

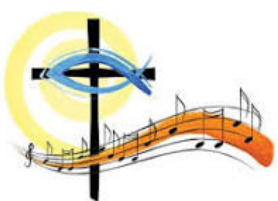

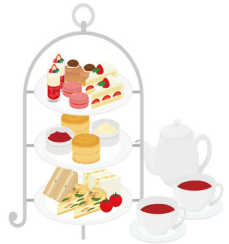








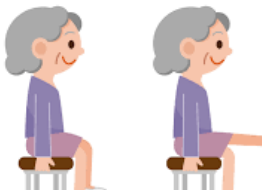









Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>General Store Hours Please see Board located beside the Ellington elevators and daily activity sheet. *subject to change - notice will be posted on Activity Board, beside daily activity sheets, and on TV screens*</p>	<p>Program Location Legend 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>Recreationists Colleen Marsh - Ext. 2232 cmarsh@elliottcommunity.org Sheilla Ga-an - Ext. 2496 sgaan@elliottcommunity.org Recreation Supervisor Michelle Holland - Ext. 2366 mholland@elliottcommunity.org</p>			<p>1</p> <p>9:00-3:00 Exercise Room Open! 10:30am Name 6 - EB 1:30pm Singing Group with Mairead - EB 1:30pm Seated Exercise-ER 2:45pm Afternoon Tea - TR 3:00pm Ukulele Group - EB</p>	<p>2</p> <p>9:00-3:00 Exercise Room Open! 10:00am Photo Board Make over Team(Meet in Library) (S)-L 2:00pm Guelph Chinese Evergreen Program (CC) - CC 2:45pm Afternoon Tea - TR</p>
<p>3</p> <p>9:00-3:00 Exercise Room Open! 10:15am Hymn Sing-EB 2:45pm Afternoon Tea - TR</p> 	<p>4</p> <p>9:00-3:00 Exercise Room Open! 1:30pm Floor Curling - EB 2:30-4 Rec Meeting 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>5</p> <p>9:00-3:00 Exercise Room Open! 9:30am Exercise Room with Assistance - ER 10:30am Resident-Led Painting Class #2 w/Nan - L 1:30pm Boathouse Ice Cream Outing (sign-up only) 2:45pm Afternoon Tea - TR 3:00pm Bible Study - EB 3:00pm Sunshine Dog Visits - M</p>	<p>6</p> <p>9:00-3:00 Exercise Room Open! 9:15am Word Game Wednesday: Word Connect - EB 10:30am Guided Meditation - EB 12:00pm Lunch Club (sign-up only) - CF 1:30pm Artful Talks: It's Painting Cats & Dogs - EB 2:45pm Afternoon Tea - TR 3:15pm Sit & Knit - L</p>	<p>7</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 2:45pm Musical Entertainment with Eric Lunn - M 2:45pm Afternoon Tea - TR 6:30pm Happy Hour & Bingo -CF 6:30pm Guelph Lawn Bowling Watch & Learn Bowl CC</p>	<p>8</p> <p>VE Day – Victory in Europe Day (1945) Wear Red to Remember 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>9</p> <p>9:00-3:00 Exercise Room Open! 9:30am Seated Exercise - ER 2:00pm Mothers Day Tea with LYNs Piano Duet - CC 2:45pm Afternoon Tea - TR</p> 
<p>10</p> <p>9:00-3:00 Exercise Room Open! 10:15am Hymn Sing - EB 1:30pm Creative Arts: Hat Decorating - L 2:45pm Afternoon Tea - TR</p> 	<p>11</p> <p>9:00-3:00 Exercise Room Open! 9:30am Walks & Strolls w/ Sheilla-BCY 10:00am Food Committee - TR 11am-12pm Bookmobile 1:30pm Floor Curling - EB 2:00pm International Women's Day Presentation w Cindy McMann-CC 2:45pm Afternoon Tea - TR 3:15pm RC Communion - EB 3:30pm Creative Arts: Rock Snake Painting - L 6:30pm Happy Hour & Classical Piano Concert with Connor - CF 6:30pm Guelph Lawn Bowling Watch & Learn Bowl CC</p>	<p>12</p> <p>9:00-3:00 Exercise Room Open! 9:30am Exercise Room with Assistance - ER 9:30am Stone Road Mall Shopping Outing (sign-up only) 10:30am Creative Colouring with Kyle - L 2:15pm RET Lemonade Stand-M 2:45pm Afternoon Tea - TR 3:00pm Bible Study - EB 3:00pm Sunshine Dog Visits - M</p> 	<p>13</p> <p>9:00-3:00 Exercise Room Open! 9:15am Word Game Wednesday: Word Connect - EB 10:00am St Andrew Presbyterian Chapel Service - C 10:30am Guided Meditation - EB 2:00pm Hats off to Mom Fashion Show - CC 2:45pm Afternoon Tea - TR</p> 	<p>14</p> <p>9:00-3:00 Exercise Room Open! 10:00am Rosary Group - EB 2:00pm Birthday Party with Rob Edlefsen - CC 2:45pm Afternoon Tea - TR 6:30pm Happy Hour & Bingo -CF 6:30pm Guelph Lawn Bowling Watch & Learn Bowl CC</p> 	<p>15</p> <p>9:00-3:00 Exercise Room Open! 10:30am Creative Arts: Flags of the World - L 1:30pm Singing Group with Mairead - EB 1:30pm Seated Exercise-ER 2:45pm Afternoon Tea - TR 3:00pm Ukulele Group - EB</p> 	<p>16</p> <p>9:00-3:00 Exercise Room Open! 10:30am Pamper Me(S)-M 1:30pm Seated Exercise - ER 2:45pm Afternoon Tea - TR</p> 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 9:00-3:00 Exercise Room Open! 10:15am Hymn Sing-EB 2:45pm Afternoon Tea - TR 	18 Victoria Day 9:00-3:00 Exercise Room Open! 1:30pm Floor Curling - EB 2:45pm Afternoon Tea - TR 3:15pm RC Communion - EB 6:30pm Happy Hour & Royal Trivia Night - CF 6:30pm Guelph Lawn Bowling Watch & Learn Bowl CC	19 9:00-3:00 Exercise Room Open! 9:30am Exercise Room with Assistance - ER 10:45am Resident-Led Painting Class #3 w/Nan - L 2:00pm Happy Hour with Bob MacLean - CC 2:45pm Afternoon Tea - TR 3:00pm Bible Study - EB 3:00pm Sunshine Dog Visits - M	20 9:00-3:00 Exercise Room Open! 9:15am Word Game Wednesday: Word Connect - EB 10:00am Roman Catholic Mass - C 10:30am Guided Meditation - EB 1:00pm GARDEN PLANTING DAY-BCY 2:45pm Afternoon Tea - TR 	21 World Day for Cultural Diversity Wear Multi-Colours! 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 2:45pm Musical Entertainment with Woody Woodburn - M 2:45pm Afternoon Tea - TR 6:30pm Happy Hour & Bingo -CF 6:30pm Guelph Lawn Bowling Watch & Learn Bowl CC	22 9:00-3:00 Exercise Room Open! 10:30am Celebrating Victoria Day Music and Socials(S)-EB 1:30pm VON Exercises(S) -ER 2:45pm Afternoon Tea - TR 	23 BALLOT VOTING for the ROCK SNAKE NAME for BCY 9:00-3:00 Exercise Room Open! 9:30am Seated Exercise - ER 2:00pm Guelph Chamber Choir SingOUT Performance - CC 2:45pm Afternoon Tea - TR 
24 9:00-3:00 Exercise Room Open! 10:15am Hymn Sing - EB 1:30pm Book Club - EB 2:45pm Afternoon Tea - TR 	25 9:00-3:00 Exercise Room Open! 9:30am Walks & Strolls(S)-BCY 11am-12pm Bookmobile 1:30pm Guelph Lake Fishing Outing (sign-up only) 1:30pm Floor Curling - EB 2:30pm Chocolate Chip Cookie Travelling Cart - RR 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	26 9:00-3:00 Exercise Room Open! 9:30am Exercise Room with Assistance - ER 10:30am Creative Colouring with Kyle - L 2:00pm Resident Town Hall Meeting - EB 2:45pm Afternoon Tea - TR 3:00pm Bible Study - EB 3:00pm Sunshine Dog Visits - M 	27 9:00-3:00 Exercise Room Open! 9:15am Word Game Wednesday: Word Connect - EB 10:00am St Georges' Chapel Service - C 10:30am Guided Meditation - EB 2:00pm Accordion with Gary - C 2:45pm Afternoon Tea - TR 3:15pm Sit & Knit - L 	28 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 TED Talk Thursday - EB 2:45pm Afternoon Tea - TR 6:30pm Guelph Lawn Bowling Watch & Learn Bowl CC 	29 9:00-3:00 Exercise Room Open! 1:00pm-2:00pm Hear Right Canada 10:30am Name 6 - EB 1:30pm Singing Group with Mairead - EB 1:30pm Seated Exercise-ER 2:45pm Afternoon Tea - TR 3:00pm Ukulele Group - EB	30 9:00-3:00 Exercise Room Open! 2:00pm Youth Spring Music Recital - CC 2:45pm Afternoon Tea - TR 
31 9:00-3:00 Exercise Room Open! 2:45pm Afternoon Tea - TR		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	