45- Name That Love Song 2:00- Bowling | 9:30- Meet & Greet 10:00- Broomball 10:30- Stealing Game 11:00- Volleyball 11:30- Paint By Numbers 12:45- Noodleball 1:00 Valentines Day Mad Libs 1:30- Too Fit To Fall 1:45- Reminiscing: Valentine's Day 2:00- Table Top Games <p style="text-align: center;">Happy Birthday Grant & Loyall!</p> |
| 9:30- Meet & Greet 10:00- Guess The Kisses 10:30- Photo Scavenger Hunt 11:00- True Or False? 11:30- Planting February Vegetables 12:45- Tell My Story 1:00- Valentine's Day Treat Bags 1:15- Making Heart Pillows 1:30- Exercises 1:45- What Are They Thinking? 2:00- Making Paper Hearts | 9:30- Meet & Greet 10:00- Rhyming Riddles 10:30- Noodleball 11:00- Valentine's Bingo 11:30- Making Yarn Hearts 12:45- Morning Movements 1:00- <i>Valentines Day Party Featuring Musical Entertainment With Karl & Linda</i> 2:00- Pin The Heart On Cupid 2:30- Ladderball | Travel To Holland 9:30- Meet & Greet 10:00- Travel To Holland 10:30- Dutch Artist Bingo 11:00- Making Snert 12:45- Learning Dutch 1:00- Holland Trivia 1:30- Workout 1:45- Visiting Anne Frank House 2:00- Beer Tasting | 9:30- Meet & Greet 10:00- Curling 10:30- Giant Jenga 11:00- Hangman 11:30- Ball Toss 12:45- Finish The Phrase 1:00- Target Practice 1:15- Bocce Ball 1:30- Let's Stretch 1:45- Giant Tic-Tac-Toe 2:00- Bowling | 9:30- Meet & Greet 10:00- What's In The Box? 10:30- Kickball 11:00- Giant Crossword 11:30- Volleyball 12:45- This Or That? 1:00- Price Is Right 1:15- Dot Painting 1:30- Afternoon Exercise 1:45- Word Change 2:00- Friendly Feud |
|  <p style="text-align: center;">The Arnprior Regional Health Adult Day Program Will Be Closed Today</p> | Mardi Gras Day 9:30- Meet & Greet 10:00- Mardi Gras, Who Am I? 10:30- <i>Musical Entertainment With Bill Wilson</i> 11:30- Beaded Necklace Making 12:45- Travel To New Orleans 1:00- Making Punch & Reminiscing: Carnivals 1:15- Yoga 1:30- Mardi Gras Social 2:00- Mardi Gras Bingo | 9:30- Meet & Greet 10:00- Chair Soccer 10:30- Price Is Right 11:00- Sing-A-Long With Stompin' Tom 11:30- Let's Move 12:45- You Be The Judge 1:00- TV Matinée 1:30- High Tea 2:30- Name That Animal | 9:30- Meet & Greet 10:00- Pictionary 10:30- Mini Putt 11:00- Ladder Ball 11:30- Broomball 12:45- Darts 1:00- I Spy 1:15- Mini Putt 1:30- Move With Us 2:00- Crazy 8's Card Game | 9:30- Meet & Greet 10:00- Bowling 10:30- Giant Kickball 11:00- Remembering Elizabeth Taylor 11:30- Toss Across 12:45- Jeopardy 1:00- Giant Ball Toss 1:15- The Envelope Game 1:30- Fun Fitness 1:45- Air Hockey 2:00- Guess The Candy |
| 9:30- Meet & Greet 10:00- Conversation Cards 10:30- Postal Trivia 11:00- <i>Lunch Outing To PJ's Restaurant</i> 1:15- Return To The ADP 1:15- March Welcome Board 1:30- Exercise 1:45- Making Dried Flower Ornaments 2:00- Card Games 2:30- Tabletop Games | Rodeo Day 9:30- Meet & Greet 10:00- Target Shooting 10:30- Horseshoes 11:00- Rodeo Trivia 11:30- Ring Toss 12:45- Guess The Country Song 1:00- Hangman 1:15- Making Wanted Posters 1:30- Afternoon Exercises 2:00- Horse Races |  <h1 style="font-family: cursive;">February 2023</h1> | | |