



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>General Store Hours</p> <p>Please see Activity Board located beside the Ellington elevators.</p> <p><i>*subject to change - notice will be posted on Activity Board, beside daily activity sheets, and on TV screens*</i></p>	<p>Program Location Legend</p> <p>BCY - Back Courtyard CC - Community Centre CF - Cafe/Atrium EB - Ellington Basement ER - Exercise Room L -Library M - Main Lobby RR - Resident's Room TR - Tea Room</p>	<p>Recreationists</p> <p>Colleen Marsh - Ext. 2232 cmarsh@elliottcommunity.org Sheilla Ga-an - Ext. 2496 sgaan@elliottcommunity.org Recreation Supervisor Michelle Holland - Ext. 2366 mholland@elliottcommunity.org Chaplain Pastor Mike Dell - Ext. 2248 chaplain@elliottcommunity.org</p>	<p>National Walking Day!</p> <p>9:00-3:00 Exercise Room Open!</p> <p>9:15am Word Game Wednesday: Word Association - EB</p> <p>9:45am Walks & Strolls (meet in Main Lobby)</p> <p>12:00pm Hot Chicken Sandwich Lunch Club (sign up with recreation) - CF</p> <p>2:00pm Visit From MP Dominique O'Rourke - CC</p> <p>2:45pm Afternoon Tea - TR 3:15pm Sit & Knit - L</p>	<p>World Autism Day - Wear Blue</p> <p>9:00-3:00 Exercise Room Open!</p> <p>9:30am Outing: Dollarama Shopping (sign-up only)</p> <p>10:00am Rosary Group - EB 1:30pm Moving & Music Exercises - ER 2:15pm Flower Arranging - L 2:45pm Afternoon Tea - TR 3:00pm Tea Time Trivia - M 6:30pm Happy Hour & Bingo -CF 6:30pm Guelph Lawn Bowling Watch & Learn Bowl CC</p>	<p>Good Friday</p> <p>9:00-3:00 Exercise Room Open!</p> <p>10:00am Community Easter Egg Hunt - BCY</p> <p>1:30pm Seated Exercise-ER 2:00pm Good Friday Chapel Service - C 2:45pm Afternoon Tea - TR</p>	<p>9:00-3:00 Exercise Room Open!</p> <p>10:35am Word Games (S)-EB 1:30pm Seated Exercise - ER 2:10pm Animal Documentary-M 2:45pm Afternoon Tea - TR</p>
<p>Easter Sunday</p> <p>9:00-3:00 Exercise Room Open!</p> <p>10:00am Easter Chapel Service with Pastor Mike - C</p> <p>1:30pm Scattergories-L 2:45pm Afternoon Tea - TR</p>	<p>9:00-3:00 Exercise Room Open!</p> <p>1:30pm Shuffleboard Bowling - EB 2:45pm Afternoon Tea - TR 3:15pm RC Communion - EB 6:30pm Happy Hour & Trivia Night - CF 6:30pm Guelph Lawn Bowling Watch & Learn Bowl CC</p>	<p>9:00-3:00 Exercise Room Open!</p> <p>9:00am What's Cooking: Yogurt Parfaits - EB 9:30am Exercise Room with Assistance - ER 10:30am Creative Colouring with Kyle - L 1:30pm Creative Arts: Marbled Tulips - L 2:45pm Afternoon Tea - TR 3:00pm Bible Study - EB 3:00pm Sunshine Dog Visits - M</p>	<p>9:00-3:00 Exercise Room Open!</p> <p>9:15am Word Game Wednesday: Word Connect - EB</p> <p>10:00am St. Andrew's Chapel Service -C</p> <p>10:30am Chair Yoga - ER 2:00pm Tulip & Tea Party with Celebrity Productions- CC</p> <p>2:45pm Afternoon Tea - TR 3:15pm Sit & Knit - L</p>	<p>Vimy Ridge Day - Wear Red</p> <p>9:00-3:00 Exercise Room Open!</p> <p>9:15am Coffee Time-M 10:00am Rosary Group - EB Vimy Ridge Program with Pastor Mike - CC</p> <p>10:30am Flower Arranging - L 1:30pm Moving & Music Exercises - ER 2:45pm Musical Entertainment: Kevin Coates - M</p> <p>2:45pm Afternoon Tea - TR 6:30pm Happy Hour & Bingo -CF 6:30pm Guelph Lawn Bowling Watch & Learn Bowl CC</p>	<p>9:00-3:00 Exercise Room Open!</p> <p>10:00am Bell Choir with Mairead - EB</p> <p>1:30pm VON Exercises(S) -ER 2:00pm Friendly Visits w/ Sheilla-RR 2:45pm Afternoon Tea - TR 3:00pm Ukulele Group - EB</p>	<p>9:00-3:00 Exercise Room Open!</p> <p>1:15pm Outing: Guelph Little Theatre Show Blithe Spirit (sign-up only)</p> <p>2:45pm Afternoon Tea - TR</p>
<p>9:00-3:00 Exercise Room Open!</p> <p>10:00am Chapel Service with Pastor Mike - C</p> <p>1:30pm Licorice Tasting Travelling Cart - RR 2:45pm Afternoon Tea - TR</p>	<p>9:00-3:00 Exercise Room Open!</p> <p>9:45am Word Games(S)-EB 11am-12pm Bookmobile</p> <p>1:30pm Floor Curling - EB 2:45pm Afternoon Tea - TR 3:15pm RC Communion - EB 3:30pm 60s Music Bingo - EB 6:30pm Guelph Lawn Bowling Watch & Learn Bowl CC 6:30pm Happy Hour & Decades Trivia - CF</p>	<p>9:00-3:00 Exercise Room Open!</p> <p>9:30am Exercise Room with Assistance - ER 10:30am Creative Colouring with Kyle - L 1:30pm VON Exercises (S) - ER 2:45pm Afternoon Tea - TR 3:00pm Bible Study - EB 3:00pm Sunshine Dog Visits - M</p>	<p>9:00-3:00 Exercise Room Open!</p> <p>9:15am Word Game Wednesday: Word Association - EB</p> <p>10:00am Roman Catholic Mass- C</p> <p>10:30am Chair Yoga - ER 2:00pm Happy Hour with Rob Edlefsen - CC</p> <p>2:45pm Afternoon Tea - TR 3:15pm Sit & Knit - L</p>	<p>9:00-3:00 Exercise Room Open!</p> <p>9:15am Coffee Time-M 10:00am Rosary Group - EB 10:30am Flower Arranging - L 2:00pm Birthday Party with Kim Atkins-CC</p> <p>2:45pm Afternoon Tea - TR 6:30pm Happy Hour & Bingo -CF 6:30pm Guelph Lawn Bowling Watch & Learn Bowl CC</p>	<p>9:00-3:00 Exercise Room Open!</p> <p>10:30am Where in the World Were You? - EB 1:30pm Singing Group with Mairead - EB</p> <p>1:30pm Seated Exercise-ER 2:45pm Afternoon Tea - TR 3:00pm Ukulele Group - EB</p>	<p>9:00-3:00 Exercise Room Open!</p> <p>10:35am Guess The Word(S)-M 1:30pm Seated Exercise - ER 2:00pm Documentary(S)-M 2:45pm Afternoon Tea - TR</p>

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<p>19</p> <p>9:00-3:00 Exercise Room Open! 10:00am Chapel Service with Pastor Mike - C 1:30pm Scattergories-L 2:45pm Afternoon Tea - TR</p>	<p>20</p> <p>St. George's Day 9:00-3:00 Exercise Room Open! 1:30pm Shuffleboard Bowling - EB 2:45pm Afternoon Tea - TR 3:15pm RC Communion - EB 6:30pm Happy Hour & Trivia Night - CF 6:30pm Guelph Lawn Bowling Watch & Learn Bowl CC</p>	<p>21</p> <p>9:00-3:00 Exercise Room Open! 9:30am Exercise Room with Assistance - ER 10:00am Dublin Church United-C 10:30am Resident-Led Painting Class w/Nan - L Walking Club (meet in Main Lobby) 2:00pm Resident Town Hall Meeting - EB 2:45pm Afternoon Tea - TR 3:00pm Bible Study - EB 3:00pm Sunshine Dog Visits - M</p>	<p>22</p> <p>Earth Day - Wear Blue/Green/Brown 9:00-3:00 Exercise Room Open! 9:15am Word Game Wednesday: Word Connect - EB 10:00am St George's Chapel Service - C 10:30am Chair Yoga - ER 2:00pm Lightshine Singers Spring Concert - CC 2:45pm Afternoon Tea - TR 3:15pm Sit & Knit - L</p>	<p>23</p> <p>9:00-3:00 Exercise Room Open! 9:15am Coffee Time-M 10:00am Rosary Group - EB 10:30am Flower Arranging - L 1:30pm Moving & Music Exercises - ER 2:00pm TED Talk Thursday - M 2:45pm Musical Entertainment: Emily Bowman - M 2:45pm Afternoon Tea - TR 6:30pm Happy Hour & Bingo -CF 6:30pm Guelph Lawn Bowling Watch & Learn Bowl CC</p>	<p>24</p> <p>9:00-3:00 Exercise Room Open! 10:00am Bell Choir with Mairead - EB 2:00pm Italian Social-CF 2:45pm Afternoon Tea - TR 3:00pm Ukulele Group - EB</p> 	<p>25</p> <p>9:00-3:00 Exercise Room Open! 9:30am Guided Meditation (ER) 1:30pm Book Club - EB 2:45pm Afternoon Tea - TR</p> 
<p>26</p> <p>9:00-3:00 Exercise Room Open! 10:00am Chapel Service with Pastor Mike - C 1:30pm Music Appreciation - EB 2:45pm Afternoon Tea - TR</p>	<p>27</p> <p>9:00-3:00 Exercise Room Open! 9:30am Friendly Visit(S)-RR 11am-12pm Bookmobile 11:30am Outing: Lunch at Boston Pizza (sign-up only) 1:30pm Floor Curling - EB 2:45pm Sing Along - M 2:45pm Afternoon Tea - TR 3:15pm RC Communion - EB 6:30pm Happy Hour & Trivia Night - CF 6:30pm Guelph Lawn Bowling Watch & Learn Bowl CC</p>	<p>28</p> <p>9:00-3:00 Exercise Room Open! 9:30am Exercise Room with Assistance - ER 10:00am Outing: Grand Pals Program (sign-up only) 10:30am Creative Colouring with Kyle - L 2:00pm Quarterly Memorial Service - C 2:45pm Afternoon Tea - TR 3:00pm Sunshine Dog Visits - M</p>	<p>29</p> <p>9:00-3:00 Exercise Room Open! 9:15am Word Game Wednesday: Word Association - EB 10:30am Chair Yoga - ER 11:30am Make Your Own: Gourmet Grilled Cheese (sign-up w recreation) 2:45pm Afternoon Tea - TR 3:15pm Sit & Knit - L</p>	<p>30</p> <p>9:00-3:00 Exercise Room Open! 9:15am Coffee Time-M 10:00am Rosary Group - EB 10:30am Flower Arranging - L 1:30pm Moving & Music Exercises - ER 2:15pm Artful Talk - Through Her Eyes: Women Who Shaped The Art World - EB 2:45pm Musical Entertainment: Brent Meidinger - M 2:45pm Afternoon Tea - TR 6:30pm Happy Hour & Bingo -CF 6:30pm Guelph Lawn Bowling Watch & Learn Bowl CC</p>	