














# NOTTINGHAM & RETIREMENT PLUS

# 2019 January

**Legend**  
 (AT) Café  
 (BCY) Courtyard  
 (FR) Fitness Room  
 (C) Chapel  
 (GR) Games Room  
 (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>Happy New Year!</p>	<p><b>NEW YEAR'S DAY</b> 1</p> <p>10:15 Fun &amp; Fitness (3) 11:15 Sing Along (4) <b>2:00 Movie Matinee</b> Showing: <b>"Dumplin'"</b> (4)</p> <p>6:00-7:00 Fitness Room Exercises (FR)</p>	<p>2</p> <p>9:30 (4) 10:30 (3) VON Physio Exercises 10:30 St. Georges Anglican Communion (C) 1:30 Card Game: UNO (4)</p> <p>2:30 It's Puzzling (3) <b>3:15 Tea with Friends (4)</b></p>	<p>3</p> <p>9:30 Morning Stretches (4) 10:30 Trivia (3) 11:15 Pictionary (4) 1:15 Table Tennis (CC) <b>2:00 Accordion Music with Gary (CC)</b></p> <p>3:30-4:30 Fitness Room Exercises (FR)</p>	<p>4</p> <p><b>8:00 Breakfast Club (AT)</b> 9:15 Morning Meditation (4) <b>10:00 Documentary: "Ask the Doctor" Ep. 5 &amp; 6 (4)</b> 1:30 (4) 2:30 (3) VON Physio Exercises 3:00-4:00 Fitness Room Exercises (FR) <b>3:15 Tea with Friends (4)</b></p>	<p>5</p> <p><b>10:00 Games with St. Philopateer Church Youth Group (CC)</b> <b>2:00 Movie Matinee</b> Showing: <b>"Mowgli"</b> (4)</p>
<p>6</p> <p>10:00 Coffee Cart (3) <b>11:00 Classical Music with Catherine (4)</b> 11:00-12:00 Fitness Room Exercises (FR) <b>2:00 Chapel Service with Pastor Mike (C)</b> <b>2:45 Specialty Coffee Hour (AT)</b> \$4.00/coffee with alcohol</p>	<p>7</p> <p>9:15 (4) 10:30 (3) VON Physio Exercises 10:00 Catholic Communion (4) 11:00 Bookmobile (Outside AT) 11:15 Pics To Words (4) 1:30 Short Stories (4) 2:30 "Hobbies" Trivia (3) <b>3:15 Tea with Friends (4)</b> 6:00-7:00 Fitness Room Exercises (FR)</p>	<p>8</p> <p>11:30 Walks &amp; Strolls (4) 1:15 Table Tennis (CC) 3:30 Sing Along (3) 4:15 Dominos (4) 6:00-7:00 Fitness Room Exercises (FR) <b>6:15 5 Cent Bingo (AT)</b></p>	<p>9</p> <p><b>11:15 Pet visits with Brittaney &amp; Sky (4)</b> <b>TBD Cineplex Theatre</b> showing: <b>"Mary Poppins"</b> (Sign up)</p>	<p>10</p> <p>9:30 (4) 10:30 (3) VON Physio Exercises 1:30 Word Connect (4) <b>2:30 Hot Chocolate Social (3)</b> 3:30 A-Z Trivia (4) 3:30-4:30 Fitness Room Exercises (FR) <b>6:30 Pub Night with David Kirby (AT)</b></p>	<p>11</p> <p><b>Doggy Day! Stella is in Today</b></p> <p>3:00-4:00 Fitness Room Exercises (FR)</p>	<p>12</p> <p><b>10:00 Games with Church of The City Youth Group (CC)</b> <b>2:00 Movie Matinee</b> Showing: <b>"Little Women"</b> (4)</p>



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: right;"><b>13</b></p> <p>10:00 Coffee Cart (3) 11:00 Word Connect (4) 11:00-12:00 Fitness Room Exercises (FR) <b>2:00 Chapel Service with John Fairchild (C)</b> <b>2:45 Specialty Coffee Hour (AT) \$4.00/coffee with alcohol</b></p> 	<p style="text-align: right;"><b>14</b></p> <p>9:30 (4) 10:30 (3) VON Physio Exercises 11:00 Food Committee Meeting (4) 11:00 Bookmobile (AT) <b>1:30 Butterfly Conservatory Outing (Sign Up)</b> 6:00-7:00 Fitness Room Exercises (FR) 6:30 Piano Hymns with David (4)</p>	<p style="text-align: right;"><b>15</b></p> <p>10:30 St. Georges Anglican Communion (C) <b>1:15 Pet visits with Brittaney &amp; Sky (4)</b> <b>2:00 Resident Council (4)</b> 3:30 Snelling Bee (3)</p>  <p>6:00-7:00 Fitness Room Exercises (FR) <b>6:45 Rotary Bingo (AT)</b></p>	<p style="text-align: right;"><b>16</b></p> <p>9:30 (4) 10:30 (3) VON Physio Exercises 10:00 Roman Catholic Mass (C) 1:15 Table Tennis (CC) 1:30 Geography Bee (4) 2:30 Drum Circle (3)</p>  <p><b>3:15 Tea with Friends (4)</b></p>	<p style="text-align: right;"><b>17</b></p> <p>9:30 Crosswords (4) 10:30 Ball Toss (3) 11:15 Comedy Hour (4) 1:30 Creative Corner with Neco (4) <b>2:30 Coffee &amp; Conversation (3)</b> 3:30 WHOGA Exercises (4) 3:30-4:30 Fitness Room Exercises (FR) <b>6:15 5 Cent Bingo (AT)</b></p> 	<p style="text-align: right;"><b>18</b></p> <p>9:15 Morning Meditation (4) <b>10:00 Documentary: "French Gardens" (4)</b> 1:30 Word Connect (4) 2:00 Dublin United Church Communion (EAA) 2:30 Horseshoes (3) 3:00-4:00 Fitness Room Exercises (FR) <b>3:15 Tea with Friends (4)</b></p>	<p style="text-align: right;"><b>19</b></p> <p>10:00 Creative Expressions with Barbara (CC) <b>2:00 Movie Matinee Showing: "Collateral Beauty" (4)</b></p> 
<p style="text-align: right;"><b>20</b></p> <p><b>11:00 Classical Music with Catherine (4)</b> 11:00-12:00 Fitness Room Exercises (FR) <b>2:00 Chapel Service with Priory Park Baptist (C)</b> <b>2:45 Specialty Coffee Hour (AT) \$4.00/coffee with alcohol</b></p>	<p style="text-align: right;"><b>21</b></p> <p>9:15 Horseshoes (4) 10:00 Catholic Communion (4) 10:15 Fun &amp; Fitness (3) 11:00 Bookmobile (AT) 11:15 Jeopardy Trivia (4) 1:30 Hymn Sing (4) <b>2:00 City Drive &amp; Tim Hortons (Sign Up)</b> 2:30 Guitar w. Katie (3) <b>3:15 Tea with Friends (4)</b> 6:00-7:00 Fitness Room Exercises (FR)</p>	<p style="text-align: right;"><b>22</b></p> <p>11:15 Walks &amp; Strolls (3) <b>2:00 Elliott Community Memorial Service (C)</b> <b>5:00 Wings Up Supper Club (AT)</b></p>  <p>6:00-7:00 Fitness Room Exercises (FR)</p>	<p style="text-align: right;"><b>Pajama Day! 23</b></p> <p>11:30 Crosswords (4) 1:15 Table Tennis (CC) <b>2:00 Movie Matinee (CC) Feature Movie: "My Girl"</b></p>  <p><b>4:00 Pet visits with Brittaney &amp; Sky (4)</b> <b>6:30 Documentary: "The Search for Life in Space" (4)</b></p>	<p style="text-align: right;"><b>24</b></p> <p><b>10:00 Music &amp; Rhythm with Krystyna (4)</b> <b>2:00 Happy Hour with "Backporch Band"</b></p>  <p>3:30-4:30 Fitness Room Exercises (FR) <b>6:15 5 Cent Bingo (AT)</b></p>	<p style="text-align: right;"><b>25</b></p> <p><b>9:00-11:00 Hearing Aid Clinic (CC)</b> 9:15 Morning Meditation (4) <b>10:00 Documentary: "Ask the Doctor" Ep. 7 &amp; 8 (4)</b> 1:30 (4) 2:30 (3) VON Physio Exercises 3:00-4:00 Fitness Room Exercises (FR) <b>3:15 Tea with Friends (4)</b></p>	<p style="text-align: right;"><b>26</b></p> <p>10:00 Balloon Volleyball (3) 11:00 Wheel of Fortune (4) <b>2:00 Movie Matinee Showing: "Sense &amp; Sensibility" (4)</b></p> 
<p style="text-align: right;"><b>27</b></p> <p>10:00 Coffee Cart (3) 11:00-12:00 Fitness Room Exercises (FR) 11:15 Sing Along (4) <b>2:00 Chapel Service with Pastor Mike (C)</b> <b>2:45 Specialty Coffee Hour (AT) \$4.00/coffee with alcohol</b></p> 	<p style="text-align: right;"><b>28</b></p> <p>9:15 Simply Stretch (4) 10:00 Catholic Communion (4) 10:15 Fun &amp; Fitness (3) 11:00 Bookmobile (Outside AT) 11:15 Guitar w. Katie (4) 1:30 Skip-Bo (4) 2:30 Current Events (3) <b>3:15 Tea with Friends (4)</b> 6:00-7:00 Fitness Room Exercises (FR)</p>	<p style="text-align: right;"><b>29</b></p> <p><b>11:15 Pet visits with Brittaney &amp; Sky (4)</b> <b>2:00 Piano Hymns with Jov (4)</b></p>  <p>3:30 Name That Tune (3) 4:15 Junk Drawer Detective (4) 6:00-7:00 Fitness Room Exercises (FR) <b>6:15 5 Cent Bingo (AT)</b></p>	<p style="text-align: right;"><b>30</b></p> <p>9:30 (4) 10:30 (3) VON Physio Exercises <b>2:00 Birthday Party with Craig Manning (CC)</b></p> 	<p style="text-align: right;"><b>31</b></p> <p>9:30 Trivia (4) 10:15 Creative Corner (3) 11:00 Mini Putting (4) <b>2:00 Travel to Australia! (CC)</b></p>  <p>3:30-4:30 Fitness Room Exercises (FR)</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 48hrs prior or subject to payment*</b></p> <ul style="list-style-type: none"> <li>➤ <u>Fri. Jan. 4<sup>th</sup> @ 8:00 a.m. Breakfast Club</u> Sign up by: Thurs. Jan 3<sup>rd</sup> <b>Cost: Free</b></li> <li>➤ <u>Wed. Jan. 9<sup>th</sup> @ TBD Mary Poppins Cineplex Outing</u> Sign up by: Mon. Jan. 7<sup>th</sup> <b>Cost: \$6</b> Transportation + Ticket \$</li> <li>➤ <u>Mon. Jan 14<sup>th</sup> @ 1:30pm Butterfly Conservatory</u> Sign up by: Sat. Jan. 12<sup>th</sup> <b>Cost: \$10</b> Transportation + Admission</li> <li>➤ <u>Mon. Jan. 21<sup>st</sup> @ 2:00pm City Drive &amp; Tim Horton's</u> Sign up by: Sat. Jan. 19<sup>th</sup> <b>Cost: \$10</b> Transportation + Coffee \$</li> <li>➤ <u>Tues. Jan. 22<sup>nd</sup> @ 5:00pm Wings Up Supper Club</u> Sign up by: Sun Jan. 20<sup>th</sup> <b>Cost: \$15 Meal Includes:</b> Boneless Wings, Fries &amp; Caesar Salad <b>Dessert:</b> Ice Cream <b>Beverage:</b> Soft Drink **Alcohol +\$4**</li> </ul>	