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| **Sunday** | **Monday** | November 2019 Orchard Walk  **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **October 29th**  **2019**  **Saturday** |
| C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\TVEZM16C\fall_leaves[1].jpg | C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\CW5AVFNY\fall-road[1].jpg | C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\804IBLXG\autumn-leaf2[1].jpg | C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\804IBLXG\fallcolors1[1].jpg | **C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WC9VKLFT\Royal_British_Legion's_Paper_Poppy_-_white_background[1].jpg** | 19:00 Manotick Shopping (Seb))  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  **9:30 Aquafit- Taxi**  10:10 Coffee Club—1st fl  10:30 Spelling bee-Chapel  **2:00 Social Hour and Entertainment with Margie and Bruce**  3:00 Tea at Three-2nd Floor  3:15 Euchre- Library  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea-3rd fl | 2  **9:30 Visit and tour Alta Vista Animal Hospital**  10:10 Coffee Club-1st fl  11:00 Tai Chi-3rd fl  2:00 Classic Movie Ryan’s Daughter ”Theatre Room  **2:15 Bingo -1st fl**  3:00 Tea at Three-2nd Floor  7:00 Evening Tea-3rd fl  Kr |
| 3  10:10 Coffee Club –1st fl  10:30 Giant Crossword-2nd t fl  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Movie “Quartet” Theatre Room  2:00 Ecumenical Service with Bob Caines and Organist Deb  3:00 Tea at Three-2nd Floor  **3:15 Marimba Players-3rd floor**  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea-3rd fl | **4**  **Footcare Nurse In**  **9:15 Knitting Group**  **9:30 Aquafit- ROSSS**  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  2:00 Movie “No Reservations ” Theatre Room  3:00 Ice Cream  3:00 Tea at Three-2nd Fl  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea-3rd fl | 5  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  7:00 Evening Tea-3rd fl | 6*9:00 Shopping at Billings Bridge*  9:00 Chair Exercises **-1st fl**  9:30 Chair Exercises **1st fl**  **9-11:30 Flu Clinic-3rd floor**  10:10 Coffee Club-1st fl  10:30 1st Floor Activities  **2:00 Hot Chocolate Cart**  ***2:00 Ottawa Therapy Dog Rufus Visits-3rd floor***  3:00 Tea at Three-2nd Floor  **3:00 A Chord Group Perform on 2rd floor**  3:30-4:30 Tony’s Café Bar Open  **6:30 “New” Netflix Movie-3rd floor “ “The Water Horse”**  **6:30 Pub Night with Dave Baldwin**  7:00 Evening Tea-3rd fl | 7  9:00 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:10 Coffee Club-1st fl  11:15 Wellness Class-3r  2:00 Bingo  2:00 BINGO-1st fl  2:00 Art Group 1st floor  3:00 Tea at Three-2nd Floor  3:00 Bridge 2nd fl  **3:15 Chair Ballet for Seniors-3rd** 3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea-3rd fl | 89:00 Manotick Shopping  9:00 Chair Exercises  **9:30 Aquafit- ROSSS**  9:30 Chair Exercises 3rd f  **10-2 Cindy’s Handmade Knitting for sale-1st fl**  10:10 Coffee Club—1st fl  10:30 Giant Crossword-2nd fl  **2:00 Social Hour and Entertainment with Barrhaven Fiddleheads**  3:00 Tea at Three-2nd Floor  **3:15 3rd World Bazaar Outing**  3:15 Euchre- Library  3:30-4:30 Tony’s Café Bar Open  **6:30 “New” Netflix Movie-3rd floor “Jumanji”**  7:00 Evening Tea-3rd fl | 9  10:10 Coffee Club—1st fl  11:00 Tai Chi-3rd fl  2:00 Classic Movie” Oklahoma” Theatre Room  2:15 Bingo 1st floor  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  **4:00 Jordan Plays Piano-1st fl**  7:00 Evening Tea-3rd fl  Gr |
| 10  10:10 Coffee Club -1st floor  10:30 Giant Crossword-2nd fl  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Movie Fiddler On The Roof” Theatre Room  2:00 Ecumenical Service with Rev Gratton and Organist Deb  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea-3rd fl | 11 **Remembrance Day**  10:10 Coffee Club -1st floor  **10:30 Remembrance Day Ceremony with George and Prof Cammy-3rd floor**  10:30 Chair Exercises 3rd f  11:00 Chair Exercises 3rd fl  10:30 Catholic Rosary-chapel  **1:30-2:30 George on 1st fl**  2:00 Movie “ Cliff Chatterton ” ThR  3:00 Ice Cream  3:00 Tea at Three-2nd Fl  7:00 Evening Tea-3rd fl | 12 ***9:00 Manicures/ Yazmin***  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  **2:30 Residents Council Meeting-3rd fl**  3:00 Tea at Three-2nd Floor  3:30 Shuffleboard-1st f  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea-3rd fl | 13 *9:00 Shopping at Barrhaven*  9:00 Chair Exercises-**1st fl**  9:30 Chair Exercises-**1st fl**  **9-11:30 Flu Clinic-3rd floor**  10:10 Coffee Club-1st fl  10:30 1st Floor Activities  **2:00 Hot Chocolate Cart**  2:00 Ottawa Therapy Dog Rufus Visits-3rd floor  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  **6:30 “New” Netflix Movie-3rd floor**  White Fang”  7:00 Evening Tea-3rd fl | 14  10:00 Balance Class-3rd  10:10 Coffee Club-1st fl  11:15 Wellness Class-3rd  2:00 Bingo-1st  2:00 Art Group 1st floor  3:00 Bridge 2nd fl  3:00 Tea at Three-2nd Floor  **3:15 Chair Ballet for Seniors-3rd** 3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea-3rd fl | 15  *9:00 Manotick Shopping*  9:00 Chair Exercises  **9:30 Aquafit- Taxi** 9:30 Chair Exercises 3rd f  10:10 Coffee Club-1st fl  **2:00 Social Hour with Rick Crepin on Guitar**  3:00 Tea at Three-2nd Floor  3:15 Euchre- Library  3:30-4:30 Tony’s Café Bar Open  **6:30 “New” Netflix Movie-3rd floor ”Mowgli”**  7:00 Evening Tea-3rd fl | *16*  10:10 Coffee Club-1st fl  11:00 Tai Chi-3rd fl  2:00 Movie” Sully ” Theatre Room  2:15 Bingo 1st floor  3:00 Tea at Three-2nd Floor  **3:00 Gospel for Canada-3rd**  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea-3rd fl  F |
| 17  10:10 Coffee Club -1st floor  10:30 Giant Crossword-2nd fl  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Movie- Kings Speech” theatre  2:00 Ecumenical Service with Rev Gratton and Organist Deb  3:00 Tea at Three-2nd Floor  **3:15 Kanata Choral Society-**  **1st floor**  3:30-4:30 Tony’s Café Bar Open  **6:30 Harvest Moon Dance with the Swamp water Jazz Band-3rd floor**  7:00 Evening Tea-3rd fl | 18 **Footcare Nurse In**  **9:30 Aquafit- ROSSS**  **9:15 Knitting Group**  10:10 Coffee Club -1st floor  10:30 Catholic Rosary-chapel  10:30 Chair Exercises 3rd f  11:00 Chair Exercises 3rd fl  2:00 BINGO-1st fl  2:00 Movie The Butler” Theatre Room  3:00 Ice Cream Cart-1st  3:00 Tea at Three-2nd Floor  3**:15 GWND Band**  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea-3rd fl | 19  9:30 Walking Club- meet at Patio  10:00 Balance Class  10:10 Coffee Club -1st floor  **10:00 Alpaca Sales-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 Residents Council Suites**  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  3:30 Shuffleboard-1st fl  **6:30 “Greenbelt Grass” Sings for you-1st fl**  7:00 Evening Tea-3rd fl | 20  *6:00 Euchre with Liz*  *9:00 Shopping at Kemptville*  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club-1st fl  10:30 1st Floor Activities  2:00 Ottawa Therapy Dog Rufus Visits-3rd floor  **2:00 Hot Chocolate Cart**  3:00 Tea at Three-2nd Floor  **3:00 George on Piano-3rd floor**  3:30-4:30 Tony’s Café Bar Open  **6:30 “New” Netflix Movie-3rd floor**  Ethel and Ernest”  7:00 Evening Tea-3rd fl | 21  9:00 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:10 Coffee Club-1st fl  **10:00 Sunshine Gifts Vendor-1st fl**  **10:45 Catholic Mass with Father Plant**  11:15 Wellness Class-3rd  *1:15 Sightseeing Bus Outing*  2:00 Bingo-1s  ***2:00 Unforgettable Escapes Travel Company presents at Garden View***  2:00 Art Group 1st floor  3:00 Tea at Three-2nd Floor  3:00 Bridge 2nd fl  **3:15 NEW Chair Ballet for Seniors-3rd fl**  3:30-4:30 Tony’s Café Bar Open  **7:00 Russell Community Concert Band Christmas Music-1st floor**  7:00 Evening Tea-3rd fl | 22  *9:00 Manotick Shopping*  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  **9:30 Aquafit- ROSSS** 10:10 Coffee Club-1st fl  **2:00 Entertainment with Katherine Addleman plays**  **Joseph Hayden’ compositions**  **on Piano**  3:00 Tea at Three-2nd Floor  3:15 Euchre- Library  3:30-4:30 Tony’s Café Bar Open  **6:30 “New” Netflix Movie-3rd floor**  The Leisure Seeker  7:00 Evening Tea-3rd fl | *23*  10:10 Coffee Club-1st fl  11:00 Tai Chi-3rd fl  2:00 Movie” Apollo” Theatre Room  2:15 Bingo 1st floor  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  **4:00 Jordan Plays Piano-1st fl**  7:00 Evening Tea-3rd fl  A |
| **24**  10:10 Coffee Club -1st floor  10:30 Giant Crossword Puzzle-2st  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  ***1:15 IRT Play The Importance of Being Ernest Cost $17***  2:00 Movie “ Shall WE Dance” Theatre Room  2:00 Ecu Service Rev Gratton and Organist Deb  3:00 Tea at Three-2nd Floor  **3:30 Izzy and Bianca on Piano-1st floor**  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea-3rd fl | **25**  **9:30 Garage Sale for Needy**  **Family at Christmas -1st**  **9:30 Aquafit- ROSSS**  10:10 Coffee Club -1st floor  10:30 Catholic Rosary-chapel  10:30 Chair Exercises 3rd fl  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 Floo  **-3rd fl**  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea-3rd fl | 26  ***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  ***11:00 Pounds Pulse and Pressure/Chapel***  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  7:00 Evening Tea-3rd fl | **27** *9:00 Shopping at Barrhaven*  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club-1st fl  10:30 1st Floor Activities  2:00 Ottawa Therapy Dog Rufus Visits-3rd floor  **2:00 Hot Chocolate Cart**  **2:30 Shannon ‘s Singalong -3rd fl**  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  **6:30 “New” Netflix Movie-3rd floor “ Sunset Song”**  7:00 Evening Tea-3rd fl | 28  9:00 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:10 Coffee Club-1st fl  11:15 Wellness Class-3rd  ***1:30 Rideau Carleton Slots***  2:00 Bingo  2:00 Art Group 1st floor  3:00 Tea at Three-2nd Floor  3:00 Bridge 2nd fl  **3:15 Chair Ballet for Seniors-3rd fl**  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea-3rd fl  2:30-4 Staff Town Hall Meeting | 29  *9:00 Manotick Shopping*  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  **9:30 Aquafit- Taxi**  10:10 Coffee Club-1st fl  10:30 Giant Crossword-2nd  **2:00 Entertainment and Birthday bash and Social Hour /with Kings Creek Band**  3:00 Tea at Three-2nd Floor  3:15 Euchre- Library  3:30-4:30 Tony’s Café Bar Open  **6:30 “New” Netflix Movie-3rd floor “Nostalgia”**  7:00 Evening Tea-3rd fl | *30*  10:10 Coffee Club-1st fl  11:00 Tai Chi-3rd fl  2:00 Movie “Amour” Theatre Room  2:15 Bingo 1st floor  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea-3rd fl |
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