

ELLINGTON

Health & Wellbeing Programming



Legend

EB- Ellington Basement
M- Main Lobby
CC- Community Centre
ER- Exercise Room
RR - Resident's Room
TR - Ellington Tea Room
CP - Cheers Patio
BCY - Back Courtyard
L- Library

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19 10:00am Chapel Service with Pastor Mike – C 1:30pm Crosswords – EB  2:45pm Afternoon Tea - TR	20 9:30am Guelph Fire Department Tour (Sign up with Recreation) - CC 10:00am Food Committee Meeting – TR 1:30pm Trick or Treat Travelling Cart – RR 2:45pm Afternoon Tea – TR 3:00 Chair Yoga EB 3:15pm RC Communion – EB 6:30-7:30 Happy Hour & Trivia (CF)	21 9:30am Ellington Exercise Room Assistance - ER 10:30am Friendly Visits with Kyle - RR 10:30am Dublin Street United Communion Service - C 1:30pm VON Exercises with Cassandra - ER 2:00pm Resident Town Hall Meeting - EB 2:45pm Afternoon Tea – TR 3:00pm Bible Study - EB 3:00pm Sunshine Dog Visits -	22 8:15am Omelet & Sausage Breakfast Club (Sign up with Recreation) - TR 10:00am St Andrew's Presbyterian Chapel Service – C 10:00am Chair Yoga with Alissa- ER 2:00pm Guelph Wellington Men's Club Choir Performance – CC 2:45pm Afternoon Tea – TR	23 10:00 - 2:00 Stars of Modern Jewelry Sale (outside the CC) 9:15am VON Exercises with Cassandra - ER 10:00am Rosary Group - EB 10:30am Flower Arranging with Noor- L 1:30pm Chair Exercises with Stephanie ER 2:30 Trivia with Noor- EB 2:45pm Afternoon Tea – TR 6:15pm Documentary - M	24 Breast Cancer Awareness Day - Wear Pink 9:15am Ellington Exercise Room Assistance - ER 10:00am Bell Choir with Mairead - EB 2:45pm Afternoon Tea - TR 3:00pm Ukulele Group - EB 	25 9:30am Book Club – EB- cancelled 2:00pm Boo Bash with Eric the Balloon Twister - CC  2:45pm Afternoon Tea - TR
26 10:00am Chapel Service with Pastor Mike - C 1:15pm Guelph Storm Game Outing (Sign up with Recreation)  2:45pm Afternoon Tea - TR	27 11am-12pm Bookmobile 2:00pm Whole Home Team Trivia - CC 2:45pm Afternoon Tea - TR 3:15pm RC Communion – EB 6:30-7:30 Happy Hour & Music Appreciation (CF) 	28 9:30am Ellington Exercise Room Assistance - ER 10:30am Creative Colouring - L 1:30pm VON Exercises with Cassandra – ER 2:45pm Afternoon Tea - TR 3:00pm Bible Study - EB 3:00pm Sunshine Dog Visits - M 	29 9:15am Coffee, Tea & Trivia - EB 10:00am Chair Yoga with Alissa- ER 2:00pm Accordion with Gary - C 2:30pm Word Connect with Noor - EB 2:45pm Afternoon Tea - TR	30 10:00am Rosary Group – EB 10:30am Flower Arranging with Noor– L 1:30pm Visits with Noor 1:30 Chair Dancing with Stephanie ER 2:45pm Afternoon Tea – TR 6:15pm Movie Matinee – M 	31 Hear Right Canada Clinic 2:00- 3:00 - L 9:30am Ellington Exercise Room Assistance - ER 10:30am Word Games: Scattergories - L 1:30pm Singing Group with Mairead - EB 2:00pm Halloween Party with the Remedy Band - CC 2:45pm Afternoon Tea - TR 3:00pm Ukulele Group – EB	