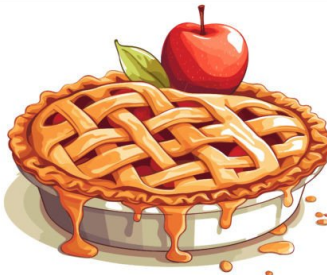
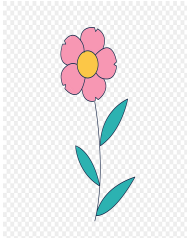
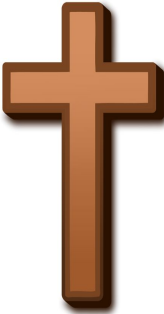


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recreation Staff Recreation & Volunteer Coordinator Andrea ext. 2232 acollett@elliottcommunity.org Recreationists Sheilla ext. 2496 sgaan@elliottcommunity.org Zoe ext. 2238 zposterski@elliottcommunity.org Spiritual Care & Culture Coordinator Corey Parish ext. 2248 cparish@elliottcommunity.org Program & Support Services Manager Michelle Holland ext. 2366 mholland@elliottcommunity.org	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 Recreationist Legend Andrea (AC) Sheilla (SG) Zoe (ZP)	Please check the daily sheets for General Store Hours, as any changes or updates will be reflected there. Located near the dining room, by the mirror area.		1 NATIONAL SENIOR'S DAY! 9:00-3:00 Exercise Room Open! 10:00am Rosary Group - EB 10:45am Scattergories (AC) - EB 1:00pm Country Drive & Coffee(Sign Up Only) 2:45pm Afternoon Tea - TR 3:00pm Flower Arranging (AC) - L 6:30pm Happy Hour & Bingo(SG)-CF	2 9:00-3:00 Exercise Room Open! 9:30am Word Games (ZP) - ER 10:45am Discussion Group: Family and Parenting (ZP) - L 1:30pm Singing Group with Mairead - EB 2:45pm Afternoon Tea - TR 3:00pm Ukulele Group - EB	3 9:00-3:00 Exercise Room Open! 10:45am Handmade Creations Club(SG)-L 1:40pm Resident Spotlight(SG)-EB 2:45pm Afternoon Tea - TR 
4 9:00-3:00 Exercise Room Open! 10:00am Chapel Service- ELLINGTON BASEMENT 1:30pm Scattergories(SG)-EB 2:45pm Afternoon Tea-TR 2:45pm Afternoon Tea - TR 	5 9:00-3:00 Exercise Room Open! 9:15am Bell Choir with Mairead - EB 10:45am Creative Arts (ZP) - L 1:40pm Fun & Fitness (AC) - ER 2:00pm Meet the Guelph Mayoral Candidates - CC 2:45pm Afternoon Tea - TR 3:15pm RC Communion - EB 6:30pm Happy Hour & Trivia(AC)- CF	6 9:00-3:00 Exercise Room Open! 9:30am Exercise Room Assistance - ER 9:30am Word Connect (SG) - EB 10:45am VON Exercise (SG) - ER 2:00pm Fall Fair Afternoon with Diamonds in the Ruff Dog Show-BCY 2:00pm Living Better on Less-CC 2:45pm Afternoon Tea - TR 3:00pm Bible Study - EB 3:00pm Sunshine Dog Visits - M	7 9:00-3:00 Exercise Room Open! 10:00am St George's Anglican Service-C 12:00pm Lunch Club: Oktoberfest Schnitzel(Sign Up Only) - CF 2:00pm Young Guys and Girls 2.0 Performance - CC 2:45pm Afternoon Tea - TR 3:30pm Sit & Knit (ZP) - L 4:30pm Walks & Strolls (ZP) - M 6:30pm Games Night Cafe (ZP) - M	8 9:00-3:00 Exercise Room Open! 10:00am Rosary Group - EB 10:30am Sing Along Down Memory Lane(AC)-M 11:30am Swiss Chalet Outing (Sign Up Only) 1:30pm Flower Arranging (AC) - L 2:45pm Afternoon Entertainment w/ Woody Woodburn(AC) - M 2:45pm Afternoon Tea - TR 6:30pm Happy Hour & Bingo(SG)-CF 	9 9:00-3:00 Exercise Room Open! 10:30am Scattergories (AC)-EB 1:40pm VON Exercise(S)-ER 2:45pm Afternoon Tea - TR 2:45pm Meet Your Match(SG)-RR 	
11 9:00-3:00 Exercise Room Open! 10:00am Chapel Service (CP) - C 2:45pm Afternoon Tea - TR	12 Happy Thanksgiving! 9:00-3:00 Exercise Room Open! 9:15am Bell Choir with Mairead - EB 1:30pm Sing Along Down Memory Lane (AC) - M 2:45pm Afternoon Tea - TR 3:00pm Ukulele Group - EB 3:15pm RC Communion - EB 6:30pm Happy Hour & Trivia(AC)-CF	13 9:00-3:00 Exercise Room Open! 9:30am Word Connect (SG) - EB 10:45am VON Exercise (SG) - ER 1:40pm Men's Group (ZP & CP) - L 2:00pm Living Better on Less (Sign Up Only) - CC 2:45pm Afternoon Tea - TR 3:00pm Bible Study - EB 3:00pm Sunshine Dog Visits - M	14 9:00-3:00 Exercise Room Open! 10:00am Roman Catholic Mass- C 11:30am Outing: Cherry Blossom Sushi (sign-up only) 2:45pm Wine and Cheese (ZP & AC) - TR 3:30pm Sit & Knit (ZP) - L 4:30pm Walks & Strolls (ZP) - M 6:30pm Games Night Cafe (ZP) - M	15 9:00-3:00 Exercise Room Open! 10:00am Flower Arranging (AC) - L 10:00am Rosary Group - EB 2:00pm Birthday Party with Celebrity Productions - CC 6:30pm Happy Hour & Bingo(SG)-CF	16 9:00-3:00 Exercise Room Open! 9:30am Word Games (ZP) - ER 10:45am Discussion Group: Travel and Adventure (ZP) - L 1:30pm Singing Group with Mairead - EB 2:30pm Fun & Fitness (AC) - ER 2:45pm Afternoon Tea - TR 3:00pm Ukulele Group - EB	17 9:00-3:00 Exercise Room Open! 10:45am Handmade Creations Club(SG)-L 1:40pm Resident Spotlight(SG)-EB 2:45pm Afternoon Tea - TR 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 9:00-3:00 Exercise Room Open! Activity Booklets Available! 10:00am Chapel Service (CP) - C 1:15pm Guelph Storm Game Outing (Sign Up Only) - CC 2:45pm Afternoon Tea-TR 2:45pm Afternoon Tea - TR 	19 9:00-3:00 Exercise Room Open! 10:00am Food Committee Meeting-M 1:00pm Donkey Sanctuary (sign-up only) 1:40pm Fun & Fitness (AC) - ER 2:45pm Afternoon Tea - TR 3:15pm RC Communion - EB 6:30pm Happy Hour & Trivia(AC)- CF	20 9:00-3:00 Exercise Room Open! 9:30am Exercise Room Assistance - ER 9:30am Word Connect (SG) - EB 10:45am VON Exercise (SG) - ER 1:40pm Men's Group (ZP & CP) - L 2:00pm Living Better on Less-CC 2:45pm Shuffleboard Bowling (ZP) - 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! 10:00am St. Andrew's Chapel Service - C 2:00pm Guelph Wellington Men's Club Choir Concert - CC 2:45pm Afternoon Tea - TR 3:30pm Sit & Knit (ZP) - L 6:30pm Games Night Cafe (ZP) - M	22 9:00-3:00 Exercise Room Open! 10:00am Rosary Group - EB 1:40pm Fun & Fitness (AC)-EB 2:45pm Afternoon Tea - TR 3:00pm Flower Arranging (AC) - L 6:30pm Happy Hour & Bingo(SG)-CF 	23 9:00-3:00 Exercise Room Open! 9:15am Coffee & Good News (AC) -M 1:40pm VON Exercise(S)-ER 2:45pm Afternoon Tea - TR 2:45pm Meet Your Match(SG)-RR 2:30pm-4:0pm Hear Right Canada Hearing Clinic in The Library 	24 9:00-3:00 Exercise Room Open! 2:00pm Boo Bash with Eric the Balloon Twister - CC 2:45pm Afternoon Tea - TR 
25 9:00-3:00 Exercise Room Open! 10:00am Chapel Service (CP) - C 2:45pm Afternoon Tea - TR 	26 MUNICIPAL ELECTION DAY "voting assistance will be available" 9:00-3:00 Exercise Room Open! 9:30am Quiet Chat(SG)-M 11am-12pm Bookmobile 2:00pm Sing Along Down Memory Lane (AC) - M 2:45pm Afternoon Tea - TR 3:15pm RC Communion - EB 6:30pm Happy Hour & Trivia(AC)- CF	27 9:00-3:00 Exercise Room Open! 9:30am Word Connect (SG) - EB 10:45am VON Exercise (SG) - ER 1:40pm Book Club (ZP) - EB 1:40pm Men's Group (ZP & CP) - L 2:00pm Living Better on Less-CC 2:45pm Shuffleboard Bowling (ZP) - EB 2:45pm Afternoon Tea - TR 3:00pm Bible Study - EB 3:00pm Sunshine Dog Visits - M	28 9:00-3:00 Exercise Room Open! 10:45am Themed Bingo Fun!(SG)-EB 2:00pm Accordion with Gary-CC 2:45pm Apple Themed Social (ZP&AC) - TR 3:30pm Sit & Knit (ZP) - L 4:30pm Walks & Strolls (ZP) - M 6:30pm Games Night Cafe (ZP) - M 	29 9:00-3:00 Exercise Room Open! 9:30am Stroms Pumpkin Patch Outing (Sign Up Only) 10:00am Rosary Group - EB 10:30am Sing Along Down Memory Lanel(AC) - M 2:00pm Memorial Service - CC 2:45pm Afternoon Tea - TR 3:00pm Flower Arranging (AC) - L 6:30pm Happy Hour & Bingo(SG)-CF	30 2:30pm - 4:00pm Hear Right Canada Hearing Clinic 9:00-3:00 Exercise Room Open! 9:30am Word Games (ZP) - ER 10:45am Discussion Group: Careers (ZP) - L 2:00pm Halloween Party w/ The Remedy Group-CC Hear Right Canada Hearing Clinic In The Library 2:45pm Afternoon Tea - TR	31 9:00-3:00 Exercise Room Open! 10:45am Handmade Creations Club(SG)-L 2:00pm Meet Your Match Social and Meet Up(SG)-EB 2:45pm Afternoon Tea - TR 