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| **Pool Open 1-3**  **Sunday** | **Monday** | July 2019 Orchard Walk  **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **June 28th**  **2019**  **Saturday** |
| Image result for happy 20th anniversary banner | 1 **Footcare Nurse In**  **Canada Day**  10:10 Coffee Club1st d  10:15 Bingo  10:30 Catholic Rosary-chapel  2:30 Movie “ Rocky Mountaineer Canada ” Theatre Room  3:00- Ice Cream  3:00 Tea at Three-2nd Floor  **5-7 Canada Day BBQ on the Patio with Bob & Don Duo** | 2  *9:00 Manicures/ Yazmin*  9:30 Mary Cook Stories/ Fran-chapel  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 floor  3:00 Tea at Three-2nd Floor  3:30 Shuffleboard-1st fl  3:30-4:30 Tony’s Café Bar Open  4:00 St John Ambulance Dog “Tesla”-1st floor | 3*9:00 Shopping at Billings Bridge*  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  **9:30-12 10:00 Davidson Hearing Clinic**  **10:00 5Th Avenue Jewelery-2nd fl**  10:10 Coffee Club-1st fl  10:30 3rd Floor Activities  2:00 Ottawa Therapy Dog Rufus Visits-3rd floor  **2:00 Travelling Root Beer Floats**  2:00 Art Group 1st floor  3:00 Tea at Three-2nd Floor  *3:00 Strawberry Social Outing at Emerald Links- Cost $7*  3:30-4:30 Tony’s Café Bar Open | 4  9:00 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:10 Coffee Club-1st fl  10:45 Catholic Mass with  Father Titus  11:15 Wellness Class-3r  2:00 BINGO-1st fl  3:00 Tea at Three-2nd Floor  3:00 Bridge 2nd fl  3:15 Rev Gratton- Ecumenical Service  3:30-4:30 Tony’s Café Bar Open | 5  9:00 Manotick Shopping  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club—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  10:10 Coffee Club-1st d fl  10:15 Bingo -1st fl  11:00 Tai Chi-3rd fl  2:00 Classic Movie “ Heritage of British Monarchy ”Theatre Room  3:00 Tea at Three-2nd Floor  Ron |
| 7  10:10 Coffee Club –1st fld  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Movie The Kings Speech” Theatre Room  2:00 Ecumenical Service with Bob Caines and Organist Deb  3:00 Tea at Three-2nd Floor  Ron | **8**  9:15 Jeopardy-1st fl  9:15 Cribbage-library  10:10 Coffee Club1st d fl  10:30 Chair Exercises 3rd f  11:00 Chair Exercises 3rd fl  10:30 Catholic Rosary-chapel  1-1:30 Water Exercises-Pool  2:00 Bingo  2:30 Movie “ Billy Elliot ” Theatre Room  3:00- Ice Cream  3:00 Tea at Three-2nd Floor  **3:15 Entertainment with the Barrhaven Fiddleheads**  3:30-4:30 Tony’s Café Bar Open | 9  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 | 10  *9:00 Shopping at Barrhaven*  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club-1st fl  10:30 3rd Floor Activities  **2:00 Travelling Root Beer Floats**  2:00 Ottawa Therapy Dog Rufus Visits-3rd floor  2:00 Art Group 1st floor  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  6**:30 Entertainment by Greenbelt Grass** | 11  9:00 Reminiscence -Bdrm  10:00 Balance Class-3rd  **10:00 “New” Clothing by “Jonick Clothing”Vendor-1st fl**  10:10 Coffee Club-1st fl  10:45 Catholic Mass with  Father Titus  11:15 Wellness Class-3r  1:30 Sightseeing Bus \  2:00 BINGO-1st fl  3:00 Tea at Three-2nd Floor  3:00 Bridge 2nd fl  3:30-4:30 Tony’s Café Bar Open | 12  9:00 Manotick Shopping  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  **10:10 Ottawa Police Fraud Prevention 1st floor**  10:10 Coffee Club—1st fl  **2:00 Social Hour and Entertainment with Trudy Letourneau**  3:00 Tea at Three-2nd Floor  3:15 Euchre- Library  3:30-4:30 Tony’s Café Bar Open | 13  *9:00 North Gower Farers market Outing*  10:10 Coffee Club—1st fl  11:00 Tai Chi-3rd fl  2:00 Classic Movie “ Jayne Eyre” Theatre Room  **2:15 Dave Baldwin on Guitar and Firepit Patio**  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  4**:00 Bianca and Izzy on piano-1st floor**  Kr |
| 14  10:10 Coffee Club -1st floor  10:30 Giant Crossword-2nd fl  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Movie Julie and Julia Theatre Room  2:00 Ecumenical Service with Rev Gratton and Organist Deb  3:00 Tea at Three-2nd Floor  **3:15 Mary Cook**  **in Person-3rd floor**  3:30-4:30 Tony’s Café Bar Open | 15  9:15 Jeopardy-1st fl  9:15 Cribbage-library  10:10 Coffee Club -1st floor  10:30 Chair Exercises 3rd f  11:00 Chair Exercises 3rd fl  10:30 Catholic Rosary-chapel  1-1:30 Water Exercises-Pool  2:00 Bingo  2:30 Movie “Galapagos ” Theatre Room  3:00 Ice Cream  3:00 Tea at Three-2nd Floo  3:30-4:30 Tony’s Café Bar Open | 16*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  11:15 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  4:00 St John Ambulance Dog “Tesla”-1st floor | 17*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 Art Group 1st fl  2:00 Rufus Visits-3rd floor  **2:00 Travelling Root Beer Floats**  3:00 Tea at Three-2nd Floor  3:00 Entertainment with George on Piano-3rd floor  3:30-4:30 Tony’s Café Bar Open  5:30 GV Bday party with George | 18  9:00 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:10 Coffee Club-1st fl  10:45 Catholic Mass with  Father Titus  11:15 Wellness Class-3rd  2:00 Bingo-1st  3:00 Bridge 2nd fl  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open | 19  *9:00 Manotick Shopping*  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club-1st fl  **10:30 Shannon ‘s Singalong -3rd fl**  10:30 Giant Crossword-2nd fl  **2:00 Entertainment by Alan Sandleman and Social Hour**  3:00 Tea at Three-2nd Floor  3:15 Euchre- Library  3:30-4:30 Tony’s Café Bar Open | *20*  10:10 Coffee Club-1st fl  11:00 Tai Chi-3rd fl  2:00 Movie” The Dream is Alive Theatre Room  2:15 Bingo-1st fl  3:00 Tea at Three-2nd Floor  Gr |
| 21  10:10 Coffee Club -1st floor  10:30 Giant Crossword-2st fl  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Ecumenical Service with Rev Gratton and Organist Deb  2:00 Movie Made of Honor Theatre Room  3:00 Tea at Three-2nd Floor | 22  **Footcare Nurse In**  **9:15 Jeopardy-1st fl**  9:15 Cribbage-library  10:10 Coffee Club -1st floor  10:30 Catholic Rosary-chapel  10:30 Chair Exercises 3rd f  11:00 Chair Exercises 3rd fl  1-1:30 Water Exercises-Pool  *1:30 Rideau Carleton Slots*  2:00 BINGO-1st fl  2:30 Movie Breakfast at Tiffany’s ” Theatre Room  3:00 Ice Cream Cart-1st  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open | 23  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  1:30 Canasta with Peggy- 2nd fl  2:00 Bingo-1st fl  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  3:30 Shuffleboard-1st fl  3:30 ?? Entertainment with Dan Anderson?  4:00 St John Ambulance Dog “Tesla”-1st floor | 24  *6:00 Euchre with Liz*  *9:00 Shopping at Giant Tiger Walkley*  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club-1st fl  10:30 3rd Floor Activities  **2:00 Travelling Root Beer Floats**  2:00 Ottawa Therapy Dog Rufus Visits-3rd floor  2:00 Art Group 1st floor  3:00 Tea at Three-2nd Floor  **3:00 Entertainment with Marleen Fawcett-3rd fl**  3:30-4:30 Tony’s Café Bar Open | 25  9:00 Reminiscence -Bdrm  *9:30 Cumberland Museum Outing Cost $5.50*  10:00 Balance Class-3rd  10:10 Coffee Club-1st fl  10:45 Catholic Mass with  Father Titus  11:15 Wellness Class-3rd  2:00 Bingo-1s  3:00 Tea at Three-2nd Floor  3:00 Bridge 2nd fl  **3:15 Photography Show about the Danube River**  3:30-4:30 Tony’s Café Bar Open | 26  *9:00 Manotick Shopping*  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club-1st fl  **2:00 Birthday Bash & Entertainment with Jumping Jimmy and Social Hour /**  3:00 Tea at Three-2nd Floor  3:15 Euchre- Library  3:30-4:30 Tony’s Café Bar Open | *27*  10:10 Coffee Club-1st fl  11:00 Tai Chi-3rd fl  2:30 Movie The Ghost and Mrs Muir ” Theatre Room  2:00 Bingo-3rd floor  3:00 Tea at Three-2nd Floor  Amie |
| **28**  **New 9:30 Chair Yoga for Seniors on 3rd floor**  10:10 Coffee Club -1st floor  10:30 Giant Crossword Puzzle-2st  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Movie Forrest Gump Theatre Room  2:00 Ecu Service Rev Gratton and Organist Deb  3:00 Tea at Three-2nd Floor | **29**  9:15 Jeopardy-1st fl  9:15 Cribbage-library  10:10 Coffee Club -1st floor  10:30 Catholic Rosary-chapel  10:30 Chair Exercises 3rd fl  11:00 Chair Exercises 3rd fl  1-1:30 Water Exercises-Pool  *1:30 Hogs Back Falls*  2:00 BINGO-1st fl  2:30 Movie Duplicity ” Theatre Room  3:00 Ice Cream Cart-1st  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open | **30** *9:00 Manicures/ Yazmin*  7-8 a.m. & 11- 12 Pounds Pulse /Pressure-Chapel  9:30 Walking Club- meet at Patio  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  **3:15 Current Events with Prof Cammy-3rd floor**  3:30 Shuffleboard-1st f  3:30-4:30 Tony’s Café Bar Open  4:00 St John Ambulance Dog “Tesla”-1st floor | **31**  *9:00 Shopping at Carlingwood Mall*  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club-1st fl  10:30 3rd Floor Activities  **2:00 Travelling Root Beer Floats**  2:00 Ottawa Therapy Dog Rufus Visits-3rd floor  2:00 Art Group 1st floor  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open | C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WC9VKLFT\i_love_summer_png_by_nyappygirl99-d3r9p6l[1].png |  | **C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\TVEZM16C\its_summer-1164[1].gif** |
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