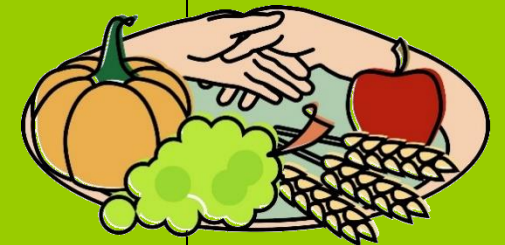




Concordia Adult Day Club

Activity Calendar

Meals	Tuesdays	Wednesdays	Thursdays	Fridays	Daily Routine:	
Cabbage Soup Western Omelette & Hash browns Tossed Salad Fruit Cocktail	3 Bocce Ball Sing-a-long with Cal	4 Bocce Ball Sing-a-long with Cal	5 Bocce Ball Sing-a-long	6 Bocce Ball Sing-a-long	10:00 AM	Morning Side
HAPPY THANKSGIVING! Oct 9th	10	11	12	13	10:45 AM	Recreation Program
Tomato Juice Turkey Roast & Stuffing Mashed Potato & Brussel Sprout Pumpkin Pie	Washer Toss I am Thankful A&O Senior Centre without walls *Live Bingo*	Washer Toss I am Thankful A&O Senior Centre without walls	Washer Toss I am Thankful A&O Senior Centre without walls	Washer Toss I am Thankful Board Games	11:45 AM	Walk-A-Lap
<i>You can count the seeds in an apple, but you can't count the apples in a seed</i>						
Cream of Tomato Fish & Chips (Tartar Sauce) Coleslaw Tropical Fruit Salad	17 Apple Toss Can you Guess the Apple? Apples to Apples	18 Apple Toss Can you Guess the Apple? Apples to Apples	19 Apple Toss Can you Guess the Apple? Apples to Apples	20 Apple Toss Can you Guess the Apple? Apples to Apples	12:00 PM	Physical Fitness
Minestrone Soup Chicken Pot Pie (Gravy) Mixed Vegetables Ice Cream Sandwich	24 Jeopardy Quidditch	25 Cards/ "Hoot Owls" Baking Mummy Bowling	26 Cards/ "Hoot Owls" Baking Mummy Bowling	27 Cards/ "Hoot Owls" Baking Mummy Bowling	12:30 PM	Lunch
<i>Double Double, Toil & Trouble Fire Burn & Caldron Bubble</i>						
Vegetable Florentine Meatloaf(Gravy) Mashed Potato & Carrots Peaches	31 Cards/ "Hoot Owls" Baking <i>Visits from Stars of Promise Daycare</i> Mummy Bowling	1 Jeopardy Quidditch	2 Jeopardy Quidditch	3 Jeopardy Quidditch	1:30 PM	R&R Time
HAPPY HALLOWEEN						
					2:00 PM	Mental Fitness Program (Activity, Entertainment)
					3:30 PM	Home Time



All activities are subject to change without notice.

Phone Number: (204) 661-2298 Fax Number: (204) 667-9916

