

February

Concordia ADC Activity Calendar 2019

Meals	Tuesdays	Wednesdays	Thursdays	Fridays	Daily Routine:
	The Finishing Touches of January				
Cream of Celery Soup Beef & Vegetable Stew Biscuits Vanilla Swirl Cake	29 Noodle Hockey <i>Exercise for Arthritis</i> Entertainment	30 Noodle Hockey <i>Exercise for Arthritis</i> Entertainment	31 Noodle Hockey <i>Exercise for Arthritis</i> Scattegories	1 Noodle Hockey <i>Exercise for Arthritis</i> Scattegories	10:00AM Morning Side 10:45AM Recreation Program 11:45AM Walk-a-lap 12:00PM Exercise
	Chinese New Year				
Navy Bean Soup BBQ Pork Ribette Rice Broccoli Mandarins Oranges	5 Basketball <i>Tai Chi/Boxing</i> Travelogue to China	6 Basketball <i>Tai Chi/Boxing</i> Travelogue to China	7 Basketball <i>Tai Chi/Boxing</i> Travelogue to China	8 Basketball <i>Tai Chi/Boxing</i> Travelogue to China	12:45PM Lunch 1:45PM Rest & Relaxation
	Valentine's Day - All About Heart Month				
Beef Noodle Soup Hot Dogs French Fries Coleslaw Pears	12 Bean Bag Toss <i>Exercises for the Heart</i> Cards & Baking	13 Bean Bag Toss <i>Exercises for the Heart</i> Cards & Baking	14 Bean Bag Toss <i>Exercises for the Heart</i> Cards & Baking	15 Bean Bag Toss <i>Exercises for the Heart</i> Cards & Baking	2:15PM Mental Fitness Program 3:15PM Sharing Circle (Refreshments) 3:30PM Home Time
	Louis Riel Day: Feb 18th, 2019				
Chicken Rice Soup Captain Burger (Tartar Sauce) French Fries & Salad Fruit Cocktail	19 Ladder Ball <i>Resistance Training</i> Scattergories	20 Ladder Ball <i>Resistance Training</i> Scattergories	21 Ladder Ball <i>Resistance Training</i> Entertainment	22 Ladder Ball <i>Resistance Training</i> Entertainment	
	Polar Bear Week				
Cream of Vegetable Soup Beef & Vegetable Chili with Rice Ice Cream Sundae	27 Lawn Bowling <i>Standing Exercises</i> Wheel of Fortune	28 Lawn Bowling <i>Standing Exercises</i> Wheel of Fortune	Mar 1 Lawn Bowling <i>Standing Exercises</i> Wheel of Fortune	Mar 2 Lawn Bowling <i>Standing Exercises</i> Wheel of Fortune	



All activities are subject to change without notice.

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