




APRIL

Concordia ADC's Activity Calendar 2019

"Spring is nature's way of saying,
'Let's Party!'" — Robin Williams

Meals	Tuesdays	Wednesdays	Thursdays	Fridays	Daily Routine:
Vegetable Soup Cheese Cannelloni Marinara Sauce Garlic Bread Stick Italian Mix Vegetables Ice Cream	Happy April Fools with witt, humour and delight!				10:00AM Morning Side
	2 Magnetic Darts <i>Exercise your Funny Bone</i> Word-in-a-Word	3 Magnetic Darts <i>Exercise your Funny Bone</i> Word-in-a-Word	4 Magnetic Darts <i>Exercise your Funny Bone</i> Word-in-a-Word	5 Magnetic Darts <i>Exercise your Funny Bone</i> Word-in-a-Word	10:45AM Recreation Program
Cream of Celery Soup Paprika Chicken Baby Potato (Gravy) Brussel Sprouts Buttermilk Lemon Cake	Green Thumbs and other spring time fun!				11:45AM Walk-a-lap
	9 Washer Toss <i>Noodle Exercises</i> Cards & Planting	10 Washer Toss <i>Noodle Exercises</i> Entertainment	11 Washer Toss <i>Noodle Exercises</i> Cards & Planting	12 Washer Toss <i>Noodle Exercises</i> Entertainment	12:00PM Exercise
Cream of Carrot Soup Sliced Ham Scalloped Potato Sunrise Mix Veg Lemon Pie	The wonderful things that Easter brings!				12:45PM Lunch
	16 Bocce Ball  <i>Weight Lifting</i> Member's Choice	17 Bocce Ball <i>Weight Lifting</i> Member's Choice	18 Bocce Ball <i>Weight Lifting</i> Entertainment	19  ADC CLOSED	1:45PM Rest & Relaxation
Tomato Soup Salisbury Steak (Onion & Gravy) Mashed Potato & Peas Fruit Cocktail	Earth Day for a Week!				2:15PM Mental Fitness Program
	23 Tic-Tac-Toe <i>Stress Ball Exercise</i> Student Program	24 Tic-Tac-Toe  <i>Stress Ball Exercise</i> Student Program	25 Tic-Tac-Toe <i>Stress Ball Exercise</i> Student Program	26 Tic-Tac-Toe <i>Stress Ball Exercise</i> Student Program	3:15PM Sharing Circle (Refreshments)



Please welcome **student, Taylor** for this month, from the Red River College Therapeutic Recreation Facilitator for Older Adults Program!

National Volunteer Recognition April 7th-13th, a big thank you to **Ruth** for all that you do!

All activities are subject to change without notice.

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