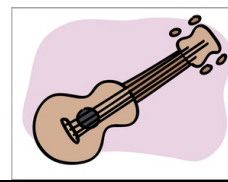
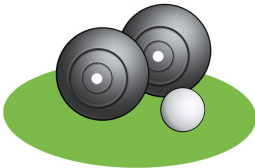


| Sunday                                                                                                                                                                                                                                                                                                                                    | Monday                                                                                                                                                                                                                                                                                                              | Tuesday                                                                                                                                                                                                                                                                                                                                     | Wednesday                                                                                                                                                                                                                                                                                                                                                          | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Friday                                                                                                                                                                                                                                                      | Saturday                                                                                                                                                                                                                                                                 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                                                           | <p><b>Recreationist</b><br/>Sheilla Ga-an - Ext. 2496/2232<br/>sgaan@elliottcommunity.org</p> <p><b>Recreation Supervisor</b><br/>Michelle Holland Ext. 2366<br/>mholland@elliottcommunity.org</p> <p><b>Chaplain</b><br/>Pastor Mike Dell- Ext. 2248<br/>chaplain@elliottcommunity.org</p>                         | <p><b>General Store Hours</b><br/>Monday: 9:30-11:30am,12:15-3:30pm<br/>Tuesday: 9:30-12:30pm, 1:30-3:30pm<br/>Wednesday: 9:30am-3:30pm<br/>Thursday: 9:30am-2:20pm<br/>Friday: 9:30am-12:00pm<br/>Saturday: Closed<br/>Sunday: 9:30am-12:30pm</p>                                                                                          | <p><b>Program Location Legend</b><br/><b>BCY</b> - Back Courtyard<br/><b>CC</b>- Community Centre<br/><b>CF</b>- Café/Atrium<br/><b>CP</b> - Cheers Patio<br/><b>EB</b>- Ellington Basement<br/><b>ER</b>- Exercise Room<br/><b>L</b>- Library<br/><b>M</b>- Main Lobby<br/><b>RR</b> - Resident's Room<br/><b>TR</b> - Ellington Tea Room</p>                     | <p><b>1</b><br/>9:00-3:00 Exercise Room Open!<br/>9:15am Coffee Time (MD) - TR<br/>10:00am Rosary Group - EB<br/>1:30pm Music Appreciation (MD) - EB<br/>2:45pm Afternoon Tea - TR</p>                                                                                                                                                                                                                                                                                    | <p><b>2</b><br/>9:00-3:00 Exercise Room Open!<br/>9:40am Word Connect(S)-EB<br/>1:30pm Seated Exercise(S)-ER<br/>2:45pm Afternoon Tea - TR</p>                           | <p><b>3</b><br/>10:30am Crosswords (MD) - EB<br/>1:45pm Balloon Volleyball (MD) - ER<br/>2:45pm Afternoon Tea - TR</p>                                                                |
| <p><b>4</b><br/><b>Pick up your independent Activity Booklets!</b><br/>9:15am Chair Yoga (MD) - EB<br/><b>10:00am Chapel Service with Pastor Mike - C</b><br/><b>1:30pm Guelph Storm Game Outing (sign up only)</b><br/>2:45pm Afternoon Tea - TR</p>  | <p><b>5</b><br/>9:00-3:00 Exercise Room Open!<br/>10:30am Word Connect(S)-EB<br/><b>11am-12pm Bookmobile</b><br/>1:30pm Seated Exercise(S)-ER<br/>2:45pm Afternoon Tea - TR<br/>3:15pm RC Communion - EB<br/>6:30pm Happy Hour &amp; Trivia Night - CF<br/>6:30pm Guelph Lawn Bowling Watch &amp; Learn Bowl CC</p> | <p><b>6</b><br/>9:00-3:00 Exercise Room Open!<br/>9:30am Exercise Room with Assistance - ER<br/>10:30am Creative Colouring with Kyle - L<br/><b>11:15am Lunch Outing- East Side Mario's (Sign Up)</b><br/>1:30pm Seated Exercises (S) - ER<br/>2:45pm Afternoon Tea - TR<br/>3:00pm Bible Study - EB<br/>3:00pm Sunshine Dog Visits - M</p> | <p><b>7</b><br/>9:00-3:00 Exercise Room Open!<br/>9:15am Word Connect - EB<br/>10:30am Yoga with Alissa-ER<br/><b>12:00pm Greek Souvlaki Lunch Club (CF) (Sign Up)</b><br/>2:00pm Bingo - EB<br/>2:45pm Afternoon Tea - TR<br/>3:00pm Sit &amp; Knit &amp; Socialize - L</p>  | <p><b>8</b><br/>9:00-3:00 Exercise Room Open!<br/>9:15am Coffee Time - TR<br/>10:00am Rosary Group - EB<br/>10:30am Flower Arranging - L<br/>1:30pm Moving &amp; Music Exercises - ER<br/><b>2:45pm Musical Entertainment with Kim Atkins (M)</b><br/>2:45pm Afternoon Tea - TR<br/>6:30pm Happy Hour &amp; Bingo - CF<br/>6:30pm Guelph Lawn Bowling Watch &amp; Learn Bowl CC</p>  | <p><b>9</b><br/>9:00-3:00 Exercise Room Open!<br/><b>1:30pm Singing Group with Mairead - EB</b><br/>2:45pm Afternoon Tea - TR<br/><b>3:00pm Ukulele Group - EB</b></p>  |                                                                                                                                                                                                                                                                          |
| <p><b>11</b><br/><b>10:00am Chapel Service with Pastor Mike - C</b><br/>1:30pm Scattergories-L<br/>2:45pm Afternoon Tea - TR</p>                                                                                                                        | <p><b>12</b><br/>9:00-3:00 Exercise Room Open!<br/><b>10:00am Food Committee - TR</b><br/>1:30pm Creative Arts: Snowflake Craft (MD) - L<br/>2:45pm Afternoon Tea - TR<br/>3:15pm RC Communion - EB<br/>6:30pm Happy Hour &amp; Trivia Night - CF<br/>6:30pm Guelph Lawn Bowling Watch &amp; Learn Bowl CC</p>      | <p><b>13</b><br/>9:00-3:00 Exercise Room Open!<br/>9:30am Exercise Room with Assistance - ER<br/>10:30am Creative Colouring with Kyle - L<br/>1:30pm Seated Exercises (S) - ER<br/><b>2:00pm Dublin United Chapel Service - C</b><br/>2:45pm Afternoon Tea - TR<br/>3:00pm Bible Study - EB<br/>3:00pm Sunshine Dog Visits - M</p>          | <p><b>14</b><br/>9:00-3:00 Exercise Room Open!<br/>9:15am Word Mining - EB<br/><b>10:00am St Andrew Presbyterian Chapel Service - C</b><br/>10:30am Yoga with Alissa-ER<br/><b>2:00pm Happy Hour with Record Day Combo - CC</b><br/>2:45pm Afternoon Tea - TR</p>                                                                                                  | <p><b>15</b><br/>9:00-3:00 Exercise Room Open!<br/>9:15am Coffee Time - TR<br/>10:00am Rosary Group - EB<br/>10:30am Flower Arranging - L<br/>1:30pm Moving and Music Exercise - ER<br/><b>2:45pm Musical Entertainment with Emily Bowman-M</b><br/>2:45pm Afternoon Tea - TR<br/>6:30pm Happy Hour &amp; Bingo - CF<br/>6:30pm Guelph Lawn Bowling Watch &amp; Learn Bowl CC</p>                                                                                         | <p><b>16</b><br/>9:00-3:00 Exercise Room Open!<br/><b>10:00am Bell Choir with Mairead - EB</b><br/>1:30pm Seated Exercise(S)-ER<br/>2:45pm Afternoon Tea - TR<br/><b>3:00pm Ukulele Group - EB</b></p>                                                      | <p><b>17</b><br/>10:30am Artful Talk: Canadian Landscapes (MD) - EB<br/><b>2:00pm Beat the Winter Blues BINGO with Students from U of G - CC</b><br/>2:45pm Afternoon Tea - TR</p>  |

| Sunday                                                                                                                                                                                                                                         | Monday                                                                                                                                                                                                                                                                                                                                                                                                                                           | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                          | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                      | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Friday                                                                                                                                                                                                                                                                     | Saturday                                                                                                                                                                                                                                               |
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| <div>18</div> <div><p>Pick up your independent Activity Booklets!</p><p>10:00am Chapel Service with Pastor Mike - C</p><p>2:45pm Afternoon Tea - TR</p></div>                                                                                  | <div>19</div> <div><p>9:00-3:00 Exercise Room Open!</p><p>9:30am Hot Choco and Documentary(S)-EB</p><p>11am-12pm Bookmobile</p><p>1:30pm Seated Exercise(S)-ER</p><p>2:45pm Afternoon Tea - TR</p><p>3:15pm RC Communion - EB</p><p>6:30pm Happy Hour &amp; Trivia Night - CF</p><p>6:30pm Guelph Lawn Bowling Watch &amp; Learn Bowl CC</p></div> <div></div> | <div>20</div> <div><p>National Penguin Day- Wear Black &amp; White</p><p>9:00-3:00 Exercise Room Open!</p><p>9:30am Exercise Room with Assistance - ER</p><p>10:00am St. George's Chapel Service - C</p><p>10:30am Creative Colouring with Kyle - L</p><p>1:30pm Seated Exercise(S)-ER</p><p>2:00pm Resident Town Hall Meeting - EB</p><p>2:45pm Afternoon Tea - TR</p><p>3:00pm Bible Study - EB</p><p>3:00pm Sunshine Dog Visits - M</p></div> | <div>21</div> <div><p>9:00-3:00 Exercise Room Open!</p><p>9:15am Word Connect - EB</p><p>10:00am Roman Catholic Mass - C</p><p>10:30am Yoga with Alissa-ER</p><p>1:30pm Shopping Outing to Walmart (Sign Up)</p><p>2:00pm Bingo - EB</p><p>2:45pm Afternoon Tea - TR</p><p>3:00pm Sit &amp; Knit &amp; Socialize - L</p></div> <div></div> | <div>22</div> <div><p>9:00-3:00 Exercise Room Open!</p><p>9:15am Coffee Time - TR</p><p>10:00am Rosary Group - EB</p><p>10:30am Flower Arranging - L</p><p>1:30pm Moving &amp; Music Exercises - ER</p><p>2:00pm Birthday Party with Woody Woodburn - CC</p><p>2:45pm Afternoon Tea - TR</p><p>6:30pm Happy Hour &amp; Bingo - CF</p><p>6:30pm Guelph Lawn Bowling Watch &amp; Learn Bowl CC</p></div> <div></div>        | <div>23</div> <div><p>9:00-3:00 Exercise Room Open!</p><p>1:30pm Singing Group with Mairead - EB</p><p>2:45pm Afternoon Tea - TR</p><p>3:00pm Ukulele Group - EB</p></div> <div></div> | <div>24</div> <div><p>9:30am Flyers Find and Shop-L</p><p>1:30pm Seated Exercise - ER</p><p>2:45pm Afternoon Tea - TR</p></div> <div></div>                        |
| <div>25</div> <div><p>10:00am Chapel Service with Pastor Mike - C</p><p>1:30pm Virtual Talent Show-EB</p><p>2:45pm Afternoon Tea - TR</p></div> <div></div> | <div>26</div> <div><p>9:00-3:00 Exercise Room Open!</p><p>2:00pm Robbie Burns Party with Bob MacLean - CC</p><p>2:45pm Afternoon Tea - TR</p><p>3:15pm RC Communion - EB</p><p>6:30pm Happy Hour &amp; Trivia Night - CF</p><p>6:30pm Guelph Lawn Bowling Watch &amp; Learn Bowl CC</p></div> <div></div>                                                     | <div>27</div> <div><p>9:00-3:00 Exercise Room Open!</p><p>9:30am Exercise Room with Assistance - ER</p><p>10:30am Creative Colouring with Kyle - L</p><p>2:00pm Memorial Service - C</p><p>2:45pm Afternoon Tea - TR</p><p>3:00pm Sunshine Dog Visits - M</p></div> <div></div>                                                                             | <div>28</div> <div><p>9:00-3:00 Exercise Room Open!</p><p>9:15am Word Mining - EB</p><p>10:00am St. George's Anglican Chapel Service - C</p><p>10:30am Yoga with Alissa-ER</p><p>2:00pm Accordion with Gary - C</p><p>2:45pm Afternoon Tea - TR</p></div> <div></div>                                                                     | <div>29</div> <div><p>9:00-3:00 Exercise Room Open!</p><p>9:15am Coffee Time - TR</p><p>10:00am Rosary Group - EB</p><p>10:30am Flower Arranging - L</p><p>1:30pm Moving &amp; Music Exercises - ER</p><p>2:45pm Musical Entertainment with Brent Meidinger-M</p><p>2:45pm Afternoon Tea - TR</p><p>6:30pm Happy Hour &amp; Bingo - CF</p><p>6:30pm Guelph Lawn Bowling Watch &amp; Learn Bowl CC</p></div> <div></div> | <div>30</div> <div><p>9:00-3:00 Exercise Room Open!</p><p>10:00am Bell Choir with Mairead - EB</p><p>1:30pm Seated Exercise(S)-ER</p><p>2:30-3:30 Hear Right Canada Hearing Clinic (L)</p><p>2:45pm Afternoon Tea - TR</p><p>3:00pm Ukulele Group - EB</p></div>           | <div>31</div> <div><p>10:30am Word Games: Geography Bee (MD) - EB</p><p>1:30pm Music Appreciation (MD) - EB</p><p>2:45pm Afternoon Tea - TR</p></div> <div></div> |