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| **Sunday** | **Monday** | January 2019 Orchard Walk**Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Jan 4th 2019****Saturday** |
|  |  | 1 New Year’s Day 10:10 Coffee Club -1st floor3:00 Tea at Three-2nd Floor | 2 *9:00 Manicures/ Yazmin*9:30 Chair Exercises 3rd fl 10:00 Chair Exercises 3rd f10:10 Coffee Club -1st floor10:30 3rd Floor Activities2:00 Art Group 1st floor3:00 Tea at Three-2nd Floor3:30 Giant Crossword-1st fl 7:00 Ottawa Senators VS Vancouver | 39:15 Reminiscence -Bdrm10:00 Balance Class-3rd 10:10 Coffee Club -1st floor10:45 11:15 Wellness Class-3rd2:00 Bingo-1st3:00 Tea at Three-2nd Floor 3:00 Bridge 2nd fl | 49:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd fl10:10 Coffee Club -1st floor10:30 Spelling Bee -Boardroom2:00 Social Hour and Entertainment Margie and Bruce3:00 Tea at Three-2nd Floor 3:15 Euchre- Library | 5 Ba10:10 Coffee Club -1st floor11:00 Tai Chi-3rd fl 1:30 Bingo2:00 Ottawa Senators VS Minnesota2:30 Movie “ When Harry Met Sally ”Theatre Room 3:00 Tea at Three-2nd Floor  |
| 6 10:10 Coffee Club -1st floor10:30 Giant Crossword Puzzle-1st 11:00 Catholic Rosary Prayer11:15 Catholic Communion2:00 Ottawa Senators VS Carolina2:30 Movie “Sully” Theatre Room 2:00 Ecumenical Service with Bob Caines and organist Deb Protsack 3:00 Tea at Three-2nd Floor BA | 7 9:30 Knitting Group-?? 10 Walker Clinic10:10 Coffee Club -1st floor10:30 Chair Exercises 3rd f11:00 Chair Exercises 3rd fl10:30 Catholic Rosary-chapel2:00 Bingo2:30 Movie “ The Carole Burnett Show ” Theatre Room3:00-&3:30 Ice Cream3:00 Tea at Three-2nd Floor  | 8 **9:30 Mary Cook Stories with Fran**10:00 Balance Class- 3rd10:10 Coffee Club -1st floor10:30 Brain Games-3rd fl 11:15 Wellness Class-3rd 1:30 Canasta with Peggy- 2nd fl**2:30 Residents Council Meeting- 3rd floor**3:00 Tea at Three-2nd Floor 3:30 Shuffleboard-1st fl4:00 Hymn Sing with Rev. Hartman  | 9*9:00 Shopping at Billings Bridge*9:30 Chair Exercises 3rd fl 10:00 Chair Exercises 3rd f10:10 Coffee Club -1st floor10:30 3rd Floor Activities2:00 Art Group1st fl floor3:00 Tea at Three-2nd Floor **6:30 Games Nite- shuffleboard/ pool with the Metcalfe Pee Wee hockey team -1st floor**10:00 Ottawa Senators VS Anaheim  | 109:15 Reminiscence -Bdrm10:00 Balance Class-3rd 10:10 Coffee Club -1st floor 11:15 Wellness Class-3rd*1:15 Sightseeing Bus*2:00 Bingo-1st3:00 Tea at Three-2nd Floor 3:00 Bridge 2nd fl**Staff In service Fire** **1:45 & 3:15** | 119:00 Manotick Shopping 9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd fl10:10 Coffee Club -1st floor10:30 Jeopardy-3rd fl2:00 Social Hour and Entertainment Bella Borealis and High Tea at 3 -1st floor 3:00 Tea at Three-2nd Floor 3:15 Euchre- Library | 1210:10 Coffee Club -1st floor11:00 Tai Chi-3rd fl 1:30 Ron’s Bingo-1st floor 2:30 Movie” The Queen” Theatre Room3:00 Tea at Three-2nd Floor 10:00 Ottawa Senators VS San JoseR |
| 1310:10 Coffee Club -1st floort 11:00 Catholic Rosary Prayer11:15 Catholic Communion 2:30 Movie “ Mommie Dearest” Theatre Room 2:00 Ecumenical Service with Rev Gratton and organist Deb Protsack 3:00 Tea at Three-2nd Floor R | 14 **Footcare Nurse In**9:15 Knitting Group-1st fl10:10 Coffee Club -1st floor10:30 Chair Exercises 3rd f11:00 Chair Exercises 3rd fl10:30 Catholic Rosary-chapel*11:30 Swiss Chalet in Barrh****aven*** **2:00 Monthly Euchre with R.O.S.S.S. -3rd floor**2:00 Bingo2:30 Movie “Mrs. Potter ” Theatre Room3:00-&3:30 Ice Cream3:00 Tea at Three-2nd Floor  | 159:00 Manicures/ Yazmin10:00 Balance Class10:10 Coffee Club -1st floor11:15 Wellness Class1:30 Canasta with Peggy- 2nd fl2:00 Bingo 3:00 Tea at Three-2nd Floor **3:00 Residents Council Meeting Garden View**3:30 Shuffleboard-1st fl | 16*9:00 Shopping at Value Village/Dollarama Barrhaven*9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd f10:00 Kiwanis Club Cakes10:10 Coffee Club -1st floor10:30 3rd Floor Activities2:00 Art Group 1st fl3:00 Tea at Three-2nd Floor 3:30 Family Feud-3rd fl 7:00 Ottawa Senators VS Colorado(5:30 Garden View Birthday Party with Bob Schwatz) | 179:15 Reminiscence -Bdrm10:00 Balance Class-3rd 10:10 Coffee Club -1st floor11:15 Wellness Class-3rd2:00 Bingo-1st3:00 Bridge 2nd fl3:00 Tea at Three-2nd Floor  | 18*9:00 Manotick Shopping*9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd fl 10:10 Coffee Club -1st floor10:30 Giant Crossword-1st fl2:00 Entertainment with Duo Pliades3:00 Tea at Three-2nd Floor 3:15 Euchre- Library7:30 Ottawa Senators VS Carolina | *19*10:10 Coffee Club -1st floor11:00 Tai Chi-3rd fl 1:30 Bingo-3rd floor2:30 Movie “ My Girl”” Theatre Room3:00 Tea at Three-2nd Floor 7:00 Ottawa Senators VS St LouisMe  |
| 2010:10 Coffee Club -1st floor10:30 Giant Crossword -1st fl 11:00 Catholic Rosary Prayer11:15 Catholic Communion2:30 Movie “ Pure Country”Theatre Room 2:00 Ecu Service Rev Gratton and organist Deb Protsack 3:00 Tea at Three-2nd Floor Me | 21*9:00 Manotick Shopping* 9:30 Knitting Group-3rd fl10:10 Coffee Club -1st floor10:30 Chair Exercises 3rd f10:30 Catholic Rosary-chapel11:00 Chair Exercises 3rd fl2:00 Bingo-1st fl 2:30 Movie “Austrailia ” Theatre Room3:00 Ice Cream Cart-1st 3:00 Tea at Three-2nd Floor  | 22 10:00 Balance Class10:10 Coffee Club -1st floor10:30 Milk Bag Rug Making  Demo-1st floor11:15 Wellness Class1:30 Chair Yoga with Georgia-3rd 1:30 Canasta with Peggy- 2nd fl2:00 Bingo-1st fl3:00 Tea at Three-2nd Floor 3:30 Shuffleboard-1st fl7:30 ttawa Senators VS Arizona | 23*6:00 Euchre with Liz**9:15 Shopping at Kemptville*9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd f10:10 Coffee Club -1st floor10:30 3rd Floor Activitie2:00 Art Group1st floor2:00 Hawaiian Theme Movie “ Blue Hawaii with Elvis Presley” and Hawaiian Theme snacks 3:00 Tea at Three-2nd Floor 6:00 Armchair Travel to Hawaii –Theatre Room | 249:15 Reminiscence -Bdrm10:00 Balance Class-3rd 10:10 Coffee Club -1st floor11:15 Wellness Class-3rd2:00 Bingo-1st3:00 Armchair Travel to Scotland3:00 Tea at Three-2nd Floor 3:00 Bridge 2nd fl**3:30 National Ballet Class-3rd floor**  **6:30 Scottish entertainment with Danielle’s Highland Dancers** **in honor of Robbie Burns Day**  | 25**Robbie Burns Day**9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd fl10:10 Coffee Club -1st floor10:30 Jeopardy-3rd fl2:00 Entertainment with Ron Donnelly Duo3:00 Tea at Three-2nd Floor3:15 Euchre- Library**5:00 Robbie Burns Dinner**  | *26*9:15 Jeopardy10:10 Coffee Club -1st floor11:00 Tai Chi-3rd fl 1:30 Bingo-3rd floor2:30 Movie “Trouble with the Curve” Theatre Room 3:00 Tea at Three-2nd Floor 3:30 Family Feud-3rd floorKR |
| **27**10:10 Coffee Club -1st floor10:30 Giant Crossword Puzzle-1st 11:00 Catholic Rosary Prayer11:15 Catholic Communion***1:30 Rideau Carleton Slots Outing***2:30 Movie “ Rome a Musical Documentary” Theatre Room 2:00 Ecu Service Rev Gratton and organist Deb Protsack 3:00 Tea at Three-2nd Floor**KR** | **28**Footcare Nurse In9:30 Knitting Group-3rd fl10:10 Coffee Club -1st floor10:30 Chair Exercises 3rd fl10:30 Catholic Rosary-chapel11:00 Chair Exercises 3rd fl2:00 Bingo-1st fl 2:30 Movie “ Life ” Theatre Room3:00 Ice Cream Cart-1st 3:00 Tea at Three-2nd Floo | **29**9:00 Manicures/ Yazmin7-8 a.m. & 11- 12 Pounds Pulse /Pressure10:00 Balance Class10:10 Coffee Club -1st floor10:30 Brain Games11:15 Wellness Class1:30 Canasta with Peggy- 2nd fl2:00 Bingo-1st fl3:00 Tea at Three-2nd Floor 3:30 Shuffleboard-1st f | **30***6:00 Euchre with Liz**9:00 Shopping Carlingwood Mall Lunch Out*9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd f10:10 Coffee Club -1st floor10:30 3rd Floor Activitie2:00 Ottawa Therapy Dog Rufus Visits-3rd floor2:00 Art Group 1rd floor3:00 Tea at Three-2nd Floor  | **31** 9:15 Reminiscence -Bdrm10:00 Balance Class-3rd 10:10 Coffee Club -1st floor11:15 Wellness Class-3rd*2:00 Afternoon Tea at Millers Oven Outing*2:00 Bingo-1st3:00 Bridge 2nd fl3:00 Tea at Three-2nd Floor  |  |  |
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