# Nottingham/Edinburgh

## March 2023



### Friday March 10 - Pancake Breakfast Club

No Sign Up Cost for RET Residents who attend breakfast. \$5.00 for those who do not.

#### **Limited Spaces for Sign Up**

Includes: pancakes, bacon, fresh fruit, yogurt, juice, tea and coffee.

### Wednesday March 15 - Country Drive Outing

\$15 Sign Up Cost

### Monday March 27 - Fish & Chips Lunch Club

\$15.00 Sign Up Cost

Includes: Includes Fish & Chips, Dessert and a Drink.

To sign up for any of the above please contact Tracy from Recreation at ext. 2496 or by using the sign up binder in the 4th floor activity room.

Please use the sign up binder to sign up for the Fitness Centre and Virtual Reality Bike Tours.

Cancellation is required 48 hours prior to the outing or may be subject to payment.										
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
International Women's Day	*March*		9:15am Word Games: Word Connect - 4 1:30pm Fun & Fitness - 4 2:30pm 2:30-3:30 General Store Shopping Assistance	9:30am In Tune Ukulele Lessons (Sign Up) - 9:45am VON Exercises - 4 10:30am Bible Study - 4 1:00-3:00 General Store Open 2:30pm Bingo - 4 3:00-4:00 1:1 Chaplain Visits - RR 6:15pm Wii Sports - 4		10:45am Bingo - 4 3:00pm Coffee and Baked Treats Social - 4				
<u> </u>	,  6	7	'	9	10	11				
1:45pm Sunday Chapel Service with Pastor Mike - C	Letter, Frist Letter - 4 10:00am Catholic Communion - 3 11:00-12:00pm Bookmobile	9:45am VON Exercises - 4 10:45am Finish the Line Trivia - 4 1:30pm Collaborative Colouring Project - 4 3:00pm Euchre - 4	Day! All Day: Amnesty Letter Writing - 4 9:30am Balloon Volleyball - 4 10:30am Coffee, Tea and Trivia - 4	9:30am In Tune Ukulele Lessons (Sign Up) - 9:45am VON Exercises - 4 10:30am Bible Study - 4 1:00-3:00 General Store Open 1:30-2:30 Virtual Reality Room (Sign up) - VR 3:00-4:00 1:1 Chaplain Visits - RR 6:30pm Scrabble - 4	up with Tracy) - CF 1:00 - 4:00 Exquisite Boutique	9:30am HAS Fit Exercises - 4 1:30-3:30 General Store Open (Behind Cafe) 2:30pm Word Games: Crosswords - 4				
12	13	14	15	16	17	18				
Hockey - 4 -	9:15am Balloon Volleyball - 4 11:00-12:00pm Bookmobile 11:00am Food Committee Meeting - 4 1:30pm Word Games: Crosswords - 4 2:30pm Euchre - 4	1:30pm Creative Arts: How to Draw	10:00am Holy Rosary Communion Mass - C 12:30-3:30 General Store Open 1:30pm Country Drive Outing (Sign up with Tracy)	9:30am In Tune Ukulele Lessons (Sign Up) - 9:45am VON Exercises - 4 10:30am Bible Study - 4 1:00-3:00 General Store Open 1:30pm Travel to Ireland w/ Irish Coffee - 4 3:00-4:00 1:1 Chaplain Visits - RR 3:00pm Bingo - 4 6:15pm Pub Night w/ Remedy Group - CC	10:00am Bell Choir w. Mairead - 4 10:30-11:30 Fitness Centre - Sign up with Tracy - FR	10:00am Sing Along with Susie Q - 4 1:30-3:30 General Store Open (Behind Cafe) 2:30pm Coffee and Tea with Friends - 4				

3 - Edinburgh Activity Area

FR - Fitness Room

4 - Nottingham Activity Area

RR - Resident's Room

C - Chapel

VR - Virtual Reality Room

**CC - Community Centre** 

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\$15 Sign Up Cost

CF - Cafe

### Monday March 27 - Fish & Chips Lunch Club

\$15.00 Sign Up Cost

Includes: Includes Fish & Chips, Dessert and a Drink.

To sign up for any of the above please contact Tracy from Recreation at ext. 2496 or by using the sign up binder in the 4th floor activity room.

FR - Fitness Room

Please use the sign up binder to sign up for the Fitness Centre and Virtual Reality Bike Tours.

Cancellation is required 48 hours prior to the outing or may be subject to payment.										
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
19	20	21	22	23	24	25				
	9:15am Word Games: Word Connect - 4 10:00am Catholic Communion - 3	9:45am VON Exercises - 4 10:45am Jeopardy - 4 1:30pm Artful Talk: Fun in the Sun - 4 Wine and Cheese Social -	Assistance 2:00-4:00 TENA Product Demo Open House (CC)	(Sign Up) -		10:30am Word Games: Word Mining - 4 1:30-3:30 General Store Open (Behind Cafe) 2:30pm Coffee and Baked Treats Social - 4				
1:45pm Sunday Chapel Service with Pastor Mike - C	9:15am Balloon Volleyball - 4 10:00am Catholic Communion - 3 11:00-12:00pm Bookmobile 12:00pm Fish and Carps unch	9:45am VON Exercises - 4 10:30-11:30 Virtual Reality Room (Sign up with Tracy) - VR 1:30pm Coffee with a Cop - CC 2:30pm Creative Arts: Geometric Painting - 3	9:15am Sing Along with Susie Q - 4 10:30am Coffee, Tea and Trivia - 4 12:30-3:30 General Store Open 2:00pm Stordion with Gary	9:30am In Tune Ukulele Lessons (Sign Up) - 9:45am VON Exercises - 4 10:30am Bible Study - 4	10:30-11:30 Connect Hearing Clinic (CC) 10:00am Bell Choir w. Mairead - 4 10:30-11:30 Fitness Centre - Sign up with Tracy - FR 1:30pm Rick Steves: The Swiss Alps - 3 3:00pm Smoothie Social - 4	Recreationist Tracy Wakeford- twakeford@elliottcommunity.org  Recreation Supervisor Michelle Holland ext. 2366 mholland@elliottcommunity.org  Chaplain Mike Dell ext. 2248 chaplain@elliottcommunity.org				
-	3 - Edinburgh Activity	v Area 4 - No	ttingham Activity Area	C - Chapel	CC - Communi	ty Centre				

RR - Resident's Room

VR - Virtual Reality Room