

Shiyu Dance Performance



Sunday, Jan. 28th
at 6:30 p.m.



Orchard Walk Retirement Messenger

This newsletter is available at
Reception and copies
can be emailed
to resident's families.

If you wish to receive an emailed copy,
please give or email your email
address to
frontdesk@orchardwalkretirement.ca

Looking for more information about
**Orchard Walk Retirement Community &
Garden View Senior Apartments?**

Join us for lunch and a tour
please contact—Barb Phillipps
at 613 821-2233 ext. 408 or email
barbarap@orchardwalkretirement.ca

January
2018



THE MESSENGER

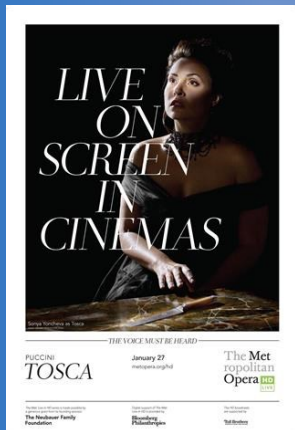


Welcome new
Residents
Joan Latimer
Garden View

Happy New Year!!
We hope everyone had a wonderful
Holiday Season!

Please join us for this month as we celebrate
Robbie Burns Day with Scottish
entertainment on
January 25th at 6:30 p.m.

What's Happening This Month.....



Tosca (Puccini) Italian w.e.s.t. -
Metropolitan Opera Cost \$27.00
January 27th 2018 at 12:15 p.m.
playing at Barrhaven Cinema
Please sign up at Reception

Entertainment at Orchard Walk

Margie, Bruce, Al & Friends
Wed. Jan. 3rd at 2:00 p.m.

George Ritchie plays Piano
Wed. Jan.17th at 3:00 p.m.

Entertainment by Bob Schwartz
Fri. Jan. 5th at 2:00 p.m.

Entertainment with Noel
Fri. Jan.19th at 2:00 p.m.

Rev. Hartman 's Hymn Sing
Mon. Jan. 8th at 4:00 p.m.

Entertainment with The Grateful We
Are Not Dead Band
Mon. Jan. 22nd at 3:30 p.m.

Entertainment by The Barrhaven
Fiddleheads
Fri. Jan. 12th at 2:00 p. m.

Entertainment with Danielle's
Highland Dancers
Thurs. Jan. 25th at 6:30 p.m.

Singalong with Shannon
Mon. Jan. 15th at 3:30 p.m.

Birthday Bash & Entertainment
with Jack Schoular
Fri. Jan.26th at 2:00 p.m.

Out & About....



Bus Outings and Shopping trips:

Manotick Shopping
Morning
Fridays at 9:15 a.m.

Shopping at Merivale
Mall
Wed. Jan. 17th
at 9:15 a.m.

Swiss Chalet for lunch
Mon. Jan. 29th
at 11:30 a.m.

Billings Bridge Mall
Wed. Jan 3rd
at 9:15 a.m.

Sightseeing Bus
Thurs. Jan. 18th
at 1:30 p.m.

Carlingwood Mall &
Lunch out
Wed. Jan. 31st
at 9:15 a.m.

Kemptville Shopping
Wed. Jan. 10th
at 9:15 a.m.

Giant Tiger (Bank St.)
Wed. Jan. 24th
at 9:15 a.m.



Rideau Carleton Slots
Thurs. Jan. 11th
at 1:30 p.m.

Tosca Opera at
Barrhaven Cinema
Sat. Jan. 27th
at 12:15 p.m.

Open House Events... **THE PUBLIC IS WELCOME!!!**



Japanese Tea & Kimono

Ceremony with Camilla Tea

Sunday, January 14th at 3:30 p.m.

Garden View Apartments



Residents of the Month.....



Victor Haire -Garden View



Irene Caswell -Orchard Walk

Health Services

“NEW” Year–New You

Garden View

“Aging Backwards”

with Amanda

Tuesday, January 9th, 23rd & 30th

at 9:45 a.m.



Walker and Wheelchair Clinic

An experienced Technician and a knowledgeable Sales Representative from Ontario Medical Supply will be on-site to assist you with any questions or general repairs you may have.

Date: Monday January 15th 2018

at 10:00 a.m.

Orchard Walk

1st floor

Everyone Welcome!!

Bring a friend after enjoy some healthy snacks after

Call for more information

Religious Services



Ecumenical Services

with Bob Caines, Rev. Ed Gratton

& Kathryn Holman on Sundays at 2:00 p.m.

Ecumenical Service with Rev. Andrea Thomas

Thursday, January 25th at 10:00 a.m.

SorryNo Roman Catholic Mass with Father Titus

This month

Roman Catholic Communion Sundays at 11:15 a.m.

Roman Catholic Rosary Prayer

Sundays at 11:00 a.m.

Thursdays at 10:30 a.m.

Orchard Walk Chair Exercise Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:30	10:00	9:30	10:00	9:30	11:00
	Chair Exercises	Balance Class	Chair Exercises	Balance Class	Chair Exercises	Tai Chi
	11:00	10:45	10::00	10:45	10:30	
	Chair Exercises	Wellness Class	Chair Exercises	Wellness Class	Chair Exercise	

Garden View Chair Exercise Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2:00	1st & 3rd	10:45	2:00	10:45	
	Balance Class	9:45	Chair Exercise	Balance Class	Chair Exercise	
		Chair Yoga				
		2nd,4th & 5th				
		Aging				
		Backwards				

Memories.....



Memories.....

