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| **Pool Open 1-3****Sunday** | **Monday** | July 2019 Orchard Walk**Tuesday** | **Wednesday** | **Thursday** | **Friday** | **June 28th**  **2019****Saturday** |
| Image result for happy 20th anniversary banner | 1 **Footcare Nurse In****Canada Day** 10:10 Coffee Club1st d 10:15 Bingo10:30 Catholic Rosary-chapel2:30 Movie “ Rocky Mountaineer Canada ” Theatre Room3:00- Ice Cream3:00 Tea at Three-2nd Floor **5-7 Canada Day BBQ on the Patio with Bob & Don Duo**  | 2*9:00 Manicures/ Yazmin* 9:30 Mary Cook Stories/ Fran-chapel10:00 Balance Class- 3rd10:10 Coffee Club -1st fl10:30 Brain Games-3rd fl 11:15 Wellness Class-3rd 1:30 Canasta with Peggy- 2nd fl2:00 Bingo-1st floor3:00 Tea at Three-2nd Floor 3:30 Shuffleboard-1st fl3:30-4:30 Tony’s Café Bar Open 4:00 St John Ambulance Dog “Tesla”-1st floor | 3*9:00 Shopping at Billings Bridge*9:00 Chair Exercises9:30 Chair Exercises 3rd f**9:30-12 10:00 Davidson Hearing Clinic****10:00 5Th Avenue Jewelery-2nd fl**10:10 Coffee Club-1st fl10:30 3rd Floor Activities2:00 Ottawa Therapy Dog Rufus Visits-3rd floor**2:00 Travelling Root Beer Floats** 2:00 Art Group 1st floor3:00 Tea at Three-2nd Floor *3:00 Strawberry Social Outing at Emerald Links- Cost $7*3:30-4:30 Tony’s Café Bar Open  | 49:00 Reminiscence -Bdrm10:00 Balance Class-3rd 10:10 Coffee Club-1st fl10:45 Catholic Mass with Father Titus 11:15 Wellness Class-3r2:00 BINGO-1st fl3:00 Tea at Three-2nd Floor 3:00 Bridge 2nd fl3:15 Rev Gratton- Ecumenical Service 3:30-4:30 Tony’s Café Bar Open  | 59:00 Manotick Shopping 9:00 Chair Exercises9:30 Chair Exercises 3rd f10:10 Coffee Club—1st fl**2:00 Social Hour Margie and Bruce Singalong**3:00 Tea at Three-2nd Floor 3:15 Euchre- Library3:30-4:30 Tony’s Café Bar Open  | 610:10 Coffee Club-1st d fl10:15 Bingo -1st fl11:00 Tai Chi-3rd fl 2:00 Classic Movie “ Heritage of British Monarchy ”Theatre Room 3:00 Tea at Three-2nd Floor Ron |
| 710:10 Coffee Club –1st fld 11:00 Catholic Rosary Prayer11:15 Catholic Communion2:00 Movie The Kings Speech” Theatre Room 2:00 Ecumenical Service with Bob Caines and Organist Deb3:00 Tea at Three-2nd Floor Ron | **8**9:15 Jeopardy-1st fl9:15 Cribbage-library10:10 Coffee Club1st d fl10:30 Chair Exercises 3rd f11:00 Chair Exercises 3rd fl10:30 Catholic Rosary-chapel1-1:30 Water Exercises-Pool 2:00 Bingo2:30 Movie “ Billy Elliot ” Theatre Room3:00- Ice Cream3:00 Tea at Three-2nd Floor **3:15 Entertainment with the Barrhaven Fiddleheads** 3:30-4:30 Tony’s Café Bar Open  | 910:00 Balance Class- 3rd10:10 Coffee Club -1st fl10:30 Brain Games-3rd fl 11:15 Wellness Class-3rd 1:30 Canasta with Peggy- 2nd fl2:00 Bingo-1st fl 3:00 Tea at Three-2nd Floor 3:30 Shuffleboard-1st fl3:30-4:30 Tony’s Café Bar Open  | 10*9:00 Shopping at Barrhaven*9:00 Chair Exercises9:30 Chair Exercises 3rd f10:10 Coffee Club-1st fl10:30 3rd Floor Activities**2:00 Travelling Root Beer Floats** 2:00 Ottawa Therapy Dog Rufus Visits-3rd floor2:00 Art Group 1st floor3:00 Tea at Three-2nd Floor 3:30-4:30 Tony’s Café Bar Open 6**:30 Entertainment by Greenbelt Grass** | 119:00 Reminiscence -Bdrm10:00 Balance Class-3rd **10:00 “New” Clothing by “Jonick Clothing”Vendor-1st fl**10:10 Coffee Club-1st fl10:45 Catholic Mass with Father Titus 11:15 Wellness Class-3r1:30 Sightseeing Bus \2:00 BINGO-1st fl3:00 Tea at Three-2nd Floor 3:00 Bridge 2nd fl3:30-4:30 Tony’s Café Bar Open  | 129:00 Manotick Shopping 9:00 Chair Exercises9:30 Chair Exercises 3rd f**10:10 Ottawa Police Fraud Prevention 1st floor**10:10 Coffee Club—1st fl**2:00 Social Hour and Entertainment with Trudy Letourneau**3:00 Tea at Three-2nd Floor 3:15 Euchre- Library3:30-4:30 Tony’s Café Bar Open  | 13*9:00 North Gower Farers market Outing*10:10 Coffee Club—1st fl11:00 Tai Chi-3rd fl 2:00 Classic Movie “ Jayne Eyre” Theatre Room **2:15 Dave Baldwin on Guitar and Firepit Patio** 3:00 Tea at Three-2nd Floor 3:30-4:30 Tony’s Café Bar Open 4**:00 Bianca and Izzy on piano-1st floor**Kr |
| 1410:10 Coffee Club -1st floor10:30 Giant Crossword-2nd fl11:00 Catholic Rosary Prayer11:15 Catholic Communion 2:00 Movie Julie and Julia Theatre Room 2:00 Ecumenical Service with Rev Gratton and Organist Deb3:00 Tea at Three-2nd Floor**3:15 Mary Cook** **in Person-3rd floor**3:30-4:30 Tony’s Café Bar Open  | 159:15 Jeopardy-1st fl9:15 Cribbage-library10:10 Coffee Club -1st floor10:30 Chair Exercises 3rd f11:00 Chair Exercises 3rd fl10:30 Catholic Rosary-chapel1-1:30 Water Exercises-Pool 2:00 Bingo2:30 Movie “Galapagos ” Theatre Room3:00 Ice Cream 3:00 Tea at Three-2nd Floo3:30-4:30 Tony’s Café Bar Open  | 16*9:00 Manicures/ Yazmin* 9:30 Walking Club- meet at Patio 10:00 Balance Class10:10 Coffee Club -1st floor10:30 Brain Games-3rd fl 11:15 Wellness Class 1:30 Canasta with Peggy- 2nd fl 2:00 Bingo-1st floor3:00 Tea at Three-2nd Floor 3:30 Shuffleboard-1st f3:30-4:30 Tony’s Café Bar Open 4:00 St John Ambulance Dog “Tesla”-1st floor | 17*9:00 Shopping at Kemptville*9:00 Chair Exercises9:30 Chair Exercises 3rd f10:10 Coffee Club-1st fl10:30 3rd Floor Activities2:00 Art Group 1st fl2:00 Rufus Visits-3rd floor**2:00 Travelling Root Beer Floats** 3:00 Tea at Three-2nd Floor 3:00 Entertainment with George on Piano-3rd floor3:30-4:30 Tony’s Café Bar Open 5:30 GV Bday party with George  | 189:00 Reminiscence -Bdrm10:00 Balance Class-3rd 10:10 Coffee Club-1st fl 10:45 Catholic Mass with Father Titus 11:15 Wellness Class-3rd2:00 Bingo-1st3:00 Bridge 2nd fl3:00 Tea at Three-2nd Floor 3:30-4:30 Tony’s Café Bar Open  | 19*9:00 Manotick Shopping*9:00 Chair Exercises9:30 Chair Exercises 3rd f10:10 Coffee Club-1st fl**10:30 Shannon ‘s Singalong -3rd fl**10:30 Giant Crossword-2nd fl**2:00 Entertainment by Alan Sandleman and Social Hour**3:00 Tea at Three-2nd Floor3:15 Euchre- Library3:30-4:30 Tony’s Café Bar Open  | *20*10:10 Coffee Club-1st fl11:00 Tai Chi-3rd fl 2:00 Movie” The Dream is Alive Theatre Room2:15 Bingo-1st fl 3:00 Tea at Three-2nd Floor Gr  |
| 2110:10 Coffee Club -1st floor10:30 Giant Crossword-2st fl11:00 Catholic Rosary Prayer11:15 Catholic Communion2:00 Ecumenical Service with Rev Gratton and Organist Deb2:00 Movie Made of Honor Theatre Room 3:00 Tea at Three-2nd Floor   | 22**Footcare Nurse In****9:15 Jeopardy-1st fl**9:15 Cribbage-library10:10 Coffee Club -1st floor10:30 Catholic Rosary-chapel10:30 Chair Exercises 3rd f11:00 Chair Exercises 3rd fl1-1:30 Water Exercises-Pool *1:30 Rideau Carleton Slots*2:00 BINGO-1st fl2:30 Movie Breakfast at Tiffany’s ” Theatre Room3:00 Ice Cream Cart-1st 3:00 Tea at Three-2nd Floor 3:30-4:30 Tony’s Café Bar Open  | 239:30 Walking Club- meet at Patio 10:00 Balance Class10:10 Coffee Club -1st floor10:30 Brain Games-3rd fl 11:15 Wellness Class1:30 Canasta with Peggy- 2nd fl2:00 Bingo-1st fl3:00 Tea at Three-2nd Floor 3:30-4:30 Tony’s Café Bar Open 3:30 Shuffleboard-1st fl3:30 ?? Entertainment with Dan Anderson?4:00 St John Ambulance Dog “Tesla”-1st floor | 24*6:00 Euchre with Liz**9:00 Shopping at Giant Tiger Walkley* 9:00 Chair Exercises9:30 Chair Exercises 3rd f10:10 Coffee Club-1st fl10:30 3rd Floor Activities**2:00 Travelling Root Beer Floats** 2:00 Ottawa Therapy Dog Rufus Visits-3rd floor2:00 Art Group 1st floor3:00 Tea at Three-2nd Floor**3:00 Entertainment with Marleen Fawcett-3rd fl**3:30-4:30 Tony’s Café Bar Open  | 259:00 Reminiscence -Bdrm*9:30 Cumberland Museum Outing Cost $5.50*10:00 Balance Class-3rd 10:10 Coffee Club-1st fl10:45 Catholic Mass with Father Titus 11:15 Wellness Class-3rd2:00 Bingo-1s3:00 Tea at Three-2nd Floor 3:00 Bridge 2nd fl**3:15 Photography Show about the Danube River**3:30-4:30 Tony’s Café Bar Open  | 26*9:00 Manotick Shopping*9:00 Chair Exercises9:30 Chair Exercises 3rd f10:10 Coffee Club-1st fl**2:00 Birthday Bash & Entertainment with Jumping Jimmy and Social Hour /**3:00 Tea at Three-2nd Floor3:15 Euchre- Library3:30-4:30 Tony’s Café Bar Open  | *27*10:10 Coffee Club-1st fl11:00 Tai Chi-3rd fl 2:30 Movie The Ghost and Mrs Muir ” Theatre Room2:00 Bingo-3rd floor3:00 Tea at Three-2nd Floor Amie  |
| **28****New 9:30 Chair Yoga for Seniors on 3rd floor** 10:10 Coffee Club -1st floor10:30 Giant Crossword Puzzle-2st 11:00 Catholic Rosary Prayer11:15 Catholic Communion2:00 Movie Forrest Gump Theatre Room 2:00 Ecu Service Rev Gratton and Organist Deb3:00 Tea at Three-2nd Floor  | **29**9:15 Jeopardy-1st fl9:15 Cribbage-library10:10 Coffee Club -1st floor10:30 Catholic Rosary-chapel10:30 Chair Exercises 3rd fl11:00 Chair Exercises 3rd fl1-1:30 Water Exercises-Pool *1:30 Hogs Back Falls*2:00 BINGO-1st fl2:30 Movie Duplicity ” Theatre Room3:00 Ice Cream Cart-1st 3:00 Tea at Three-2nd Floor3:30-4:30 Tony’s Café Bar Open  | **30** *9:00 Manicures/ Yazmin* 7-8 a.m. & 11- 12 Pounds Pulse /Pressure-Chapel9:30 Walking Club- meet at Patio 10:00 Balance Class10:10 Coffee Club -1st floor10:30 Brain Games11:15 Wellness Class1:30 Canasta with Peggy- 2nd fl2:00 Bingo-1st fl3:00 Tea at Three-2nd Floor **3:15 Current Events with Prof Cammy-3rd floor** 3:30 Shuffleboard-1st f3:30-4:30 Tony’s Café Bar Open 4:00 St John Ambulance Dog “Tesla”-1st floor | **31***9:00 Shopping at Carlingwood Mall*9:00 Chair Exercises9:30 Chair Exercises 3rd f10:10 Coffee Club-1st fl10:30 3rd Floor Activities**2:00 Travelling Root Beer Floats** 2:00 Ottawa Therapy Dog Rufus Visits-3rd floor2:00 Art Group 1st floor3:00 Tea at Three-2nd Floor 3:30-4:30 Tony’s Café Bar Open  | C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WC9VKLFT\i_love_summer_png_by_nyappygirl99-d3r9p6l[1].png |  | **C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\TVEZM16C\its_summer-1164[1].gif** |
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