





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Program Location Legend 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>Legend for which Recreationist is hosting the activity: (CM) - Colleen (SG) - Sheilla (KD) - Kaylee (summer student)</p>	<p>Recreationists Colleen Marsh - Ext. 2232 cmarsh@elliottcommunity.org Sheilla Ga-an - Ext. 2496 sgaan@elliottcommunity.org Program & Support Services Manager Michelle Holland - Ext. 2366 mholland@elliottcommunity.org</p>	<p>General Store Hours Please see Board located beside the Ellington elevators and daily activity sheet. *subject to change - notice will be posted on Activity Board, beside daily activity sheets, and on TV screens*</p> <p>Sign Up Only Events To sign up for an outing or meal program, please speak to the Recreation team by either coming to the office, phoning at ext. 2232, or sending an email.</p>	<p>Canada Day! 9:00-3:00 Exercise Room Open! 10:00am Walks & Strolls (KD) - BCY 2:00pm Canada Day Party with Celebrity Productions - CC 2:45pm Afternoon Tea - TR 3:00-4:00 Summer Sips in the Cafe \$2 - CF 3:00pm Summer Sips Cafe Program \$2 - CF</p>	<p>9:00-3:00 Exercise Room Open! 10:00am Rosary Group - EB 10:00am Beyond Goats Animal Visit - BCY 1:15pm Walks with Kaylee (KD) - BCY 2:45pm Afternoon Tea - TR 3:00-4:00 Summer Scoops in the Cafe \$4 - CF 3:00pm Flower Arranging (SG) - L 6:30pm Happy Hour & Bingo -CF</p>	<p>9:00-3:00 Exercise Room Open! 10:30am Strategy Game: Dama(S)-M 2:00pm Young Guys 2 Performance - CC 2:45pm Afternoon Tea - TR 3:00-4:00 Summer Sips in the Cafe \$2 - CF</p>	<p>9:00-3:00 Exercise Room Open! 9:15am Coffee Time (CM) - M 1:30pm Creative Arts (CM) - L 2:45pm Afternoon Tea - TR</p>
<p>5 9:00-3:00 Exercise Room Open! 10:30am Hymn Sing (CM) - EB 1:30pm Seated Exercise (CM) - ER 2:45pm Afternoon Tea - TR</p>	<p>6 9:00-3:00 Exercise Room Open! 11am-12pm Bookmobile 1:30pm Floor Curling (CM) - EB 2:45pm Afternoon Tea - TR 3:00-4:00 Summer Sips in the Cafe \$2 - CF 3:15pm RC Communion - EB 6:30pm Happy Hour & Snack Social - CP</p>	<p>7 9:00-3:00 Exercise Room Open! 2:45pm Afternoon Tea - TR 3:00-4:00 Summer Scoops in the Cafe \$4 - CF 3:00pm Sunshine Dog Visits - M</p>	<p>8 9:00-3:00 Exercise Room Open! 9:15am Word Game Wednesday (CM) - EB 10:00am St. Andrew's Chapel Service - C 12:00pm Canadian BBQ Lunch Club- Sign up only - CF 2:45pm Card Games (CM) - M 2:45pm Afternoon Tea - TR 3:00pm Summer Sips Cafe Program \$2 - CF 3:15pm Sit & Knit (CM) - L</p>	<p>9 9:00-3:00 Exercise Room Open! 9:00am Outing: Tour of Reid's Chocolate Factory (sign-up only) 10:00am Rosary Group - EB 2:45pm Musical Entertainment: Derek Byrne - M 2:45pm Afternoon Tea - TR 3:00-4:00 Summer Scoops in the Cafe \$4 - CF</p>	<p>10 9:00-3:00 Exercise Room Open! 10:30am Creative Arts (CM) - L 1:30pm Singing Group with Mairead - EB 2:30pm Seated Exercise (CM) 2:45pm Afternoon Tea - TR 3:00-4:00 Summer Sips in the Cafe \$2 - CF 3:00pm Ukulele Group - EB</p>	<p>11 9:00-3:00 Exercise Room Open! 10:30am Scrapbook Club(S)-L 2:45pm Afternoon Tea - TR</p>
<p>12 9:00-3:00 Exercise Room Open! 10:30am Hymn Sing(S)-EB 1:30pm Scattergories(S)-L 2:45pm Afternoon Tea - TR</p>	<p>13 9:00-3:00 Exercise Room Open! 10:00am Food Committee - TR 1:30pm Floor Curling (CM) - EB 2:45pm Afternoon Tea - TR 3:00-4:00 Summer Sips in the Cafe \$2 - CF 3:15pm RC Communion - EB 3:45pm Name 6 (CM) - L 6:30pm Happy Hour & Snack Social - CP</p>	<p>14 9:00-3:00 Exercise Room Open! 9:30am Exercise Room Assistance - ER 10:30am Scattergories - EB 1:30pm VON Exercise(SG)-ER 2:30pm Wheel of Fortune(SG)-EB 2:45pm Afternoon Tea - TR 3:00-4:00 Summer Scoops in the Cafe \$4 - CF 3:00pm Sunshine Dog Visits - M 4:30pm Outing: BBQ Dinner & Classic Car Cruise Night (sign-up only)</p>	<p>15 9:00-3:00 Exercise Room Open! 9:15am Word Game Wednesday (CM) - EB 10:00am Roman Catholic Mass - C 10:30am Guided Meditation (CM) - ER 2:00pm Happy Hour with John Pebble - CC 2:45pm Afternoon Tea - TR</p>	<p>16 9:00-3:00 Exercise Room Open! 10:00am Rosary Group - EB 10:45am Flower Arranging (C) - L 2:00pm Birthday Party with Kim Atkins - CC 2:45pm Afternoon Tea - TR 6:30pm Happy Hour & Bingo -CF</p>	<p>17 9:00-3:00 Exercise Room Open! 10:00am Bell Choir with Mairead - EB 2:30pm Seated Exercise(S)-ER 2:45pm Afternoon Tea - TR 3:00-4:00 Summer Sips in the Cafe \$2 - CF 3:00pm Ukulele Group - EB</p>	<p>18 9:00-3:00 Exercise Room Open! 9:15am Coffee Time (Isabel) - M 1:30pm Colouring Corner w/Isabel - L 2:45pm Afternoon Tea - TR</p>

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<p>19</p> <p>9:00-3:00 Exercise Room Open! 10:30am Hymn Sing - EB 1:30pm Walks & Strolls (Meet in the Lobby) - M 2:45pm Afternoon Tea - TR</p> 	<p>20</p> <p>9:00-3:00 Exercise Room Open! 10:15am Guess the Childhood Theme Song (KD) - EB 11am-12pm Bookmobile 1:30pm Floor Curling (CM) - EB 2:45pm Afternoon Tea - TR 3:00-4:00 Summer Sips in the Cafe \$2 - CF 3:15pm RC Communion - EB 3:45pm Name 6 (CM) - L 6:30pm Happy Hour & Snack Social - CP</p>	<p>21</p> <p>9:00-3:00 Exercise Room Open! 10:40am Strategy Game: Dama(SG)-M 1:30pm VON Exercises (S) - ER 2:00pm Resident Town Hall Meeting - EB 2:45pm Afternoon Tea - TR 3:00-4:00 Summer Scoops in the Cafe \$4 - CF 3:00pm Sunshine Dog Visits - M</p>	<p>22</p> <p>9:00-3:00 Exercise Room Open! 9:15am Morning Visits(S)-RR 10:15am Courtyard Visits (KD) - BCY 10:30am Guided Meditation (SG) - ER 1:30pm Book Club (CM) - EB 1:30pm Outing: African Lion Safari (sign-up only) 2:45pm Card Games (CM) - M 2:45pm Afternoon Tea - TR 3:00-4:00 Summer Sips in the Cafe \$2 - CF 3:15pm Sit & Knit (CM) - L</p>	<p>23</p> <p>9:00-3:00 Exercise Room Open! 10:00am Rosary Group - EB 10:45am Flower Arranging (C) - L 1:30pm Moving & Music Exercise (CM) - ER 2:45pm Musical Entertainment: James Skarnikat - M 2:45pm Afternoon Tea - TR 6:30pm Happy Hour & Bingo -CF</p> 	<p>24</p> <p>9:00-3:00 Exercise Room Open! 10:30am Creative Arts (CM) - L 1:30pm Singing Group with Mairead - EB 2:30pm Seated Exercise (CM) 2:45pm Afternoon Tea - TR 3:00-4:00 Summer Sips in the Cafe \$2 - CF 3:00pm Ukulele Group - EB</p>	<p>25</p> <p>9:00-3:00 Exercise Room Open! 10:30am Scrapbook Club(S)-L 1:30pm Balloon Volleyball(SG)-EB 2:45pm Afternoon Tea - TR 3:45pm Sunshine Sips (KD) - BCY</p> 
<p>26</p> <p>9:00-3:00 Exercise Room Open! 10:30am Hymn Sing(S)-EB 11:00am Cloud Gazing (KD) - BCY 1:30pm Scattergories(S)-L 2:45pm Afternoon Tea - TR</p> 	<p>27</p> <p>Beach Party Day Tropical Wear Day 9:00-3:00 Exercise Room Open! 10:15am Chats with Kaylee (KD) - RR 1:30pm Pool Noodle Volleyball (CM) - EB 2:45pm Afternoon Tea - TR 3:00-4:00 Summer Sips in the Cafe \$2 - CF 3:15pm RC Communion - EB 3:45pm Beach Themed Name 6 (CM) - L 6:30pm Happy Hour & Beachy Social - CF/CP - CF</p>	<p>28</p> <p>9:00-3:00 Exercise Room Open! 9:30am Exercise Room Assistance - ER 10:30am Scattergories - EB 1:30pm Balloon Volleyball(S)-EB 1:30pm Outing: Chocolate Favis Gourmet Ice Cream (sign-up only) - CC 2:45pm Afternoon Tea - TR 3:00-4:00 Summer Scoops in the Cafe \$4 - CF 3:00pm Conversation Corner(S)-RR 3:00pm Sunshine Dog Visits - M</p>	<p>29</p> <p>9:00-3:00 Exercise Room Open! 9:15am Word Game Wednesday (CM) - EB 10:15am Walks & Strolls (KD) - BCY 10:30am Guided Meditation (CM) - ER 2:00pm Accordion with Gary - CC 2:45pm Afternoon Tea - TR 3:00-4:00 Summer Sips in the Cafe \$2 - CF</p>	<p>30</p> <p>9:00-3:00 Exercise Room Open! 10:00am Rosary Group - EB 10:45am Flower Arranging (C) - L 2:45pm Musical Entertainment: Blue Eyed Bill - M 2:45pm Afternoon Tea - TR 3:00-4:00 Summer Scoops in the Cafe \$4 - CF 6:30pm Happy Hour & Bingo -CF</p>	<p>31</p> <p>9:00-3:00 Exercise Room Open! 10:00am Bell Choir with Mairead - EB 2:30pm Seated Exercise(S)-ER 2:45pm Afternoon Tea - TR 3:00-4:00 Summer Sips in the Cafe \$2 - CF 3:00pm Ukulele Group - EB</p> 