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| **Sunday** | **Monday** | March 2019 Orchard Walk  **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **March 5th 2019**  **Saturday** |
|  |  |  |  |  | 1  9:00 Manotick Shopping  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  10:10 Coffee Club--2nd fl  10:30 Jeopardy-1st fl  2:00 Social Hour and Entertainment Margie and Bruce  3:00 Tea at Three-2nd Floor  3:15 Euchre- Library  3:30-4:30 Tony’s Café Bar Open | 2  10:10 Coffee Club-2nd fl  11:00 Tai Chi-3rd fl  2:30 Classic Movie “The Bishops Wife” Theatre Room  2:15 Bingo-1st fl  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  b |
| 3  10:10 Coffee Club --2nd fl  10:30 Giant Crossword-2nd  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Ottawa Sens VS Carolina  2:30 Movie The Bells OF St Mary’s” Theatre Room  **3:00** Time change –  Ecumenical Service with Rev Gratton and Deb  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  b | 4  **10:00 Davidson Hearing Clinic**  9:30 Knitting Group-  10:10 Coffee Club --2nd fl  10:30 Chair Exercises 3rd f  11:00 Chair Exercises 3rd fl  10:30 Catholic Rosary-chapel  2:00 Bingo  2:30 Movie “Summers Lease ” Theatre Room  3:00-&3:30 Ice Cream  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open | 5  **Shrove Tuesday**  ?? 9:30 Mary Cook Stories with Fran  10:00 Balance Class- 3rd  10:10 Coffee Club --2nd fl  10:30 Brain Games-3rd fl  11:15 Wellness Class-3rd  1:30 Canasta with Peggy- 2nd fl  2:00 BINGO-1st floor  3:00 Tea at Three-2nd Floor  3:30 Shuffleboard-1st fl  3:30-4:30 Tony’s Café Bar Open  4:00 Hymn Sing with Rev. Hartman | 6 **ASH WEDNESDAY**  *9:00Shopping at Billings Bridge Mall*  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd f  10:10 Coffee Club--2nd fl  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  3:30-4:30 Tony’s Café Bar Open  **6:30 Pub Nite- games shuffleboard/ pool -1st floor** | 7  9:15 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:10 Coffee Club--2nd fl  10:45 Catholic Mass with Father Titus  11:15 Wellness Class-3rd  *1:15 Sightseeing Bus*  2:00 Bingo-1st  3:00 Tea at Three-2nd Floor  3:00 Bridge Library  **3:30 National Ballet Class-3rd floor**  3:30-4:30 Tony’s Café Bar Open | 8  **International Womens Day**  9:00 Manotick Shopping  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  10:10 Coffee Club--2nd fl  10:30 Jeopardy-3rd fl  2:00 Social Hour and Entertainment with Red Wing Fiddlers  3:00 Tea at Three-2nd Floor  3:15 Euchre- Library  3:30-4:30 Tony’s Café Bar Open | 9  10:10 Coffee Club--2nd fl  10 :15 Ron’s Bingo-1st floor  11:00 Tai Chi-3rd fl  2:30 Classic Movie” My Fair Lady” Theatre Room  3:00 Tea at Three-2nd Floor  Ron |
| **10**  **Clocks Spring Forward**  10:10 Coffee Club --2nd fl  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:30 Movie Elizabeth The Golden Age” Theatre Room  2:00 Ecumenical Service with Rev Gratton and Organist Deb  3:00 Tea at Three-2nd Floor  **3:00 Kanata Choral Society**  R | 11 **Footcare Nurse In**  9:15 Knitting Group-1st fl  10:10 Coffee Club --2nd fl  10:30 Chair Exercises 3rd f  11:00 Chair Exercises 3rd fl  10:30 Catholic Rosary-chapel  2:00 Bingo-1st fl  2:30 Movie “Extraordinary Measures ” Theatre Room  3:00-&3:30 Ice Cream  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  *5:00 Dinner at Stoneface Dolly’s*  *in Riverside South* | 12  *9:00 Manicures/ Yazmin*  10:00 Balance Class  10:10 Coffee Club -2nd fl  10:30 Brain Games-3rd fl  11:15 Wellness Class  *12:15 Irish Tea Outing with*  *George Darouze*  1:30 Canasta with Peggy- 2nd fl  **2:30 Residents Council Meeting- 3rd floor**  3:00 Tea at Three-2nd Floor  3:30 Shuffleboard-1st fl  3:30-4:30 Tony’s Café Bar Open | 13  *9:00Shopping at Barrhaven*  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd f  10:10 Coffee Club--2nd fl  10:30 3rd Floor Activities  *1:30 Beaver Tails on the Canal*  2:00 Art Group 3rd fl  2:00 Ottawa Therapy Dog Rufus Visits-3rd floor  3:00 Tea at Three-2nd Floor  3:00 Armchair Travel To Ireland Theatre Rm  3:30-4:30 Tony’s Café Bar Open | 14  9:15 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:10 Coffee Club--2nd fl  11:00 Ecumenical Service with Rev Elaine Beattie  *11:00 Kars St Patrick’s Day Luncheon $ 15*  11:15 Wellness Class-3rd  2:00 Bingo-1st  3:00 Bridge Library  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  **3:30 National Ballet Class-3rd floor**  7:00 Russell Community Concert Band | 15  *9:00Manotick Shopping*  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  10:10 Coffee Club--2nd fl  10:30 Singalong with Shannon-3rd  2:00 Entertainment with Doug and Pam and Social Hour  3:00 Tea at Three-2nd Floor  3:15 Euchre- Library  3:30-4:30 Tony’s Café Bar Open | *16*  10:10 Coffee Club--2nd fl  11:00 Tai Chi-3rd fl  2:00 Classic Movie Ch 69  2:30 Movie” All Roads Lead TO Home” Theatre Room  2:15 Bingo-1st floor  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  Me |
| 17 St Patrick’s Day  10:10 Coffee Club --2nd fl  10:15 Giant Crossword 2nd t fl  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  **1:30** Ecumenical Service with Rev Gratton and Deb on Organ 2:30 Movie Armchair Travel to Ireland” Theatre Room  **2:30-3:30 St Patrick’s Day Party with Robin Averill- MDR**  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  Me | 18  *9:00Manotick Shopping*  9:30 Knitting Group-3rd fl  10:10 Coffee Club --2nd fl  10:30 Catholic Rosary-chapel  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 ”Up nN The Air Theatre Room  3:00 Ice Cream Cart-1st  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open | 19  10:00 Balance Class  10:10 Coffee Club --2nd fl  10:30 Brain Games-3rd fl  11:15 Wellness Class  **1-4 Multigen Dental Clinic**  1:30 Canasta with Peggy- 2nd fl  2:00 Bingo-1st fl  **3:00 Residents Council Meeting Garden View**  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  3:30 Shuffleboard-1st fl | 20  *6:00 Euchre with Liz*  *9:00Shopping at Kemptville*  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd f  10:10 Coffee Club--2nd fl  10:30 3rd Floor Activities  2:00 Ottawa Therapy Dog Rufus Visits-3rd floor  **2:30 Grenville Gremlins**  **Square Dancers-3rd fl**  2:00 Art Group 3rd floor  3:00 Tea at Three-2nd Floor  5:30 Suites BD Party with THE Trio | 21  9:15 Reminiscence -Bdrm  10:00 Anna’s Travelling Gifts-2nd fl  10:00 Balance Class-3rd  10:10 Coffee Club--2nd fl  10:45 Catholic Mass with Father Titus  11:15 Wellness Class-3rd  2:00 Bingo-1s  2:00 Classical Music Chopin- GV  3:00 Tea at Three-2nd Floor  3:00 Bridge Library  3:30-4:30 Tony’s Café Bar Open  **3:30 National Ballet Class-3rd floor** | 22  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  10:10 Coffee Club-2nd fl  10:30 Jeopardy-3rd fl  2:00 Entertainment with Howard Hayes and Social Hour  3:00 Tea at Three-2nd Floor  3:15 Euchre- Library  3:30-4:30 Tony’s Café Bar Open | *23*  10:10 Coffee Club--2nd fl  10:15 Bingo-3rd floor  11:00 Tai Chi-3rd fl  2:00 Chair Yoga with Georgia-3rd  2:30 Movie” The Phantom Of The Opera”Theatre Room  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  Kr |
| **24**  10:10 Coffee Club --2nd fl  10:30 Giant Crossword Puzzle-2nd  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  **1-3 Mobile Shoe Store Sale 2nd**  2:30 Movie Sound of Music Theatre Room  2:00 Ecu Service Rev Gratton and Organist Deb  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  **-------------------------------------------**  **31**  10:10 Coffee Club -2nd fl  10:30 Giant Crossword-2nd fl  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:30 MovieSense and Sensibility Theatre Room  2:00 Ecu Service Rev Gratton and Organist Deb  3:00 Tea at Three-2nd Floor  3:00 Cape Breton Session Gr | **25**  Footcare Nurse In  9:30 Knitting Group-3rd fl  **9:30 Indoor Garage Sale-1st** fl  10:10 Coffee Club --2nd fl  10:30 Catholic Rosary-chapel  10:30 Chair Exercises 3rd fl  11:00 Chair Exercises 3rd fl  2:30 Movie ” Apollo 13” Theatre Room  3:00 Ice Cream Cart-1st  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open | **26**  **9:00 Tax Returns with John Peters-Boardroom**  9:00 Manicures/ Yazmin  7-8 a.m. & 11- 12 Pounds Pulse /Pressure  10:00 Balance Class  10:10 Coffee Club --2nd fl  10:30 Brain Games  11:15 Wellness Class  1:30 Canasta with Peggy- 2nd fl  2:00 Bingo-1st fl  3:00 Tea at Three-2nd Floor  3:30 Shuffleboard-1st f  3:30-4:30 Tony’s Café Bar Open | **27**  *6:00 Euchre with Liz*  *9:00Shopping at barrhaven*  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd f  10:10 Coffee Club--2nd fl  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  3:30-4:30 Tony’s Café Bar Open  **2:30 Staff Meeting**  **3rd floor** | **28**  9:15 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:10 Coffee Club--2nd fl  *11:00 Sunshine Gifts Vendor*  11:15 Wellness Class-3rd  **2:00 Smile Theatre Productions Presents ”Back to B4” Bingo Bonanza – Dining Room**  3:00 Bridge Library  3:00 Tea at Three-2nd Floor  **3:30 National Ballet Class-3rd floor**  **Last Ballet class for a few weeks** | **29**  *9:00Manotick Shopping*  9:30 Chair Exercises 3rd fl  10:00 Chair Exercises 3rd fl  10:10 Coffee Club--2nd fl  10:30 Jeopardy-3rd fl  2:00 Birthday Bash and Entertainment with Vicky Spurrell  3:00 Tea at Three-2nd Floor  3:15 Euchre- Library  3:30-4:30 Tony’s Café Bar Open | 30  10:10 Coffee Club--2nd fl  11:00 Tai Chi-3rd fl  2:30 Movie “Pride and Prejiduce”” Theatre Room  1:30 Bingo-3rd floor  3:00 Tea at Three-2nd Floor    GR |
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