

January Highlights



Shopping trip to Billing Bridge

Wednesday, January 2nd at 9 a.m.

Shopping in Manotick

Every Friday at 9 a.m.

Entertainment with Margie, Bruce Al & friends

Friday, January 5th at 2p.m.

Lunch out at Swiss Chalet

Monday, December 7th at 11:30 a.m.

Shopping at Value Village

Wednesday, January 9th at 9a.m.

Sight seeing Bus

Thursday, January 10th at 1:15 p.m.

Entertainment with Bella Borealis & High Tea

Friday, January 11th at 2p.m.

Shopping at Giant Tiger

Wednesday, January 16th at 9 a.m.

Entertainment with Duo Pliades

Friday, January 18th at 2 p.m.

Shopping in Kemptville

Wednesday, January 23rd at 9 a.m.

Shopping at Carlingwood

Wednesday, January 30th at 9 a.m.





January 2019

Welcome!

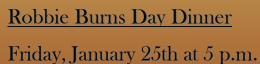
Pat McGuire O.W.

Doris Berry O.W.

Isobel Herbert O.W.

Bernard Brennan O.W.





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



Religious Services

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

A warm welcome to

Deb Protsach our

Sunday organist

Roman Catholic Mass with Father Titus
Will resume in February 2019
Roman Catholic Communion

Roman Catholic Rosary Prayer Sundays at 11:00 a.m. Mondays at 10:30 a.m.

Sundays at 11:15 a.m.

Garden View Chair Exercise Classes

| Sun | Mon | Tues | Wed | Thurs | Friday | Satu |
|-----|---------|------|----------|---------|----------|------|
| | 2:00 | | 10:45 | 2:00 | 10:45 | |
| | Balance | | Chair | Balance | Chair | |
| | Class | | Exercise | Class | Exercise | |
| | | | | | | |
| | | | | | | |

Orchard Walk Chair Exercise Classes

| Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|-----|-----------|----------------|-----------|----------|-----------|---------|
| | 9:30 | 10:00 | 9:30 | 10:00 | 9:30 | 11:00 |
| | Chair | Balance | Chair | Balance | Chair | Tai Chi |
| | Exercises | Class | Exercises | Class | Exercises | |
| | 10:00 | 10:45 | 10:00 | 10:45 | 10:00 | |
| | Chair | Wellness Class | Chair | Wellness | Chair | |
| | Exercises | | Exercises | Class | Exercises | |

The Tree

It stands by the front door
Of the Seniors Home
A guardian of faith
And love

Christmas is coming
And the lovely golden
Ribbons which adorn it
Tell the story of the
Birth of the baby Jesus

Soft snowflakes
Are falling
The cattle are lowing
Peace be with us all
At this treasured time

-Ruth Spencer, 2018