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| MARCH 2025 |
| Activities (519) 736-5471 |
| FREE INCOME TAX DROP OFF MARCH 03rd- April ???, 10am-3pm |

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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
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| **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** |
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| MARCH 2024 |
| **A blue and white circle with handshake and text  Description automatically generatedMeals On Wheels (519) 736-5471** |
| Serving Amherstburg, LaSalle, Harrow & McGregor |
| CareLink. Trips to Windsor, Amherstburg. Call to schedule (519) 736-5471. |

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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Preorder your frozen meals for Good Friday & Easter Monday** | **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**Saint Patrick's Day Clip Art - Saint Patrick's Day Images | **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** |
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