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| **Sunday** | **Monday** | March 2019 Orchard Walk**Tuesday** | **Wednesday** | **Thursday** | **Friday** | **March 5th 2019****Saturday** |
|  |  |  |  |  | 19:00 Manotick Shopping 9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd fl10:10 Coffee Club--2nd fl 10:30 Jeopardy-1st fl2:00 Social Hour and Entertainment Margie and Bruce3:00 Tea at Three-2nd Floor 3:15 Euchre- Library3:30-4:30 Tony’s Café Bar Open  | 210:10 Coffee Club-2nd fl 11:00 Tai Chi-3rd fl 2:30 Classic Movie “The Bishops Wife” Theatre Room 2:15 Bingo-1st fl3:00 Tea at Three-2nd Floor 3:30-4:30 Tony’s Café Bar Open b |
| 310:10 Coffee Club --2nd fl 10:30 Giant Crossword-2nd 11:00 Catholic Rosary Prayer11:15 Catholic Communion2:00 Ottawa Sens VS Carolina 2:30 Movie The Bells OF St Mary’s” Theatre Room **3:00** Time change – Ecumenical Service with Rev Gratton and Deb 3:00 Tea at Three-2nd Floor 3:30-4:30 Tony’s Café Bar Open b | 4 **10:00 Davidson Hearing Clinic**9:30 Knitting Group-10:10 Coffee Club --2nd fl 10:30 Chair Exercises 3rd f11:00 Chair Exercises 3rd fl10:30 Catholic Rosary-chapel2:00 Bingo2:30 Movie “Summers Lease ” Theatre Room3:00-&3:30 Ice Cream3:00 Tea at Three-2nd Floor 3:30-4:30 Tony’s Café Bar Open  | 5 **Shrove Tuesday**?? 9:30 Mary Cook Stories with Fran10:00 Balance Class- 3rd10:10 Coffee Club --2nd fl 10:30 Brain Games-3rd fl 11:15 Wellness Class-3rd 1:30 Canasta with Peggy- 2nd fl2:00 BINGO-1st floor 3:00 Tea at Three-2nd Floor 3:30 Shuffleboard-1st fl3:30-4:30 Tony’s Café Bar Open 4:00 Hymn Sing with Rev. Hartman | 6 **ASH WEDNESDAY***9:00Shopping at Billings Bridge Mall* 9:30 Chair Exercises 3rd fl 10:00 Chair Exercises 3rd f10:10 Coffee Club--2nd fl 10:30 3rd Floor Activities2:00 Art Group 3rd floor2:00 Ottawa Therapy Dog Rufus Visits-3rd floor3:00 Tea at Three-2nd Floor 3:30-4:30 Tony’s Café Bar Open **6:30 Pub Nite- games shuffleboard/ pool -1st floor** | 79:15 Reminiscence -Bdrm10:00 Balance Class-3rd 10:10 Coffee Club--2nd fl 10:45 Catholic Mass with Father Titus 11:15 Wellness Class-3rd*1:15 Sightseeing Bus*2:00 Bingo-1st3:00 Tea at Three-2nd Floor 3:00 Bridge Library**3:30 National Ballet Class-3rd floor**3:30-4:30 Tony’s Café Bar Open  | 8**International Womens Day** 9:00 Manotick Shopping 9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd fl10:10 Coffee Club--2nd fl 10:30 Jeopardy-3rd fl2:00 Social Hour and Entertainment with Red Wing Fiddlers3:00 Tea at Three-2nd Floor 3:15 Euchre- Library3:30-4:30 Tony’s Café Bar Open  | 910:10 Coffee Club--2nd fl 10 :15 Ron’s Bingo-1st floor 11:00 Tai Chi-3rd fl 2:30 Classic Movie” My Fair Lady” Theatre Room3:00 Tea at Three-2nd Floor Ron  |
| **10** **Clocks Spring Forward** 10:10 Coffee Club --2nd fl 11:00 Catholic Rosary Prayer11:15 Catholic Communion 2:30 Movie Elizabeth The Golden Age” Theatre Room 2:00 Ecumenical Service with Rev Gratton and Organist Deb3:00 Tea at Three-2nd Floor **3:00 Kanata Choral Society**R | 11 **Footcare Nurse In**9:15 Knitting Group-1st fl10:10 Coffee Club --2nd fl 10:30 Chair Exercises 3rd f11:00 Chair Exercises 3rd fl10:30 Catholic Rosary-chapel2:00 Bingo-1st fl2:30 Movie “Extraordinary Measures ” Theatre Room3:00-&3:30 Ice Cream3:00 Tea at Three-2nd Floor3:30-4:30 Tony’s Café Bar Open *5:00 Dinner at Stoneface Dolly’s* *in Riverside South*  | 12*9:00 Manicures/ Yazmin* 10:00 Balance Class10:10 Coffee Club -2nd fl 10:30 Brain Games-3rd fl 11:15 Wellness Class*12:15 Irish Tea Outing with* *George Darouze*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 fl3:30-4:30 Tony’s Café Bar Open  | 13*9:00Shopping at Barrhaven*9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd f10:10 Coffee Club--2nd fl 10:30 3rd Floor Activities*1:30 Beaver Tails on the Canal*2:00 Art Group 3rd fl2:00 Ottawa Therapy Dog Rufus Visits-3rd floor3:00 Tea at Three-2nd Floor3:00 Armchair Travel To Ireland Theatre Rm3:30-4:30 Tony’s Café Bar Open  | 14 9:15 Reminiscence -Bdrm10:00 Balance Class-3rd 10:10 Coffee Club--2nd fl 11:00 Ecumenical Service with Rev Elaine Beattie*11:00 Kars St Patrick’s Day Luncheon $ 15* 11:15 Wellness Class-3rd2:00 Bingo-1st3:00 Bridge Library3:00 Tea at Three-2nd Floor 3:30-4:30 Tony’s Café Bar Open **3:30 National Ballet Class-3rd floor**7:00 Russell Community Concert Band  | 15*9:00Manotick Shopping*9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd fl 10:10 Coffee Club--2nd fl 10:30 Singalong with Shannon-3rd 2:00 Entertainment with Doug and Pam and Social Hour3:00 Tea at Three-2nd Floor 3:15 Euchre- Library3:30-4:30 Tony’s Café Bar Open  | *16*10:10 Coffee Club--2nd fl 11:00 Tai Chi-3rd fl 2:00 Classic Movie Ch 692:30 Movie” All Roads Lead TO Home” Theatre Room2:15 Bingo-1st floor3:00 Tea at Three-2nd Floor 3:30-4:30 Tony’s Café Bar Open Me |
| 17 St Patrick’s Day 10:10 Coffee Club --2nd fl 10:15 Giant Crossword 2nd t fl 11:00 Catholic Rosary Prayer11:15 Catholic Communion**1:30** Ecumenical Service with Rev Gratton and Deb on Organ 2:30 Movie Armchair Travel to Ireland” Theatre Room **2:30-3:30 St Patrick’s Day Party with Robin Averill- MDR**3:00 Tea at Three-2nd Floor 3:30-4:30 Tony’s Café Bar Open Me | 18*9:00Manotick Shopping*9:30 Knitting Group-3rd fl10:10 Coffee Club --2nd fl 10:30 Catholic Rosary-chapel10:30 Chair Exercises 3rd f11:00 Chair Exercises 3rd fl*1:30 Rideau Carleton Slots* 2:00 Bingo-1st fl 2:30 Movie ”Up nN The Air Theatre Room3:00 Ice Cream Cart-1st 3:00 Tea at Three-2nd Floor3:30-4:30 Tony’s Café Bar Open  | 1910:00 Balance Class10:10 Coffee Club --2nd fl 10:30 Brain Games-3rd fl 11:15 Wellness Class**1-4 Multigen Dental Clinic**1:30 Canasta with Peggy- 2nd fl2:00 Bingo-1st fl**3:00 Residents Council Meeting Garden View**3:00 Tea at Three-2nd Floor 3:30-4:30 Tony’s Café Bar Open 3:30 Shuffleboard-1st fl | 20*6:00 Euchre with Liz**9:00Shopping at Kemptville*9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd f10:10 Coffee Club--2nd fl 10:30 3rd Floor Activities2:00 Ottawa Therapy Dog Rufus Visits-3rd floor**2:30 Grenville Gremlins** **Square Dancers-3rd fl**2:00 Art Group 3rd floor3:00 Tea at Three-2nd Floor 5:30 Suites BD Party with THE Trio | 219:15 Reminiscence -Bdrm10:00 Anna’s Travelling Gifts-2nd fl10:00 Balance Class-3rd 10:10 Coffee Club--2nd fl 10:45 Catholic Mass with Father Titus 11:15 Wellness Class-3rd2:00 Bingo-1s2:00 Classical Music Chopin- GV 3:00 Tea at Three-2nd Floor 3:00 Bridge Library3:30-4:30 Tony’s Café Bar Open **3:30 National Ballet Class-3rd floor** | 229:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd fl10:10 Coffee Club-2nd fl 10:30 Jeopardy-3rd fl2:00 Entertainment with Howard Hayes and Social Hour3:00 Tea at Three-2nd Floor3:15 Euchre- Library3:30-4:30 Tony’s Café Bar Open  | *23*10:10 Coffee Club--2nd fl 10:15 Bingo-3rd floor11:00 Tai Chi-3rd fl 2:00 Chair Yoga with Georgia-3rd 2:30 Movie” The Phantom Of The Opera”Theatre Room3:00 Tea at Three-2nd Floor 3:30-4:30 Tony’s Café Bar Open  Kr |
| **24**10:10 Coffee Club --2nd fl 10:30 Giant Crossword Puzzle-2nd 11:00 Catholic Rosary Prayer11:15 Catholic Communion**1-3 Mobile Shoe Store Sale 2nd** 2:30 Movie Sound of Music Theatre Room 2:00 Ecu Service Rev Gratton and Organist Deb3:00 Tea at Three-2nd Floor3:30-4:30 Tony’s Café Bar Open **-------------------------------------------****31**10:10 Coffee Club -2nd fl 10:30 Giant Crossword-2nd fl11:00 Catholic Rosary Prayer11:15 Catholic Communion2:30 MovieSense and Sensibility Theatre Room 2:00 Ecu Service Rev Gratton and Organist Deb3:00 Tea at Three-2nd Floor3:00 Cape Breton Session Gr  | **25**Footcare Nurse In9:30 Knitting Group-3rd fl**9:30 Indoor Garage Sale-1st** fl 10:10 Coffee Club --2nd fl 10:30 Catholic Rosary-chapel10:30 Chair Exercises 3rd fl11:00 Chair Exercises 3rd fl2:30 Movie ” Apollo 13” Theatre Room3:00 Ice Cream Cart-1st 3:00 Tea at Three-2nd Floor3:30-4:30 Tony’s Café Bar Open  | **26****9:00 Tax Returns with John Peters-Boardroom**9:00 Manicures/ Yazmin7-8 a.m. & 11- 12 Pounds Pulse /Pressure10:00 Balance Class10:10 Coffee Club --2nd fl 10:30 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 f3:30-4:30 Tony’s Café Bar Open   | **27***6:00 Euchre with Liz**9:00Shopping at barrhaven*9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd f10:10 Coffee Club--2nd fl 10:30 3rd Floor Activities2:00 Ottawa Therapy Dog Rufus Visits-3rd floor2:00 Art Group 3rd floor3:00 Tea at Three-2nd Floor 3:30-4:30 Tony’s Café Bar Open **2:30 Staff Meeting****3rd floor** | **28** 9:15 Reminiscence -Bdrm10:00 Balance Class-3rd 10:10 Coffee Club--2nd fl *11:00 Sunshine Gifts Vendor*11:15 Wellness Class-3rd**2:00 Smile Theatre Productions Presents ”Back to B4” Bingo Bonanza – Dining Room** 3:00 Bridge Library3:00 Tea at Three-2nd Floor **3:30 National Ballet Class-3rd floor****Last Ballet class for a few weeks**  | **29***9:00Manotick Shopping*9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd fl10:10 Coffee Club--2nd fl 10:30 Jeopardy-3rd fl2:00 Birthday Bash and Entertainment with Vicky Spurrell 3:00 Tea at Three-2nd Floor3:15 Euchre- Library3:30-4:30 Tony’s Café Bar Open  | 3010:10 Coffee Club--2nd fl 11:00 Tai Chi-3rd fl 2:30 Movie “Pride and Prejiduce”” Theatre Room1:30 Bingo-3rd floor3:00 Tea at Three-2nd Floor GR |
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