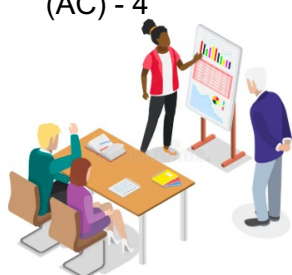
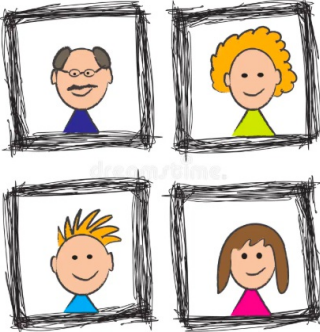
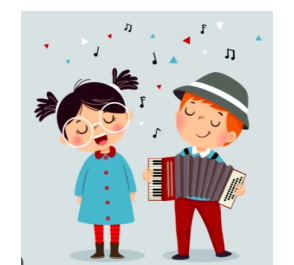


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recreation Staff Recreation & Volunteer Coordinator Andrea ext. 2232 acollett@elliottcommunity.org Recreationists Sheilla ext. 2496 sgaan@elliottcommunity.org Zoe ext. 2238 zposterski@elliottcommunity.org Spiritual Care & Culture Coordinator Corey 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 4 - Activity Room Recreationist Legend Andrea (AC) Sheilla (SG) Zoe (ZP)	General Store Hours (Please see poster at the Activity Board across Nurses' Office) *Subject to change-notice will be posted on Activity Board beside daily Activity Sheets 	HELLO OCTOBER	1 NATIONAL SENIOR'S DAY! 9:30am Word Games (ZP) - 4 10:30am Bible Study - 4 Sit & Chat (ZP) - RR 1:00pm Country Drive & Coffee(Sign Up Only) 6:30pm Happy Hour & Bingo(SG)-CF	2 10:00am Singing Group with Mairead - 4 3:00pm Ukulele Group - EB 	3 9:30am VON Exercise(SG)- 4 2:45pm Portrait Day!(SG)-4 
4 10:00am Chapel Service- ELLINGTON BASEMENT 2:45pm Afternoon Bingo!(w/ Afiya) - 4 	5 9:15am Sit & Chat (ZP) - RR 10:00am Catholic Communion - 4 10:45am Bell Choir with Mairead - 4 2:00pm Meet the Guelph Mayoral Candidates - CC 6:30pm Happy Hour & Trivia(AC)- CF 	6 9:30am Coffee, Conversation & Good News! (AC) - 4 10:15am Fun & Fitness (AC) - 4 2:00pm Fall Fair Afternoon with Diamonds in the Ruff Dog Show-BCY 2:00pm Living Better on Less- CC 	7 9:00am Friendly Visit with Sheilla-RR 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	8 10:30am Bible Study - 4 11:30am Swiss Chalet Outing (Sign Up Only) 2:00pm Afternoon Entertainment w/ Woody Woodburn-4 3:45pm Flower Arranging (SG) - 4 6:30pm Happy Hour & Bingo(SG)-CF 	9 9:45am Resident Spotlight(SG)-4 10:45am Creative Corner(SG)-4 1:30pm Fun & Fitness (AC) - 4 3:00pm Words on Words Game (AC) - 4 	10 9:15am Word Games (ZP) - 4 3:30pm 1:1 Visits (ZP) - RR 
11 10:00am Chapel Service (CP) - C 10:00am Katie's Piano Performance - 4 	12 Happy Thanksgiving! 10:45am Bell Choir with Mairead - 4 1:30pm Singing Group with Mairead - 4 3:00pm Ukulele Group - EB 6:30pm Happy Hour & Trivia(AC)- CF 	13 9:30am Coffee, Conversation & Good News! (AC)-4 10:30am Fun & Fitness (AC) - 4 1:30pm Word Games (SG) - 4 2:00pm Living Better on Less (Sign Up Only) - CC 	14 9:00am Friendly Visit with Sheilla-RR 10:00am Roman Catholic Mass- C 11:30am Outing: Cherry Blossom Sushi (sign-up only) 2:30pm Themed Bingo Fun!(SG)- 4 	15 9:30am Word Games (ZP) - 4 10:30am Bible Study - 4 Sit & Chat (ZP) - RR 2:00pm Birthday Party with Celebrity Productions - CC 3:45pm Flower Arranging (SG) - 4 6:30pm Happy Hour & Bingo(SG)-CF 	16 9:15am Coffee, Conversation & Good News (AC) - 4 10:00am Singing Group with Mairead - 4 11:00am Fun & Fitness (AC) - 4 3:00pm Ukulele Group - EB 	17 9:30am VON Exercise(SG)- 4 2:45pm Portrait Day!(SG)-4 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 Activity Booklets Available! 10:00am Chapel Service (CP) - C 1:15pm Guelph Storm Game Outing (Sign Up Only) - CC 2:45pm Afternoon Bingo!(w/ Afiya) - 4 2:45pm Afternoon Tea-TR 	19 10:00am Catholic Communion-4 11:00am Food Committee Meeting-4 1:00pm Donkey Sanctuary (sign-up only) 3:00pm Words On Words Game - 4 6:30pm Happy Hour & Trivia(AC)- CF 	20 9:30am Coffee, Conversation & Good News! (AC)-4 10:30am Fun & Fitness (AC) - 4 1:30pm Word Games (SG) - 4 2:00pm Living Better on Less-CC 3:00pm Resident Town Hall Meeting - 4	21 9:00am Friendly Visit with Sheilla-RR 10:00am St. Andrew's Chapel Service - C 2:00pm Guelph Wellington Men's Club Choir Concert - CC 3:30pm Let's Bake! - 4 	22 9:30am Let's Get Quizzical Trivia! (AC) - 4 10:30am Bible Study - 4 3:45pm Flower Arranging (SG) - 4 6:30pm Happy Hour & Bingo(SG)-CF	23 9:45am Resident Spotlight(SG)-4 10:45am Creative Corner(SG)-4 1:30pm Sing Along Down Memory Lane (AC) - 4 3:00pm Fun & Fitness (AC) - 4	24 2:00pm Boo Bash with Eric the Balloon Twister - CC 
25 10:00am Chapel Service (CP) - C 	26 MUNICIPAL ELECTION DAY "voting assistance will be available" 10:00am Catholic Communion - 4 11:00-12:00 Bookmobile 2:45pm Meet Your Match (SG)-4 6:30pm Happy Hour & Trivia(AC)- CF 	27 9:30am Coffee, Conversation & Good News! (AC)-4 10:30am Fun & Fitness (AC) - 4 1:30pm Word Games (SG) - 4 2:00pm Living Better on Less-CC 2:45pm Music and Memories(SG)-4 	28 9:00am Friendly Visit with Sheilla-RR 2:00pm Accordion with Gary-CC 	29 9:30am Stroms Pumpkin Patch Outing (Sign Up Only) 10:30am Bible Study - 4 2:00pm Memorial Service - CC 3:45pm Flower Arranging (SG) - 4 6:30pm Happy Hour & Bingo(SG)-CF 	30 1pm-2pm Hear Right Canada Hearing Clinic 9:15am Coffee, Conversation & Good News (AC) - 4 10:30am Fun & Fitness (AC) - 4 2:00pm Halloween Party w/ The Remedy Group-CC Hear Right Canada Hearing Clinic In The Library	31 9:30am VON Exercise(SG)- 4 2:00pm Meet Your Match Social and Meet Up(SG)-EB 