

ELLINGTON Health & Wellbeing Programming

2021



Legend
 (AT) Community Centre Atrium/Cafe
 (EB) Ellington Basement
 (L) Library (TR) Tea Room
 (FR) Fitness Room (C) Chapel
 (CC) Community Centre
 (GR) Games Room
 Community Centre
 (M) Main Lobby

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	8
<p>9:30 Tim's & Hymns Sing a Long (M)</p>  <p>2:45 Afternoon Tea (TR)</p> 	<p>Different Shoe Day!</p>  <p>10:00-11:30 Summer Lecture Series (for those who signed up) (CC)</p> <p>11:00 Bookmobile (Outside CC)</p> <p>1:30 Creative Colouring (L)</p>  <p>2:45 Afternoon Tea (TR)</p> <p>2:45 Walks & Strolls (BCY-Meet in Main Lobby)</p>	<p>9:15 Morning Iced Frappuccino's & Cookie Social (TR)</p>  <p>10:00 Virtual Men's Club Zoom Meeting (L)</p> <p>1:30 Courtyard Strolls (BCY-Meet in M)</p> <p>2:45 Afternoon Tea (TR)</p> <p>3:15 Random Trivia (L)</p>	 <p>9:30 Fun & Fitness Exercises (M)</p> <p>10:15 Word Connect (M)</p> <p>1:00-4:00pm Shopping at the General Store</p> <p>2:00 Cinco De Mayo Social with Traditional Mexican Folk Dance Video(M)</p> 	<p>9:15 Simply Stretch Exercises (M)</p> <p>10:00 Mother's Day Trivia (L)</p> <p>2:00 Sing a Long (M)</p>  <p>2:45 Afternoon Tea (TR)</p> <p>3:15 Pics to Words (M)</p>	<p>9:30 Fun & Fitness Exercises (M)</p> <p>10:15 Geography Bee (L)</p>  <p>2:00 Mother's Day Social with Emeritus Now Concert (M)</p> 	<p>9:30 Name 6 (L)</p> <p>2:45 Afternoon Tea (TR)</p>  <p>Director. of Recreation & Volunteer Services: Marta Braga Ext. 2227 Recreationists: Michelle Holland Ext. 2366 (Ellington) Ali Bott, Nicole Gosse, & Michaela Durdle Ext. 2232 Tracy Oliver Ext. 2496 (Nottingham & Edinburgh) Chaplain: Pastor Mike Ext. 2248</p>