

# *November* Concordia ADC Activity Calendar 2018

Meals	Tuesdays	Wednesdays	Thursdays	Fridays	Daily Routine:
Chicken Noodle Salisbury Steak Mashed Potato Mixed Vegetable Apricots	<b>🌸 Veterans Week – Let's Not Forget 🌸</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
	6 Basketball <i>Weight Lifting</i> Cards/Discussion Group	7 Basketball <i>Weight Lifting</i> <b>Entertainment</b>	8 Basketball <i>Weight Lifting</i> Cards/Discussion Group	9 Basketball <i>Weight Lifting</i> <b>Entertainment</b>	
Vegetable Soup Chicken Casserole Biscuits Tossed Salad Butterscotch Pudding	<b>Boot Scoot Boogie - Western Week</b>				
	13 Tic-Tac-Toe Throw <i>Boot Scoot Boogie</i> <b>Fall Prevention                      Presentation</b>	14 Tic-Tac-Toe Throw <i>Boot Scoot Boogie</i> <b>Fall Prevention                      Presentation</b>	15 Tic-Tac-Toe Throw <i>Boot Scoot Boogie</i> <b>Fall Prevention                      Presentation</b>	16 Tic-Tac-Toe Throw <i>Boot Scoot Boogie</i> <b>Fall Prevention                      Presentation</b>	
Cream of Celery Pork Stew with Vegetables Mashed Potato Vanilla Swirl Cake	<b>46<sup>th</sup> Annual World Hello Day-Nov.20th</b>				
	20 Curling <i>Aerobic Exercise</i> Cards/Board Games	21 Curling <i>Aerobic Exercise</i> Cards/Board Games	22 Curling <i>Aerobic Exercise</i> Cards/Baking	23 Curling <i>Aerobic Exercise</i> Baking/Board Games	
Navy Bean Spaghetti & Meat Sauce Garlic Toast Caesar Salad Mandarins Oranges	<b>Red Planet Awareness Week</b>				
	27 <b>Outing to Legion                      Branch 215</b> (ADC is closed)	28 Curling <i>Tai Chi/Boxing</i> Word in a Word	29 Curling <i>Tai Chi/Boxing</i> Word in a Word	30 Curling <i>Tai Chi/Boxing</i> Word in a Word	

All activities are subject to change without notice.

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