







# NOTTINGHAM & RETIREMENT PLUS



**Legend**  
 (AT) Café  
 (BCY) Courtyard  
 (FR) Fitness Room  
 (4) 4th Floor Activity Area  
 (3) 3rd Floor Activity Area  
 (EAA) Ellington Activity Area  
 (CC) Community Centre  
 (C) Chapel  
 (GR) Games Room

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Director of Recreation &amp; Volunteer Services:</b> Marta Braga Ext.2227 <b>Recreationists:</b> Michelle Schefter Ext. 2366 (Ellington) Tracy Oliver Ext.2496 (Nottingham & Ret +) Azra Basic, Kirstie Fischer & Tonya Botting Ext. 2232 <b>Chaplain:</b> Pastor Bob Ext. 2248	<b>1</b> 10:00 Catholic Communion (4) 10:15 Poetry Readings (3) 11:00 Bookmobile (AT) 11:15 Trivia (4) 2:30 Balloon Volleyball (3) 6:00-7:00 Fitness Room Exercises (FR) <b>3:15 Tea with Friends (4)</b> <b>6:30 Piano Hymns with David (4)</b>	<b>2</b> 11:30 Crosswords (4) <b>2:00 Music with Kevin Morris (CC)</b>  2:30 (3) 3:15 (4) VON Physio Exercises 3:00-4:00 Fitness Room Exercises (FR) 3:30 Short Stories (3) <b>6:15 5 Cent Bingo (AT)</b>	<b>3</b> 9:15 Wii Bowling (4) 10:00 Chefs Corner (3) 10:30 Anglican Communion (C) 11:00-12:00 Fitness Room Exercises (FR) 11:00 Sing Along (4) 1:30 Wheel of Fortune (4) 2:15 Ball Toss (3) <b>3:15 Tea with Friends (4)</b>	<b>4</b> 10:30 Bible Study (4) 11:30 Walks & Strolls <b>2:00 Accordion With Gary (CC)</b> 2:30 (3) 3:15 (4) VON Physio Exercises 3:30 Trivia (3) 6:00-7:00 Fitness Room Exercises (FR) <b>6:15 5 Cent Bingo (AT)</b>	<b>5</b>  <b>10:00 Documentary: "Secrets of her Majesty's Service"</b> 11:00 Discussion Group "Cinco De Mayo" (3) <b>2:00 Cinco De Mayo Party with "Celebrity Productions" (CC)</b> 2:00-3:00 Fitness Room Exercises (FR)	<b>6</b> 10:15 Painting (3) 11:15 Pictionary (4) <b>2:00 Afternoon at the Movies, featuring "Mother's Day"</b> 
<b>7</b> 10:00 Coffee Time (3) <b>11:00 Classical Music with Catherine (4)</b> 2:00 Chapel Service Chaplain-Pastor Bob (C) <b>3:15 Documentary: "Wild Ones: Amazon Rainforest &amp; African Savannah" (4)</b> 	<b>8</b> 9:30 Sing Along (4) 10:00 Catholic Communion (4) 10:15 Coffee & Conservation (AT) 11:00 Bookmobile (AT) <b>11:15 Food Committee Meeting (4)</b> 1:30 Finishing Lines (3) 2:30 Discussion "Mothers of Invention" (4) 3:15 Walks & Strolls (3) 6:00-7:00 Fitness Room Exercises (FR)	<b>9</b> 11:30 Geography Bee (4) 1:30 Comedy Hour (3) 2:15 You Be The Judge (4) 2:30 (3) 3:15 (4) VON Physio Exercises 3:00-4:00 Fitness Room Exercises (FR) 3:30 Sing Along (3) <b>6:15 5 Cent Bingo (AT)</b> 	<b>10</b> <b>8:00 Breakfast Club (Sign Up)</b> 9:15 Wii Bowling (4) <b>10:00 City Drive Outing (Sign Up)</b> 10:15 Ball Toss (3) 10:30 Chapel Service with Pastor Bob (C) 11:00 Pictionary (4) 11:00-12:00 Fitness Room Exercises (FR) <b>2:00 Guitar Music with Christina (CC)</b> <b>3:15 Tea with Friends (4)</b>	<b>11</b> 9:30 Table Tennis (CC) <b>9:45 Royal Bank (Ellington)</b> 10:15 Coffee Time (3) 10:30 Bible Study (4) 11:00 Ladder Ball (4) 1:30 Name That Tune (3) 2:15 Jeopardy (4) 2:30 (3) 3:15 (4) 3:30 Sing Along (3) VON Physio Exercises 6:00-7:00 Fitness Room Exercises (FR)	<b>12</b> 9:15 Spelling Bee (4) <b>10:00 Documentary: "Secrets of Highclere Castle"</b> 11:00 Discussion Group (3) <b>2:00 Mother's Day Tea with "Music Time" (CC)</b> 2:00-3:00 Fitness Room Exercises (FR) <b>6:15 5 Cent Bingo (AT)</b>	<b>13</b> 10:00 Sing A Long (3) 11:00 Geography Bee (4) <b>1:15 Blue Jays Baseball Party (4)</b> <b>Watch the Blue Jays game together</b> <b>Make sure you wear blue!</b> 



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>14</div> <div>10:15 Coffee Time (3) <b>11:00 Classical Music with Catherine (4)</b> 2:00 Chapel Service Chaplain-Pastor Bob (C) <b>2:45 Specialty Coffee Hour (AT)</b> \$4.00/coffee with alcohol</div>	<div>15</div> <div>9:15 Wii Bowling (4) 10:15 Horse Races (3) <b>10:30-3:00 Mobile Seniors Shop Clothing Sale (CC)</b> 11:00 You Be The Judge (4) 11:00 Bookmobile (AT) 1:30 Junk Drawer Detective (4) <b>1:30 Royal City Greenhouse Outing (Sign Up)</b> 2:15 Drum Circle (3) <b>3:15 Tea with Friends (4)</b> 6:00-7:00 Fitness Room Exercises (FR)</div>	<div>16</div> <div>10:30 Anglican Communion (C) 1:15 Geography Bee (4) <b>2:00 Resident Council Meeting (4)</b> 2:30 (3) 3:15 (4) VON Physio Exercises 3:00-4:00 Fitness Room Exercises (FR) 3:30 Snakes &amp; Ladders (3) <b>7:00 Rotary Bingo (AT)</b></div>	<div>17</div> <div>10:00 Roman Catholic Mass (C) 11:00-12:00 Fitness Room Exercises (FR) 11:30 Pictionary (4) <b>1:30 Shopping to Dollar Store (Sign Up)</b> 4:00 Sing Along (3) 6:30 Courtyard Strolls (BCY)</div>	<div>18</div> <div>9:30 Table Tennis (CC) 10:15 Coffee Time (3) 11:00 Basketball (4) 10:30 Bible Study (4) 2:30 (3) 3:15 (4) VON Physio Exercises 6:00-7:00 Fitness Room Exercises (FR) <b>6:30 Pub Night with Wyatt Ladd (AT)</b></div>	<div>19</div> <div><b>Doggy Day! Stella is back Visiting today!</b>  9:30 Walks &amp; Strolls 10:30 Reminiscing (4) 2:00-3:00 Fitness Room Exercises (FR)</div>	<div>20</div> <div>10:15 Balloon Volleyball (3) 11:15 Who, What, When (4) <b>2:00 Afternoon at the Movies Featuring: "Victoria &amp; Albert Pt. 1" (4)</b> </div>
<div>21</div> <div>10:15 Coffee Time (3) <b>11:00 Classical Music with Catherine (4)</b> <b>1:15 Cox Creek Wine Tour Outing (Sign Up)</b>  2:00 Chapel Service Priory Park Baptist (C)</div>	<div>22</div> <div> 10:15 Pudding Parfait Social (3) 11:15 Be the Judge (4) <b>2:00 Afternoon at the Movies: "Victoria &amp; Albert - Pt. 2" (4)</b> </div>	<div>23</div> <div>11:30 Crosswords (4) <b>2:00 Piano Hymns with Joy (4)</b> 2:30 (3) 3:15 (4) VON Physio Exercises 3:00-4:00 Fitness Room Exercises (FR) 3:30 Spelling Bee (3) <b>6:15 5 Cent Bingo (AT)</b></div>	<div>24</div> <div>9:15 Wii Bowling (4) 10:45 Guitar Session Concert with Jean (4) 10:30 Chapel Service with Pastor Bob (C) 11:00-12:00 Fitness Room Exercises (FR) 1:30 Wheel Of Fortune (4) 2:15 Ball Toss (3) <b>3:15 Tea with Friends (4)</b></div>	<div>25</div> <div>9:30 Table Tennis (CC) 10:15 Coffee Time (3) 10:30 Bible Study (4) 11:00 Mini Putting (4) <b>2:00 Happy Hour with Derek Byrne (CC)</b> 2:30 (3) 3:15 (4) VON Physio Exercises 6:00-7:00 Fitness Room Exercises (FR) <b>6:15 5 Cent Bingo (AT)</b></div>	<div>26</div> <div><b>9:00-11:00 Hearing Clinic (CC)</b> <b>10:00 Documentary: "Secrets of Selfridges"</b> <b>2:00 New Horizons Band (CC)</b> 2:00-3:00 Fitness Room Exercises (FR) <b>3:15 Tea with Friends (4)</b></div>	<div>27</div> <div><b>10:00 Morning at the Movies (4), featuring "How to Marry a Millionaire"</b>  10:15 Painting (3) <b>2:00 Games with Calvary Youth Group (CC)</b></div>
<div>28</div> <div>10:30 Disciples Of Christ (C) <b>11:00 Classical Music with Catherine (4)</b> 2:00 Chapel Service Chaplain-Pastor Bob (C) <b>2:45 Documentary: "Elizabeth at 90" (4)</b> </div>	<div>29</div> <div>9:15 Geography Bee(4) 10:15 Walks &amp; Strolls (3) 11:15 Discussion on "Japanese Culture"(4) 10:00 Catholic Communion (4) 11:00 Bookmobile (AT) <b>2:00 Creative Arts with Catharine (CC)</b> <b>3:15 Tea with Friends (4)</b> 6:00-7:00 Fitness Room Exercises (FR)</div>	<div>30</div> <div>11:15 Crosswords (4) 1:30 Sing Along (3) 2:15 Skip-Bo (4) 2:30 (3) 3:15 (4) VON Physio Exercises 3:00-4:00 Fitness Room Exercises (FR) <b>5:00 Mexican Burrito Supper Club (AT) (Sign Up)</b></div>	<div>31</div> <div>11:00-12:00 Fitness Room Exercises (FR) <b>2:00 Birthday Party with Celebrity Productions (CC)</b>  3:45 Ball Toss (4) 6:30 Courtyard Strolls (BCY)</div>	<div><b>Sign up for our monthly events/outings with Recreation staff. Transportation within Guelph \$6 &amp; \$10 Outside All programs are subject to change.</b> ➤ <b>Wednesday May 10<sup>th</sup> 10:00am City Drive</b> ➤ Sign up by: Monday May 8<sup>th</sup> <b>Cost:</b> \$6.00 Transportation ➤ <b>Monday May 15<sup>th</sup> 1:30pm Royal City Greenhouse Outing</b> Sign up by: Friday May 12<sup>th</sup> <b>Cost:</b> \$6.00 Transportation + Spending \$\$ ➤ <b>Wednesday May 17<sup>th</sup> 1:30pm Shopping outing to The Dollar Store</b> Sign up by: Monday May 15<sup>th</sup> <b>Cost:</b> \$6.00 Transportation + Spending \$\$ ➤ <b>Sunday May 21<sup>st</sup> 1:15pm Cox Creek Wine Tour</b> Sign up by: Friday May 19<sup>th</sup> <b>Cost:</b> \$10 Transportation + \$6 Admission ➤ <b>Tuesday May 30<sup>th</sup> 5:00pm Supper Club</b> Sign up by: Sun May 28<sup>th</sup> <b>Meal Includes:</b> Burrito, Tortilla Chips &amp; Guacamole, and Hot Chocolate Mexican Brownie with Soft Drink <b>All for only for \$15 including tax!</b></div>		