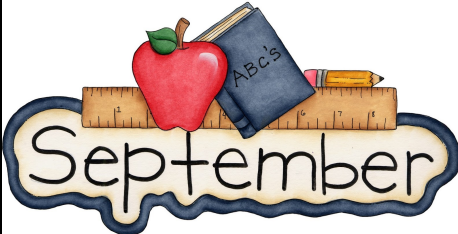
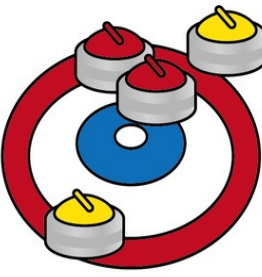
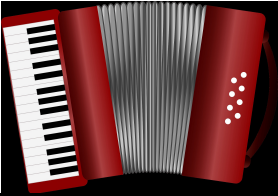


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 Recreation Staff Recreation & Volunteer Coordiantor- Andrea ext. 2232 acollett@elliottcommunity.org Recreationists Sheilla ext. 2496 sgaan@elliottcommunity.org Zoe ext. 2238 zposterski@elliottcommunity.org Program & Support Services Manager Michelle Holland ext. 2366 mholland@elliottcommunity.org	3 9:00-3:00 Exercise Room Open! 10:30am Colour and Calm(SG)-EB 1:30pm Seated Exercise (ZP) - ER 2:45pm Afternoon Tea - TR 3:00pm Sunshine Dog Visits - M 	4 9:00-3:00 Exercise Room Open! 9:15am Word Games(SG) - EB 12:00pm Lunch Club Pulled Pork Sandwiches (Sign Up Only) 2:45pm Wine & Cheese (ZP) - TR 3:30pm Sit & Knit (ZP) - L 4:30pm Walks & Strolls (ZP) - M 6:30pm Games Night Cafe (ZP) - M	5 9:00-3:00 Exercise Room Open! 9:30am Walmart Shopping Outing (Sign Up Only) 10:00am Rosary Group - EB 1:30pm Flower Arranging - L 2:45pm Afternoon Entertainment w/ Michael Kelly Cavan-M 2:45pm Afternoon Tea - TR 6:30pm Happy Hour & Bingo -SG	6 Into the Wild Theme Day! 9:00-3:00 Exercise Room Open! 9:30am Walks & Strolls (ZP) - M 10:30am Creative Arts (ZP) - L 1:30pm Singing Group with Mairead - EB 2:45pm Afternoon Tea - TR 3:00pm Ukulele Group - EB	7 9:00-3:00 Exercise Room Open! 10:30am Handmade Creations Club(SG)-L 1:30pm VON Exercise (SG)-ER 2:45pm Afternoon Tea - TR 
8 9:00-3:00 Exercise Room Open! 10:30am Hymn Sing(SG)-EB 1:30pm Scattergories(S)-L 2:45pm Afternoon Tea - TR 	9 9:00-3:00 Exercise Room Open! 10:30am Creative Arts (ZP) - L 2:00pm Cooking Club (ZP) - EB 2:45pm Afternoon Tea - TR 3:15pm RC Communion - EB 	10 9:00-3:00 Exercise Room Open! 9:30am Colour & Calm(SG)-EB 9:30am Exercise Room Assistance - ER 10:30am Discover & Learn(SG)-EB 1:30pm Seated Exercise (ZP) - ER 2:30pm Shuffleboard Bowling (ZP) - EB 2:45pm Afternoon Tea - TR 3:00pm Sunshine Dog Visits - M	11 9:00-3:00 Exercise Room Open! 10:00am St. Andrew's Chapel-CC 2:00pm Happy Hour w/ Rob Edlefsen-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	12 9:00-3:00 Exercise Room Open! 10:00am Rosary Group - EB 1:30pm Flower Arranging - L 2:45pm Wigs and Hat Party w/ John Pebble-M 2:45pm Afternoon Tea - TR 6:30pm Happy Hour & Bingo -SG	13 9:00-3:00 Exercise Room Open! 10:00am Bell Choir with Mairead - EB 10:15am Words on Words (AC)-EB 1:30pm VON Exercise(S)-ER 2:00pm 1:1 Staff Visit(SG)-RR 2:45pm Afternoon Tea - TR 3:00pm Ukulele Group - EB	14 9:00-3:00 Exercise Room Open! 9:30am What Does Living Well Mean To You? (AC) -L 1:30pm Super Trivia (AC) - M 2:45pm Afternoon Tea - TR 
15 9:00-3:00 Exercise Room Open! 10:30am Hymn Sing (OS) - EB 1:30pm Floor Curling - W 2:45pm Afternoon Tea - TR 	16 9:00-3:00 Exercise Room Open! 9:30am 1:1 Staff Visit(SG)-RR 10:00am Food Committee-M 11am-12pm Bookmobile 1:00pm Outing: Donkey Sanctuary (sign-up only) 1:30pm Floor Curling (AC) - EB 2:30pm Fun & Fitness (AC) - ER 2:45pm Afternoon Tea - TR 3:15pm RC Communion - EB 6:30pm Happy Hour & Trivia(AC)- CF	17 9:00-3:00 Exercise Room Open! 9:00am Good News Network(SG)-RR 10:00am Trinity United Chapel Service - C 1:30pm Seated Exercise (ZP) - ER 2:00pm Resident Town Hall Meeting-EB 2:00pm Living Better On Less(sign up only)-CC 2:45pm Afternoon Tea - TR 3:00pm Sunshine Dog Visits - M	18 9:00-3:00 Exercise Room Open! 9:15am Word Games(SG) - EB 11:30am Outing: Cherry Blossom Sushi (sign-up only) 1:30pm Dirty Soda Social (ZP & AC) - TR 2:45pm Afternoon Tea - TR 3:15pm Sit & Knit (ZP) - L 4:30pm Walks & Strolls (ZP) - M 6:30pm Games Night Cafe (ZP) - M	19 9:00-3:00 Exercise Room Open! 9:30am Fun & Fitness (AC) - ER 10:00am Rosary Group - EB 1:30pm Flower Arranging - L 2:00pm Birthday Party with James Skarnikat - CC 2:45pm Afternoon Tea - TR 6:30pm Happy Hour & Bingo -SG	20 9:00-3:00 Exercise Room Open! 9:30am Walks & Strolls (ZP) - M 10:30am Creative Arts (ZP) - L 1:30pm Singing Group with Mairead - EB 1:30pm Fun & Fitness (AC) - ER 2:45pm Afternoon Tea - TR 3:00pm Ukulele Group - EB 	21 9:00-3:00 Exercise Room Open! 10:30am Handmade Creations Club(SG)-L 1:30pm VON Exercise (SG)-ER 2:45pm Afternoon Tea - TR 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 9:00-3:00 Exercise Room Open! 10:30am Hymn Sing(SG)-EB 1:30pm Scattergories(S)-L 2:45pm Afternoon Tea - TR 3:30pm Sing Along - AR 	21 9:00-3:00 Exercise Room Open! 10:30am Creative Arts (ZP) - L 2:00pm Many Cultures, One Community Celebration-CF 2:45pm Afternoon Tea - TR 3:15pm RC Communion - EB 3:15pm Walking Club (ZP) - M 6:30pm Happy Hour & Trivia(AC)- CF	22 9:00-3:00 Exercise Room Open! 9:30am Exercise Room Assistance - ER 1:30pm Seated Exercise (ZP) - ER 2:00pm Living Better On Less(sign up only)-CC 2:30pm Shuffleboard Bowling (ZP) - EB 2:45pm Afternoon Tea - TR 3:00pm Sunshine Dog Visits - M	23 9:00-3:00 Exercise Room Open! 10:00am Roman Catholic Mass - C 2:00pm Accordion with Gary - C 2:45pm Afternoon Tea - TR 3:15pm Sit & Knit (ZP) - L 4:30pm Walks & Strolls (ZP) - M 6:30pm Games Night Cafe (ZP) - M 	24 8:45am Outing: St. Jacobs Market (sign-up only) 9:00-3:00 Exercise Room Open! 10:00am Rosary Group - EB 1:30pm Flower Arranging - L 2:45pm Afternoon Entertainment w/ Brent Meidinger-M 2:45pm Afternoon Tea - TR 6:30pm Happy Hour & Bingo -SG 	25 9:00-3:00 Exercise Room Open! 10:00am Bell Choir with Mairead - EB 10:30am Sing Along (AC) -M 1:30pm VON Exercise(SG)-ER 2:45pm Magazine War(SG)-TR 2:45pm Afternoon Tea - TR 3:00pm Ukulele Group - EB 	26 9:00-3:00 Exercise Room Open! 10:00-3:00pm Healthy Aging Show-CC 1:30pm Fun & Fitness (AC) - ER 2:45pm Afternoon Tea - TR
27 9:00-3:00 Exercise Room Open! 10:30am Hymn Sing (ZP) - EB 2:45pm Afternoon Tea - TR 	28 9:00-3:00 Exercise Room Open! 9:30am Walk, Talk&Connect(SG)-RR 11am-12pm Bookmobile 1:30pm Floor Curling (AC) - EB 2:00pm Collaborative Canvas - BCY 2:45pm Afternoon Tea - TR 3:15pm RC Communion - EB 6:30pm Happy Hour & Trivia(AC)-CF	29 9:00-3:00 Exercise Room Open! 9:30am Colour & Calm(SG)-EB 10:30am Discover & Learn(SG)-EB 1:30pm Book Club (ZP) - EB 2:30pm Shuffleboard Bowling (ZP) - EB 2:45pm Afternoon Tea - TR 3:00pm Sunshine Dog Visits - M 	30 Orange Shirt Day National Day for Truth & Reconciliation 9:00-3:00 Exercise Room Open! 9:15am Word Games(SG) - EB 10:30am Friendly Connections(SG)-EB 1:30pm Fun & Fitness (AC) - ER 2:45pm Afternoon Tea - TR 4:30pm Walks & Strolls (ZP) - M 	Recreationist Legend Andrea (AC) Olivia (OS) Sheilla (SG) Zoe (ZP) 	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	General Store Hours Please see the Daily Activity Sheets for updated General Store Hours