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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** | 1  9:15 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:45 Roman Catholic Mass  11:15 Wellness Class-3rd  2:00 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 | 2  9:00 Walking Club meet on patio  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  10:30 Giant Crossword-3rd fl  2:00 Romance Movie- Ch 69  2:00 Social Hour and Entertainment with Margie and Bruce  3:00 Tea at Three-2nd Floor | 3  11:00 Tai Chi-3rd fl  1:00 Ottawa Sens VS Buffalo Sabers  2:00 Movie” Made of Honor ”Theatre Room  2:15 Bingo  3:00 Tea at Three-2nd Floor  Al |
| 4 **CLOCKS FALL BACK 1HOUR**  10:15 Giant Crossword Puzzle-1st fl  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Movie “ Backlash” Theatre Room  2:00 Ecumenical Service with Bob Caines  3:00 Tea at Three-2nd Floor  7:00 Ottawa Sens VS Tampa Bay | 5 Footcare Nurse In  9:30 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 f  11:00 Chair Exercises 3rd fl  10:30 Catholic Rosary-chapel  2:00 Bingo- 1st  2:30 Movie “ Marley and Me” Theatre Room  3:00-&3:30 Ice Cream  3:00 Tea at Three-2nd Floor  3:30 Shannon Singalong- 3rd floor | 6  *9:00 Manicures/ Yazmin*  10:00 Balance Class- 3rd  10:15 Board Games-2nd  10:30 Brain Games-3rd fl  11:15 Wellness Class-3rd  1:30 Canasta with Peggy- 2nd fl  2:00 Bingo  3:00 Tea at Three-2nd Floor  3:30 Shuffleboard-1st fl  4:00 Hymn Sing with Rev. Hartman  7:30 Ottawa Sens VS New Jersey | 7  9:15 Shopping at Billings Bridge  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd f  10:30 3rd Floor Activities  2:00 Art Group 3rd floor  2:00 Ottawa Therapy Dog Rufus Visits-3rd floor  3:00 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 -Bdrm  10:00 Balance Class-3rd  **11:00 Sunshine Gifts Vendor**  11:15 Wellness Class-3rd  10:45 Lets Make Pizza -1st fl  2:00 Bingo-1st  3:00 Tea at Three-2nd Floor  3:00 Bridge 2nd fl  3:00 Latin Chair Dancing-1st  7:30 Ottawa Sens VS Vegas | 9  9:15 Manotick Shopping  9:00 Walking Club meet on patio  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  10:30 Giant Crossword-3rd fl  2:00 Romance Movie- Ch 69  2:00 Social Hour and Entertainment with Vicky Spurrell  3:00 Tea at Three-2nd Floor | 10  11:00 Tai Chi-3rd fl  2:00 Movie “ South Pacific” Theatre Room  2 :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 Bay  B |
| 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 Gratton  3:00 Tea at Three-2nd Floor  5:00 Ottawa Sens VS Florida  G | 12  **9:15 National Ballet Class-3rd floor**  9:30 Knitting Group-1st fl  10:30 Chair Exercises 3rd f  11:00 Chair Exercises 3rd fl  2:00 Bingo-1st fl  *12:15* *ITR Theatre Presents “Waiting for the Parade”*  2:30 Movie “ Jayne Eyre” Theatre Room  3:00 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 Class  10:15 Board Games-2nd  10:30 Brain Games-3rd fl  11:15 Wellness Class  11:15 Catholic Rosary  1:30 Chair Yoga with Georgia-3rd fl 1:30 Canasta with Peggy- 2nd fl  3:00 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 fl  10:00 Chair Exercises 3rd f  10:30 3rd Floor Activities  2:00 Ottawa Therapy Dog Rufus Visits-3rd floor  2:00 Art Group 3rd fl  3:00 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 -Bdrm  10:00 Balance Class-3rd  **10:00 5th Avenue Jewelry Vendor**  10:00 Downton Abby- CH 69  10:45 Catholic Mass with Father Titus  11:15 Wellness Class-3rd  *1:15 Sightseeing Bus*  3:00 Bridge 2nd fl  3:00 Tea at Three-2nd Floor  7:30 Ottawa Sens VS Detroit | 16  *9:15 Manotick Shopping*  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  10:30 Jeopardy-3rd fl  2:00 Romance Movie- Ch 69  2:00 Entertainment with Roxy Swan  3:00 Tea at Three-2nd Floor | *17*  10:15 Ron’s Bingo-3rd floor  11:00 Tai Chi-3rd fl  2:00 Movie ”Till The Clouds Roll By”  3:00 Tea at Three-2nd Floor  7:00 Ottawa Sens VS Pittsburg  R |
| 18  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 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 fl  10:30 Chair Exercises 3rd f  11:00 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 Class  10:15 Board Games-2nd  10:30 Brain Games  11:15 Wellness Class  11:15 Catholic Rosary  1:30 Canasta with Peggy- 2nd fl  2:00 Bingo-1st fl  3:00 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 fl  10:00 Chair Exercises 3rd f  10:30 3rd Floor Activitie  2:00 Ottawa Therapy Dog Rufus Visits-3rd floor  2:00 Art Group 3rd floor  3:00 George on Piano-3rd floor 3:00 Tea at Three-2nd Floor  8:00 Ottawa Sens VS Minnesota | 22  9:15 Reminiscence -Bdrm  10:00 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-3rd  2:00 Bingo-1st  3:00 Tea at Three-2nd Floor  3:00 Bridge 2nd fl  3:00 Latin Chair Dancing-1st | 23  *9:15 Manotick Shopping*  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  10:30 Jeopardy-3rd fl  2:00 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 Room  2:15 Bingo-3rd floor  3:00 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 Prayer  11:15 Catholic Communion  2:00 Movie “Look Who’s Talking” Theatre Room  2:00 Ecu Service Rev Gratton  3:15 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 fl  11:00 Chair Exercises 3rd fl  2:00 Bingo-1st fl  2:30 Movie “Yours Mine & Ours” Theatre Room  3:00 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 Class  10:15 Board Games-2nd  10:30 Brain Games  11:15 Wellness Class  11:15 Catholic Rosary  1:30 Chair Yoga with Georgia-3rd fl 1:30 Canasta with Peggy- 2nd fl  2:00 Bingo-1st fl  3:00 Tea at Three-2nd Floor  3:30 Shuffleboard-1st f  7:00 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 f  10:00 Chair Exercises 3rd f  10:30 3rd Floor Activities  2:00 Ottawa Therapy Dog Rufus Visits-3rd floor  2:00 Art Group 3rd floor  3:00 Tea at Three-2nd Floor | **29**  *9:15 Manotick Shopping*  9:15 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:00 Ecumenical Service with Rev. Grant Mc Neil-Chapel  11:15 Wellness Class-3rd  2:00 Bingo-1st  3:00 Bridge 2nd fl  3:00 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 fl  2:00 Entertainment with Kings Creek Band & Birthday party  3:00 Tea at Three-2nd Floor | **C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WC9VKLFT\Memorial-Day-q[1].jpg** |