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| July 26 2018**Sunday** | **Monday** | August 2018 Orchard Walk**Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  **C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\TVEZM16C\good_sun1[1].jpg** | **C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WC9VKLFT\4978223231_7640acbec1_z[1].jpg** | **C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\804IBLXG\lemadesu.blogspot.com--The-best-top-desktop-beach-wallpapers-hd-beach-wallpaper-2[1].jpg** | 1*9:15 Shopping at Billings Bridge*9:30 Chair Exercises 3rd fl 10:00 Chair Exercises 3rd f10:30 3rd Floor Activities1-3 Pool open*1:30 Bus to Nowhere*2:00 Art Group 3rd floor2:00 Ottawa Therapy Dog “Rufus” visits-3rd floor3:00 Sundae afternoon 1st floor | 210:00 Balance Class-3rd *10:45 Roman Catholic Mass* 11:15 Wellness Class-3rd1-3 Pool open2:00 Bingo 3:00 Food Committee Meeting 3:00 Bridge3:30 Jeopardy-3rd fl | 39:00 Walk with Barb*9:15 Manotick Shopping* 9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd fl 1-3 Pool open2:00 Romance Movie- Ch 692:00 Social Hour & Entertainment with Margie Bruce and Friends3:30 Let’s play pool- 1st fl | *4*10:15 Bingo-1st floor11:00 Tai Chi-3rd fl 1-3 Pool open2:00 Classic Movie Ch 692:00 Movie-“Red Skelton Favorites ” Theatre Room3:30 Stick to the Rhythm with Rozsa-3rd floorM |
| 5 10:15 Giant Crossword Puzzle-3rd fl 11:00 Catholic Rosary Prayer11:15 Catholic Communion1-3 Pool open2:00 Documentary-Ch 692:00 Movie Theatre Room “ Martin and Lewis Colgate Comedy Hour2:00 Ecumenical Service with Bob Caines  M | *6* ***Labor Day****10:30 Catholic Rosary-chapel*1-3 Pool open?? 2:30 Movie “Pure Country”” Theatre Room  | 710:00 Balance Class- 3rd10:30 Brain Games-1st fl floor11:15 Wellness Class-3rd *11:30 Men’s Luncheon*1-3 Pool open1:30 Canasta with Peggy- 2nd fl2:00 Great British Castles- Ch 69 2:00 Bingo-1st fl2:30 AQUAFIT 3:15 Lemonade Cart 3:00 Spelling bee- Boardroom 3:30 Shuffleboard-1st fl | 8*9:15 Shopping at Barrhaven-*9:30 Chair Exercises 3rd fl 10:00 Chair Exercises 3rd f10:30 3rd Floor Activities2:00 Art Group 3rd floor1-3 Pool open2:00 Ottawa Therapy Dog Rufus visits-3rd floor2:30 Harp Music by Peter Stuyt and treats- 3rd floor  | 99:15 Reminiscence -Bdrm10:00 Balance Class-3rd 11:15 Wellness Class-3rd10:30 Lets Bake Cookies-1st fl1-3 Pool open2:00 Bingo-1st 3:00 Bridge3:30 Root Beer Floats-1st fl | 109:00 Walking Club meet on patio9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd fl10:30 Giant Crossword-3rd fl1-3 Pool open2:00 Romance Movie- Ch 692:00 Social Hour and Entertainment with The Diamonds3:30 Let’s play pool- 1st fl | *11**9:15 Manotick Shopping* 10:15 Bingo-1st floor 11:00 Tai Chi-3rd fl 1-3 Pool open2:00 Classic Movie “ Burns and Allen Show” Ch 692:00 Movie ”Theatre RoomK |
| 1210 :15 Giant Crossword Puzzle-3rd fl 11:00 Catholic Rosary Prayer11:15 Catholic Communion1-3 Pool open2:00 Movie-“Jack Benny Show” Theatre Room 2:00 Ecumenical Service with Rev Gratton3:15 **K Town Trip Perform-3rd fl** K | 13FOOTCARE NURSE IN*10:30 Catholic Rosary-chapel***10:00 Home Sweet Home Vendor Sales-1st fl**10:30 Chair Exercises 3rd fl11:00 Chair Exercises 3rd fl1-3 Pool open1:30 Bingo 1st fl2:30 Movie “ Andre Rieu ” Theatre Room3:00-&3:30 Ice Cream3:30 Leslie Fromow plays piano-3rd floor | 149:00 Manicures/ Yazmin 10:00 Balance Class10:30 Brain Games11:15 Wellness Class1:30 Canasta with Peggy- 2nd fl**1:30 “new” Chair Yoga with Georgia-3rd fl**1-3 Pool open2:00 Bingo 1st fl2:30 AQUAFIT 3:15 Lemonade Cart 3:00 Pizza /Beer and “Pam and Doug Champagne”Suites Open House**3:30 Trivia with Pat Babin-3rd floor** | 15*9:15 Shopping at Kemptville*9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd f10:30 3rd floor Activities1-3 Pool open2:00 Art Group 3rd floor2:00 Ottawa Therapy Dog Rufus visits-3rd floor 3:00 George plays Piano- 3rd floor *6:00 Euchre with Liz* | 169:15 Reminiscence -Bdrm10:00 Balance Class-3rd *10:45 Roman Catholic Mass* 11:15 Wellness Class-3rd1-3 Pool open2:00 Bingo-1st2:00 Rideau Carleton Slots3:00 Bridge 3:00 Latin Chair Dancing-3rd fl | 179:00 Walking Club meet on patio*9:15 Manotick Shopping* 9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd fl 10:30 Let’s Bake- sign up pls1-3 Pool open2:00 Romance Movie- Ch 692:00 Entertainment with Dai Bassett and Social Hour3:30 Let’s play pool- 1st fl | *18*10:15 Bingo-1st floor 11:00 Tai Chi-3rd fl 1-3 Pool open2:00 Classic Movie “Abbot and Costello Africa Screams Ch 692:00 Movie Theatre Room3:30 Stick to the Rhythm with Rozsa-3rd floor G |
| 1910:15 Giant Crossword Puzzle-3rd fl 11:00 Catholic Rosary Prayer11:15 Catholic Communion1-3 Pool open **1:30 Show and Shine** **Harley Motorcycle Club!** 2:00 Documentary-Ch 692:00 Movie “ Archie Bunker Season 1 Theatre Room 2:00 Ecu Service with Rev. GrattonG | 2010:30 Chair Exercises 3rd fl11:00 Chair Exercises 3rd fl*10:30 Catholic Rosary-chapel*1-3 Pool open2:00 Bingo-1st fl 2:30 Movie ” Archie Bunker Season 1 Theatre Room 3:00 Ice Cream Cart-1st 3:30 Shannon Singalong-3rd floor | 2110:00 Balance Class10:30 Brain Games11:15 Wellness Class1-3 Pool open1:30 Canasta with Peggy- 2nd fl2:00 Bingo-1st fl2:30 AQUAFIT 3:15 Lemonade Cart 3:30 Shuffleboard-1st fl3:30 Professor Cammy-1st fl   | 22*6:00 Euchre with Liz**9:15 Shopping at Giant Tiger bank Street- Ron*9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd f10:30 3rd Floor Activities1-3 Pool open2:00 Art Group 3rd floor2:00 Ottawa Therapy Dog Rufus visits-3rd floor 3:15 Jeopardy- 3rd floor | 239:15 Reminiscence -Bdrm10:00 Balance Class-3rd 10:00 Ecumenical Service with Rev Elaine Beattie Chapel11:15 Wellness Class-3rd1-3 Pool open2:00 Bingo-1st3:00 Bridge 3:15 Giant Crossword Bingo Bonanza6:00 Open House Pie Bingo with Prizes $1 a card  | 249:00 Walking Club meet on patio*9:15 Manotick Shopping*9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd fl 10:00 Hidden Houses-Ch 6910:30 Jeopardy-3rd fl1-3 Pool open2:00 Romance Movie- Ch 692:00 Entertainment with Bob Schwartz3:30 Let’s play pool- 1st fl | *25*10:15 Bingo-1st floor11:00 Tai Chi-3rd fl 1-3 Pool open2:00 Classic Movie Ch 692:00 Movie “ Archie Bunker Season 1 ” Theatre Room3:00 Entertainment with Andrew Slater on Guitar-3rd floorF |
| 2610 :15 Giant Crossword Puzzle-3rd fl 11:00 Catholic Rosary Prayer11:15 Catholic Communion1-3 Pool open2:00 Documentary-Ch 692:00 Movie Archie Bunker Season 1 Theatre Room 2:00 Ecumenical Service withRev Gratton3:00 Sylvester on Guitar-3rd floor | 27FOOTCARE NURSE IN*10:30 Catholic Rosary-chapel* 10:30 Chair Exercises 3rd fl11:00 Chair Exercises 3rd fl*11:00 St Albert’s Cheese Factory and Lunch*1-3 Pool open2:00 Bingo-3rd fl2:30 Movie Archie Bunker Season 1” Theatre Room3:00-&3:30 Ice Cream | ***28***9:00 Manicures/ Yazmin 10:00 Balance Class10:30 Brain Games11:15 Wellness Class1:30 Canasta with Peggy- 2nd fl**1:30 “new” Chair Yoga with Georgia-3rd fl**1-3 Pool open2:00 Bingo-1st fl2:30 AQUAFIT 3:15 Lemonade Cart 3:30 Shuffleboard-1st fl | **29****7-8 a.m. & 11- 12 Pounds Pulse /Pressure- Chapel***9:15 Shopping at Carlingwood and Lunch Out* 9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd f10:30 3rd Floor Activities1-3 Pool open2:00 Art Group 3rd floor2:00 Ottawa Therapy Dog Rufus visits-3rd floor**3:15 Ageless Players Theatre**  | **30**9:15 Reminiscence -Bdrm10:00 Balance Class-3rd 10:00 Ecumenical Service with Bob Caines- Chapel11:15 Wellness Class-3rd1-3 Pool open*1:30 Bus to Nowhere???*2:00 Bingo-1st3:00 Bridge *3:00 Latin Chair Dancing 3rd floor* | **31***9:15 Manotick Shopping*9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd fl 10:00 Hidden Houses-Ch 691-3 Pool open2:00 Romance Movie- Ch 692:00 Birthday party and Entertainment with Lauren Hall3:30 Let’s play pool- 1st fl | **C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\804IBLXG\Awesome_Summer[1].png** |