



The Elliott Community Volunteer Newsletter

NOVEMBER 2019

Please join us in welcoming the following two volunteers to our team!

Ayan H. - Musician Volunteer
Jon M. - Special Events Volunteer
Verdiane B. - Dining Room Volunteer
Angel S. - Music & Memory Volunteer



Please take a brief moment to introduce yourself and say **hello** the next time you see them! **Thank you** for choosing The Elliott Community as your Home to volunteer and for all that you do!



The Elliott Community will be holding it's annual Christmas Bazaar on Saturday November 30th from 10:00am - 3:00pm in the Community Centre.
If you're able to volunteer we'd love your help either on November 29th for the set-up of the event or November 30th for the Bazaar!

We have a wonderful list of vendors offering a variety of great and unique products, so if you can't volunteer but would like to do some Christmas shopping, you're sure to find something for everyone on you Christmas list.

We are also accepting gently used items for our White Elephant table.
For more information about this event, please contact Marta or Michelle anytime!

Did You Know?

It's been said that **'Laughter is the Best Medicine.'** Nothing works faster or is more dependable to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert. So keep on laughing! Here's to living a longer and healthier life!



Just For Fun!

I recently picked a new primary care physician. After two visits and exhaustive lab tests, he said I was doing "fairly well" for my age.
A little concerned about that comment, I couldn't resist asking him "Doc do you think I'll live to be 80?"

The doctor asked "Do you drink beer or wine?"

"Oh no," I replied. "I don't eat sweets either."

Then the doctor asked "Do you eat rib-eye steaks and barbecued ribs?"

I said "No, my other doctor said that all red meat is very unhealthy." Then the doctor asked "Do you spend a lot of time in the sun, like playing golf, sailing, hiking or bicycling?"

"No, I don't," I said.

He then asked "Do you gamble, drive fast cars or go dancing?"

"No," I said. "I don't do any of those things."

He looked at me and finally said, "Then why on earth do you want to live to 80?!?"

Recreation Staff Contact Info:

Elliott Phone Number: 519-822-0491

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Volunteer Email

volunteer@elliottcommunity.org

Remember that Michelle works primarily Tuesdays and Thursdays as Volunteer Coordinator, otherwise Marta Braga should be your main contact. Please ensure to always reach us through the Volunteer email listed above to or by calling our extensions.

Upcoming Special Events

(Let us know if you're able to help!)

Nov. 7 - Music w Gary (arrive @ 1:15pm)

Nov. 10 - Chapel Service (arrive @ 1:15pm)

Nov. 11 - Remembrance Day Service (arrive @ 1:15pm)

Nov 14 - Pub Night (arrive @ 5:45pm)

Nov 17 - Chapel Service (arrive @ 1:15pm)

Nov 19 - Shopping Outing Stone RD Mall (arrive @ 12:45pm)

Nov 19 - Rotary BINGO (arrive @ 6:15pm)

Nov 20 - Village Singers (arrive @ 1:15pm)

Nov 21 - Happy Hour (arrive @ 1:15pm)

Nov 24 - Chapel Service (arrive @ 1:15pm)

Nov 27 - Birthday Party (arrive @ 1:15pm)

Nov 29 - Bazaar Set-up (arrive @ 1:00pm)

Nov 30 - Elliott Bazaar (arrive @ 9:00am)
(full day of volunteering)

Get your Flu Shot

Stay healthy this season. Protect yourself and those

around you. **Take the Flu shot!**

Remember to bring in a copy of your flu shot note so we can update your file.

