


March *Concordia ADC Activity Calendar 2019*

Meals	Tuesdays	Wednesdays	Thursdays	Fridays	Daily Routine:
Split Pea Soup Pancakes Strawberries/Cream Sausages & Cucumber Slices Peaches	Mardi Gras – Shrove Tuesday Pancakes				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) 3:30P M Home Time 
	5	6	7	8	
Green Pea Soup Irish Stew Potato & Biscuits With Salad Green Jello	St. Patricks Day				
	12	13	14	15	
Cream of Mushroom Soup Beef Pot Pie (Gravy) Mixed Vegetables Butterscotch Pudding	Purim – March 20th, 2019				
	19	20	21	22	
Chicken Noodle Popcorn Chicken Mashed Potato (Gravy) With Corn Apricots	Marching in the Swiss Alps				
	26	27	28	29	

All activities are subject to change without notice.

Phone: (204) 661-2298

