

# Orchard Walk Retirement

## NEW....Religious Channel

Channel 11 – A 24 hour religious channel  
was added to our television programs

## In House Services

Hearing Aid Clinic  
Sign up at Reception  
Foot Care Nurse  
In twice a month  
Laundry Service  
5 days a week  
Eye Clinic Available  
Multi-Gen Dental  
Clinic

Whirl Pool Bath  
7 days a week  
Jackie's Hair Salon  
Books on Tape &  
Large Print Books  
Available  
Aesthetician & Massage  
Therapy

Looking for more information about  
Orchard Walk Retirement  
Community &  
Garden View Seniors Apartments?  
Join us for lunch and a tour !  
Please contact—Amie  
at 613 821-2233 ext. 472



November  
2018

# The Messenger

## Remembrance Day Service

Master of Ceremony  
Professor Gerry Cammy  
Sunday, November 11th  
at 10:30 a.m.

Everyone Welcome!  
Please wear your Uniform

Welcome  
Bernie Diepman O.W.  
Nicky Slack O.W.  
Ed Boyd O.W.

## DAWEN Photography Show

A beautiful and educational Travel Photography Show  
from Dave and Wendy 's  
travels to Europe  
Wednesday, November 7th at 3:15 p.m.



## What's Happening this month....

Entertainment with The Grenville Gremlins Square Dancers



Tuesday, November 13th at 6:30 p.m.

Orchard Walk Retirement

## O.W. Musical Entertainment

Sing along with Margie, Bruce ,  
Al & Friends

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

Sing along with Shannon  
Mon. Nov. 5th at 3:30 p.m.

Hymn Sing with Rev. Hartman  
Tues. Nov. 6th at 4:00 p.m.

Entertainment with Vicky Spurrell  
Fri. Nov. 9th at 2:00 p.m.

George Ritchie plays Piano  
Wed. Nov. 21st at 3:00 p.m.

Entertainment with  
Roxy Swan

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

Entertainment with  
Ron Donnelly

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

Entertainment with Kings Creek Band  
& Birthday Bash

Fri. Nov. 30th at 2:00 p.m.



## Bus Outings and Shopping trips:



**Manotick Shopping  
Morning**

Fridays at 9:00 a.m.

**Sightseeing Bus Trip**

Thurs. Nov. 15th  
at 1:30 p.m.

**Carlingwood Mall &  
Lunch out**

Wed. Nov. 28th  
at 9:00 a.m.

**Billings Bridge**

Wed. Nov. 7th  
at 9:00 a.m.

**Giant Tiger (Bank St.)**

Wed. Nov. 21st  
At 9:00 a.m.

**Kemptville (Walmart)**

Wed. Nov. 14th  
at 9:00 a.m.

**Rideau Carleton Slots**

Mon. Nov. 19th  
at 1:30 p.m.



## National Ballet of Toronto Classes for our Residents



Check your calendar

for times and dates

3rd Floor

Streamed on our 65" TV Screen

Resident of the Month.....



Monique Bertrand

Brenda Cole



Professional Referral Program

Call Amie for more information 613-821-2233



You could receive \$750

If the person(s) you have referred decides to move in into Orchard Walk or Garden View, we will be pleased to reward you with a cheque for \$750 as a token of our appreciation following the move-in and after resident has



resided at the residence for 30 days.

Some conditions may apply\*



This referral bonus can be donated to a charity of your choice, given back to the resident, or used towards a staff appreciation event.



Religious Services



Ecumenical Services

with Bob Caines and Rev. Ed Gratton  
on Sundays at 2:00 p.m.

Ecumenical Service with Rev. Kim

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

Roman Catholic Mass with Father Titus

Thursday, November 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.  
Mondays at 10:30 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 "New" 1:30 Chair Yoga	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 With Paul		10:45 Chair Exercise With Rozsa	2:00 Balance Class With Paul	10:45 Chair Exercise With Rozsa	





# Memories.....



# Memories.....

