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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 Planet  11:00 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 Trivia  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Ecumenical Service with  Bob Caines  2:00 Documentary-Ch 69  2:00 Movie “Johnny English”  3:15 Wheel of Fortune-1st fl  6:15 Poirot-ch 69 | **3**  FOOTCARE NURSE IN  9:00 Walking Club  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  10:00 Growing Up Wild Ch 69 2:00 Bingo  2:00 Classic Movie-Ch 69  2:30 Movie- Pleasantville Theatre Room  3:00-&3:30 Ice Cream  6:15 Poirot-ch 69 | **4**  9:00 Manicures with YAZMIN  10:00 Balance Class- 3rd  10:00 Secrets of British Castles-Ch 69  10:30 Brain Games-1st fl floor  11:15 Catholic Rosary  11:15 Wellness Class-3rd  *11:30 Men’s Luncheon Outing*  2:00 Comedy Movie- Ch 69  2:00 SIGHTSEEING BUS 2:00 Bingo  2:30 Aquafit Class/Pool  4:00 Joe plays Piano  6:15 Poirot-ch 69  7:00 Chad Wolfe’s Irish Dancers | **5**  9*:15 Shopping at Kemptville*  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  10:00 Midsomer Murders-Ch 69  10:30 3rd floor Activities  2:00 Western Movie-Ch 69  2:00 Art Group 1st floor  3:00 George Plays Piano-1st fl  6:15 Euchre with Liz 1st fl  6:15 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- Chapel  11:00 TED Talks-Boardroom  11:15 Wellness Class  2:00 Classic Movie- Ch 69  2:00 Bridge-3rd floor  2:00 Bingo-1  3:15 Giant Crossword-1st  6:15 Poirot-ch 69 | **7**  *9:15 Manotick Shopping*  9:30 Chair Exercises 3rd fl  10:00 The Crown-Ch 69  10:00 Chair Exercises 3rd fl  10:30 OT Dog Lucy visits-3rd  2:00 Romance Movie- Ch 69  2:00 Social Hour & Entertainment with Margie and Bruce  6:15 Poirot-ch 69 | **8**  10:00 The Blue Planet  11:00 Tai Chi-3rd fl  2:00 Movie Das Boot”Theatre Room  6:15 Poirot-ch 69 |
| **9**  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Ecumenical Service with K Holman  2:00 Documentary-Ch 69  2:00 Movie- Father’s Little Dividend” Theatre Room  6:15 Poirot-ch 69 | **10**  9:00 Walking Club  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  10:00 Growing Up Wild Ch 69 10:30 Knitting and Crochet Group 3rd  2:00 Classic Movie-Ch 69  2:00 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- 3rd  10:00 Secrets of British Castles-Ch 69  10:30 Brain Games-1st fl floor  11:15 Catholic Rosary  11:15 Wellness Class-3rd  2:00 Comedy Movie- Ch 69  2:00 Bingo  2:30 Aquafit Class/Pool  4:00 Joe plays Piano  6:15 Poirot-ch 69 | **12**  *9:15 Shopping at Barrhaven Mall*  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  10:00 Midsomer Murders-Ch 69  10:30 3rd Floor Activities  2:00 Western Movie-Ch 69  2:00 Art Group 1st floor  6:15 Euchre with Liz 1st fl  6:15 Poirot-ch 69 | **13**  9:15 Reminiscence -Boardroom  10:00 Shetland Ch 69  10:00 Balance Class-3rd  10:30 Singalong with Shannon 11:00 TED Talks-Boardroom  11:15 Wellness Class-3rd  2:00 Bridge-3rd floor  2:00 Classic Movie- Ch 69  2:00 Bingo-1st  3:30 Spelling Bee-1st floor  6:15 Poirot-ch 69  cid:image002.jpg@01D2C8A3.C85D0710 | **14**  *9:15 Manotick Shopping*  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  10:00 The Crown-Ch 69  10:30 Falls Preventiion Seminar with Sanjay P.T.-1st fl  2:00 Romance Movie- Ch 69  2:00 Social Hour & Entertainment with Lauren Hall  6:15 Poirot-ch 69 | **15**  10:00 The Blue Planet  10:30 Ron’s Bingo Fun!  11:00 Tai Chi-3rd fl  2:00 Gospel Meets Barbershop- Papa’s Friends  6:15 Poirot-ch 69 |
| **16**  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Ecumenical Service with K Holman  2:00 Documentary-Ch 69  2:00 Movie “Tulsa” Theatre Room  6:15 Poirot-ch 69 | **17**  FOOTCARE NURSE IN  9:00 Walking Club  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  10:00 Growing Up Wild Ch 69 10:30 Knitting Group-3rd  2:00 Classic Movie-Ch 69  2:00 Bingo  2:30 Movie –“My Favourite Brunette” Theatre Room  3:00-&3:30 Ice Cream  6:15 Poirot-ch 69 | **18**  9:00 Manicures with YAZMIN  10:00 Balance Class- 3rd  10:00 Secrets British Castles-Ch 69  10:30 Brain Games-1st fl floor  11:15 Catholic Rosary  11:15 Wellness Class-3rd  2:00 Comedy Movie- Ch 69  2:00 Bingo  2:30 Aquafit Class/Pool  4:00 Joe plays Piano | **19**  *9:15 Shopping at Billings Bridge*  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  10:00 Midsomer Murders-Ch 6910:30 3rd Floor Activities  2:30 Friendship Tea and Scones  2:00 Art Group 1st floor  2:00 Western Movie-Ch 69  6:15 Euchre with Liz 1st fl  6:15 Poirot-ch 69 | **20**  9:15 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:00 Shetland Ch 69  10:45 Roman Catholic Mass- Chapel  11:00 TED Talks-Boardroom  11:15 Wellness Class-3rd  2:00 Classic Movie- Ch 69  2:00 Bridge-3rd floor  2:00 Bingo-1st  3:15 Hangman-1st floor  6:15 Poirot-ch 69 | **21**  *9:15 Manotick Shopping*  9:30 Chair Exercises 3rd fl  10:00 The Crown-Ch 69  10:00 Chair Exercises 3rd fl  10:30 OT Dog Lucy visits-3rd  2:00 Romance Movie- Ch 69  2:00 Social Hour & Entertainment with Roxy Swan  6:15 Poirot-ch 69 | **22**  10:00 The Blue Planet  11:00 Tai Chi-3rd fl  2:00 Movie “Giant of Marathon” Theatre Room  6:15 Poirot-ch 69 |
| **23**  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Ecumenical Service with K. Holman  2:00 Documentary-Ch 69  2:00 Movie”It Runs In the Family” Theatre Room  6:15 Poirot-ch 69 | **24**  9:00 Walking Club  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  10:00 Growing Up Wild Ch 69 10:30 Knitting Group 3rd  10:45 ProCammy Current Events  2:00 Classic Movie-Ch 69  2:00 Bingo  2:30 Movie –Jack and the Beanstock” Theatre Room  3:00-&3:30 Ice Cream  6:15 Poirot-ch 69 | **25**  ***9:30 Balderson Cheese Factory***  10:00 Balance Class- 3rd  10:00 SecretBritish Castles-Ch 69  10:30 Brain Games-1st fl floor  11:15 Catholic Rosary  11:15 Wellness Class-3rd  2:00 Comedy Movie- Ch 69  2:00 Bingo  2:30 Aquafit Class/Pool  4:00 Joe plays Piano  6:15 Poirot-ch 69 | **26**  7-1 Pounds Pulse and Pressure-  Chapel  *9:15 Shopping Carlingwood Mall Lunch Out*  9:30 Chair Exercises 3rd fl  10:00 Midsomer Murders-Ch 6910:00 Chair Exercises 3rd f  10:30 3rd Floor Activities  2:00 Western Movie-Ch 69  2:30 Art Group 1st floor  3:00 The Chords Beach Party  6:15 Euchre with Liz 1st fl  6:15 Poirot-ch 69 | **27**  9:15 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:00 Shetland Ch 69  10:00 Ecumenical Service with Bob Caines  11:00 TED Talks-Boardroom  11:15 Wellness Class-3rd  *11:30 Miller’s Oven for Lunch*  2:00 Classic Movie- Ch 69  2:00 Bridge-3rd floor  2:00 Bingo-1st  3:15 Giant Crossword-1st floor  6:15 Poirot-ch 69 | **28**  *9:15 Manotick Shopping*  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  10:00 The Crown-Ch 69  2:00 Romance Movie- Ch 69  2:00 Social Hour & Entertainment with  Jack Schoular and Birthday Bash  6:15 Poirot-ch 69 | ***29***  10:00 The Blue Planet  10:00 Bingo  11:00 Tai Chi-3rd fl  2:00 Entertainment with World Music Jam  6:15 Poirot-ch 69 |
| **30**  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Ecumenical Service with Rev Gratton  2:00 Documentary-Ch 69  2:00 Movie “I am Sam” Theatre Room  3:00 Hymn Sing Karaoke  6:15 Poirot-ch 69 | **31** FOOTCARE NURSE IN  9:00 Walking Club  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  10:00 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 Cream  6:15 Poirot-ch 69 |  | cid:image002.jpg@01D2C8A3.C85D0710 |  | **Subject to changes**  **June 23rd 2017** |  |