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| **Sunday** | **Monday** | | February 2018 Orchard Walk  **Tuesday** | **Wednesday** | | **Thursday** | | **Friday** | | **Saturday** |
|  | **Jan 30th 2018** |  | |  | | **1**  9:15 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:00 Downton Abby- CH 69  *10:15 Catholic Rosary-chapel*  11:15 Wellness Class-3rd  2:00 Classic Movie- Ch 69  2:00 Bridge-3rd floor  2:00 Bingo-1st  *3:00 Food Committee Mtg*  3:30 “Spelling Bee” Boardroom  6:30 Scott and Bailey CH 69 | | **2**  **9:00 Manicures with Yazmin**  *9:15 Manotick Shopping*  9:30 Chair Exercises 3rd fl  10:00 Hidden Houses-Ch 69  10:00 Chair Exercises 3rd fl  10:30 Giant Crossword-1st  2:00 Romance Movie- Ch 69  *2:00 Social Hour & Entertainment with Margie and Bruce*  6:30 Scott and Bailey CH 69 | | **3**  10:00 When Calls The Heart-CH69  11:00 Tai Chi-3rd fl  *1:00 Ottawa Vs Philadelphia*  2:00 Classic Movie Ch 69  2:00 Movie “Bridges of Madison County” Theatre Room  3:30 Stick to the Rhythm with Rozsa-3rd floor  6:30 Scott and Bailey CH 69 |
| **4**  10:00 Cable Girls-Ch 69  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  *1:00 Montreal Vs Ottawa Senators*  2:00 Ecumenical Service with Bob Caines  2:00 Documentary-Ch 69  2:00 Movie “Bill Durham” Theatre Room  3:15 Giant Crossword-1st fl  6:30 Super Bowl Football and munchies-1st floor  6:30 Scott and Bailey CH 69 | **5**  9:30 Knitting Group-3rd  10:00 Call The Midwife Ch 69  10:30 Chair Exercises 3rd fl  11:00 Chair Exercises 3rd fl  2:00 Rideau Carleton Slots  2:00 Classic Movie-Ch 69  2:00 Bingo  2:30 Movie –“ Duplicity” Theatre Room  3:00-&3:30 Ice Cream  3:30 Shannon Singalong  6:30 Scott and Bailey CH 69 | **6**  10:00 Balance Class- 3rd  10:00 Ms Fisher’s M Mysteries-Ch 69  10:30 Brain Games  11:15 Wellness Class-3rd  *11:30 Men’s Luncheon*  2:00 Comedy Movie- Ch 69  2:00 Bingo  3:30 Hot Chocolate Cart  *4:00 Rev Hartman Hymn Sing*  6:30 Scott and Bailey CH 69  7:30 Hockey Night Ottawa VS New Jersey | | **7**  *9:15 Shopping at Kemptville*  9:30 Chair Exercises 3rd fl  10:00 How The Universe Works-Ch 69  10:00 Chair Exercises 3rd f  **10:30 1st Floor Activities**  2:00 Western Movie-Ch 69  2:00 Art Group 1st floor  3:15 Jeopardy Game  *6:00 Euchre with Liz*  6:30 Scott and Bailey CH 69 | | **8**  9:15 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:00 Downton Abby- CH 69  *10:15 Catholic Rosary-chapel*  11:15 Wellness Class-3rd  2:00 Classic Movie- Ch 69  2:00 Bingo  2:00 Bridge-3rd floor  3:30 Words of the Wise Trivia 6:30 Scott and Bailey CH 69  7:30 Hockey Night Ottawa VS Nashville | | **9 Opening Ceremonies Olympic Games**  *9:15 Manotick Shopping*  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  10:00 Hidden Houses-Ch 69  2:00 Romance Movie- Ch 69  2:00 Social Hour & Entertainment with Russell Male Choir  6:30 Scott and Bailey CH 69 | | ***10***  10:00 When Calls The Heart-CH 69  **10:15 Ron’s Bingo**  11:00 Tai Chi-3rd fl  2:00 Classic Movie Ch 69  2:00 Movie “ Angels in Stardust” Theatre Room  6:30 Scott and Bailey CH 69  7:00 Hockey Night Ottawa VS Toronto |
| **11**  10:00 Cable Girls-Ch 69  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Documentary-Ch 69  2:00 Movie “Hardball” Theatre Room  2:00 Ecumenical Service with K Holman  3:15 Giant Crossword Puzzle-1st fl  6:30 Scott and Bailey CH 69 | ***12***  *FOOTCARE NURSE IN*  9:30 Knitting Group 3rd10:00 Call The Midwife Ch 69  10:30 Chair Exercises 3rd fl  11:00 Chair Exercises 3rd fl  *11:15 Kalisto Greek Restaurant* 2:00 Classic Movie-Ch 69  2:00 Bingo  2:30 Movie ” Theatre Room  ***2:45 Leslie on Piano***  3:00-&3:30 Ice Cream  **3:30 PIE FACE Challenge for Heart and Stroke**  6:30 Scott and Bailey CH 69 | | **13 Shrove Tuesday**  9:00 Manicures/ Yazmin  10:00 Balance Class- 3rd  10:00 Miss Fisher’s M Mysteries C69  10:30 Brain Games-1st fl floor  11:15 Wellness Class-3rd  2:00 Comedy Movie- Ch 69  2:30 Residents Council Meeting  3:15 Hot Chocolate Cart  3:30 Shuffleboard-1st fl  6:30 Scott and Bailey CH 69  7:00 Hockey Night Ottawa VS Pittsburg | **14 Valentine’s Day**  *9:15 Shopping at Billings Bridge*  9:30 Chair Exercises 3rd fl  10:00 How The Universe Works-Ch 69  10:00 Chair Exercises 3rd f  10:30 3rd Floor Activities  2:00 Western Movie-Ch 69  2:00 Art Group 1st floor  **2:00 Valentine’s Tea with**  **Classical Guitarist**  **Andrew Mah**  **3:30 Suites**  **Valentines Tea with Andrew Mah**  *6:00 Euchre with Liz*  6:30 Scott and Bailey CH 69 | | **15**9:15 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:00 Downton Abby- CH 69  *10:15 Catholic Rosary-chapel*  10:00 Anna’s Travelling Gifts Vendor  *10:45 Roman Catholic Mass*  11:15 Wellness Class-3rd  2:00 Classic Movie- Ch 69  2:00 Bridge-3rd floor  2:00 Bingo-1st  2:45 Latin Chair Dancing  6:30 Scott and Bailey CH 69  7:30 Hockey Night Ottawa VS Buffalo | | **16 Chinese New Year**  *9:15 Manotick Shopping*  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  10:00 Hidden Houses-Ch 69  10:30 Giant Crossword  2:00 Romance Movie- Ch 69  2:00 Social Hour and Entertainment with Jumping Jimmy  6:30 Scott and Bailey CH 69 | | ***17***  10:00 When Calls The Heart-CH69  11:00 Tai Chi-3rd fl  *1:15 IRT High Tea and Play ”Wrong for Each Other” -$28*  2:00 Classic Movie Ch 69  2:00 Movie ”The Big Divorce” Theatre Room  2:00 Ottawa Sens VS New York Rangers  3:30 Stick to the Rhythm with Rozsa-3rd floor  6:30 Scott and Bailey CH 69 |
| **18**  10:00 Cable Girls-Ch 69  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Documentary-Ch 69  2:00 Movie “ Until September” Theatre Room  2:00 Ecumenical Service with K Holman  3:15 Giant Crossword Puzzle-1st fl  6:30 Scott and Bailey | **19 Family Day**  9:30 Knitting Group-3rd fl  10:00 Call The Midwife Ch 69  2:00 Classic Movie-Ch 69  2:30 Movie “ Sea Biscuit ” Theatre Room  6:30 Scott and Bailey CH 69  8:00 Ottawa Sens VS Nashville | | **20**  10:00 Balance Class  10:00 Mrs Fisher’s Murder Mysteries-Ch 69  10:30 Brain Games  11:15 Wellness Class  *1-4 Multigen Dental Clinic*  2:00 Comedy Movie- Ch 69  2:00 Bingo  3:00 Suites Residents C. Meeting  3:15 Hot Chocolate Cart  3:30 Shuffleboard-1st fl  6:30 Scott and Bailey CH 69 | **21**  *9:15 Shopping at Bank Street Giant Tiger*  9:30 Chair Exercises 3rd fl  10:00 How The Universe Works-Ch 69  10:00 Chair Exercises 3rd f  10:30 O.W Olympic Games-1st fl  2:00 Western Movie-Ch 69  2:30 Art Group 1st floor  *3:00 George on Piano-1st fl*  *6:00 Euchre with Liz*  6:30 Scott and Bailey CH 69  8:00 Ottawa Sens VS Chicago | | **22***9:15 Manotick Shopping*  9:15 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:00 Downton Abby- CH 69  10:00 Ecu Service with Rev. Philip Kim  11:15 Wellness Class-3rd  2:00 Classic Movie- Ch 69  2:00 Bridge-3rd floor  2:00 Bingo-1st  6:30 Scott and Bailey CH 69  7:30 Ottawa Sens VS Tampa Bay | | **23**  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  10:00 Hidden Houses-Ch 69  10:30 Giant Crossword  2:00 Romance Movie- Ch 69  2:00 Entertainment with The Red Wing Fiddlers and Birthday Bash  6:30 Scott and Bailey CH 69 | | ***24***  10:00 When Calls The Heart-CH69  **10:30 Bingo**  11:00 Tai Chi-3rd fl  2:00 Classic Movie Ch 69  2:00 Entertainment with Marlene Fawcett  2:00 Ottawa Sens VS Philadelphia  6:30 Scott and Bailey CH 69 |
| **25**  10:00 Cable Girls-Ch 69  10:15 Wheel of Fortune-1st fl  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  *1:30 Sightseeing Bus OVLC*  2:00 Documentary-Ch 69  2:00 Movie “Custer of the West” Theatre Room  2:00 Ecu Service Rev Gratton  3:00 Bianca and Izzy on Piano-1st  6:30 Scott and Bailey | **26**FOOTCARE NURSE IN  9:30 Knitting Group-3rd fl  10:00 Call The Midwife Ch 69  10:30 Chair Exercises 3rd fl  11:00 Chair Exercises 3rd fl  2:00 Bingo-1st fl  2:00 Classic Movie-Ch 69  2:30 Movie ”Touring the World” Theatre Room  3:00 Ice Cream Cart-1st  3:30 Latin Chair Dancing-1st  6:30 Scott and Bailey CH 69 | | **27**  9:00 Manicures/ Yazmin  10:00 Mrs Fisher’s Murder Mysteries-Ch 69  10:00 Balance Class  10:30 Brain Games  11:15 Wellness Class  2:00 Comedy Movie- Ch 69  2:00 Bingo-1st fl  3:15 Hot Chocolate Cart  3:30 Shuffleboard-1st fl  6:30 Scott and Bailey CH 69  7:00 Ottawa Sens VS Washington | **28**  7-8 & 11-12 Pounds Pulse and Pressure- Chapel  **9:15 Shopping at Carlingwood and Lunch Out**  **9:30 Chair Exercises-1st fl**  **10:00 Chair Exercises- 1st fl**  10:00 How The Universe Works-Ch 69  **10:30 1st Floor Activities**  2:00 Western Movie-Ch 69  2:00 Art Group 1st floor  3:15 You Be the Judge- Boardroom  6:30 Scott and Bailey CH 69 |  | |  | |