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| **March 4th 2018**  **Sunday** | **Monday** | March 2018 Orchard Walk  **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\804IBLXG\256120516[1].jpg** | **March 8th**  **C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WC9VKLFT\international_women__s_day_by_ceeeko-d4s7qky[1].jpg** | **March 11th**    **C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\CW5AVFNY\Spring_Ahead[1].jpg** | **C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WC9VKLFT\damaskclover[1].jpg** | **1**  9:15 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:00 Downton Abby- CH 69  *10:15 Catholic Rosary-chapel*  *10:45 Roman Catholic Mass*  **11:00 Let’s Make our own Pizza for Lunch- sign up pls**  11:15 Wellness Class-3rd  2:00 Classic Movie- Ch 6  2:00 Bingo-1st  *3:00 Food Committee Mtg*  3:00 Bridge-  3:30 Spelling Bee  6:30 Scott and Bailey CH 69 | **2**  *9:15 Manotick Shopping*  9:30 Chair Exercises 3rd fl  10:00 Hidden Houses-Ch 69  10:00 Chair Exercises 3rd fl  10:30 Giant Crossword-1st  2:00 Romance Movie- Ch 69  *2:00 Social Hour & Entertainment with Ottawa Police Chorus*  6:30 Scott and Bailey CH 69 | **3**  10:00 When Calls The Heart-CH69  11:00 Tai Chi-3rd fl  2:00 Classic Movie Ch 69  2:00 Movie “ Bridges of Madison County ” Theatre Room  3:30 Stick to the Rhythm with Rozsa-3rd floor  6:30 Scott and Bailey CH 69  *8:00 Ottawa Vs Arizona* |
| **4**  10:00 Cable Girls-Ch 69  10:15 Giant Crossword-1st fl  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Ecumenical Service with Bob Caines  2:00 Documentary-Ch 69  3:30 Music by the Barrhaven Fiddleheads  6:30 Scott and Bailey CH 69 | **5**  9:30 Knitting Group-3rd  10:00 Call The Midwife Ch 69  10:30 Chair Exercises 3rd fl  11:00 Chair Exercises 3rd fl  2:00 Classic Movie-Ch 69  2:00 Bingo  2:30 Movie –“ State Fair” Theatre Room  3:00-&3:30 Ice Cream  3:30 Shannon Singalong  6:30 Scott and Bailey CH 69  8:30 Dallas Vs Ottawa Senators | **6**  9:30 Mary Cook Stories/ Fran-chapel  10:00 Balance Class- 3rd  10:00 Ms Fisher’s M Mysteries-Ch 69  10:30 Brain Games  11:15 Wellness Class-3rd  2:00 Comedy Movie- Ch 69  2:00 Bingo  3:15 Hot Chocolate Cart  *4:00 Rev Hartman Hymn Sing*  6:30 Scott and Bailey CH 69 | **7**  *9:15 Shopping at Billings Bridge*  9:30 Chair Exercises 3rd fl  10:00 How The Universe Works-Ch 69  10:00 Chair Exercises 3rd f  10:30 3rd Floor Activities  2:00 Western Movie-Ch 69  2:00 Art Group 3rd floor  3:00 Armchair Travel to North Umbria with Percy  Bateson- Theatre Room  *6:00 Euchre with Liz*  6:30 Scott and Bailey CH 69 | **8**  9:15 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:00 Downton Abby- CH 69  *10:15 Catholic Rosary-chapel*  11:00 Sunshine Gifts Vendor 11:15 Wellness Class-3rd  2:00 Rideau Carleton Slots  2:00 Classic Movie- Ch 69  3:00 Bridge  3:30 Hungarian Music/Rozsa  6:30 Scott and Bailey CH 69  7:30 Hockey Night Ottawa VS Buffalo | **9**  *9:15 Manotick Shopping*  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  10:00 Hidden Houses-Ch 69  2:00 Romance Movie- Ch 69  2:00 Social Hour & Entertainment with Stanley Frank  6:30 Scott and Bailey CH 69  7:30 Hockey Night Ottawa VS Calgary Flames | ***10***  10:00 When Calls The Heart-CH 69  **10:15 Bingo**  11:00 Tai Chi-3rd fl  2:00 **Living Wish Surprise with Entertainment**  2:00 Classic Movie Ch 69  6:30 Scott and Bailey CH 69 |
| **11 Daylight Savings**  10:00 Cable Girls-Ch 69  10:15 Giant Crossword Puzzle-1st fl  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Documentary-Ch 69  2:00 Movie “The Amateurs”Theatre Room  2:00 Ecumenical Service with K Holman  6:30 Scott and Bailey CH 69 | ***12***  *FOOTCARE NURSE IN*  9:30 Knitting Group 3rd10:00 Call The Midwife Ch 69  **10:00 Davidson Hearing Clinic**  10:30 Chair Exercises 3rd fl  11:00 Chair Exercises 3rd fl  2:00 Classic Movie-“” Ch 69  2:00 Bingo  2:30 Movie Oklahoma” Theatre Room  3:00-&3:30 Ice Cream  3:30 “Spelling Bee” Boardroom  6:30 Scott and Bailey CH 69  7:30 Hockey Night Ottawa VS Florida | **13**  9:00 Manicures/ Yazmin  10:00 Balance Class- 3rd  10:00 Miss Fisher’s M Mysteries C69  10:30 Brain Games-1st fl floor  11:15 Wellness Class-3rd  *12:15 Irish Tea Outing*  2:00 Comedy Movie- Ch 69  2:30 Residents Council Meeting  3:15 Hot Chocolate Cart  3:30 Shuffleboard-1st fl  6:30 Scott and Bailey CH 69  7:30 Hockey Night Ottawa VS Tampa Bay | **14**  *9:15 Shopping at Barrhaven*  9:30 Chair Exercises 3rd fl  10:00 How The Universe Works-Ch 69  10:00 Chair Exercises 3rd f  10:30 3rd Floor Activities  *1:30 Sightseeing Bus OVLC*  2:00 Western Movie-Ch 69  2:00 Art Group 3rd floor  3:00 Edith Plays the Organ  *6:00 Euchre with Liz*  6:30 Scott and Bailey CH 69 | **15**9:15 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:00 Downton Abby- CH 69  *10:15 Catholic Rosary-chapel*  *10:45 Roman Catholic Mass*  11:15 Wellness Class-3rd  *11:15 Kars Luncheon Outing*  2:00 Classic Movie- Ch 69  2:00 Bingo-1st  2:45 Latin Chair Dancing  3:00 Bridge  6:30 Scott and Bailey CH 69 | **16**  *9:15 Manotick Shopping*  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  10:00 Hidden Houses-Ch 69  10:30 Giant Crossword  2:00 Romance Movie- Ch 69  2:00 Social Hour and Entertainment with Alan Sandleman  6:30 Scott and Bailey CH 69  7:30 Hockey Night Ottawa VS Dallas | ***17 St Patrick’s Day***  10:00 When Calls The Heart-CH69  11:00 Tai Chi-3rd fl  2:00 Classic Movie Ch 69  2:00 Movie” Ireland “Theatre Room  3:00 -4:00 Robin Averill  Open House Party  C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\CW5AVFNY\st-paddy[1].png  6:30 Scott and Bailey CH 69  7:00 Ottawa Sens VS Columbus |
| **18**  10:00 Cable Girls-Ch 69  10:15 Giant Crossword Puzzle-1st fl  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Documentary-Ch 69  2:00 Movie “Victor Borge Birthday Gala” Theatre Room  2:00 Ecumenical Service with K Holman  6:30 Scott and Bailey | **19**  9-1 John Peters- Boardroom  9:30 Knitting Group-3rd fl  **10:00 White Elephant Sale-1st fl**  10:00 Call The Midwife Ch 69  10:30 Chair Exercises 3rd fl  11:00 Chair Exercises 3rd fl  2:00 Classic Movie-  2:00 Bingo  **2:00 New- Wii Game 1st floor**  2:30 Movie ” Carousel “Theatre Room  3:00-&3:30 Ice Cream  3:**00 You Be The Judge** 6:30 Scott and Bailey CH 69 | **20**  9-1 John Peters- Boardroom  10:00 Balance Class  10:00 Mrs Fisher’s Murder Mysteries-Ch 69  10:30 Brain Games  11:15 Wellness Class  11:15 Catholic Rosary  2:00 Comedy Movie- Ch 69  2:00 Bingo  3:00 Suites Residents C. Meeting  3:15 Hot Chocolate Cart  3:30 Shuffleboard-1st fl  6:30 Scott and Bailey CH 69  7:30 Ottawa Sens VS Florida | **21**  *9:15 Shopping at Bank Street Giant Tiger*  9:30 Chair Exercises 3rd fl  10:00 How The Universe Works-Ch 69  10:00 Chair Exercises 3rd f  10:30 3rd Floor Activities  2:00 Western Movie-Ch 69  2:30 Art Group 3rd floor  *3:00 George on Piano-1st fl*  *6:00 Euchre with Liz*  6:30 Scott and Bailey CH 69 | 22  9:15 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:00 Downton Abby- CH 69  10:00 Ecu Service with Bob Caines  11:15 Wellness Class-3rd  2:00 Classic Movie- Ch 69  2:00 Bingo-1st  **2:00 Northern Reflections Spring Fashion Show**  6:30 Scott and Bailey CH 69  7:30 Ottawa Sens VS Edmonton | **23***9:15 Manotick Shopping*  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  10:00 Hidden Houses-Ch 69  10:30 Giant Crossword  2:00 Romance Movie- Ch 69  2:00 Entertainment with Arlene Quinn  6:30 Scott and Bailey CH 69 | ***24***  10:00 When Calls The Heart-CH69  11:00 Tai Chi-3rd fl  2:00 Classic Movie Ch 69  2:00 Movie ”Victor Borge Then and Now Theatre Room  2:15 Bingo with Alex -3rd fl  3:30 Stick to the Rhythm with Rozsa-3rd floor  6:30 Scott and Bailey CH 69  7:00 Ottawa Sens VS Carolina |
| **25Palm Sunday**  10:00 Cable Girls-Ch 69  10:15 Giant Crossword Puzzle-1st fl  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Documentary-Ch 69  2:00 Movie Best of Victor Borge Theatre Room  2:00 Ecu Service Rev Gratton  6:30 Scott and Bailey | **26**FOOTCARE NURSE IN  9:30 Knitting Group-3rd fl  10:00 Call The Midwife Ch 69  10:30 Men’s Trivia and Coffee- GV  10:30 Video Chair Exercises 3rd  2:00 Bingo-1st fl  2:00 Classic Movie-Ch 69  2:30 Movie ”King and I Theatre Room  3:30 Latin Chair Dancing-1st  3:00 Ice Cream Cart-1st  6:30 Scott and Bailey CH 69  7:00 Ottawa Sens VS Carolina | **27**  9:00 Manicures/ Yazmin  10:00 Mrs Fisher’s Murder Mysteries-Ch 69  10:00 Balance Class  10:30 Brain Games  11:15 Wellness Class  11:15 Catholic Rosary  2:00 Comedy Movie- Ch 69  2:00 Bingo-1st fl  3:15 Hot Chocolate Cart  3:30 Shuffleboard-1st fl  6:30 Scott and Bailey CH 69  7:30 Ottawa Sens VS New York Islanders | **28 7-8 a.m. & 11- 12** Pounds Pulse /Pressure- Chapel  *6:00 Euchre with Liz*  *9:15 Shopping Carlingwood Mall Lunch Out*  9:30 Femmie’s Chair Exercises 3rd fl  10:00 How The Universe Works-Ch 69  10:30 3rd Floor Activities  2:00 Western Movie-Ch 69  2:30 Art Group 1st floor  **2:00 Singalong with Marg ie & Bruce-1st fl**  *6:00 Euchre with Liz* | 29*9:15 Manotick Shopping*  9:15 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:00 Downton Abby- CH 69  10:00 Ecu Service with Bob Caines  10:30 Bingo-1st  11:15 Wellness Class-3rd  2:00 Classic Movie- Ch 69  6:30 Scott and Bailey CH 69  2:00 Entertainment with Mary Ellen Shennan and Birthday Bash  3:00 Bridge-1st fl  7:30 Ottawa Sens VS Florida | **30 GOOD FRIDAY**  10:00 Hidden Houses-Ch 69  2:00 Romance Movie- Ch 69  2:00 Movie “Son of God” Theatre Room-  6:30 Scott and Bailey CH 69 | ***31***  10:00 When Calls The Heart-CH69  11:00 Tai Chi-3rd fl  2:00 Classic Movie Ch 69  2:00 Ottawa Sens VS Detroit  2:00 Movie “Sully ”Theatre Room  2:00 Barb’s Bingo  6:30 Scott and Bailey CH 69 |