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| **Sunday** | **Monday** | November 2018 Orchard Walk**Tuesday** | **Wednesday** | **Thursday** | **Friday** | **October 30 2018****Saturday** |
|  | **C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\TVEZM16C\remembrance[1].jpg** | **C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WC9VKLFT\remembrance-poppy[1].jpg** | **C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WC9VKLFT\wind[1].jpg** | 19:15 Reminiscence -Bdrm10:00 Balance Class-3rd 10:45 Roman Catholic Mass 11:15 Wellness Class-3rd2:00 Bingo-1st 3:00 Tea at Three-2nd Floor 3:00 Bridge 2nd fl**3:15 National Ballet Class-3rd floor**7:30 Ottawa Sens VS Buffalo | 29:00 Walking Club meet on patio9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd fl10:30 Giant Crossword-3rd fl2:00 Romance Movie- Ch 692:00 Social Hour and Entertainment with Margie and Bruce 3:00 Tea at Three-2nd Floor  | 311:00 Tai Chi-3rd fl 1:00 Ottawa Sens VS Buffalo Sabers 2:00 Movie” Made of Honor ”Theatre Room 2:15 Bingo3:00 Tea at Three-2nd Floor Al |
| 4 **CLOCKS FALL BACK 1HOUR**10:15 Giant Crossword Puzzle-1st fl 11:00 Catholic Rosary Prayer11:15 Catholic Communion2:00 Movie “ Backlash” Theatre Room 2:00 Ecumenical Service with Bob Caines3:00 Tea at Three-2nd Floor 7:00 Ottawa Sens VS Tampa Bay | 5 Footcare Nurse In9:30 Knitting Group-1st fl**9:15 National Ballet Class-3rd floor***10:00 Tweed Canopy Growth Cannabis Tour in Smiths Falls & Boxed Lunch*10:30 Chair Exercises 3rd f11:00 Chair Exercises 3rd fl10:30 Catholic Rosary-chapel2:00 Bingo- 1st2:30 Movie “ Marley and Me” Theatre Room3:00-&3:30 Ice Cream3:00 Tea at Three-2nd Floor 3:30 Shannon Singalong- 3rd floor | 6*9:00 Manicures/ Yazmin* 10:00 Balance Class- 3rd10:15 Board Games-2nd10:30 Brain Games-3rd fl 11:15 Wellness Class-3rd 1:30 Canasta with Peggy- 2nd fl2:00 Bingo3:00 Tea at Three-2nd Floor 3:30 Shuffleboard-1st fl4:00 Hymn Sing with Rev. Hartman 7:30 Ottawa Sens VS New Jersey | 79:15 Shopping at Billings Bridge9:30 Chair Exercises 3rd fl 10:00 Chair Exercises 3rd f10:30 3rd Floor Activities2:00 Art Group 3rd floor2:00 Ottawa Therapy Dog Rufus Visits-3rd floor3:00 Tea at Three-2nd Floor **3:15 Photography Show of Dawen Travels** 6:30 Pub Nite- with “Greenbelt Grass” 3rd floor games shuffleboard/ pool -1st floor | 8**9-11:30 Flu Shot Clinic-3rd fl**9:15 Reminiscence -Bdrm10:00 Balance Class-3rd **11:00 Sunshine Gifts Vendor**11:15 Wellness Class-3rd10:45 Lets Make Pizza -1st fl2:00 Bingo-1st3:00 Tea at Three-2nd Floor 3:00 Bridge 2nd fl3:00 Latin Chair Dancing-1st 7:30 Ottawa Sens VS Vegas | 99:15 Manotick Shopping 9:00 Walking Club meet on patio9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd fl10:30 Giant Crossword-3rd fl2:00 Romance Movie- Ch 692:00 Social Hour and Entertainment with Vicky Spurrell3:00 Tea at Three-2nd Floor  | 1011:00 Tai Chi-3rd fl 2:00 Movie “ South Pacific” Theatre Room2 :15 Bingo-1st floor 3:00 Tea at Three-2nd Floor 3:30 Stick to the Rhythm with Rozsa 7:00 Ottawa Sens VS Tampa BayB |
| 11 Remembrance Day **10:30 Remembrance Day Ceremony with Prof Cammy**2:00 Movie “ Lawrence Welk Big Band Splash” Theatre Room 2:00 Ecumenical Service with Rev Gratton3:00 Tea at Three-2nd Floor 5:00 Ottawa Sens VS FloridaG | 12**9:15 National Ballet Class-3rd floor**9:30 Knitting Group-1st fl10:30 Chair Exercises 3rd f11:00 Chair Exercises 3rd fl2:00 Bingo-1st fl *12:15* *ITR Theatre Presents “Waiting for the Parade”*2:30 Movie “ Jayne Eyre” Theatre Room3:00 Ice Cream Cart-1st **2:30 Residents Council Meeting- 1st floor**3:00 Tea at Three-2nd Floor  | 13**9:30 Mary Cook Stories with Fran**10:00 Balance Class10:15 Board Games-2nd10:30 Brain Games-3rd fl 11:15 Wellness Class11:15 Catholic Rosary1:30 Chair Yoga with Georgia-3rd fl 1:30 Canasta with Peggy- 2nd fl3:00 Tea at Three-2nd Floor 3:30 Shuffleboard-1st fl**6:30 Grenville Gremlins Square Dancers-3rd floor** | 14*6:00 Euchre with Liz**9:15 Shopping at Kemptville*9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd f10:30 3rd Floor Activities2:00 Ottawa Therapy Dog Rufus Visits-3rd floor2:00 Art Group 3rd fl3:00 Tea at Three-2nd Floor 3:30 Osgoode Museum presents School Days-3rd floor | 15**9-11:30 Flu Shot Clinic-3rd fl**9:15 Reminiscence -Bdrm10:00 Balance Class-3rd **10:00 5th Avenue Jewelry Vendor**10:00 Downton Abby- CH 6910:45 Catholic Mass with Father Titus 11:15 Wellness Class-3rd*1:15 Sightseeing Bus*3:00 Bridge 2nd fl3:00 Tea at Three-2nd Floor 7:30 Ottawa Sens VS Detroit | 16*9:15 Manotick Shopping*9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd fl 10:30 Jeopardy-3rd fl2:00 Romance Movie- Ch 692:00 Entertainment with Roxy Swan 3:00 Tea at Three-2nd Floor  | *17*10:15 Ron’s Bingo-3rd floor11:00 Tai Chi-3rd fl 2:00 Movie ”Till The Clouds Roll By” 3:00 Tea at Three-2nd Floor 7:00 Ottawa Sens VS PittsburgR |
| 1811:00 Catholic Rosary Prayer11:15 Catholic Communion2:00 Movie “ Pot of Gold” Theatre Room 2:00 Ecu Service Rev Gratton 3:00 Tea at Three-2nd Floor R | 19 Footcare Nurse In**9:15 National Ballet Class-3rd floor**9:30 Knitting Group-1st fl10:30 Chair Exercises 3rd f11:00 Chair Exercises 3rd fl***1:30 Rideau Carleton Slots***2:00 Bingo-1st fl 2:30 Movie “ His Girl Friday” Theatre Room**2:00 Monthly Euchre with R.O.S.S.S. -3rd floor** 3:00 Ice Cream Cart-1st 3:00 Tea at Three-2nd Floor  7:30 Ottawa Sens VS Florida | 20 9:00 Manicures/ Yazmin 10:00 Balance Class10:15 Board Games-2nd10:30 Brain Games11:15 Wellness Class11:15 Catholic Rosary1:30 Canasta with Peggy- 2nd fl2:00 Bingo-1st fl3:00 Tea at Three-2nd Floor **3:00 Residents Council Meeting Garden View**3:30 Shuffleboard-1st fl | 21*6:00 Euchre with Liz**9:15 Shopping at Giant Tiger*9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd f10:30 3rd Floor Activitie2:00 Ottawa Therapy Dog Rufus Visits-3rd floor2:00 Art Group 3rd floor3:00 George on Piano-3rd floor 3:00 Tea at Three-2nd Floor 8:00 Ottawa Sens VS Minnesota | 229:15 Reminiscence -Bdrm10:00 Balance Class-3rd 10:00 Ecumenical Service with Rev. Kim -Chapel**11:00 Gutknecht Homemade Jams and Jellies for charity-1st floor** 11:15 Wellness Class-3rd2:00 Bingo-1st3:00 Tea at Three-2nd Floor 3:00 Bridge 2nd fl3:00 Latin Chair Dancing-1st  | 23*9:15 Manotick Shopping*9:30 Chair Exercises 3rd fl10:00 Chair Exercises 3rd fl 10:30 Jeopardy-3rd fl2:00 Entertainment with Ron Donnelly 3:00 Tea at Three-2nd Floor 8:00 Ottawa Sens VS Dallas | *24*11:00 Tai Chi-3rd fl 2:00 Movie “Pleasantville” Theatre Room2:15 Bingo-3rd floor3:00 Tea at Three-2nd Floor 3:30 Stick to the Rhythm with Rozsa M |
| **25**10:00 Cable Girls-Ch 69 11:00 Catholic Rosary Prayer11:15 Catholic Communion2:00 Movie “Look Who’s Talking” Theatre Room 2:00 Ecu Service Rev Gratton3:15 Giant Crossword Puzzle-1st fl **M** | 26**9:15 National Ballet Class-3rd floor**9:30 Knitting Group-1st fl**10:00 Davidson Hearing Clinic**10:30 Chair Exercises 3rd fl11:00 Chair Exercises 3rd fl2:00 Bingo-1st fl 2:30 Movie “Yours Mine & Ours” Theatre Room3:00 Ice Cream Cart-1st 3:00 Tea at Three-2nd Floor**5 :30 p.m. “November to Remember Dinner” with Entertainment with Peter Stuyt**7:00 Ottawa Sens VS NYRangers | 27**10:00 Peters Alpaca Sales- scarves/socks/blankets**10:00 Balance Class10:15 Board Games-2nd10:30 Brain Games11:15 Wellness Class11:15 Catholic Rosary1:30 Chair Yoga with Georgia-3rd fl 1:30 Canasta with Peggy- 2nd fl2:00 Bingo-1st fl3:00 Tea at Three-2nd Floor 3:30 Shuffleboard-1st f7:00 Ottawa Sens VS Philadelphia | 28*6:00 Euchre with Liz*7-8 a.m. & 11- 12 Pounds Pulse /Pressure- *9:15 Shopping Carlingwood Mall Lunch Out*9:30 Chair Exercises 3rd f10:00 Chair Exercises 3rd f10:30 3rd Floor Activities2:00 Ottawa Therapy Dog Rufus Visits-3rd floor2:00 Art Group 3rd floor3:00 Tea at Three-2nd Floor  | **29***9:15 Manotick Shopping*9:15 Reminiscence -Bdrm10:00 Balance Class-3rd 10:00 Ecumenical Service with Rev. Grant Mc Neil-Chapel11:15 Wellness Class-3rd2:00 Bingo-1st3:00 Bridge 2nd fl3:00 Tea at Three-2nd Floor **3:00 Guest Speaker** **Mary Cook Garden View** 7:30 Ottawa Sens VS NYRangers | **30**9:30 Chair Exercises 3rd fl**10:00 Purdy’s Chocolate** **sales-1st fl** 10:00 Chair Exercises 3rd fl 10:30 Jeopardy-3rd fl2:00 Entertainment with Kings Creek Band & Birthday party3:00 Tea at Three-2nd Floor  | **C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WC9VKLFT\Memorial-Day-q[1].jpg** |