

# NOTTINGHAM & RETIREMENT PLUS









# FEBRUARY

# 2019



## Legend

- (AT) Café
- (FR) Fitness Room
- (C) Chapel
- (4) 4th Floor Activity Area
- (3) 3rd Floor RET + Activity Area
- (EAA) Ellington Activity Area
- (CC) Community Centre

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><b>Director of Recreation &amp; Volunteer Services:</b> Marta Braga Ext. 2227</p> <p><b>Recreationists:</b> Tracy Oliver Ext. 2496 (Nottingham &amp; Ret +) Michelle Holland Ext. 2366 (Ellington) Tonya Botting, Ali Bott &amp; Katie Lammert Ext. 2232</p> <p><b>Chaplain:</b> Pastor Mike Ext. 2248</p>	<p><b>Sign up for our monthly events/outings with Recreation staff.</b> Transportation within Guelph \$6 &amp; \$10 Outside. All programs are subject to change. *Cancellation required 48hrs prior or subject to payment*</p> <ul style="list-style-type: none"> <li>➤ <b>Saturday February 2<sup>nd</sup> @11:30am</b> Order in Lunch from the Works <i>Sign up by: Friday February 1<sup>st</sup> Cost: Lunch \$</i></li> <li>➤ <b>Wednesday February 6<sup>th</sup> @ 8:00am</b> Breakfast Club <i>Sign up by: Monday February 4<sup>th</sup> (No Cost)</i></li> <li>➤ <b>Saturday February 16<sup>th</sup> @10:00am</b> Country Drive &amp; Tim Horton's <i>Sign up by: Thursday February 14<sup>th</sup> Cost: \$10 Transportation</i></li> <li>➤ <b>Friday February 22<sup>nd</sup> @ 11:00am</b> Lunch at Golden Fish &amp; Chips <i>Sign up by: Wednesday February 20<sup>th</sup> Cost: \$6 Transportation + Spending \$</i></li> <li>➤ <b>Tuesday February 26<sup>th</sup> @5:00pm</b> Chinese Supper Club <i>Sign up by: Sunday February 24<sup>th</sup> Cost: \$15 Meal Includes: Egg Roll, Sweet &amp; Sour Chicken balls, Beef with Broccoli, Chicken Chop Suey &amp; Honey Garlic Sparerib Dessert: Ice Cream &amp; Fortune Cookie Beverage: Soft Drink **Alcohol +\$4**</i></li> </ul>					<p><b>9:30 Documentary: "Italian Gardens" (4)</b></p> <p>11:15 Wacky Words (3)</p> <p>1:30 UNO Card Game (4)</p> <p>2:30 Balloon Volleyball (3)</p> <p>3:00-4:00 Fitness Room Exercises (FR)</p> <p><b>3:15 Tea with Friends (4)</b></p>	<p><b>1</b>  <b>2</b></p> <p>10:00 Sing A Long (3)</p> <p><b>11:30 Lunch in the Café, ordering from The Works (Sign Up)</b></p> <p><b>2:00 Movie Matinee Showing: "André Rieu. Life is beautiful Concert" (4)</b></p>
<p><b>3</b></p> <p>10:00 Coffee Cart (3)</p> <p>11:00 Geography Bee (4)</p> <p><b>2:00 Chapel Service with Pastor Mike (C)</b></p> <p><b>2:45 Specialty Coffee Hour \$4.00/coffee with alcohol (AT)</b></p> 	<p><b>4</b></p> <p>9:15 WHOGA Exercise (4)</p> <p>10:00 Catholic Communion (4)</p> <p>10:15 Its' Puzzling (3)</p> <p>11:00 Bookmobile (Outside AT)</p> <p>11:15 Table Tennis (CC)</p> <p>1:30 Reminiscing (4)</p> <p>2:30 Ball Toss (3)</p> <p>3:30 Wheel of Fortune (4)</p> <p>6:00-7:00 Fitness Room Exercises (FR)</p>	<p><b>5</b></p> <p> <b>Chinese New Year!</b></p> <p>10:30 Bible Study with Pastor Mike (4)</p> <p>11:30 Walks &amp; Strolls (3)</p> <p>1:30 (4) 2:30 (3)</p> <p>VON Physio Exercises</p> <p>4:15 Dominos (4)</p> <p><b>6:15 5 Cent Bingo (AT)</b></p> 	<p><b>6</b></p> <p><b>8:00 Breakfast Club (AT) (Sign Up)</b></p> <p>9:30 Crosswords (4)</p> <p>10:00 Spiritual Fellowship With Pastor Mike (3)</p> <p><b>10:30 Specialty Coffee Cart (3)</b></p> <p>11:15 Sing Along (4)</p> <p>1:30 Balloon Volleyball (4)</p> <p>2:30 Short Stories (3)</p> <p><b>3:15 Tea with Friends (4)</b></p>	<p><b>7</b></p> <p>9:30 (4) 10:30 (3) VON Physio Exercises</p> <p><b>2:00 Accordion Music with Gary (CC)</b></p>  <p>3:30-4:30 Fitness Room Exercises (FR)</p> <p><b>3:30 Pet Visits with Sky &amp; Brittaney (4)</b></p>	<p><b>8</b></p> <p><b>9:30 Documentary: "Ask the Doctor" Ep. 10 &amp; 11 (4)</b></p> <p>11:15 Reminiscing (3)</p> <p>1:30 UNO Card Game (4)</p> <p>2:30 Fun &amp; Fitness (3)</p> <p>3:00-4:00 Fitness Room Exercises (FR)</p> <p><b>3:15 Tea with Friends (4)</b></p>	<p><b>9</b></p> <p><b>10:00 Friends &amp; Pets Visit (CC)</b></p> <p><b>2:00 Movie Matinee Showing: "Eat Pray Love" (4)</b></p>  <p><b>EAT PRAY LOVE</b></p>	



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>10</b></p> <p>10:15 Coffee Cart (3)</p> <p><b>11:00 Classical Piano with Catherine (4)</b></p> <p><b>2:00 Chapel Service with Church of the City (C)</b></p> <p><b>2:45 Specialty Coffee Hour \$4.00/coffee with alcohol (AT)</b></p> 	<p><b>11</b></p> <p>9:30 (4) 10:30 (3) VON Physio Exercises</p> <p>10:00 Catholic Communion (4)</p> <p>11:00 Food Committee Meeting (4)</p> <p>11:00 Bookmobile (Outside AT)</p> <p>1:15 Pics To Words (4)</p> <p>2:30 Chicken Soup for the Soul Reading (3)</p> <p><b>3:15 Tea with Friends (4)</b></p> <p>6:00-7:00 Fitness Room Exercises (FR)</p>	<p><b>12</b></p> <p><b>9:45 Royal Bank (Ellington)</b></p> <p>10:30 Bible Study with Pastor Mike (4)</p> <p><b>11:15 Pet Visits with Sky &amp; Brittany (4)</b></p> <p>3:30 Name 6 Things (3)</p> <p>4:15 Dominos (4)</p> <p><b>6:15 5 Cent Bingo (AT)</b></p> 	<p><b>13</b></p> <p>9:30 VON Physio Exercises (4)</p> <p>10:00 Spiritual Fellowship with Pastor Mike (3)</p> <p><b>10:30 Hot Chocolate Cart (3)</b></p> <p>1:30 Sing Along (4)</p> <p>2:30 VON Physio Exercises (3)</p> <p><b>3:15 Tea with Friends (4)</b></p>	<p><i>Valentine's Day</i> <b>14</b></p> <p>9:30 Crosswords (4)</p> <p>10:15 Coffee Time (3)</p> <p>11:00 Balloon Volleyball (4)</p> <p><b>2:00 Sweethearts Tea with Keith Tobey (CC)</b></p> <p>3:30-4:30 Fitness Room Exercises (FR)</p> <p>3:30 Valentines Word Scrambles (3)</p> <p><b>6:15 5 Cent Bingo (AT)</b></p>	<p><b>15</b></p> <p><b>Dog Day! Stella is here today</b></p>  <p>3:00-4:00 Fitness Room Exercises (FR)</p>	<p><b>16</b></p> <p><b>10:00 Morning Country Drive &amp; Tim Hortons (Sign Up)</b></p> <p><b>2:00 Movie Matinee Showing: "One Chance" (4)</b></p> 
<p><b>17</b></p> <p>10:00 Coffee Cart (3)</p> <p>11:00 Pictionary (4)</p> <p><b>2:00 Chapel Service with Priory Park Baptist (C)</b></p> <p><b>2:45 Specialty Coffee Hour \$4.00/coffee with alcohol (AT)</b></p> 	<p><b>18</b></p>  <p><b>10:00 Family Day Photo Shoot (CC)</b></p> <p>11:00 Bookmobile (Outside AT)</p> <p>2:15 Ball Toss (3)</p> <p><b>3:15 Tea with Friends (4)</b></p> <p>6:00-7:00 Fitness Room Exercises (FR)</p>	<p><b>19</b></p> <p><b>10:30 St. Georges Anglican Church (C)</b></p> <p>10:30 Bible Study with Pastor Mike (4)</p> <p>1:15 Walks &amp; Strolls (3)</p> <p><b>2:00 Resident Council Meeting (4)</b></p> <p>3:30 Pass the Parcel (3)</p> <p>4:15 Travelogue to: Turkey (4)</p> <p><b>6:45 Rotary Bingo (AT)</b></p>	<p><b>20</b></p> <p><b>10:00 Roman Catholic Mass (C)</b></p> <p><b>10:00-2:00 Soup Cook Off! (CC)</b></p> 	<p><b>21</b></p> <p><b>10:00 Music and Rhythm with Krystyna (4)</b></p> <p>11:15 Current Events (3)</p> <p>1:30 (4) 2:30 (3)</p> <p>VON Physio Exercises</p> <p>3:30-4:30 Fitness Room Exercises (FR)</p> <p><b>4:00 Pet Visits with Brittany &amp; Sky (4)</b></p> <p><b>6:30 Pub Night with "Elvis" (AT)</b></p>	<p><b>22</b></p> <p>9:00-11:00 Hearing Aid Clinic (CC)</p> <p>9:30 Documentary: "French Gardens EP 3" (4)</p> <p>11:00 Chefs Corner: Scones (4)</p> <p><b>11:30 Lunch Outing to Golden Fish &amp; Chips (Sign Up)</b></p> <p>1:15 Horseshoes (4)</p> <p>2:15 Dominos (3)</p> <p>3:00-4:00 Fitness Room Exercises (FR)</p> <p>3:15 Tea with Friends (4)</p>	<p><b>23</b></p> <p>10:15 Chicken Soup for the Soul Reading (3)</p> <p>11:00 Alphabet Challenge (4)</p> <p><b>2:00 Movie Matinee Showing: "Forever My Girl" (4)</b></p> 
<p><b>24</b></p> <p>10:00 Coffee Cart (3)</p> <p><b>11:00 Classical Piano with Catherine (4)</b></p> <p><b>2:00 Chapel Service With Pastor Mike (C)</b></p> <p><b>2:45 Specialty Coffee Hour \$4.00/coffee with alcohol (AT)</b></p> 	<p><b>25</b></p> <p>9:30 (4) 10:30 (3) VON Physio Exercises</p> <p>10:00 Catholic Communion (4)</p> <p>11:00 Bookmobile (Outside AT)</p> <p>11:15 Table Tennis (CC)</p> <p>1:15 Creative Corner (4)</p> <p>2:30 Trivia (3)</p> <p><b>3:15 Tea with Friends (4)</b></p> <p>6:00-7:00 Fitness Room Exercises (FR)</p>	<p><b>26</b></p> <p>10:30 Bible Study with Pastor Mike (4)</p> <p><b>11:15 Pet Visits with Sky &amp; Brittany (4)</b></p> <p><b>2:00 Voices of Praise (CC)</b></p> <p><b>5:00 Chinese Supper Club (Sign up) (AT)</b></p> 	<p><b>27</b></p> <p>9:30 (4) VON Physio Exercises (4)</p> <p>10:00 Spiritual Fellowship with Pastor Mike (3)</p> <p><b>10:30 Coffee Cart (3)</b></p> <p><b>2:00 Birthday Party with John Pebble (CC)</b></p>  <p>3:30 Spelling Bee (4)</p>	<p><b>28</b></p> <p>9:30 UNO- Card Game (4)</p> <p>10:30 Short Stories (3)</p> <p>11:00 Balloon Volleyball (4)</p> <p><b>2:00 Travel to the Caribbean (CC)</b></p>  <p>3:30-4:30 Fitness Room Exercises (FR)</p> <p>3:45 Walks &amp; Strolls (3)</p>	<p><b>February 20th from 10:00-2:00</b></p> <p><b>The Recreation department is hosting our Annual Soup Cook-Off!!</b></p> <p>Staff, residents, and visitors can enjoy samples of homemade soup, and bun for <b>\$7.00</b></p> <p><b>Vote on Your favourite! Hope to see you there!!</b></p> <p><b>SOUP'S ON!</b></p>  	