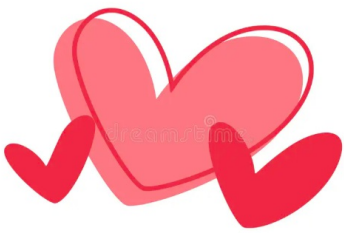
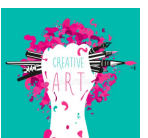
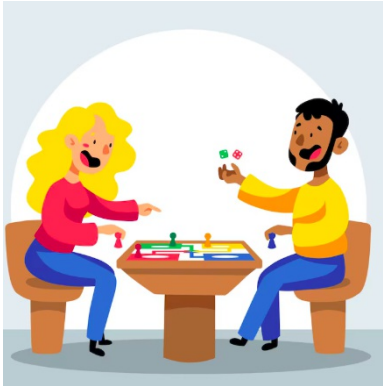
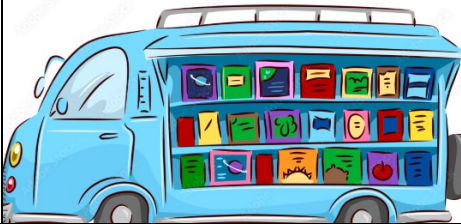


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HELLO September 	Recreation Staff Recreation & Volunteer Coordiantor- Andrea ext. 2232 acollett@elliottcommunity.org Recreationists Sheilla ext. 2496 sgaan@elliottcommunity.org Zoe ext. 2238 zposterski@elliottcommunity.org Program & Support Services Manager Michelle Holland ext. 2366 mholland@elliottcommunity.org	1 9:30am Creative Arts: Living Well(SG)-4 1:30pm Word Games (SG) - 4 	2 10:30am Seated Exercise(SG)-4 12:00pm Lunch Club Pulled Pork Sandwiches (Sign Up Only) 1:40pm Discover & Learn(SG)-4 6:15pm Mike's Movie Matinee (ZP) - 4 	3 9:30am Walmart Shopping Outing (Sign Up Only) 2:00pm Afternoon Entertainment w/ Michael Kelly Cavan-4 3:45pm Flower Arranging (SG) - 4 6:30pm Happy Hour & Bingo -SG 	4 Into the Wild Theme Day! 9:15am Coffee & Good News (AC) - 4 10:00am Singing Group with Mairead - 4 3:00pm Ukulele Group - EB 	5 9:30am VON Exercise(SG)- 4 2:45pm Magazine War(SG)-4 
6 9:30am Hymn Sing(SG)-4 2:45pm Afternoon Bingo!(w/ Afiya) - 4 	7 Labour Day National Beer Lovers Day 9:15am Sit & Chat (ZP) - RR 10:00am Catholic Communion - 4 3:15pm Walks & Strolls (ZP) - BCY 	8 9:00am Coffee & Super Trivia (AC)-4 10:15am Fun & Fitness (AC) - 4 1:30pm Word Games (SG) - 4 2:30pm Music and Memories(SG)-4 	9 9:00am VON Exercise(SG) 10:00am St. Andrew's Chapel-CC 2:00pm Happy Hour w/ Rob Edlefsen-CC 6:15pm Mike's Movie Matinee (ZP) - 4 	10 10:00am Fun & Fitness (AC) - 4 2:00pm Wigs & Hats Party Entertainment w/ John Pebble-4 3:45pm Flower Arranging (SG) - 4 6:30pm Happy Hour & Bingo -SG 	11 9:30am VON Exercises(SG)-4 10:45am Leisure Game(SG)-4 1:30pm Bell Choir with Mairead - 4 3:00pm Words on Words (AC) - 3 3:00pm Ukulele Group - EB 	12 11:00am Super Trivia! (AC) - 4 3:00pm Sing Along (AC) - 4 
13 9:30am Hymn Sing (OS) - 4 10:00am Katie's Piano Performance - 4 	14 10:00am Catholic Communion - 4 11:00-12:00 Bookmobile 11:00am Food Committee - 4 1:00pm Outing: Donkey Sanctuary (sign-up only) 1:40pm Show and Tell(SG)-4 2:45pm Card Games(SG)-4 6:30pm Happy Hour & Trivia(AC)- CF	15 9:15am Good News & Coffee!! - 4 10:00am Trinity United Chapel Service - C 10:30am Fun & Fitness (AC) - 4 1:30pm Word Games(SG)-4 2:00pm Living Better On Less(sign up only)-CC 3:00pm Resident Town Hall Meeting - 4	16 9:30am HAS Fit Exercises (CM) - 4 11:30am Outing: Cherry Blossom Sushi (sign-up only) 3:00pm Colour & Calm(SG)-4 6:15pm Mike's Movie Matinee (ZP) - 4 	17 9:30am Word Games (ZP) - 4 10:30am Creative Arts (ZP) - 4 2:00pm Birthday Party with James Skarnikat - CC 3:45pm Flower Arranging(SG)-4 6:30pm Happy Hour & Bingo -SG 	18 9:15am Coffee & Good News! (AC) - 3 10:00am Singing Group with Mairead - 4 11:00am Fun & Fitness (AC) - 4 3:00pm Ukulele Group - EB 	19 9:30am VON Exercise(SG)-4 2:45pm Magazine War(SG)-4 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 9:30am Hymn Sing(SG)-4 2:45pm Afternoon Bingo!(w/ Afiya) - 4 	21 9:15am Sit & Chat (ZP) - RR 9:30am VON Exercise(SG) - 4 1:30pm Sing Along (AC) - 4 2:00pm Many Cultures, One Community Celebration- CF 6:30pm Happy Hour & Trivia(AC)- CF 	22 9:00am Coffee & Super Trivia (AC)-4 10:30am Fun & Fitness (AC) - 4 2:00pm Living Better On Less(sign up only)-CC 2:30pm Music and Memories(SG)-4 	23 9:00am VON Exercise(SG)-4 10:00am Roman Catholic Mass - C 2:00pm Accordion with Gary - C 6:15pm Mike's Movie Matinee (ZP) - 4 	24 8:45am Outing: St. Jacobs Market (sign-up only) 2:00pm Afternoon Entertainment w/ Brent Meidinger-4 3:45pm Flower Arranging (SG) - 4 6:30pm Happy Hour & Bingo -SG 	25 1pm-2pm Hear Right Canada Hearing Clinic 9:30am VON Exercise(SG)-4 10:45am Leisure Game(SG)-4 1:30pm Bell Choir with Mairead - 4 2:00pm Words On Words (AC) -4 3:00pm Ukulele Group - EB 	26 10:00-3:00pm Healthy Aging Show-CC 3:30pm Sing Along (AC) - 4 
27 9:30am Hymn Sing (ZP) - 4 10:00am Katie's Piano Performance - 4 	28 10:00am Catholic Communion - 4 11:00-12:00 Bookmobile 2:00pm Collaborative Canvas - BCY 6:30pm Happy Hour & Trivia(AC)- CF 	29 9:00am Coffee & Super Trivia (AC)-4 10:00am Fun & Fitness (AC) - 4 1:30pm Word Games(SG)-4 2:30pm Music and Memories(SG)-4 	30 Orange Shirt Day National Day for Truth & Reconciliation 1:40pm Discover & Learn(SG)-4 3:00pm Colour &Calm(SG)-4 	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	Program Location Legend BCY - Back Courtyard CC- Community Centre C- Chapel CF- Café/Atrium CP - Cheers Patio RR - Resident's Room 4 - Activity Room	Legend for which Recreationist is hosting the activity: Sheilla (SG) Zoe (ZP) Andrea (AC) Olivia(OS) 