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| **Sunday** | **Monday** | January 2020 Orchard Walk  **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **December 19th**    **Saturday** |
| C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WC9VKLFT\O.snow2[1].png | C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\804IBLXG\Snowman_drawing.svg[1].png | C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\TVEZM16C\snow-day[1].jpg | 1 New Year’s Day  10:10 Coffee Club-1st  2:00 Movie- Lawrence Welk America with Love  3:00 Tea at Three-2nd Floor  6:30 “New” Netflix Movie The Shape of Water -3rd floor “  7:00 Evening Meditation with Evvi  in the Chapel  7:00 Evening Tea-3rd | 2  9:00 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:10 Coffee Club-1st fl  10:45 Catholic Mass with Father Plant  11:15 Wellness Class-3r  2:00 BINGO-1st fl  2:00 Art Group 1st floor  2:00 Lazarus House Food Donation Drop Off  3:00 Tea at Three-2nd Floor  3:00 Bridge 2nd fl  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea-3rd | 3  9:00 Manotick Shopping  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club—1st fl  NEW 10:30 Paraffin Wax treatment for hands-Cost $5 for Charity  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  6:30 The Knight Tones-1st floor  7:00 Evening Tea-3rd | 4  10:10 Coffee Club-1st fl  11:00 Tai Chi-3rd fl  2:00 Classic Movie Jane Eyre ”Theatre Room  2:15 Bingo-1st fl  3:00 Tea at Three-2nd Floor  7:00 Evening Tea-3rd  Gr |
| 5  10:10 Coffee Club –1st fl  10:30 Memory Lane with Greta  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Movie Wizard of OZ  Theatre Room  2:00 Ecumenical Service with Bob Caines and Organist Deb  3:00 Tea at Three-2nd Floor  7:00 Evening Tea-3rd | 6  9:15 Jeopardy-1st fl  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  *1:15 Sightseeing Bus Outing*  2:00 Bingo  2:00 Movie “ Singing in the Rain ” Theatre Room  3:00 Ice Cream  3:00 Tea at Three-2nd Fl  3:30-4:30 Tony’s Café Bar Open  6:30 Pub Night with Dave Baldwin-1st floor | 7  *9:00 Manicures/ Yazmin*  9-10 Handi -House Walker and Wheelchair repairs-1st fl  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  3:00 Tea at Three-2nd Floor  4:00 Rev Hartman’s Hymn  Sing -3rd fl  3:30 Shuffleboard-1st fl  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea-3rd | 8  *9:00 Shopping at Billings Bridge*  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club-1st fl  10:30 1st Floor Activities  2:00 Hot Chocolate Cart  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  6:30 “New” Netflix Movie- Annie 1st  7:00 Evening Meditation with Evvi  in the Chapel  7:00 Evening Tea-3rd | 9  9:00 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:10 Coffee Club-1st fl  11:15 Wellness Class-3r  2:00 BINGO-1st fl  2:00 Art Group 1st floor  3:00 Tea at Three-2nd Floor  3:00 Bridge 2nd fl  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea-3rd  9-3 GPA COURSE | 10  9:00 Manotick Shopping  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  9:30 Aquafit ROSSS  10:10 Coffee Club—1st fl  10:30 Paraffin Wax treatment for hands-Cost $5 for Charity  2:00 Social Hour and Entertainment with Dennis Doermer 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- The Memphis Belle 1st floor  7:00 Evening Tea-3rd | 11  9:15 Cribbage Library  10:10 Coffee Club—1st fl  11:00 Tai Chi-3rd fl  2:00 Classic Movie” Gone With The Wind Theatre Room  2:15 Bingo-1st fl  3:00 Tea at Three-2nd Floor  7:00 Evening Tea-3rd  Fem |
| 12  10:10 Coffee Club -1st floor  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Movie Sound of Music  Theatre Room  2:00 Ecumenical Service with Rev Gratton and Organist Deb  3:00 Tea at Three-2nd Floor  4:00 Bianca and Izzy  play piano-1st fl  7:00 Evening Tea-3rd | 13  Footcare Nurse In  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-1st fl  2:00 Movie “Pleasantville ” Theatre Room  3:00 Ice Cream  3:00 Tea at Three-2nd Fl  3:30-4:30 Tony’s Café Bar Open  7:00 Danielle’s Highland dancers  7:00 Evening Tea-3rd | 14  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 | 15  *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 Hot Chocolate Cart  3:00 George on Piano-3rd floor  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  6:30 “New” Netflix Lawrence of Arabia Movie-3rd floor  7:00 Evening Tea-3rd  7:00 Evening Meditation with Evvi  in the Chapel | 16 9:00 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:10 Coffee Club-1st fl  10:45 Catholic Mas Father Plant  11:15 Wellness Class-3rd  2:00 Bingo-1st  2:00 Art Group 1st floor  2-4 Computer Assistance with John- see Activities  3:00 Bridge 2nd fl  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea-3rd | 17  *9:00 Manotick Shopping*  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club-1st fl  10:30 Paraffin Wax treatment for hands-Cost $5 for Charity  2:00 Social Hour with Musical Memories  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 Thunderbolt -3rd floor  7:00 Evening Tea-3rd | *18*  10:10 Coffee Club-1st fl  11:00 Tai Chi-3rd fl  2:00 Movie ”South Pacific 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  Aimee |
| 19  10:10 Coffee Club -1st floor  10:30 Giant Crossword-2nd fl  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Movie Roman Holiday-Theatre Room  2:00 Ecumenical Service with Rev Gratton and Organist Deb  3:00 Tea at Three-2nd Floor  7:00 Evening Tea-3rd | 20  9:15 Jeopardy-1st fl  9:30 Aquafit ROSSS  10:00 Davidson Hearing Clinic-Hairsalon  10:10 Coffee Club -1st floor  10:30 Catholic Rosary-chapel  10:30 Chair Exercises 3rd f  11:00 Chair Exercises 3rd fl  *11:00Lunch at Swiss Chalet*  2:00 BINGO-1st fl  2:00 Movie Pride and Prejudice  ” Theatre Room  3:00 Ice Cream Cart-1st  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea-3rd | 21 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  3:00 Res Council Suites  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  3:30 Shuffleboard-1st fl  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea-3r | 22  *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 Dorothy Marziars turns 100!! Party with Ron Donnelly -3rd floor  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  6:30 “New” Netflix Movie Steel Magnolias -3rd floor  7:00 Evening Tea-3rd  7:00 Evening Meditation with Evvi  in the Chapel | 23  9:00 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:10 Coffee Club-1st f  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  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea-3rd | 24  *9:00 Manotick Shopping*  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  9:30 Aquafit ROSSS  10:10 Coffee Club-1st fl  10:30 Paraffin Wax treatment for hands-Cost $5 for Charity  2:00 Entertainment with Kings Creek  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 Das Boot “-3rd floor  7:00 Evening Tea-3rd | *25 Robbie Burns Day*  10:10 Coffee Club-1st fl  NO Tai Chi-3rd fl  10:15 Bingo-1st fl  2:00 Movie” Touring Scotland  Theatre Room  2:15 Entertainment with Dai Bassett  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea-3rd  Nsg |
| 26  10:10 Coffee Club -1st floor  10:30 Giant Crossword Puzzle-2st  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Movie Persuasion Theatre Room  2:00 Ecu Service 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 | 27  Footcare Nurse In  9:15 Knitting Group  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  *1:30Rideau Carleton Slots*  2:00 BINGO-1st fl  2:30 Movie “Rosemarie ” Theatre Room  3:00 Ice Cream Cart-1st  3:00 Tea at Three-2nd Fl  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea-3rd | 28  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  7:00 Evening Tea-3rd | 29 *9:00 Shopping at Carlingwood Mall*  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club-1st fl  10:30 1st Floor Activities  2:00 Hot Chocolate Cart  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  6:30 “New” Netflix Movie-Crocodile Dundee 3rd floor  7:00 Evening Tea-3rd  7:00 Evening Meditation with Evvi  in the Chapel | 30  9:00 Reminiscence -Bdrm  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  3:30-4:30 Tony’s Café Bar Open  7:00 Evening Tea-3rd  7:00 Russell Community Concert Band | 31  9:30 Aquafit ROSSS  *9:00 Manotick Shopping*  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club-1st fl  10:30 Paraffin Wax treatment for hands-Cost $5 for Charity  2:00 Entertainment with Johnny Vegas and Birthday Bash  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-Wallace and Grommit “3rd floor  7:00 Evening Tea-3rd |  |
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