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| July 26 2018  **Sunday** | **Monday** | August 2018 Orchard Walk  **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\TVEZM16C\good_sun1[1].jpg** | **C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WC9VKLFT\4978223231_7640acbec1_z[1].jpg** | **C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\804IBLXG\lemadesu.blogspot.com--The-best-top-desktop-beach-wallpapers-hd-beach-wallpaper-2[1].jpg** | 1  *9:15 Shopping at Billings Bridge*  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd f  10:30 3rd Floor Activities  1-3 Pool open  *1:30 Bus to Nowhere*  2:00 Art Group 3rd floor  2:00 Ottawa Therapy Dog “Rufus” visits-3rd floor  3:00 Sundae afternoon 1st floor | 2  10:00 Balance Class-3rd  *10:45 Roman Catholic Mass* 11:15 Wellness Class-3rd  1-3 Pool open  2:00 Bingo  3:00 Food Committee Meeting 3:00 Bridge  3:30 Jeopardy-3rd fl | 3  9:00 Walk with Barb  *9:15 Manotick Shopping*  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  1-3 Pool open  2:00 Romance Movie- Ch 69  2:00 Social Hour & Entertainment with Margie Bruce and Friends  3:30 Let’s play pool- 1st fl | *4*  10:15 Bingo-1st floor  11:00 Tai Chi-3rd fl  1-3 Pool open  2:00 Classic Movie Ch 69  2:00 Movie-“Red Skelton Favorites ” Theatre Room  3:30 Stick to the Rhythm with Rozsa-3rd floor  M |
| 5    10:15 Giant Crossword Puzzle-3rd fl  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  1-3 Pool open  2:00 Documentary-Ch 69  2:00 Movie Theatre Room “ Martin and Lewis Colgate Comedy Hour  2:00 Ecumenical Service with Bob Caines    M | *6* ***Labor Day***  *10:30 Catholic Rosary-chapel*  1-3 Pool open??  2:30 Movie “Pure Country”  ” Theatre Room | 7  10:00 Balance Class- 3rd  10:30 Brain Games-1st fl floor  11:15 Wellness Class-3rd  *11:30 Men’s Luncheon*  1-3 Pool open  1:30 Canasta with Peggy- 2nd fl  2:00 Great British Castles- Ch 69  2:00 Bingo-1st fl  2:30 AQUAFIT  3:15 Lemonade Cart  3:00 Spelling bee- Boardroom  3:30 Shuffleboard-1st fl | 8  *9:15 Shopping at Barrhaven-*  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd f  10:30 3rd Floor Activities  2:00 Art Group 3rd floor  1-3 Pool open  2:00 Ottawa Therapy Dog Rufus visits-3rd floor  2:30 Harp Music by Peter Stuyt and treats- 3rd floor | 9  9:15 Reminiscence -Bdrm  10:00 Balance Class-3rd  11:15 Wellness Class-3rd  10:30 Lets Bake Cookies-1st fl  1-3 Pool open  2:00 Bingo-1st  3:00 Bridge  3:30 Root Beer Floats-1st fl | 10  9:00 Walking Club meet on patio  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  10:30 Giant Crossword-3rd fl  1-3 Pool open  2:00 Romance Movie- Ch 69  2:00 Social Hour and Entertainment with The Diamonds  3:30 Let’s play pool- 1st fl | *11*  *9:15 Manotick Shopping*  10:15 Bingo-1st floor  11:00 Tai Chi-3rd fl  1-3 Pool open  2:00 Classic Movie “ Burns and Allen Show” Ch 69  2:00 Movie ”Theatre Room  K |
| 12  10 :15 Giant Crossword Puzzle-3rd fl  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  1-3 Pool open  2:00 Movie-“Jack Benny Show” Theatre Room  2:00 Ecumenical Service with Rev Gratton  3:15 **K Town Trip Perform-3rd fl**  K | 13  FOOTCARE NURSE IN  *10:30 Catholic Rosary-chapel*  **10:00 Home Sweet Home Vendor Sales-1st fl**  10:30 Chair Exercises 3rd fl  11:00 Chair Exercises 3rd fl  1-3 Pool open  1:30 Bingo 1st fl  2:30 Movie “ Andre Rieu ” Theatre Room  3:00-&3:30 Ice Cream  3:30 Leslie Fromow  plays piano-3rd floor | 14  9:00 Manicures/ Yazmin  10:00 Balance Class  10:30 Brain Games  11:15 Wellness Class  1:30 Canasta with Peggy- 2nd fl  **1:30 “new” Chair Yoga with Georgia-3rd fl**  1-3 Pool open  2:00 Bingo 1st fl  2:30 AQUAFIT  3:15 Lemonade Cart  3:00 Pizza /Beer and “Pam and Doug Champagne”  Suites Open House  **3:30 Trivia with Pat Babin-3rd floor** | 15  *9:15 Shopping at Kemptville*  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd f  10:30 3rd floor Activities  1-3 Pool open  2:00 Art Group 3rd floor  2:00 Ottawa Therapy Dog Rufus visits-3rd floor  3:00 George plays Piano- 3rd floor  *6:00 Euchre with Liz* | 16  9:15 Reminiscence -Bdrm  10:00 Balance Class-3rd  *10:45 Roman Catholic Mass*  11:15 Wellness Class-3rd  1-3 Pool open  2:00 Bingo-1st  2:00 Rideau Carleton Slots  3:00 Bridge  3:00 Latin Chair Dancing-3rd fl | 17  9:00 Walking Club meet on patio  *9:15 Manotick Shopping*  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  10:30 Let’s Bake- sign up pls  1-3 Pool open  2:00 Romance Movie- Ch 69  2:00 Entertainment with Dai Bassett and Social Hour  3:30 Let’s play pool- 1st fl | *18*  10:15 Bingo-1st floor 11:00 Tai Chi-3rd fl  1-3 Pool open  2:00 Classic Movie “Abbot and Costello Africa Screams Ch 69  2:00 Movie Theatre Room  3:30 Stick to the Rhythm with Rozsa-3rd floor    G |
| 19  10:15 Giant Crossword Puzzle-3rd fl  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  1-3 Pool open  **1:30 Show and Shine**  **Harley Motorcycle Club!**  2:00 Documentary-Ch 69  2:00 Movie “ Archie Bunker Season 1 Theatre Room  2:00 Ecu Service with Rev. Gratton  G | 20  10:30 Chair Exercises 3rd fl  11:00 Chair Exercises 3rd fl  *10:30 Catholic Rosary-chapel*  1-3 Pool open  2:00 Bingo-1st fl  2:30 Movie ” Archie Bunker Season 1 Theatre Room  3:00 Ice Cream Cart-1st  3:30 Shannon Singalong-3rd floor | 21  10:00 Balance Class  10:30 Brain Games  11:15 Wellness Class  1-3 Pool open  1:30 Canasta with Peggy- 2nd fl  2:00 Bingo-1st fl  2:30 AQUAFIT  3:15 Lemonade Cart  3:30 Shuffleboard-1st fl  3:30 Professor Cammy-1st fl | 22  *6:00 Euchre with Liz*  *9:15 Shopping at Giant Tiger bank Street- Ron*  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd f  10:30 3rd Floor Activities  1-3 Pool open  2:00 Art Group 3rd floor  2:00 Ottawa Therapy Dog Rufus visits-3rd floor  3:15 Jeopardy- 3rd floor | 23  9:15 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:00 Ecumenical Service with Rev Elaine Beattie Chapel  11:15 Wellness Class-3rd  1-3 Pool open  2:00 Bingo-1st  3:00 Bridge  3:15 Giant Crossword  Bingo Bonanza  6:00 Open House Pie Bingo  with  Prizes $1 a card | 24  9:00 Walking Club meet on patio  *9:15 Manotick Shopping*  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  10:00 Hidden Houses-Ch 69  10:30 Jeopardy-3rd fl  1-3 Pool open  2:00 Romance Movie- Ch 69  2:00 Entertainment with Bob Schwartz  3:30 Let’s play pool- 1st fl | *25*  10:15 Bingo-1st floor  11:00 Tai Chi-3rd fl  1-3 Pool open  2:00 Classic Movie Ch 69  2:00 Movie “ Archie Bunker Season 1 ” Theatre Room  3:00 Entertainment with Andrew Slater on Guitar-3rd floor  F |
| 26  10 :15 Giant Crossword Puzzle-3rd fl  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  1-3 Pool open  2:00 Documentary-Ch 69  2:00 Movie Archie Bunker Season 1 Theatre Room  2:00 Ecumenical Service with  Rev Gratton  3:00 Sylvester on Guitar-3rd floor | 27  FOOTCARE NURSE IN  *10:30 Catholic Rosary-chapel*  10:30 Chair Exercises 3rd fl  11:00 Chair Exercises 3rd fl  *11:00 St Albert’s Cheese Factory and Lunch*  1-3 Pool open  2:00 Bingo-3rd fl  2:30 Movie Archie Bunker Season 1” Theatre Room  3:00-&3:30 Ice Cream | ***28***  9:00 Manicures/ Yazmin  10:00 Balance Class  10:30 Brain Games  11:15 Wellness Class  1:30 Canasta with Peggy- 2nd fl  **1:30 “new” Chair Yoga with Georgia-3rd fl**  1-3 Pool open  2:00 Bingo-1st fl  2:30 AQUAFIT  3:15 Lemonade Cart  3:30 Shuffleboard-1st fl | **29**  **7-8 a.m. & 11- 12 Pounds Pulse /Pressure- Chapel**  *9:15 Shopping at Carlingwood and Lunch Out*  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd f  10:30 3rd Floor Activities  1-3 Pool open  2:00 Art Group 3rd floor  2:00 Ottawa Therapy Dog Rufus visits-3rd floor  **3:15 Ageless Players Theatre** | **30**  9:15 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:00 Ecumenical Service with Bob Caines- Chapel  11:15 Wellness Class-3rd  1-3 Pool open  *1:30 Bus to Nowhere???*  2:00 Bingo-1st  3:00 Bridge  *3:00 Latin Chair Dancing 3rd floor* | **31**  *9:15 Manotick Shopping*  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  10:00 Hidden Houses-Ch 69  1-3 Pool open  2:00 Romance Movie- Ch 69  2:00 Birthday party and Entertainment with Lauren Hall  3:30 Let’s play pool- 1st fl | **C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\804IBLXG\Awesome_Summer[1].png** |