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| C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WC9VKLFT\summer[1].jpg**Sunday** | **Monday** | AUGUST 2017 OVLC**Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  **C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\CW5AVFNY\summer[1].jpg** | **C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\804IBLXG\Summer_Azure_Ottawa[1].jpg** | **1** 10:00 Balance Class- 3rd10:00 Secret British Castles-Ch 6910:30 Brain Games-1st fl floor11:15 Catholic Rosary11:15 Wellness Class-3rd*1:30 Sightseeing Bus OVLC/OVS*2:00 Comedy Movie- Ch 692:00 Bingo2:15 Aquafit Class/Pool3:30 Giant Crossword 6:30 Ripper Street- Ch 69 | **2**9*:15 Shopping at Kemptville*9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd fl 10:00 Midsomer Murders-Ch 6910:00 Walker Wash for ALS-patio  10:30 3rd floor Activities2:00 Western Movie-Ch 692:00 Art Group 1st floor 3:00 Bob and Don Duo 50’s Theme6:30 Ripper Street- Ch 69 | ***3****9:00 Gananoque Boat Lines and Picnic $33*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 6:30Ripper Street- Ch 69 | **4***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 Bruce6:30 Ripper Street- Ch 69 | **5**10:00 The Blue Planet**10:15 Ron’s Saturday Bingo**11:00 Tai Chi-3rd fl 2:00 Movie “Woman in Gold” Theatre Room6:30 Ripper Street- Ch 69 |
| **6****10:15 Ron’s Sunday Bingo**11:00 Catholic Rosary Prayer11:15 Catholic Communion2:00 Ecumenical Service with Bob Caines2:00 Documentary-Ch 692:00 Movie “Road ToBali ”6:30 Ripper Street- Ch 69 | **7 Civic Holiday Monday****9:00 Walking Club****9:45 Spelling Bee Boardroom**10:00 Growing Up Wild Ch 69 10:30 Knitting Group 2:00 Bingo 2:00 Classic Movie-Ch 692:30 Movie-The Thrill of it All Theatre Room 3:00-&3:30 Ice Cream4:00 Rev Hartman Hymn Sings6:30 Ripper Street- Ch 69 | **8**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 Bingo2:15 Aquafit Class/Pool3:30 Giant Crossword6:30 Ripper Street- Ch 69 | **9***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 floor3:00 Garden Party & George Plays Piano-1st fl6:30 Ripper Street- Ch 69 | **10**9:15 Reminiscence -Boardroom10:00 Shetland Ch 69 10:00 Anna’s Gifts10:00 Balance Class-3rd 10:30 Shannon Singalong11:00 TED Talks-Boardroom11:15 Wellness Class-3rd2:00 Bridge-3rd floor2:00 Classic Movie- Ch 692:00 Bingo-1st6:30 Ripper Street- Ch 69 | **11***9:15 Manotick Shopping*9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd fl10:00 The Crown-Ch 6910:30 Highway 43 Car Club Cruise In NEW 11:20 “Stick to the Rhythm” with Rozsa-3rd floor2:00 Romance Movie- Ch 692:00 Social Hour & Entertainment with The Rivermen 6:30 Ripper Street- Ch 69 | **12**10:00 The Blue Planet11:00 Tai Chi-3rd fl2:00 Movie Grumpy Old Men Theatre Room6:30Ripper Street- Ch 69 |
| **13**11:00 Catholic Rosary Prayer11:15 Catholic Communion2:00 Ecumenical Service with Rev. Gratton2:00 Documentary-Ch 692:00 Movie- Hush Hush Sweet Charlotte”” Theatre Room6:30 Ripper Street- Ch 69 | **14** 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 11:30 Picnic at Sues2:00 Classic Movie-Ch 692:00 Bingo 2:30 Movie “Rome” Theatre Room 3:00 Ice Cream3:30 Robin Averill Open House6:30 Ripper Street- Ch 69 | **15**9:00 Manicures with YAZMIN9:30 Mary Cook Stories with Fran-1st fl 10:00 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 Bingo2:15 Aquafit Class/Pool6:30Ripper Street- Ch 69 | **16***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 693:15 John Kluver Slide presentation Rocca Forte5:30 Joe on Piano Suites6:30 Ripper Street- Ch 69 | **17**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 floor6:30Ripper Street- Ch 69 | **18***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 Len Goldfarb6:30 Ripper Street | **19**10:00 The Blue Planet11:00 Tai Chi-3rd fl 2:00 Entertainment with Mainly Strings 6:30Ripper Street- Ch 69 |
| **20**11:00 Catholic Rosary Prayer11:15 Catholic Communion2:00 Ecumenical Service with Rev. Gratton2:00 Documentary-Ch 692:00 Movie “Hello Dolly ” Theatre Room6:30 Ripper Street- Ch 69 | **21**9:00 Walking Club*9:30 Rideau Carleton Slots*9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd fl10:00 Growing Up Wild Ch 69 10:30 Knitting Group-3rd *1:30 OVR Sightseeing Bus*2:00 Classic Movie-Ch 692:00 Bingo2:30 Movie –John Wayne The Lucky Texan”” Theatre Room 3:00-&3:30 Ice Cream 3:30 “You Be The Judge” Boardroom 6:30 Ripper Street- Ch 69 | **22**10:00 Balance Class- 3rd 10:00 Secret British Castles-Ch 69*10:00 Hogs Back Falls and Picnic*10:30 Brain Games-1st fl floor11:15 Catholic Rosary11:15 Wellness Class-3rd2:00 Comedy Movie- Ch 692:00 Bingo2:15 Aquafit Class/Pool3:15 Latin Chair Dancing-1st 6:30Ripper Street- Ch 69 | **23**7-1 Pounds Pulse and Pressure- Chapel*9:15 Shopping at Bells Corner’s Outlet* 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 floor6:30 Ripper Street- Ch 697:00 Noel Dimaranon on Piano Open House | **24**9:15 Reminiscence -Bdrm10:00 Balance Class-3rd 10:00 Shetland Ch 69 10:00 Ecumenical Service withRev. Andrea Thomas*10:30 Mosai Canada Exhibit and Picnic*11:00 TED Talks-Boardroom11:15 Wellness Class-3rd2:00 Classic Movie- Ch 692:00 Bridge-3rd floor2:00 Bingo-1st3:15 Giant Crossword-1st floor6:30 Ripper Street- Ch 69 | **25***9:15 Manotick Shopping* 9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd fl10:00 The Crown-Ch 69NEW 11:20 “Stick to the Rhythm” with Rozsa-3rd floor2:00 Romance Movie- Ch 692:00 Social Hour & Entertainment with Jack Schoular6:30 Ripper Street- Ch 69 | ***26***10:00 The Blue Planet10:00 Bingo 11:00 Tai Chi-3rd fl 2:00 Movie “John Wayne West of the Divide” Theatre Room6:30Ripper Street- Ch 69 |
| **27**11:00 Catholic Rosary Prayer11:15 Catholic Communion2:00 Ecumenical Service with Rev. Gratton2:00 Documentary-Ch 692:00 Movie “ Paradise Canyon” Theatre Room6:30 Ripper Street- Ch 69 | **28** 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 3rd10:45 Prof Cammy Current Events2:00 Classic Movie-Ch 692:00 Bingo 2:30 Movie – The Man from Utah” Theatre Room 3:00-&3:30 Ice Cream6:30 Ripper Street- Ch 69 | **29**9:00 Manicures with YAZMIN***9:30 Heritage House and Museum & Tea Lunch $14.50***10:00 Balance Class- 3rd 10:00 SecretsBritish Castles-Ch 6910:30 Brain Games-1st fl floor11:15 Catholic Rosary11:15 Wellness Class-3rd2:00 Comedy Movie- Ch 692:15 Bingo2:30 Aquafit Class/Pool6:30 Ripper Street- Ch 69 | **30**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 floor6:30 Ripper Street- Ch 69 | **31**9:15 Reminiscence -Bdrm10:00 Balance Class-3rd 10:00 Shetland Ch 69 10:00 Ecumenical Service with11:00 TED Talks-Boardroom11:15 Wellness Class-3rd2:00 Classic Movie- Ch 692:00 Bridge-3rd floor2:00 Bingo-1st3:15 Giant Crossword-1st floor6:30 Ripper Street- Ch 69*8:30 Sound and Light show Parliament Hill* | **July 27th 2017** |  |