















# ELLINGTON Health & Wellbeing Programming *2021*



**Legend**  
 (AT) Community Centre Atrium/Cafe  
 (EB) Ellington Basement  
 (L) Library (TR) Tea Room  
 (FR) Fitness Room (C) Chapel  
 (CC) Community Centre  
 (GR) Games Room  
 Community Centre  
 (M) Main Lobby

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>18</b></p> <p><b>10:00</b> Digital Chapel Service (M)</p> <p><b>2:00</b> Digital Chapel Service Video (M)  <b>*SIGN UP REQUIRED*</b></p>  <p><b>2:45</b> Afternoon Tea (TR)</p>	<p><b>19</b></p> <p><b>9:00</b> Fun &amp; Fitness Exercises (M)</p>  <p><b>10:00-11:30</b> Summer Lecture Series (for those who signed up) (CC)</p> <p><b>11:00</b> Bookmobile (Outside CC)</p> <p><b>2:00</b> Creative Corner: Painting with String</p>  <p><b>2:45</b> Afternoon Tea (TR)</p>	<p><b>20</b></p> <p><b>9:15</b> Songs of Praise (M)</p> <p><b>10:00</b> Virtual Men's Club Zoom Meeting (L)</p>  <p><b>2:00</b> Residents Council Meeting (M)</p> <p><b>2:45</b> Afternoon Tea (TR)</p> <p><b>3:15</b> Creative Coloring (M)</p> 	<p><b>21</b></p> <p><b>9:15</b> Fun &amp; Fitness Exercises (M)</p> <p><b>10:15</b> Music Appreciation (L)</p>  <p><b>1:00-4:00pm</b> Shopping at the General Store</p>  <p><b>1:30</b> Word Scramble (L)</p> <p><b>2:45</b> Afternoon Tea (TR)</p> <p><b>3:15</b> "Chicken Soup for the Soul" Reading (L)</p>	<p><b>22</b></p> <p><b>9:15</b> Coffee &amp; Conversation (TR)</p> <p><b>10:30</b> Fun &amp; Fitness Exercises (M)</p> <p><b>1:30</b> BINGO (TR)  HAPPINESS IS YELLING  </p> <p><b>2:45</b> Afternoon Tea (TR)</p>   <p><b>3:10</b> K/W Symphony Virtual Concert (M)</p> 	<p><b>23</b></p> <p><b>9:15</b> Gentle Chair Yoga (M)</p> <p><b>10:30</b> Pet Video Slide Show (L)</p>  <p><b>11:00</b> Sew on The Go - Pickup</p> <p><b>1:30</b> Walks &amp; Strolls (BCY-Meet in Main Lobby)</p> <p><b>2:00</b> Bell Choir with Mairead (L)</p>  <p><b>2:30</b> Lemon Pie &amp; Afternoon Tea (TR)</p>	<p><b>24</b></p>  <p><b>Director. of Recreation &amp; Volunteer Services:</b>  <b>Marta Braga</b> Ext. 2227  <b>Recreationists:</b>  <b>Michelle Holland</b> Ext. 2366 (Ellington)  <b>Ali Bott, Nicole Gosse, &amp; Michaela Durdle</b> Ext. 2232  <b>Tracy Oliver</b> Ext. 2496 (Nottingham &amp; Edinburgh)  <b>Chaplain:</b>  <b>Pastor Mike</b> Ext. 2248</p>