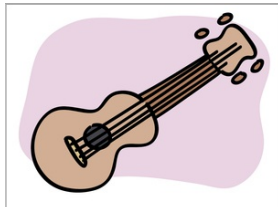
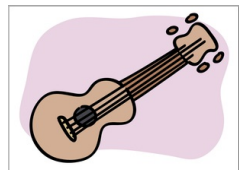


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:45am Seated Exercise - ER 1:30pm Sing Along - M 2:45pm Afternoon Tea - TR
2 Daylight Savings! Turn your clocks back 1 hour 10:00am Chapel Service with Pastor Mike - C 1:30pm Chair Yoga (KD) - ER 2:30pm Learn to Bowl with Guelph Lawn Bowling - CC 2:45pm Afternoon Tea - TR 	3 9:00-3:00pm Exercise Room Open 2:00pm Word Games- Word Mining - EB 2:45pm Afternoon Tea - TR 3:15pm RC Communion - EB 6:30pm Happy Hour & Trivia Night - CF 6:30pm Guelph Lawn Bowling Club Watch & Learn to Bowl CC 	4 9:00-3:00pm Exercise Room Open 9:30am Exercise Room with Assistance - ER 9:30am Dragonfly Art Studio Outing (Sign Up) 10:30am Creative Colouring with Kyle - L 1:30pm VON Exercises - ER 2:45pm Afternoon Tea - TR 3:00pm Bible Study - EB 3:00pm Sunshine Dog Visits - M 	5 9:00-3:00pm Exercise Room Open 9:00am Music Appreciation- Classical Music M 10:00am Chair Yoga Video Exercises with Noor ER 12:00pm Hamburger & Fries Lunch Club w/ Chef Sherry (Sign Up) (CF) 2:00pm Bingo with Noor - EB 2:45pm Afternoon Tea - TR 3:00pm Sit Knit & Socialize L Men's Health Awareness Month- Wear Blue 	6 9:00-3:00pm 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 Entertainment by Kim Atkins (M) 2:45pm Afternoon Tea - TR 6:30pm Happy Hour and Bingo - CF 6:30pm Guelph Lawn Bowling Club Watch & Learn to Bowl CC 	7 9:00-3:00pm Exercise Room Open 10:00am Bell Choir with Mairead - EB 1:30pm VON Exercises - ER 2:45pm Afternoon Tea - TR 3:00pm Ukulele Group - EB 	
9 Pick up your independent Activity Booklets! 10:00am Chapel Service with Pastor Mike - C 2:45pm Afternoon Tea - TR 	10 9:00-3:00pm Exercise Room Open 11am-12pm Bookmobile 1:30pm Manicure Salon Outing (Sign Up) 1:30pm VON Exercises - ER 2:45pm Afternoon Tea - TR 3:15pm RC Communion - EB 6:30pm Happy Hour & Trivia Night - CF 6:30pm Guelph Lawn Bowling Club Watch & Learn to Bowl CC	11 Remembrance Day 9:00-3:00pm Exercise Room Open 9:30am Exercise Room with Assistance - ER 10:30am Creative Colouring with Kyle - L 1:30pm VON Exercises - ER 2:00pm Remembrance Day Service (C) 2:45pm Afternoon Tea - TR 3:00pm Sunshine Dog Visits - M 	12 9:00-3:00pm Exercise Room Open 9:00am Music Appreciation- "Songs that make you smile" M 10:00am Chair Yoga Video Exercises with Noor ER 2:00pm Happy Hour with Martin Wall (CC) 2:45pm Afternoon Tea - TR 	13 9:00-3:00pm 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 Afternoon Entertainment with Kevin Coates 2:45pm Afternoon Tea - TR 6:30pm Happy Hour and Bingo - CF 6:30pm Guelph Lawn Bowling Club Watch & Learn to Bowl CC	14 9:00-3:00pm Exercise Room Open 9:00am-4:00pm- Set up for Holiday Market! (CC) 1:30pm Singing Group with Mairead - EB 2:45pm Afternoon Tea - TR 3:00pm Ukulele Group - EB	15 10:00am-3:00pm Elliott Community Holiday Market! 2:45pm Afternoon Tea - TR 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 10:00am Chapel Service with Pastor Mike - C 1:30pm Afternoon Bingo - EB 2:45pm Afternoon Tea - TR 	17 9:00-3:00pm Exercise Room Open 2:00pm Balloon Volleyball ER 2:45pm Afternoon Tea - TR 3:15pm RC Communion - EB 6:30pm Happy Hour & Trivia Night - CF 6:30pm Guelph Lawn Bowling Club Watch & Learn to Bowl CC 	18 9:00-3:00pm Exercise Room Open 9:30am Exercise Room with Assistance - ER 10:00am St Andrew Presbyterian Chapel Service (C) 10:30am Creative Colouring with Kyle - L 1:30pm VON Exercises - ER 2:45pm Afternoon Tea - TR 3:00pm Bible Study - EB 3:00pm Sunshine Dog Visits - M	19 9:00-3:00pm Exercise Room Open 9:00am Music Appreciation- Country & Western M 10:00am Catholic Mass (C) 10:00am Chair Yoga Video Exercises with Noor ER 1:15pm Shopping at Stone Rd Mall Outing (Sign Up) 2:00pm Speaker Series: Falls Prevention Presentation with Rebecca EB 2:45pm Afternoon Tea - TR 3:00pm Sit Knit & Socialize L	20 9:00-3:00pm 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 Emily Bowman (CC) - CC 2:45pm Afternoon Tea - TR 6:30pm Happy Hour and Bingo - CF 6:30pm Guelph Lawn Bowling Club Watch & Learn to Bowl CC	21 9:00-3:00pm Exercise Room Open 10:00am Bell Choir with Mairead - EB 1:30pm VON Exercises - ER 2:45pm Afternoon Tea - TR 3:00pm Ukulele Group - EB	22 9:30am Word Connect EB 2:00pm Guelph Concert Band Performance - CC 2:45pm Afternoon Tea - TR 
23 Pick up your independent Activity Booklets! 10:00am Chapel Service with Pastor Mike - C 2:45pm Afternoon Tea - TR 	24 9:00-3:00pm Exercise Room Open 11am-12pm Bookmobile 2:00pm Movie Matinee- Wizard of Oz (CC) 2:45pm Afternoon Tea - TR 3:15pm RC Communion - EB 6:30pm Happy Hour & Trivia Night - CF 6:30pm Guelph Lawn Bowling Club Watch & Learn to Bowl CC	25 9:00-3:00pm Exercise Room Open 9:30am Exercise Room with Assistance - ER 10:30am Creative Colouring with Kyle - L 1:30pm VON Exercises - ER Afternoon Christmas Tree Trimming Meet in Lobby 2:45pm Afternoon Tea - TR 3:00pm Bible Study - EB 3:00pm Sunshine Dog Visits - M	26 9:00-3:00pm Exercise Room Open 9:00am Music Appreciation- Canadian Artists M 10:00am Chair Yoga Video Exercises with Noor ER 2:45pm Afternoon Tea - TR 5:00pm Resident & Family Holiday Dinners (CC) (Tickets Required)	27 9:00-3:00pm 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 Entertainment with Michael Kelly Cavan (M) 2:45pm Afternoon Tea - TR 5:00pm Resident & Family Holiday Dinners (CC) (Ticket Required)	28 9:00-3:00pm Exercise Room Open 1:30pm Singing Group with Mairead - EB 2:00-3:00 Hear Right Canada Hearing Clinic 2:45pm Afternoon Tea - TR 3:00pm Ukulele Group - EB 	29 9:45am Seated Exercise - ER 2:00pm OTS Fraternity Pet Visit (CC) 2:45pm Afternoon Tea - TR 
30 10:00am Chapel Service with Pastor Mike - C 1:15pm Guelph Storm Game Outing (Sign Up) 2:45pm Afternoon Tea - TR 	Recreationists Cassandra Azzopardi - Ext. 2496 cazzopardi@elliottcommunity.org Recreation Supervisor Michelle Holland Ext. 2366 mholland@elliottcommunity.org Chaplain Pastor Mike Dell- Ext. 2248 chaplain@elliottcommunity.org	Program Location Legend 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	General Store Hours Sunday: 9:30 - 3:30pm Monday: 9:30 - 11:30am Tuesday: 9:30 - 3:30pm Wednesday: 9:30am - 3:30pm Thursday: 9:30am - 2:20pm Friday: 9:30am - 12:00pm Saturday: 1:30-3:30			