




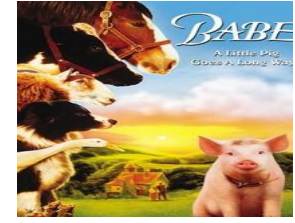





# NOTTINGHAM & EDINBURGH

# SEPTEMBER 2019

**LEGEND**  
 (CF) Café  
 (C) Chapel  
 (FR) Fitness Room  
 (4) 4th Floor Activity Area  
 (3) 3rd Floor Activity Area  
 (EAA) Ellington Activity Area  
 (CC) Community Centre  
 (BCY) Courtyard

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1</b></p> <p>10:15 Coffee Cart (3)                      10:30-11:30 Fitness Room Exercises (FR)                      11:15 Mini Golf (4)                      2:00 Chapel Service with Pastor Mike (C)                      2:45 Mock Tail Social (BCY)</p>	<p><b>2</b></p> <p> <b>LABOUR DAY</b></p> <p>10:15 Baking with Nicole (3)                      1:15 Baked Treat Social (4)                      2:00 Geography Bee (3)</p> <p></p>	<p><b>3</b></p> <p>10:30 Bible Study with Pastor Mike (4)                      11:15 Fall Fair Themed Trivia (3)                      2:00 Ice Cream Social (BCY weather permitting)</p> <p></p> <p>3:30 VON Exercises (4)</p>	<p><b>4</b></p> <p>9:15 Name 6 (4)                      10:00 Spiritual Fellowship With Pastor Mike (3)                      10:30 Balloon Volleyball (3)                      11:15 Sing Along (4)                      1:15 African Lion Safari Outing (Sign Up) 1:30 (4) 2:15 (3)                      Blood Pressure Clinic                      3:00 Pet Visits with Brittaney &amp; Sky (4)</p>	<p><b>5</b></p> <p>9:15 Simply Stretch (4)                      10:15 Name That Tune (3)                      11:00 Word Games (4)                      2:00 Accordion with Gary (CC)</p> <p></p> <p>3:30 You be The Judge (3)</p>	<p><b>6</b></p> <p>10:00 Alphabet Challenge (3)                      11:00 Exercises (4)                      2:15 Sing a Long (3)                      3:15 Tea with Friends (4)</p> <p></p>	<p><b>7</b></p> <p>10:00 Artist Corner (3)                      11:15 Pics to Words (4)                      2:00 Afternoon at the Movies Feature Film: "Babe" (4)</p> <p></p>
<p><b>8</b></p> <p>10:15 Coffee Time (3)                      10:30-11:30 Fitness Room Exercises (FR)                      11:15 Random Trivia (4)                      2:00 Chapel Service with Pastor Mike (C)                      2:45 Popsicle Social (CF)</p>	<p><b>9</b></p> <p>9:30 Country Drive Outing (Sign Up)                      10:00 Catholic Communion (4)                      10:30-3:00 Golden Age Apparel Sale (CC)                      11:00 Food Committee Meeting (4)                      11:00 Bookmobile (CF)                      1:30 Pet Visits with Brittaney &amp; Sky (4)                      2:30 Balloon Volleyball (3)                      3:15 Documentary (4)</p>	<p><b>10</b></p> <p>9:45 Royal Bank (Ellington)                      10:30 Bible Study with Pastor Mike (4)                      11:15 Table Tennis (CC)                      3:30 VON Physio Exercises (4)                      4:15 Gardening Group (3)                      6:15 5 Cent Bingo (CF)</p> <p></p>	<p><b>11</b></p> <p>8:00 Breakfast Club (Sign Up) (CF)                      9:30 Cranium Crunches (4)                      10:00 Spiritual Fellowship With Pastor Mike (3)                      10:45-11:15 Strength &amp; Balance Exercises with Elaine (4)                      11:30 Lunch Outing to Swiss Chalet (Sign Up)                      3:15 Tea with Friends (4)</p>	<p><b>12</b></p> <p>10:00 Dedication Plaque ceremony for The Vimy Oak (C)                      11:15 Crosswords (3)                      1:30 UNO Card Game (4)                      2:30 Crokinole (3)                      6:00-7:00 Fitness Room Exercises (FR)                      3:30 VON Physio Exercises (4)                      6:30 Pub Night with "Sniptz" (CF)</p>	<p><b>13</b></p> <p>10:00 Documentary: "Our Planet, Ep 7- Fresh Water" (4)                      2:00-3:30 Fall Fair With entertainment from "Puslinch Squires" (BCY)</p> <p></p>	<p><b>14</b></p> <p>10:00 Creative Expressions with Barbara (CC)                      2:00 Afternoon at the Movies Feature Film: "A Drift" (4)</p> <p></p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p align="right"><b>15</b></p> <p>10:15 Coffee Time (3) 10:30-11:30 Fitness Room Exercises (FR) 11:15 Travelogue to: Switzerland (4) <b>2:00 Chapel Service with Priory Park (C)</b> <b>2:45 Specialty Coffee Social \$4.00/alcohol (CF)</b></p>	<p align="right"><b>16</b></p> <p>9:15 Finish The Lines (4) 10:30 Outdoor Walks (3) <b>11:00 Bookmobile (CF)</b> 11:15 Sing A Long (4)  2:00 Name 6 (3) <b>3:15 Tea With Friends (4)</b> 6:00-7:00 Fitness Room Exercises (FR)</p>	<p align="right"><b>17</b></p> <p><b>10:30 Bible Study with Pastor Mike (4)</b> <b>10:30 St. George Anglican Church (C)</b> 1:30 Crosswords (4) 2:30 Hot Chocolate Social (3) 3:30 VON Physio Exercises (4) 4:15 Gardening Group (3) 3:30-4:30 Fitness Room Exercises (FR) <b>6:45 Rotary Bingo (CF)</b></p>	<p align="right"><b>18</b></p> <p>9:30 Yahtzee (4) <b>10:00 Roman Catholic Mass (C)</b> <b>10:45-11:15 Strength &amp; Balance Exercises with Elaine (4)</b> 11:15 Guided Meditation (3) 1:30 Spelling Bee (4) 2:15 Balloon Volleyball (3) <b>3:15 Tea with Friends (4)</b> <b>4:30 Outing-Dinner &amp; Horse Races (Sign Up)</b></p>	<p align="right"><b>19</b></p> <p>9:30 Crokinole (3) 10:30 VON Physio Exercises (4) <b>2:00 Happy Hour with Wyatt Ladd (CC)</b>  <b>4:00 Pet Visits with Brittaney &amp; Sky (4)</b> 6:00-7:00 Fitness Room Exercises (FR) <b>6:15 5 Cent Bingo (CF)</b></p>	<p align="right"><b>20</b></p> <p><b>9:00-12:00 Sew on the Go (Ellington)</b> <b>10:00 Walmart Shopping &amp; Lunch Outing (Sign Up)</b>  <b>3:00 Tea with Friends (4)</b></p>	<p align="right"><b>21</b></p> <p>10:00 Chicken Soup for the Soul Reading (3) 11:15 Word Connect (4) <b>2:00 Afternoon at the Movies Feature Film: "Dog Days" (4)</b> </p>	
<p align="right"><b>22</b></p> <p>10:00 Coffee Time (3) 10:30-11:30 Fitness Room Exercises (FR) 11:15 Current Events (4) <b>2:00 Chapel Service with Pastor Mike (C)</b> <b>2:45 Root Beer Float Social (CF)</b></p>	<p align="right"><b>23</b></p> <p>9:30 Baking Cookies (3) 10:00 Catholic Communion (4) <b>10:00-2:30 Stars of Modern Jewellery Sale (CC)</b> <b>11:00 Bookmobile (CF)</b> 11:00 Simply Stretch (4) 1:30 Geography Bee (4) <b>2:15 Documentary: "Our Planet Ep 8 Forests" (3)</b> <b>3:15 Tea with Friends (4)</b> 6:00-7:00 Fitness Room Exercises (FR)</p>	<p align="right"><b>24</b></p> <p><b>10:30 Bible Study with Pastor Mike (4)</b> 11:15 Table Tennis (CC) <b>2:00 Elliott Community Memorial Service (C)</b> 3:00 VON Physio Exercises (4) 3:30-4:30 Fitness Room Exercises (FR) <b>5:00 Indian Supper Club (CF)</b> </p>	<p align="right"><b>25</b></p> <p>9:30 Yahtzee (4) 10:00 Spiritual Fellowship With Pastor Mike (3) <b>2:00 Birthday Party with Jan Denk (CC)</b>  <b>6:15 5 Cent BINGO (CF)</b></p>	<p align="right"><b>26</b></p> <p>9:30 Crokinole (3) 10:30 VON Physio Exercises (4) 11:15 Alphabet Challenge (3) <b>2:00 Travel to Mexico (CC)</b>  6:00-7:00 Fitness Room Exercises (FR)</p>	<p align="right"><b>27</b></p> <p><b>Dog Day! Stella is Back Visiting</b>  <b>9:00-11:00 Hearing Clinic (CC)</b></p>	<p align="right"><b>28</b></p> <p>10:00 Outdoor Walks (3) <b>11:00 Table Tennis (CC)</b> <b>2:00 Afternoon at the Movies: Feature Film "Autumn Dreams" (4)</b> </p>	
<p align="right"><b>29</b></p> <p>10:15 Coffee Time (3) 10:30-11:30 Fitness Room Exercises (FR) 11:15 Hymn Sing (4) <b>2:00 Chapel Service (C)</b> <b>2:45 Ice Cream Social (CF)</b> </p>	<p align="right"><b>30</b></p> <p>9:15 Name that Tune (3) 10:00 Catholic Communion (4) <b>11:00 Bookmobile (CF)</b> 11:15 Courtyard Strolls (BCY)  1:15 Fall Poems (3) 2:15 Alphabet Challenge (4) <b>3:15 Tea with Friends (4)</b></p>	<p><b>Sign up for our monthly events/outings with Recreation staff. Transportation within Guelph \$6 &amp; \$10 Outside. All programs are subject to change. Cancellation required 48 hours prior to outing or else subject to payment.</b></p> <ul style="list-style-type: none"> <li>➤ <b>Wednesday September 4th 1:00pm African Lions Safari Outing</b> Sign up by: Monday September 2<sup>nd</sup> <b>Cost:</b> Admission + \$10 Transportation</li> <li>➤ <b>Monday September 9th @ 9:15am Country Drive</b> Sign up by: Saturday September 7<sup>th</sup> <b>Cost:</b> \$10 Transportation</li> <li>➤ <b>Wednesday September 11th @ 11:15am Swiss Chalet Lunch Outing</b> Sign up by: Monday September 9th <b>Cost:</b> \$10 Transportation + spending money</li> <li>➤ <b>Wednesday September 18th @ 4:15pm Dinner &amp; Horse Races Outing</b> Sign up by: Monday September 16th <b>Cost:</b> \$10 Transportation + spending money</li> <li>➤ <b>Friday September 20th @ 9:45am Shopping to Walmart and Lunch Outing</b> Sign up by: Wednesday September 18th <b>Cost:</b> \$10 Transportation + spending money</li> <li>➤ <b>Tuesday September 24th @ 5:00pm Indian Supper Club</b> Sign up by: Sunday September 22<sup>nd</sup> <b>Cost:</b> \$15 <b>Thali Curry Meal:</b> Aloo-Gobi (Potato &amp; Cauliflower dish), Sahi-Paneer (Vegetarian Butter chicken) lentil curry, fresh rice And Naan Bread <b>Dessert:</b> Gulab Juban (Indian Doughnut)</li> </ul>				<p align="center"> </p>	<p><b>Director of Recreation &amp; Volunteer Services:</b> Marta Braga Ext. 2227 <b>Recreationists:</b> Tracy Oliver Ext. 2496 (Nottingham &amp; Edinburgh) Michelle Holland Ext. 2366 (Ellington) Ali Van Elswyk &amp; Nicole Gosse Ext. 2232 <b>Chaplain:</b> Pastor Mike Ext. 2248</p>