

Monday

Tuesday

Wednesday

Thursday

Friday

February 2025

Arnprior Regional Health Adult Day Program

<p>9:30 Meet & Greet 10:00 All About Groundhog Day 10:30 Balloon Badminton 11:00 Jeopardy 11:30 Monday Fitness 12:45 Client Council 1:00 Arm Chair Travel 2:00 Boccee Ball 2:30 Knock The Block <i>Welcome Willis College Students!</i></p>	<p>3 9:30 Meet & Greet 10:00 NYT Brain Games 10:30 Bucket Toss 11:00 Giant Crossword 11:30 Silver Sneakers 12:45 Client Council 1:00 Junk Drawer Detective 1:30 Boccee Ball 2:00 Hangman 2:30 Headbands</p>	<p>4 9:30 Meet & Greet 10:00 Bowling 10:30 Darts 11:00 Alphabet Game 11:30 Chair Yoga 12:45 Client Council 1:00 Valentine's Crafting 2:00 Dice Game: 21 2:30 Book Club</p>	<p>5 9:30 Meet & Greet 10:00 Left, Right, Centre 10:30 The Beetle Game 11:00 Ring Toss 11:30 Tone It Up: Core 12:45 Client Council 1:00 Washers 1:30 Mini Putt 2:00 Scrabble 2:30 Pallina</p>	<p>6 9:30 Meet & Greet + Current Events 10:00 Rummiknub 10:30 Bowling 11:30 Morning Meditation 12:45 Client Council 1:00 Curling 1:30 Dominoes 2:00 Shake Loose A Memory 2:30 Super Bowl Predictions</p>
<p>9:30 Meet & Greet + Wordle 10:00 Baking & Valentine's Puzzles 11:00 Connect Four 11:30 Group Exercises 12:45 February Trivia 1:15 Valentine's Social: The History Of The Holiday 2:30 Darts</p>	<p>10 9:30 Meet & Greet 10:00 NYT Word Games 10:30 Valentine's Cookie Decorating 11:30 Tuesday Toning 12:45 True Or False? 1:00 Music With Karl & Linda 2:30 Cookie & Coffee Social <i>Happy Birthday Grant!</i></p>	<p>11 9:30 Meet & Greet 10:00 Balloon Badminton 10:30 Pokeno (Card Bingo) 11:30 Fun & Fitness 12:45 Name The Celebrity 1:00 Valentine's Word Unscramble 1:30 Horse Races 2:00 Cards: Uno & Trash 2:30 Valentine's Facts</p>	<p>12 9:30 Meet & Greet 10:00 VDay Suncatchers 11:00 Cupid's Arrow Game 11:30 Love Your Workout! 12:45 You Be The Judge 1:00 Bean Bag Toss 1:30 Sequence 2:00 Memory Matching 2:30 Broomball</p>	<p>13 9:30 Meet & Greet 10:00 Sing-A-Long: Love Edition 10:30 Card Making 11:00 Crokinole 11:30 Full Body Stretches 12:45 Name That Love Song 1:00 Jewelry Making 1:30 Pin The Heart On Cupid 2:30 Crafting: Yarn Hearts <i>Valentine's Day: Wear Red + Pink!</i></p>
<p>17 CLOSED (FAMILY DAY)</p>	<p>18 9:30 Meet & Greet 10:00 Wordle & NYT Brain Games 10:30 Winter Bingo 11:30 Exercises 12:45 Name Five (Animals Edition) 1:00 Giant Jenga 1:30 Minute To Win It 2:00 Horseshoes 2:30 What's In The Box?</p>	<p>19 9:30 Meet & Greet 10:00 Scategories 10:30 Family Feud 11:00 Giant Kurplunk 11:30 Wednesday Workout 12:45 Did You Know: Traditions 1:00 Giant Jenga 1:30 Bocce Ball 2:30 Hockey</p>	<p>20 9:30 Meet & Greet 10:00 Table Topics 10:30 Parachute 11:00 Monopoly 11:30 Sit & Be Fit With Friends 12:45 Jokes Of The Day 1:00 Music With Dan & Norbert 2:30 Apples To Apples</p>	<p>21 9:30 Meet & Greet + News 10:00 Painting 10:30 Shuffleboard 11:00 Giant Checkers 11:30 Chair Fitness 12:45 Two Truths & A Lie 1:00 Tabletop Pool 1:30 Guess The Invention 2:30 Reminiscing: Winter Olympics</p>
<p>9:30 Meet & Greet 10:00 Alphabet Game (The Letter A) 10:30 Floor Hockey 11:00 Giant Crossword 11:30 Too Fit To Fall 12:45 Would You Rather? 1:15 Axe Throwing 1:30 Bingo 2:30 Curling</p>	<p>24 9:30 Meet & Greet 10:00 NYT Games 10:30 Ping Pong Toppling 11:00 Client's Choice: Word Game 11:30 Morning Stretches 12:45 Name That Tune: Blues 1:00 Armchair Travel 2:00 Kickball 2:30 Bowling</p>	<p>25 9:30 Meet & Greet 10:00 Tabletop Station Games 10:30 Sing-A-Long: Dolly Parton 11:00 Giant Connect Four 11:30 Chair Dancing 12:45 Fact Or Fiction? 1:00 Pickles To Penguin 1:30 Ice Fishing 2:30 History Time: Trains</p>	<p>26 9:30 Meet & Greet 10:00 Charades 10:30 Leap Year Facts 11:00 Boggle 11:30 Weighted Workout 12:45 Trivia: 2000s 1:00 Feel The Rhythm 1:30 Noodle Ball 2:00 Fill In The Blank 2:30 Egg Races</p>	<p>27 9:30 Meet & Greet 10:00 Morning At The Spa: Manicures 10:30 Sing-A-Long: Stompin' Tom 11:30 Seated Zumba 12:45 The Game Of Things 1:00 Euchre & Crazy Eights 1:30 March Decorating 2:30 Tales Of The Irish <i>Happy Birthday Jeff!</i></p>