

# MARCH



## Concordia ADC Activity Calendar

Meals	Tuesdays	Wednesdays	Thursdays	Fridays	Daily Routine:
	Chinese New Year coming to an End				
Vegetable Soup Beef Pot Pie with Gravy Sliced Carrots Pears	Feb 27 Lawn Bowling Word-in-a-Word	Feb 28 Lawn Bowling Word-in-a-Word	1 Lawn Bowling Word-in-a-Word	Latern Festival 2 Lawn Bowling Word-in-a-word	10:00AM Morning Side 10:45AM Recreation Program 11:45AM Walk-a-lap 12:00PM Exercise 12:45PM Lunch 1:45PM Rest & Relaxation
	A Celtic Treasure and Exploring the Emerald Isle				
Cream of Celery Beef Macaroni California Mixed Veggies & Dinner Bun Fruit Cocktail	6 Tic-Tac-Toe Throw Entertainment	7 Tic-Tac-Toe Throw Entertainment	8 Tic-Tac-Toe Throw Entertainment	9 Tic-Tac-Toe Throw Irish Sing-a-long	2:15PM Mental Fitness Program 3:15PM Sharing Circle (Refreshments) 3:30PM Home Time
	Mystical Journey and Celebration				
Vegetable Soup Irish Stew Mashed Potatoes Soda Bread Pears	13 Horse Shoes Wheel of Fortune	14 Horse Shoes Wheel of Fortune	15 Horse Shoes Wheel of Fortune	16 Horse Shoes Wheel of Fortune	
	Spring is Calling and we're looking for Green				
Chicken Noodle Soup Meatloaf Mashed Potatoes & Gravy Diced Carrots Peaches	20 Balloon Volleyball Cards or Green Thumb	21 Balloon Volleyball Cards or Green Thumb	22 Balloon Volleyball Cards or Green Thumb	23 Balloon Volleyball Green Thumb Program	
	Easter Program				
Lentil Soup Baked Ham Scalloped Potatoes Sunrise Mix Veggies Lemon Meringue Pie	27 Laughing Yoga Bean Bag Toss	28 Laughing Yoga Bean Bag Toss	29 Laughing Yoga Bean Bag Toss	30 Happy Easter CLOSED	

All activities are subject to change without notice.

Website: [www.lhc.com](http://www.lhc.com)

Phone Number: (204) 661-2298