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| **Sunday****OVLC JULY 2017** | **Monday** | **C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WC9VKLFT\canada-day-beaver-1[1].jpg****Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** **1.Happy Canada Day!** 10:00 The Blue Planet11:00 Tai Chi-3rd fl 2:00 Movie “The Queen” Theatre**5:00 -7:00 Entertainer** **Vicki Spurrell** **BBQ Supper**6:15 Poirot-ch 69 |
| **2**10:00 Trivia11:00 Catholic Rosary Prayer11:15 Catholic Communion2:00 Ecumenical Service with Bob Caines2:00 Documentary-Ch 692:00 Movie “Johnny English”3:15 Wheel of Fortune-1st fl6:15 Poirot-ch 69 | **3**FOOTCARE NURSE IN9:00 Walking Club9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd fl10:00 Growing Up Wild Ch 69 2:00 Bingo 2:00 Classic Movie-Ch 692:30 Movie- Pleasantville Theatre Room 3:00-&3:30 Ice Cream6:15 Poirot-ch 69 | **4**9:00 Manicures with YAZMIN10:00 Balance Class- 3rd10:00 Secrets of British Castles-Ch 6910:30 Brain Games-1st fl floor11:15 Catholic Rosary11:15 Wellness Class-3rd*11:30 Men’s Luncheon Outing*2:00 Comedy Movie- Ch 692:00 SIGHTSEEING BUS2:00 Bingo2:30 Aquafit Class/Pool4:00 Joe plays Piano6:15 Poirot-ch 697:00 Chad Wolfe’s Irish Dancers  | **5**9*:15 Shopping at Kemptville*9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd fl 10:00 Midsomer Murders-Ch 6910:30 3rd floor Activities2:00 Western Movie-Ch 692:00 Art Group 1st floor 3:00 George Plays Piano-1st fl6:15 Euchre with Liz 1st fl6:15 Poirot-ch 69 | **6**9:15 Reminiscence –Boardroom*9:30 Cumberland Museum and Picnic*10:00 Shetland Ch 69 10:00 Balance Class-3rd 10:45 Roman Catholic Mass- Chapel11:00 TED Talks-Boardroom11:15 Wellness Class2:00 Classic Movie- Ch 692:00 Bridge-3rd floor 2:00 Bingo-13:15 Giant Crossword-1st6:15 Poirot-ch 69 | **7***9:15 Manotick Shopping*9:30 Chair Exercises 3rd fl10:00 The Crown-Ch 6910:00 Chair Exercises 3rd fl10:30 OT Dog Lucy visits-3rd2:00 Romance Movie- Ch 692:00 Social Hour & Entertainment with Margie and Bruce6:15 Poirot-ch 69 | **8**10:00 The Blue Planet11:00 Tai Chi-3rd fl 2:00 Movie Das Boot”Theatre Room6:15 Poirot-ch 69 |
| **9**11:00 Catholic Rosary Prayer11:15 Catholic Communion2:00 Ecumenical Service with K Holman2:00 Documentary-Ch 692:00 Movie- Father’s Little Dividend” Theatre Room6:15 Poirot-ch 69 | **10**9:00 Walking Club9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd fl10:00 Growing Up Wild Ch 69 10:30 Knitting and Crochet Group 3rd 2:00 Classic Movie-Ch 692:00 Bingo 2:30 Movie “Of Human Bondage” Theatre Room 3:00 Ice Cream**3:30 Latin Chair dance-1st fl**6:15 Poirot-ch 69 | **11**10:00 Balance Class- 3rd10:00 Secrets of British Castles-Ch 6910:30 Brain Games-1st fl floor11:15 Catholic Rosary11:15 Wellness Class-3rd  2:00 Comedy Movie- Ch 692:00 Bingo2:30 Aquafit Class/Pool4:00 Joe plays Piano6:15 Poirot-ch 69 | **12***9:15 Shopping at Barrhaven Mall*9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd fl10:00 Midsomer Murders-Ch 6910:30 3rd Floor Activities2:00 Western Movie-Ch 692:00 Art Group 1st floor6:15 Euchre with Liz 1st fl6:15 Poirot-ch 69 | **13**9:15 Reminiscence -Boardroom10:00 Shetland Ch 69 10:00 Balance Class-3rd10:30 Singalong with Shannon 11:00 TED Talks-Boardroom11:15 Wellness Class-3rd2:00 Bridge-3rd floor2:00 Classic Movie- Ch 692:00 Bingo-1st3:30 Spelling Bee-1st floor6:15 Poirot-ch 69cid:image002.jpg@01D2C8A3.C85D0710 | **14***9:15 Manotick Shopping*9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd fl10:00 The Crown-Ch 6910:30 Falls Preventiion Seminar with Sanjay P.T.-1st fl2:00 Romance Movie- Ch 692:00 Social Hour & Entertainment with Lauren Hall6:15 Poirot-ch 69 | **15**10:00 The Blue Planet10:30 Ron’s Bingo Fun! 11:00 Tai Chi-3rd fl2:00 Gospel Meets Barbershop- Papa’s Friends 6:15 Poirot-ch 69 |
| **16**11:00 Catholic Rosary Prayer11:15 Catholic Communion2:00 Ecumenical Service with K Holman2:00 Documentary-Ch 692:00 Movie “Tulsa” Theatre Room6:15 Poirot-ch 69 | **17**FOOTCARE NURSE IN9:00 Walking Club9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd fl10:00 Growing Up Wild Ch 69 10:30 Knitting Group-3rd 2:00 Classic Movie-Ch 692:00 Bingo2:30 Movie –“My Favourite Brunette” Theatre Room 3:00-&3:30 Ice Cream 6:15 Poirot-ch 69 | **18**9:00 Manicures with YAZMIN10:00 Balance Class- 3rd10:00 Secrets British Castles-Ch 6910:30 Brain Games-1st fl floor11:15 Catholic Rosary11:15 Wellness Class-3rd 2:00 Comedy Movie- Ch 692:00 Bingo2:30 Aquafit Class/Pool4:00 Joe plays Piano | **19***9:15 Shopping at Billings Bridge*9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd fl10:00 Midsomer Murders-Ch 6910:30 3rd Floor Activities 2:30 Friendship Tea and Scones2:00 Art Group 1st floor2:00 Western Movie-Ch 696:15 Euchre with Liz 1st fl6:15 Poirot-ch 69 | **20**9:15 Reminiscence -Bdrm10:00 Balance Class-3rd 10:00 Shetland Ch 69 10:45 Roman Catholic Mass- Chapel11:00 TED Talks-Boardroom11:15 Wellness Class-3rd2:00 Classic Movie- Ch 692:00 Bridge-3rd floor2:00 Bingo-1st3:15 Hangman-1st floor6:15 Poirot-ch 69 | **21***9:15 Manotick Shopping* 9:30 Chair Exercises 3rd fl10:00 The Crown-Ch 6910:00 Chair Exercises 3rd fl10:30 OT Dog Lucy visits-3rd2:00 Romance Movie- Ch 692:00 Social Hour & Entertainment with Roxy Swan6:15 Poirot-ch 69 | **22**10:00 The Blue Planet11:00 Tai Chi-3rd fl 2:00 Movie “Giant of Marathon” Theatre Room6:15 Poirot-ch 69 |
| **23**11:00 Catholic Rosary Prayer11:15 Catholic Communion2:00 Ecumenical Service with K. Holman2:00 Documentary-Ch 692:00 Movie”It Runs In the Family” Theatre Room6:15 Poirot-ch 69 | **24**9:00 Walking Club9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd fl10:00 Growing Up Wild Ch 69 10:30 Knitting Group 3rd10:45 ProCammy Current Events2:00 Classic Movie-Ch 692:00 Bingo 2:30 Movie –Jack and the Beanstock” Theatre Room 3:00-&3:30 Ice Cream6:15 Poirot-ch 69 | **25*****9:30 Balderson Cheese Factory***10:00 Balance Class- 3rd 10:00 SecretBritish Castles-Ch 6910:30 Brain Games-1st fl floor11:15 Catholic Rosary11:15 Wellness Class-3rd2:00 Comedy Movie- Ch 692:00 Bingo2:30 Aquafit Class/Pool4:00 Joe plays Piano6:15 Poirot-ch 69 | **26**7-1 Pounds Pulse and Pressure- Chapel*9:15 Shopping Carlingwood Mall Lunch Out*9:30 Chair Exercises 3rd fl10:00 Midsomer Murders-Ch 6910:00 Chair Exercises 3rd f10:30 3rd Floor Activities2:00 Western Movie-Ch 692:30 Art Group 1st floor3:00 The Chords Beach Party 6:15 Euchre with Liz 1st fl6:15 Poirot-ch 69 | **27**9:15 Reminiscence -Bdrm10:00 Balance Class-3rd 10:00 Shetland Ch 69 10:00 Ecumenical Service with Bob Caines11:00 TED Talks-Boardroom11:15 Wellness Class-3rd*11:30 Miller’s Oven for Lunch*2:00 Classic Movie- Ch 692:00 Bridge-3rd floor2:00 Bingo-1st3:15 Giant Crossword-1st floor6:15 Poirot-ch 69 | **28***9:15 Manotick Shopping* 9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd fl10:00 The Crown-Ch 692:00 Romance Movie- Ch 692:00 Social Hour & Entertainment withJack Schoular and Birthday Bash6:15 Poirot-ch 69 | ***29***10:00 The Blue Planet10:00 Bingo 11:00 Tai Chi-3rd fl 2:00 Entertainment with World Music Jam6:15 Poirot-ch 69 |
| **30**11:00 Catholic Rosary Prayer11:15 Catholic Communion2:00 Ecumenical Service with Rev Gratton2:00 Documentary-Ch 69 2:00 Movie “I am Sam” Theatre Room3:00 Hymn Sing Karaoke 6:15 Poirot-ch 69 | **31** FOOTCARE NURSE IN9:00 Walking Club9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd fl10:00 Growing Up Wild Ch 69 10:30 Knitting and Crochet Group 3rd*1:30 Sightseeing Bus OVR*2:00 Classic Movie-Ch 69 2:30 Movie Mr Bean The Movie –Theatre Room 3:00-&3:30 Ice Cream6:15 Poirot-ch 69 |  | cid:image002.jpg@01D2C8A3.C85D0710 |   | **Subject to changes****June 23rd 2017** |  |