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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 floor  3:00 Tea at Three-2nd Floor | 2 *9:00 Manicures/ Yazmin*  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd f  10:10 Coffee Club -1st floor  10:30 3rd Floor Activities  2:00 Art Group 1st floor  3:00 Tea at Three-2nd Floor  3:30 Giant Crossword-1st fl  7:00 Ottawa Senators VS Vancouver | 3  9:15 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:10 Coffee Club -1st floor  10:45  11:15 Wellness Class-3rd  2:00 Bingo-1st  3:00 Tea at Three-2nd Floor  3:00 Bridge 2nd fl | 4  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  10:10 Coffee Club -1st floor  10:30 Spelling Bee -Boardroom  2:00 Social Hour and Entertainment Margie and Bruce  3:00 Tea at Three-2nd Floor  3:15 Euchre- Library | 5 Ba  10:10 Coffee Club -1st floor  11:00 Tai Chi-3rd fl  1:30 Bingo  2:00 Ottawa Senators VS Minnesota  2:30 Movie “ When Harry Met Sally ”Theatre Room  3:00 Tea at Three-2nd Floor |
| 6  10:10 Coffee Club -1st floor  10:30 Giant Crossword Puzzle-1st  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Ottawa Senators VS Carolina  2:30 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 Clinic  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  2:30 Movie “ The Carole Burnett Show ” Theatre Room  3:00-&3:30 Ice Cream  3:00 Tea at Three-2nd Floor | 8  **9:30 Mary Cook Stories with Fran**  10:00 Balance Class- 3rd  10:10 Coffee Club -1st floor  10:30 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 fl  4:00 Hymn Sing with Rev. Hartman | 9*9:00 Shopping at Billings Bridge*  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd f  10:10 Coffee Club -1st floor  10:30 3rd Floor Activities  2:00 Art Group1st fl floor  3:00 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 | 10  9:15 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:10 Coffee Club -1st floor    11:15 Wellness Class-3rd  *1:15 Sightseeing Bus*  2:00 Bingo-1st  3:00 Tea at Three-2nd Floor  3:00 Bridge 2nd fl  **Staff In service Fire**  **1:45 & 3:15** | 11  9:00 Manotick Shopping  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  10:10 Coffee Club -1st floor  10:30 Jeopardy-3rd fl  2:00 Social Hour and Entertainment Bella Borealis and High Tea at 3 -1st floor  3:00 Tea at Three-2nd Floor  3:15 Euchre- Library | 12  10:10 Coffee Club -1st floor  11:00 Tai Chi-3rd fl  1:30 Ron’s Bingo-1st floor  2:30 Movie” The Queen” Theatre Room  3:00 Tea at Three-2nd Floor  10:00 Ottawa Senators VS San Jose  R |
| 13  10:10 Coffee Club -1st floort  11:00 Catholic Rosary Prayer  11:15 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 fl  10:10 Coffee Club -1st floor  10:30 Chair Exercises 3rd f  11:00 Chair Exercises 3rd fl  10:30 Catholic Rosary-chapel  *11:30 Swiss Chalet in Barrh****aven*** **2:00 Monthly Euchre with R.O.S.S.S. -3rd floor**  2:00 Bingo  2:30 Movie “Mrs. Potter ” Theatre Room  3:00-&3:30 Ice Cream  3:00 Tea at Three-2nd Floor | 15  9:00 Manicures/ Yazmin  10:00 Balance Class  10:10 Coffee Club -1st floor  11:15 Wellness Class  1:30 Canasta with Peggy- 2nd fl  2:00 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 fl  10:00 Chair Exercises 3rd f  10:00 Kiwanis Club Cakes  10:10 Coffee Club -1st floor  10:30 3rd Floor Activities  2:00 Art Group 1st fl  3:00 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) | 17  9:15 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:10 Coffee Club -1st floor  11:15 Wellness Class-3rd  2:00 Bingo-1st  3:00 Bridge 2nd fl  3:00 Tea at Three-2nd Floor | 18  *9:00 Manotick Shopping*  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  10:10 Coffee Club -1st floor  10:30 Giant Crossword-1st fl  2:00 Entertainment with Duo Pliades  3:00 Tea at Three-2nd Floor  3:15 Euchre- Library  7:30 Ottawa Senators VS Carolina | *19*  10:10 Coffee Club -1st floor  11:00 Tai Chi-3rd fl  1:30 Bingo-3rd floor  2:30 Movie “ My Girl”” Theatre Room  3:00 Tea at Three-2nd Floor  7:00 Ottawa Senators VS St Louis  Me |
| 20  10:10 Coffee Club -1st floor  10:30 Giant Crossword -1st fl  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:30 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 fl  10:10 Coffee Club -1st floor  10:30 Chair Exercises 3rd f  10:30 Catholic Rosary-chapel  11:00 Chair Exercises 3rd fl  2:00 Bingo-1st fl  2:30 Movie “Austrailia ” Theatre Room  3:00 Ice Cream Cart-1st  3:00 Tea at Three-2nd Floor | 22  10:00 Balance Class  10:10 Coffee Club -1st floor  10:30 Milk Bag Rug Making  Demo-1st floor  11:15 Wellness Class  1:30 Chair Yoga with Georgia-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  7:30 ttawa Senators VS Arizona | 23  *6:00 Euchre with Liz*  *9:15 Shopping at Kemptville*  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd f  10:10 Coffee Club -1st floor  10:30 3rd Floor Activitie  2:00 Art Group1st floor  2:00 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 | 24  9:15 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:10 Coffee Club -1st floor  11:15 Wellness Class-3rd  2:00 Bingo-1st  3:00 Armchair Travel to Scotland  3:00 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 fl  10:00 Chair Exercises 3rd fl  10:10 Coffee Club -1st floor  10:30 Jeopardy-3rd fl  2:00 Entertainment with Ron Donnelly Duo  3:00 Tea at Three-2nd Floor  3:15 Euchre- Library  **5:00 Robbie Burns Dinner** | *26*  9:15 Jeopardy  10:10 Coffee Club -1st floor  11:00 Tai Chi-3rd fl  1:30 Bingo-3rd floor  2:30 Movie “Trouble with the Curve” Theatre Room  3:00 Tea at Three-2nd Floor  3:30 Family Feud-3rd floor  KR |
| **27**  10:10 Coffee Club -1st floor  10:30 Giant Crossword Puzzle-1st  11:00 Catholic Rosary Prayer  11:15 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 In  9:30 Knitting Group-3rd fl  10:10 Coffee Club -1st floor  10:30 Chair Exercises 3rd fl  10:30 Catholic Rosary-chapel  11:00 Chair Exercises 3rd fl  2:00 Bingo-1st fl  2:30 Movie “ Life ” Theatre Room  3:00 Ice Cream Cart-1st  3:00 Tea at Three-2nd Floo | **29**  9:00 Manicures/ Yazmin  7-8 a.m. & 11- 12 Pounds Pulse /Pressure  10:00 Balance Class  10:10 Coffee Club -1st floor  10:30 Brain Games  11:15 Wellness Class  1:30 Canasta with Peggy- 2nd fl  2:00 Bingo-1st fl  3:00 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 fl  10:00 Chair Exercises 3rd f  10:10 Coffee Club -1st floor  10:30 3rd Floor Activitie  2:00 Ottawa Therapy Dog Rufus Visits-3rd floor  2:00 Art Group 1rd floor  3:00 Tea at Three-2nd Floor | **31**  9:15 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:10 Coffee Club -1st floor  11:15 Wellness Class-3rd  *2:00 Afternoon Tea at Millers Oven Outing*  2:00 Bingo-1st  3:00 Bridge 2nd fl  3:00 Tea at Three-2nd Floor |  |  |
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