



## 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.

## Everyone Welcome



Scottish entertainment with Danielle's  
Highland Dancers

Thursday, January 24th at 6:30 p.m.

Robbie Burns Day Dinner

Friday, January 25th at 5 p.m.



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**  
Sundays at 11:15 a.m.

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