



# Concordia ADC

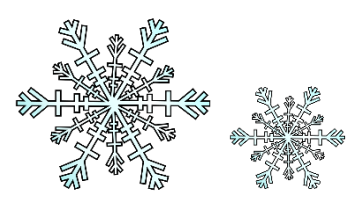
## Activity Calendar

2018



Meals	Tuesdays	Wednesdays	Thursdays	Fridays	Daily Routine:
Chicken Noodle Soup BBQ Pork Ribette Mashed Potato & Peas Tropical Fruit Salad	2 <b>Magnetic Darts</b> <b>Painting Program</b>	3 <b>Magnetic Darts</b> <b>Painting Program</b>	4 <b>Magnetic Darts</b> <b>Painting Program</b>	5 <b>Magnetic Darts</b> <b>Painting Program</b>	10:00AM Morning Side 10:45AM Recreation Program 11:45AM Walk-a-lap 12:00PM Exercise 12:45PM Lunch 1:45PM Rest & Relaxation 2:15PM Mental Fitness Program 3:15PM Sharing Circle (Refreshments) 3:30PM Home Time
	A toast to a BRIGHT New Year - Sparking Wine				
Navy Bean Soup Chicken Pot Pie (Gravy) Mixed Vegetables Pears	9 <b>Balloon Volleyball</b> <b>You be the Judge</b>	10 <b>Balloon Volleyball</b> <b>You be the Judge</b>	11 <b>Balloon Volleyball</b> <b>You be the Judge</b>	12 <b>Balloon Volleyball</b> <b>You be the Judge</b>	
	16 <b>Bocce Ball</b> <b>Journey on the Polar Express</b>	17 <b>Bocce Ball</b> <b>Journey on the Polar Express</b>	18 <b>Bocce Ball</b> <b>Journey on the Polar Express</b>	19 <b>Bocce Ball</b> <b>Journey on the Polar Express</b>	
Tomato Rice Soup Roast Beef Mashed Potato Sunrise Mix Vegetable Peaches	23 <b>Washer Toss</b> <b>Board Games and Cards</b>	24 <b>Washer Toss</b> <b>Board Games and Cards</b>	25 <b>Washer Toss</b> <b>Board Games and Cards</b>	26 <b>Washer Toss</b> <b>Board Games and Cards</b>	

All activities are subject to change without notice. Website: [www.lhc.com](http://www.lhc.com) Phone Number: (204) 661-2298



Happy New Year

"Write it on your heart, that every day is the best day in the year"

