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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** |
|  |  |  |  |  |  | **1** |
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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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