

# SEPTEMBER

## Concordia ADC Activity Calendar 2019



Meals	Tuesdays	Wednesdays	Thursdays	Fridays	Daily Routine:
Corn Chowder Soup Baked Chicken Legs Mashed Potato California Mix Veg Mandarins Oranges	<b>A Reason for Everything</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
	3 Washer Toss Everyday Miracles	4 Washer Toss Everyday Miracles	5 Washer Toss Everyday Miracles	6 Washer Toss Everyday Miracles	
Beef Vegetable Soup Hot Dogs Pasta Salad Pickles Sundae Cup	<b>Positive Thinking Day-September 13<sup>th</sup>, 2019</b>				
	10 Ladder Ball Making Fortune Cookies Sing-A-Long	11 Ladder Ball Making Fortune Cookies Sing-A-Long	12 Ladder Ball Making Fortune Cookies Sing-A-Long	13 Ladder Ball Making Fortune Cookies Sing-A-Long	
Florentine Vegetable Soup Pineapple Chicken Fried Rice Oriental Vegetable Apricot	<b>Start of Octoberfest &amp; Welcoming Autumn - September 23<sup>rd</sup>, 2019</b>				
	17 Bowling Homemade pretzels Entertainment	18 Bowling Homemade pretzels Word-in-a-Word	19 Bowling Homemade pretzels Word-in-a-Word	20 Bowling Homemade pretzels Word-in-a-Word	
Lentil Soup Chili with Garlic Toast & Salad Ice Cream Sundae	<b>Museum Day- September 28<sup>th</sup>, 2019</b>				
	24 Bean Bag Toss Paintnite Activity	25 Bean Bag Toss Paintnite Activity	26 Bean Bag Toss Entertainment	27 Bean Bag Toss Paintnite Activity	

All activities are subject to change without notice.

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

Phone Number: (204) 661-2298

