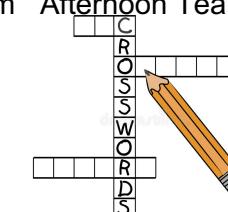
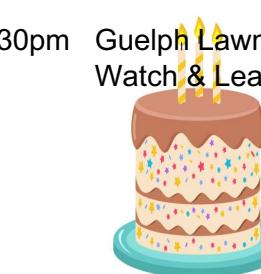
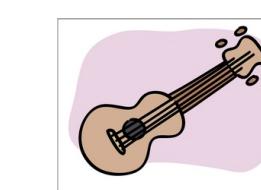


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>JANUARY</p>	<p>Recreationist Sheilla Ga-an - Ext. 2496/2232 sgaan@elliottcommunity.org</p> <p>Recreation Supervisor Michelle Holland Ext. 2366 mholland@elliottcommunity.org</p> <p>Chaplain Pastor Mike Dell- Ext. 2248 chaplain@elliottcommunity.org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

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