



In House Services



Hair Salon with Jackie

Wednesday to Friday
9:00 a.m. to 5:00 p.m.



Eye Clinic

see Activities for
appointment



Whirl Pool Baths

7 days a week



Foot Care Nurse

Twice a
month



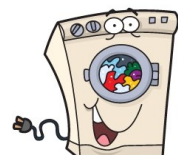
Multi-gen Dental

see Activities for
appointment



Laundry Service

5 days a
week



Resident Council Meeting

Orchard Walk Retirement Tuesday, March 13th 2018 at 2:30 p.m.

Garden View Tuesday, March 20th at 3:00 p.m.

Minutes for the Residents Council Meetings are available at the Reception

Looking for more information about

Orchard Walk Retirement Community &

Garden View Senior Apartments?

Join us for lunch and a tour

please contact—Jenna

at 613 821-2233 ext. 472 or email

jennal@orchardwalkretirement.ca



March
2018

The Messenger



A Warm

Welcome to our
New Residents...

Una Ladoucer O.W.

Brenda Cole O.W.

Hannah McAuley
O.W.

Open House Everyone Welcome!!



St. Patty's Party with
Robin Averill &
Refreshments

Saturday, March 17th
at 3:00 p.m.

Orchard Walk Retirement



What's Happening Next Month.....



Entertainment with
The Swampwater Jazz Band
& Refreshments

Saturday, April 14th at 3:30 p.m.

At Orchard Walk Retirement

O.W. Musical Entertainment

Entertainment with Ottawa
Police Choir

Fri. March 2nd at 2:00 p.m.

Entertainment by Shannon

Fri. March 5th at 3:30 p.m.

Rev. Hartman Hymn Sing

Wed. March 6th at 4:00 p.m.

Entertainment by Stanley Frank

Fri. March 9th at 2:00 p.m.

Entertainment by Alan Sandleman

Fri. March 16th at 2:00 p.m.

George Ritchie plays Piano

Wed. March 21st at 3:00 p.m.

Entertainment by Arlene Quinn

Fri. March 23rd at 2:00 p.m.

Sing along with Margie, Bruce ,
Al & Friends

Wed. March 28th at 2:00 p.m.

Entertainment by
Mary Ellen Shennan &
Birthday Bash

Thurs. March 29th at 2:00 p.m.



Out & About....



Bus Outings and Shopping trips:



Irish Tea
Metcalf Town Hall
Tues. March 13th
at 12:15 p.m.

Kars St. Patrick's Day
Luncheon
Thurs. March 15th
at 11:15 a.m.

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

Barrhaven(Walmart)
Wed. March 14th
at 9:15 a.m.

Carlingwood Mall &
Lunch out
Wed. March 28th
at 9:15 a.m.

Billings Bridge Mall
Wed. March 7th
at 9:15 a.m.

Sightseeing Bus Trip
Wed. March 14th
at 1:30 p.m.

Rideau Carleton Slots
Thurs. March 8th
At 2:00 p.m.

Giant Tiger Bank Street
Wed. March 21st
At 9:15 a.m.



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

St. Patty's Party with
Robin Averill
Saturday, March 17th
at 3:00 p.m.

Dinner and Piano Entertainment by
Gertrude Letourneau
Thurs. March 8th
at 5-6:30 p.m.



Resident of the Month.....



Lucienne Choryhanna



Vera McEvoy

Open to the Public Services.....

Chair Exercises

Tuesday March 6th & 20th at 9:45 a.m.

Aging Backwards with Amanda

Tuesday, March 13th & 27th at 9:45 a.m.



We are taking donations of tropical plants for the first level of our Rocca Forte Mountain at Orchard Walk Retirement



Religious Services



Ecumenical Services

with Bob Caines, Rev. Ed Gratton

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

Ecumenical Service with Bob Caines

Thursday, March 22nd at 10:00 a.m.

Roman Catholic Mass with Father Titus

Thursday, March 1st & 15th at 10:45 a.m.

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

Roman Catholic Rosary Prayer

Sundays at 11:00 a.m.

Tuesdays at 11:15 a.m.



Chair Exercise Classes

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



Chair Exercise Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2:00 Balance Class	1st & 3rd 9:45 Chair Yoga	10:45 Chair Exercise	2:00 Balance Class	10:45 Chair Exercise	



Memories.....

