

Monday, February 3, 2025

Monday Movement - Ro Nwosu

Date and Time: Monday, February 3 6:00 pm - 7:00 pm

Address: 77 James St

Free weekly fitness programs at the Nick Smith Centre from 6:00 pm - 6:45 pm every Monday. Each week is a different group exercise built to meet all ages and abilities. Join as many as you'd like and check in weekly to be entered in to a draw to win a weekly prize.

[Register for Monday Movement](#)

Monday Movement Schedule

Date	Exercise	Instructor	Studio/Business	Sponsor
January 6	Zumba	Katrina Kahn	Sunshower Yoga and Wellness	Mellow Mama Massage
January 13	Group Workout	Abagael Burton	Ultimate Fitness	Ultimate Fitness
January 20	Strength Circuit	Joe Zamojski	The Training Den	The Training Den
January 27	Chair Fitness	Danielle Hill	N/A	Jennifer Charlebois-Robillard Desjardins Insurance
February 3	Yoga	Ro Nwosu	Union 108	Union 108
February 10	Pilates	Denise Wiese	N/A	Town of Arnprior

Wednesday, February 5, 2025

The Lunch Bunch by Seniors at Home

Date and Time: Wednesday, February 5 12:00 pm - 2:00 pm

Address: 49 Daniel St N, Arnprior

A full course luncheon event on Wednesday, Feb 5th from 12-2pm at the Arnprior Legion Hall. Choice of sand wiches ham and cheese on a bun or egg salad. Patti Hass will entertain. Tickets are \$12 each available from our agency office until noon on Friday Jan 31. All seniors or adults with disabilities welcome.

Friday, February 7, 2025

Junior Youth Night

Date and Time: Friday, February 7 5:00 pm - 6:00 pm

Address: 77 James St

Junior Youth Night is a program where parents can drop off their child under the supervision of our experienced Program Staff and allow them time with friends to play themed games. In this program, staff start off the activity and then allow the kids to take the program in whichever way they choose.

[To register for Junior Youth Nights, click here.](#)

This program is for ages 4-7 and free with the Youth Club membership.

Youth Night

Date and Time: Friday, February 7 6:00 pm - 8:00 pm

Address: 77 James St

Youth Night is a program where parents can drop off their child under the supervision of our experienced Program Staff and allow them time with friends to play themed games. In this program, staff start off the activity and then allow the kids to take the program in whichever way they choose.

[To register for Youth Nights, click here.](#)

These programs are for ages 8-13 and free with the Youth Club membership.

Saturday, February 8, 2025

Family Games Day

Date and Time: Saturday, February 8 12:00 pm - 4:00 pm

Address: 77 James St

Family Games Day includes inflatable games, board games and video games!

Free to Youth Club members and open to the public at \$5.00 per child, this is posied to be a fun day of activities in the Nick Smith Centre's Community Hall.

No registration required though you can pre-pay online at Arnprior.ca/YouthClub

Monday, February 10, 2025

Monday Movement- Denise Wiese

Date and Time: Monday, February 10 6:00 pm - 7:00 pm

Address: 77 James St

Free weekly fitness programs at the Nick Smith Centre from 6:00 pm - 6:45 pm every Monday. Each week is a different group exercise built to meet all ages and abilities. Join as many as you'd like and check in weekly to be entered in to a draw to win a weekly prize.

[Register for Monday Movement](#)

Monday Movement Schedule

Date	Exercise	Instructor	Studio/Business	Sponsor
January 6	Zumba	Katrina Kahn	Sunshower Yoga and Wellness	Mellow Mama Massage
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January 20	Strength Circuit	Joe Zamojski	The Training Den	The Training Den
January 27	Chair Fitness	Danielle Hill	N/A	Jennifer Charlebois-Robillard Desjardins Insurance
February 3	Yoga	Ro Nwosu	Union 108	Union 108
February 10	Pilates	Denise Wiese	N/A	Town of Arnprior

Monday, February 17, 2025

FamFest 2025

Date and Time: Monday, February 17 8:00 am - 4:30 pm

Address: 77 James St

Join us for FamFest at the Nick Smith Centre as we celebrate Family Day with free activities for the whole family. From the ice rinks to the pool to the Community Hall, there will be something for all families to enjoy.

This event is presented by Mark's No Frills!

FamFest 2025

Monday, February 17, 2025

Nick Smith Centre

Join us for a day full of family activities!

Free Pancake Breakfast (Sponsored by the Arnprior Lion's Club)

- Community Hall 8:00am-11:00am

Free Family Swimming*

- Community Pool 10:00-10:50am, 11:00am-11:50am, 2:00-2:50pm, 3:00-3:50pm

Free Family Skating

- Bert Hall Arena 9:30-10:20am, 10:30-11:20am, 11:30am-12:20pm, 2:30-3:20pm, 3:30-4:20pm

Family Entertainment

- Face Painting | Community Hall | 10:00am-1:00pm
- Balloon Animals | Community Hall | 10:00am-1:00pm
- Arts & Crafts | Community Hall | 10:00am-1:00pm

BladeTape Skills Comp

Stay tuned for more information on this activity.

- Bert Hall Arena | 1:00pm

Little Rays Reptiles Show

- Community Hall | 2:00pm

Programs do not require pre-registration and are at a first-come, first-serve basis. Mandated capacity limits will be in place.

* All children aged 10 and under must be accompanied by a guardian aged 16+ in the water.

Tuesday, February 18, 2025

Introduction to Bridge II

Date and Time: Tuesday, February 18 10:00 am - 12:00 pm

Address: 5102 Highway 17, Arnprior, Ont. K7S 3G7

This course is suitable for players who have some experience playing rubber bridge.

Dates (6 sessions): Tuesdays, Feb. 15 to March 25, 2025

Time: 10:00 AM – Noon

Location: Arnprior Duplicate Bridge Club

Cost of Course: \$60

Cost of course includes a copy of “Bridge Basics 2 – Competitive Bidding” by Audrey Grant.

Full course outline can be found at <https://priorbridgeclub.ca/tuesday-lessons/>

Tuesday, February 25, 2025

Introduction to Bridge II

Date and Time: Tuesday, February 25 10:00 am - 12:00 pm

Address: 5102 Highway 17, Arnprior, Ont. K7S 3G7

This course is suitable for players who have some experience playing rubber bridge.

Dates (6 sessions): Tuesdays, Feb. 15 to March 25, 2025

Time: 10:00 AM – Noon

Location: Arnprior Duplicate Bridge Club

Cost of Course: \$60

Cost of course includes a copy of “Bridge Basics 2 – Competitive Bidding” by Audrey Grant.

Full course outline can be found at <https://priorbridgeclub.ca/tuesday-lessons/>

Craft Program

Date and Time: Tuesday, February 25 5:00 pm - 6:30 pm

Address: 77 James St

Craft Night is a program where parents can drop off their child under supervision of our experienced Program Staff and allow them time with friends as they do crafts. The craft will be lead by staff but kids are more than welcome to provide their own creative spin on the project.

[To register for Craft Programs, click here.](#)

This is for ages 4-13 and free with the Youth Club membership

Friday, February 28, 2025

Youth Night

Date and Time: Friday, February 28 6:00 pm - 8:00 pm

Address: 77 James St

Youth Night is a program where parents can drop off their child under the supervision of our experienced Program Staff and allow them time with friends to play themed games. In this program, staff start off the activity and then allow the kids to take the program in whichever way they choose.

[To register for Youth Nights, click here.](#)

These programs are for ages 8-13 and free with the Youth Club membership.

