

Monday

Tuesday

Wednesday

Thursday

Friday

December 2023

Arnprior Regional Health Adult Day Program

				<p>9:30 Meet & Greet 10:00 Client Council 10:30 Balloon Badminton 11:00 Giant Crossword 11:30 Sit & Be Fit 12:45 Name 5 Winter Edition 1:00 Music With Dan & Friends 2:00 Ladder Ball Toss 2:30 Family Feud Wear Red & Green</p> <p>1</p>
<p>9:30 Meet & Greet 10:00 Yahtzee 10:30 Sequence 11:00 Ladder Ball Toss 11:30 Resistance Band Workout 12:45 Client Council 1:15 Painting Ornaments 2:00 Jeopardy 2:30 Bucket Toss</p> <p>4</p>	<p>9:30 Meet & Greet 10:00 Baking Brownies 10:30 Curling 11:00 Washer Toss 11:30 Chair Exercise 12:45 Client Council 1:15 Reminiscing: Winter Activities 1:30 Mind Joggers 2:00 Bocce Ball 2:30 Headbandz Game</p> <p>5</p>	<p>9:30 Meet & Greet 10:00 Client Council 10:30 Winter Trivia 11:00 Sing-A-Long 11:30 Exercise 12:00-2:00 Lunch Bunch Outing To The Legion, Featuring Entertainment With Jane Anne Lafont 2:30 Curling</p> <p>6</p>	<p>9:30 Meet & Greet 10:00 Bucket Toss 10:30 Horse Races 11:00 Trivia- Theme Songs 11:30 Weighted Workout 12:45 Client Council 1:15 Ping Pong Toppling 1:30 Christmas Bingo 2:30 Giant Jenga</p> <p>7</p>	<p>9:30 Meet & Greet 10:00 Giant Jenga 10:30 Making Christmas Cards 11:00 Painting Ornaments 11:30 Sit & Be Fit 12:45 Winter Trivia 1:00 Table Top Toppling 1:30 Bocce Ball 2:00 Whiteboard Games 2:30 5 Second Rule Wear A Christmas Hat</p> <p>8</p>
<p>9:30 Meet & Greet 10:00 Table Top Games 10:30 Uno 11:00 Bowling 11:30 Upper Body Strengthening 12:45 Coffee Social 1:00 Broomball 1:30 Jeopardy 2:00 Junk Drawer Detective 2:30 Shake Awake Your Taste</p> <p>11</p>	<p>9:30 Meet & Greet 10:00 Euchre/Crazy 8's 10:30 Balloon Badminton 11:00 Painting Ornaments 11:30 Group Exercise 12:45 Name 5 1:00 Music With Karl & Linda 2:15 What Am I? 2:30 Mini Putt</p> <p>12</p>	<p>9:30 Meet & Greet 10:00 Balloon Badminton 10:30 Christmas Craft 11:30 Resistance Band Exercise 12:45 Reminiscing 1:00 Mini Sticks 1:30 Winter Bingo 2:00 Horse Races 2:30 5 Second Rule</p> <p>13</p>	<p>9:30 Meet & Greet 10:00 Making Christmas Cards 11:00 Bowling 11:30 Chair Yoga 12:45 News & Views 1:00 Horse Shoes 1:30 You Be The Judge 2:00 Shake Loose A Memory 2:30 Pass The Pig Game</p> <p>14</p>	<p>9:30 Meet & Greet 10:00 Christmas Baking/ Making Sandwiches 10:30 You Be The Judge 11:00 Volleyball 11:30 Resistance Band Workout 12:00-1:00 High Tea Luncheon 1:00 Oven Mitt Christmas Game 1:30 Christmas Bingo 2:30 Giant Connect 4 Ugly Christmas Sweater Day</p> <p>15</p>
<p>9:30 Meet & Greet 10:00 Bucket Toss 10:30 Oven Mitt Christmas Game 11:00 What's In The Box? 11:30 Sit & Be Fit 12:45 Finish The Phrase 1:00 Christmas Bingo 2:00 Mini Putt 2:30 Christmas Trivia</p> <p>18</p>	<p>9:30 Meet & Greet 10:00 Oven Mitt Christmas Game 10:30 Darts 11:00 Picture Trivia 11:30 Weighted Exercise 12:45 True Or False 1:00 Winter Bingo 1:30 Afternoon Social & Hot Chocolate Bar 2:30 Giant Kerplunk</p> <p>19</p>	<p>9:30 Meet & Greet 10:00 Christmas Baking: Short Bread Cookies 11:00 Winter Jeopardy 11:30 Resistance Band Workout 12:45 Name 5 1:00 Broomball 1:30 Oven Mitt Christmas Game 2:00 Bucket Toss 2:30 Horse Races</p> <p>20</p>	<p>9:30 Meet & Greet 10:00 Balloon Badminton 10:30 Curling 11:00 Reminiscing: Christmas Traditions 11:30 Chair Exercise 12:00-1:00 Outing To Jim's Restaurant 1:30 Christmas Party With Visits From Santa & The Grinch</p> <p>21</p>	<p>Program Closed</p> <p>22</p>
 <p>Program Closed Merry Christmas!</p> <p>25</p>	<p>Program Closed</p> <p>26</p>	<p>9:30 Meet & Greet 10:00 Tea Social With Reminiscing Stories 10:30 New Years Bingo 11:00 Bocce Ball 11:30 Sit And Be Fit 12:45 New Year's Resolutions 1:00 Junk Drawer Detective 1:30 Giant Jenga 2:00 Hangman 2:30 Crazy 8's</p> <p>27</p>	<p>9:30 Meet & Greet 10:00 Baking Sugar Cookies 10:30 Balloon Badminton 11:00 New Years Around The World 11:30 Stretches 12:45 Decorating Cookies 1:00 Jeopardy 1:30 New Years Party 2:30 Crazy 8's</p> <p>28</p>	<p>Program Closed Happy New Year!</p> <p>December Birthday: Winnie D.</p> <p>29</p>