

# MARCH 2025

## Activities (519) 736-5471



FREE INCOME TAX DROP OFF MARCH 03<sup>rd</sup>- April ???, 10am-3pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 11:30, 12:30 & 2pm Chair Exercises	4 10am Move to Music \$5	5 11:30 & 12:30 & 2pm Chair Exercises	6 11am-1pm \$9 Feast With Friends Tales of Texas Rd Author KG Miceli \$10  Dance Fit 5pm \$5	7 10am STEP \$5 11:30 am Dromfit 12:30 Bingo \$3	8
9	10 11:30, 12:30 & 2pm Chair Exercises	11 10am Move to Music \$5	12 11:30 & 12:30 & 2pm Chair Exercises	13  Dance Fit 5pm \$5	14 10am STEP \$5 11:30 am Dromfit 12:30 Bingo \$3	15
16	17 11:30, 12:30 & 2pm Chair Exercises	18 10am Move to Music \$5	19 11:30 & 12:30 & 2pm Chair Exercises	20 11am-1pm \$9 Feast With Friends Psychic Bella \$10 Service Canada 9am-3pm Dance Fit 5pm \$5	21 10am STEP \$5 11:30 am Dromfit 12:30 Bingo \$3	22
23/30	24/31 11:30, 12:30, 2pm Chair Exercises	25 10 am Move to Music \$5	26 11:30 & 12:30 & 2pm Chair Exercises	27 11 am – 1 pm Lunch & Learn Colour Me Ready Dance Fit 5pm \$5	28 10am STEP \$5 11:30 am Dromfit 12:30 Bingo \$3	29

# MARCH 2024

## Meals On Wheels (519) 736-5471



Serving Amherstburg, LaSalle, Harrow & McGregor

CareLink. Trips to Windsor, Amherstburg. Call to schedule (519) 736-5471.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Preorder your frozen meals for Good Friday &amp; Easter Monday</b>	Feb 26 Chicken A la King	Feb 27 Cheese Burger	Feb 28 Picnic Lunch Cold Plate	Feb 29 Lasagna	Mar 1 Captain Burger	Mar 2
Mar 3	Mar 4 Swiss Steak & Mushrooms	Mar 5 Hash brown Scrambled eggs & Sausage	Mar 6 Chicken Oscar	Mar 7 Sweet and Sour Meatballs	Mar 8 Cheese Tortellini	Mar 9
Mar 10 Daylight Savings Time Begins	Mar 11 Lightly breaded Pork Chop	Mar 12 Tortiere (Meat Pie)	Mar 13 Ham & Cheese on a Brioche Bun	Mar 14 Corned Beef Dinner	Mar 15 Fish & Chips	Mar 16
Mar 17 St. Patty's Day 	Mar 18 Oven Baked Drumsticks	Mar 19 Beefy Lasagna	Mar 20 Quiche Lorraine	Mar 21 Pub style Chicken strips	Mar 22 Homestyle Meatloaf	Mar 23
Mar 24/31	Mar 25 CHEDDAR BURGER	Mar 26 COLD PLATE Chicken Salad WRAP	Mar 27 Shepard's Pie	Mar 28 EASTER HAM DINNER	Mar 29 GOOD FRIDAY CLOSED	Mar 30

