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| **Sunday** | **Monday** | October 2019 Orchard Walk  **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Sept 26th**  **2019**  **Saturday** |
| C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\TVEZM16C\pumpkins-110661300137634Wkd[1].jpg | C:\Program Files (x86)\Microsoft Office\MEDIA\CAGCAT10\j0305493.wmf | 1*9:00 Manicures/ Yazmin*  10:00 Balance Class- 3rd  10:10 Coffee Club -1st fl  10:30 Brain Games-3rd fl  11:15 Wellness Class-3rd  1:30 Canasta with Peggy- 2nd fl  2:00 Bingo-1st fl  3:00 Tea at Three-2nd Floor  3:30 Shuffleboard-1st fl  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea- 3rd Fl Lounge | *2* **9-3 Photo Session with ROSSS**  *9:00 Shopping at Billings*  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club-1st fl  10:30 3rd Floor Activities  **2:00 Apple Cider Cart**  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  **6:30 Pub Night with Dave Baldwin**  7:00 Evening Tea- 3rd Fl Lounge  Staff Fire In-service  1:45 and 3:15 p.m. | 3  9:00 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:10 Coffee Club-1st fl  **10:45 Catholic Mass with Father Plant**  *1:00 Tour of Watsons Mill and Dickinson House cost 3 $*  1:15 Wellness Class-3r  2:00 Art Group 1st floor  3:00 Tea at Three-2nd Floor  3:00 BINGO-1st fl  3:00 Bridge 2nd fl  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea- 3rd Fl Lounge | 4  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club—1st fl  10:30 Spelling Bee-1st  **2:00 Social Hour and Entertainment with Simon Clarke**  3:00 Tea at Three-2nd Floor  3:15 Euchre- Library  3:30-4:30 Tony’s Café Bar Open  **6:30 “New” Netflix Movie-3rd floor “Seven Years in Tibet”**  7:00 Evening Tea- 3rd Fl Lounge | 5  10:10 Coffee Club-1st fl  11:00 Tai Chi-3rd fl  2:00 Documentary Movie” Jerusalem-Centre of the World” ”Theatre Room  2:15 Bingo 1st floor  3:00 Tea at Three-2nd Floor  7:00 Evening Tea- 3rd Fl Lounge  J |
| 6    10:10 Coffee Club –1st fl  10:30 Giant Crossword-2nd t fl  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Movie Documentary “Clans of Ireland: Theatre Room  2:00 Ecumenical Service with Bob Caines and Organist Deb  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea- 3rd Fl Lounge | **7**  **Footcare Nurse In**  10:10 Coffee Club -1st floor  10:30 Chair Exercises 3rd f  11:00 Chair Exercises 3rd fl  10:30 Catholic Rosary-chapel  2:00 Bingo  2:00 Movie “Lawrence Welk America with Love” Theatre Room  3:00 Ice Cream  3:00 Tea at Three-2nd Fl  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea- 3rd Fl Lounge | 8 10:00 Balance Class- 3rd  10:10 Coffee Club -1st fl  10:30 Brain Games-3rd fl  11:15 Wellness Class-3rd  1:30 Canasta with Peggy- 2nd fl  **2:30 Residents Council Meeting-3rd fl**  3:00 Tea at Three-2nd Floor  3:30 Shuffleboard-1st fl  3:30-4:30 Tony’s Café Bar Open  **3:30 Pool Meeting Theatre Room**  7:00 Evening Tea- 3rd Fl Lounge | 9  *9:00 Shopping at Barrhaven*  9:00 Chair Exercises  **9:15 Board Games with Liam**  **- 1st floor**  9:30 Chair Exercises 3rd f  10:10 Coffee Club-1st fl  10:30 3rd Floor Activities  **2:00 Apple Cider Cart**  ***2:00 Ageless Players-3rd floor***  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  **6:30 “New” Netflix Movie-3rd floor “ “Babe”**  7:00 Evening Tea- 3rd Fl Loung | 10  9:00 Reminiscence -Bdrm  **9:00 Anna’s Travelling Gifts**  10:00 Balance Class-3rd  10:10 Coffee Club-1st fl  11:15 Wellness Class-3r  *11:15Kars Harvest Luncheon- $15*  2:00 BINGO-1st fl  2:00 Art Group 1st floor  3:00 Tea at Three-2nd Floor  3:00 Bridge 2nd fl  **3:15 Meet and Greet Conservative Candidate**  **Pierre Poilievre-3rd floor**  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea- 3rd Fl Lounge | 11  9:00 Manotick Shopping  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club—1st fl  10:30 Giant Crossword-2nd fl  **2:00 Social Hour and Entertainment with Trudi Letourneau**  3:00 Tea at Three-2nd Floor  3:15 Euchre- Library  3:30-4:30 Tony’s Café Bar Open  **6:30 “New” Netflix Movie-3rd floor “Mission of Honor”**  7:00 Evening Tea- 3rd Fl Lounge | 12  10:10 Coffee Club—1st fl  11:00 Tai Chi-3rd fl  2:00 Documentary Movie” The Rocky Mountaineer” Theatre Room  2:15 Bingo 1st floor  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  4:0**0 Jordan plays Piano-1st floor**  7:00 Evening Tea- 3rd Fl Lounge  B |
| 13 **Thanksgiving Sunday**  10:10 Coffee Club -1st floor  10:30 Giant Crossword-2nd fl  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Documentary Movie Great Migrations” Theatre Room  2:00 Ecumenical Service with Rev Gratton and Organist Deb  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea- 3rd Fl Lounge | 14 **Thanksgiving Monday**  **Stat Holiday**  10:10 Coffee Club -1st floor  10:30 Catholic Rosary-chapel  2:00 Movie “ Exploring the Panama Canal ” Theatre Room  3:00 Ice Cream  3:00 Tea at Three-2nd Fl  7:00 Evening Tea- 3rd Fl Lounge | 15*9:00 Manicures/ Yazmin*  10:00 Balance Class  10:10 Coffee Club -1st floor  10:30 Brain Games-3rd fl  11:15 Wellness Class  1:30 Canasta with Peggy- 2nd fl  2:00 Bingo-1st floor  3:00 Tea at Three-2nd Floor  3:30 Shuffleboard-1st f  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea- 3rd Fl Lounge | 16 *9:00 Shopping at Kemptville*  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club-1st fl  10:30 3rd Floor Activities  **2:00 Apple Cider Cart**  2:00 Rufus Visits-3rd floor  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  **3:00 George on Piano-3rd floor**  **6:30 “New” Netflix Movie-3rd floor “ Hello My Name is Doris”** | 17  9:00 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:10 Coffee Club-1st fl  11:15 Wellness Class-3rd  *1:15 Sightseeing Bus Outing*  2:00 Art Group 1st floor  3:00 Bridge 2nd fl  3:00 Bingo-1st  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea- 3rd Fl Lounge | 18*9:00 Manotick Shopping*  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club-1st fl  10:30 Giant Crossword-1st fl  **2:00 Social Hour Margie and Bruce Singalong**  3:00 Tea at Three-2nd Floor  3:15 Euchre- Library  3:30-4:30 Tony’s Café Bar Open  **6:30 “New” Netflix Movie-3rd floor “Miracles from Heaven”**  7:00 Evening Tea- 3rd Fl Lounge | *19***9:15 Cribbage-library**  10:10 Coffee Club-1st fl  11:00 Tai Chi-3rd fl  2:00 Documentary Movie ”Legendary Train Trip The Santa Fe ” Theatre Room  2:15 Bingo 1st floor  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  **3:30 Bianca and Izzy on Piano-1st floor**  7:00 Evening Tea- 3rd Fl Lounge |
| 20  10:10 Coffee Club -1st floor  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Documentary Movie American Train Trip “The Way West ” Theatre Room  2:00 Ecumenical Service with Rev Gratton and Organist Deb  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea- 3rd Fl Lounge  Ron | **Federal Election Day Voting on 1st floor 9-3:30 pm**  21 **Footcare Nurse In**  9:15 Jeopardy-1st fl  10:10 Coffee Club -1st floor  10:30 Catholic Rosary-chapel  10:30 Chair Exercises 3rd f  11:00 Chair Exercises 3rd fl  **11:30 Chinese Food Take Out Order - See Activities**  *1:45 Bus to O.W to vote*  2:00 BINGO-1st fl  2:00 Documentary Movie American Train Trip “The Rio Grande ” Theatre Room  3:00 Ice Cream Cart-1st  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea- 3rd Fl Lounge | 22  9:30 Walking Club- meet at Patio  10:00 Balance Class  10:10 Coffee Club -1st floor  10:30 Brain Games-3rd fl  11:15 Wellness Class  *11:15 Men’s Luncheon Outing*  1:30 Canasta with Peggy- 2nd fl  2:00 Bingo-1st fl  3:00 Tea at Three-2nd Floor  **3:15 Current Events with Prof Cammy-3rd floor**  3:30-4:30 Tony’s Café Bar Open  3:30 Shuffleboard-1st fl  7:00 Evening Tea- 3rd Fl Lounge | 23  *6:00 Euchre with Liz*  *9:00 Shopping at Foodland/Dollarama*  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club-1st fl  10:30 3rd Floor Activities  *1:00 Fall Leaves Tour*  2:00 Ottawa Therapy Dog Rufus Visits-3rd floor  **2:00 Lemonade Cart**  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea- 3rd Fl Lounge  6:30 p.m. Greenbelt Grass-1st floor | 24  9:00 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:10 Coffee Club-1st fl  **10:45 Catholic Mass with Father Plant**  11:15 Wellness Class-3rd  *1:15 Rideau Carleton Slots*  2:00 Bingo-1s  2:00 Art Group 1st floor  3:00 Tea at Three-2nd Floor  3:00 Bridge 2nd fl  **3:15 NEW Chair Ballet for Seniors-3rd fl**  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea- 3rd Fl Lounge | 25  *9:00 Manotick Shopping*  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club-1st fl  10:30 Giant Crossword-2nd  **2:00 Entertainment and Birthday bash with Dai Bassett and Social Hour /**  3:00 Tea at Three-2nd Floor  3:15 Euchre- Library  3:30-4:30 Tony’s Café Bar Open  **6:30 “New” Netflix Movie-3rd floor “Our Souls at Night”**  7:00 Evening Tea- 3rd Fl Lounge | *26*  10:10 Coffee Club-1st fl  10:15 Bingo 1st floor  11:00 Tai Chi-3rd fl  2:00 Documentary Movie “Survival Island” Theatre Room  2:15 Bingo 1st floor  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  **4:00 Jordan plays Piano-1st floor**  7:00 Evening Tea- 3rd Fl Lounge  M |
| **27**  10:10 Coffee Club -1st floor  10:30 Giant Crossword Puzzle-2st  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Documentary Movie Blue Planet ” Theatre Room  2:00 Ecu Service Rev Gratton and Organist Deb  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  **3:15 “ Cape Breton Session “**  **Plays for you…**  7:00 Evening Tea- 3rd Fl Lounge | **28**  9:15 Jeopardy-1st fl  9:15 Cribbage-library  **10-3 Davidson Hearing Clinic**  10:10 Coffee Club -1st floor  10:30 Catholic Rosary-chapel  10:30 Chair Exercises 3rd fl  11:00 Chair Exercises 3rd fl  2:00 BINGO-1st f  3:00 Ice Cream Cart-1st  3:00 Tea at Three-2nd Floor  **3:00 Concordia Choir**  3:30-4:30 Tony’s Café Bar Open  4:15 Documentary - Festivals of Europe- Theatre Room  5:00 German Dinner in the Dining Room  7:00 Evening Tea- 3rd Fl Lounge | 29*9:00 Manicures/ Yazmin*  9:30 Walking Club- meet at Patio  10:00 Balance Class  10:10 Coffee Club -1st floor  10:30 Brain Games-3rd fl  *11:00 Pounds Pulse and Pressure/Chapel*  11:15 Wellness Class  1:30 Canasta with Peggy- 2nd fl  2:00 Bingo-1st fl  3:00 Tea at Three-2nd Floor  **3:15 Chair Ballet for Seniors-3rd fl**  3:30-4:30 Tony’s Café Bar Open  3:30 Shuffleboard-1st fl  7:00 Evening Tea- 3rd Fl Lounge | **30***9:00 Shopping at Carlingwood and Lunch*  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club-1st fl  10:30 3rd Floor Activities  2:00 Ottawa Therapy Dog Rufus Visits-3rd floor  **2:00 Lemonade Cart**  2:00 Art Group 1st floor  **2:30 Shannon ‘s Singalong -3rd fl**  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  **6:30 “New” Netflix Movie-3rd floor “ Coco Avant Chanel”**  7:00 Evening Tea- 3rd Fl Lounge | 31  9:00 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:10 Coffee Club-1st fl  11:15 Wellness Class-3rd  **2:30 Halloween Party with Kings Creek Band**  3:00 Tea at Three-2nd Floor  3:00 Bridge 2nd fl  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea- 3rd Fl Lounge | C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WC9VKLFT\Pumpkins[1].jpg | C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\CW5AVFNY\pumpkin-02.svg[1].png |
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