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| **Sunday** | **Monday** | November 2019 Orchard Walk**Tuesday** | **Wednesday** | **Thursday** | **Friday** | **October 29th**  **2019****Saturday** |
| C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\TVEZM16C\fall_leaves[1].jpg | C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\CW5AVFNY\fall-road[1].jpg | C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\804IBLXG\autumn-leaf2[1].jpg | C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\804IBLXG\fallcolors1[1].jpg | **C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WC9VKLFT\Royal_British_Legion's_Paper_Poppy_-_white_background[1].jpg** | 19:00 Manotick Shopping (Seb))9:00 Chair Exercises9:30 Chair Exercises 3rd f**9:30 Aquafit- Taxi** 10:10 Coffee Club—1st fl10:30 Spelling bee-Chapel **2:00 Social Hour and Entertainment with Margie and Bruce** 3:00 Tea at Three-2nd Floor 3:15 Euchre- Library3:30-4:30 Tony’s Café Bar Open7:00 Evening Tea-3rd fl | 2**9:30 Visit and tour Alta Vista Animal Hospital**10:10 Coffee Club-1st fl11:00 Tai Chi-3rd fl 2:00 Classic Movie Ryan’s Daughter ”Theatre Room **2:15 Bingo -1st fl**3:00 Tea at Three-2nd Floor 7:00 Evening Tea-3rd flKr |
| 310:10 Coffee Club –1st fl10:30 Giant Crossword-2nd t fl11:00 Catholic Rosary Prayer11:15 Catholic Communion2:00 Movie “Quartet” Theatre Room 2:00 Ecumenical Service with Bob Caines and Organist Deb3:00 Tea at Three-2nd Floor **3:15 Marimba Players-3rd floor**3:30-4:30 Tony’s Café Bar Open 7:00 Evening Tea-3rd fl | **4****Footcare Nurse In****9:15 Knitting Group****9:30 Aquafit- ROSSS** 10:10 Coffee Club -1st floor10:30 Chair Exercises 3rd f11:00 Chair Exercises 3rd fl10:30 Catholic Rosary-chapel2:00 Bingo2:00 Movie “No Reservations ” Theatre Room3:00 Ice Cream 3:00 Tea at Three-2nd Fl3:30-4:30 Tony’s Café Bar Open7:00 Evening Tea-3rd fl | 510:00 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 fl3:00 Tea at Three-2nd Floor 3:30 Shuffleboard-1st fl3:30-4:30 Tony’s Café Bar Open 7:00 Evening Tea-3rd fl | 6*9:00 Shopping at Billings Bridge* 9:00 Chair Exercises **-1st fl**9:30 Chair Exercises **1st fl** **9-11:30 Flu Clinic-3rd floor** 10:10 Coffee Club-1st fl10:30 1st Floor Activities**2:00 Hot Chocolate Cart** ***2:00 Ottawa Therapy Dog Rufus Visits-3rd floor***3:00 Tea at Three-2nd Floor **3:00 A Chord Group Perform on 2rd floor**3:30-4:30 Tony’s Café Bar Open **6:30 “New” Netflix Movie-3rd floor “ “The Water Horse”****6:30 Pub Night with Dave Baldwin**7:00 Evening Tea-3rd fl | 79:00 Reminiscence -Bdrm10:00 Balance Class-3rd 10:10 Coffee Club-1st fl11:15 Wellness Class-3r2:00 Bingo 2:00 BINGO-1st fl2:00 Art Group 1st floor3:00 Tea at Three-2nd Floor 3:00 Bridge 2nd fl**3:15 Chair Ballet for Seniors-3rd** 3:30-4:30 Tony’s Café Bar Open 7:00 Evening Tea-3rd fl | 89:00 Manotick Shopping 9:00 Chair Exercises**9:30 Aquafit- ROSSS**9:30 Chair Exercises 3rd f**10-2 Cindy’s Handmade Knitting for sale-1st fl** 10:10 Coffee Club—1st fl10:30 Giant Crossword-2nd fl**2:00 Social Hour and Entertainment with Barrhaven Fiddleheads** 3:00 Tea at Three-2nd Floor **3:15 3rd World Bazaar Outing**3:15 Euchre- Library3:30-4:30 Tony’s Café Bar Open **6:30 “New” Netflix Movie-3rd floor “Jumanji”**7:00 Evening Tea-3rd fl | 910:10 Coffee Club—1st fl11:00 Tai Chi-3rd fl 2:00 Classic Movie” Oklahoma” Theatre Room 2:15 Bingo 1st floor3:00 Tea at Three-2nd Floor 3:30-4:30 Tony’s Café Bar Open **4:00 Jordan Plays Piano-1st fl** 7:00 Evening Tea-3rd flGr |
| 1010:10 Coffee Club -1st floor10:30 Giant Crossword-2nd fl11:00 Catholic Rosary Prayer11:15 Catholic Communion 2:00 Movie Fiddler On The Roof” Theatre Room 2:00 Ecumenical Service with Rev Gratton and Organist Deb3:00 Tea at Three-2nd Floor3:30-4:30 Tony’s Café Bar Open 7:00 Evening Tea-3rd fl | 11 **Remembrance Day** 10:10 Coffee Club -1st floor**10:30 Remembrance Day Ceremony with George and Prof Cammy-3rd floor** 10:30 Chair Exercises 3rd f11:00 Chair Exercises 3rd fl10:30 Catholic Rosary-chapel**1:30-2:30 George on 1st fl**2:00 Movie “ Cliff Chatterton ” ThR 3:00 Ice Cream 3:00 Tea at Three-2nd Fl 7:00 Evening Tea-3rd fl | 12 ***9:00 Manicures/ Yazmin***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 **2:30 Residents Council Meeting-3rd fl** 3:00 Tea at Three-2nd Floor 3:30 Shuffleboard-1st f3:30-4:30 Tony’s Café Bar Open 7:00 Evening Tea-3rd fl | 13 *9:00 Shopping at Barrhaven* 9:00 Chair Exercises-**1st fl**9:30 Chair Exercises-**1st fl****9-11:30 Flu Clinic-3rd floor** 10:10 Coffee Club-1st fl10:30 1st Floor Activities**2:00 Hot Chocolate Cart**2:00 Ottawa Therapy Dog Rufus Visits-3rd floor3:00 Tea at Three-2nd Floor 3:30-4:30 Tony’s Café Bar Open **6:30 “New” Netflix Movie-3rd floor** White Fang”7:00 Evening Tea-3rd fl | 1410:00 Balance Class-3rd 10:10 Coffee Club-1st fl11:15 Wellness Class-3rd2:00 Bingo-1st2:00 Art Group 1st floor3:00 Bridge 2nd fl3:00 Tea at Three-2nd Floor **3:15 Chair Ballet for Seniors-3rd** 3:30-4:30 Tony’s Café Bar Open 7:00 Evening Tea-3rd fl | 15*9:00 Manotick Shopping*9:00 Chair Exercises**9:30 Aquafit- Taxi** 9:30 Chair Exercises 3rd f10:10 Coffee Club-1st fl**2:00 Social Hour with Rick Crepin on Guitar**3:00 Tea at Three-2nd Floor3:15 Euchre- Library3:30-4:30 Tony’s Café Bar Open **6:30 “New” Netflix Movie-3rd floor ”Mowgli”**7:00 Evening Tea-3rd fl | *16*10:10 Coffee Club-1st fl11:00 Tai Chi-3rd fl 2:00 Movie” Sully ” Theatre Room2:15 Bingo 1st floor3:00 Tea at Three-2nd Floor **3:00 Gospel for Canada-3rd** 3:30-4:30 Tony’s Café Bar Open 7:00 Evening Tea-3rd flF |
| 1710:10 Coffee Club -1st floor10:30 Giant Crossword-2nd fl11:00 Catholic Rosary Prayer11:15 Catholic Communion 2:00 Movie- Kings Speech” theatre 2:00 Ecumenical Service with Rev Gratton and Organist Deb3:00 Tea at Three-2nd Floor **3:15 Kanata Choral Society-****1st floor** 3:30-4:30 Tony’s Café Bar Open **6:30 Harvest Moon Dance with the Swamp water Jazz Band-3rd floor**7:00 Evening Tea-3rd fl | 18 **Footcare Nurse In****9:30 Aquafit- ROSSS****9:15 Knitting Group**10:10 Coffee Club -1st floor10:30 Catholic Rosary-chapel10:30 Chair Exercises 3rd f11:00 Chair Exercises 3rd fl2:00 BINGO-1st fl2:00 Movie The Butler” Theatre Room3:00 Ice Cream Cart-1st 3:00 Tea at Three-2nd Floor 3**:15 GWND Band**3:30-4:30 Tony’s Café Bar Open 7:00 Evening Tea-3rd fl  | 19 9:30 Walking Club- meet at Patio 10:00 Balance Class10:10 Coffee Club -1st floor**10:00 Alpaca Sales-1st floor**10:30 Brain Games-3rd fl 11:15 Wellness Class1:30 Canasta with Peggy- 2nd fl2:00 Bingo-1st fl**3:00 Residents Council Suites**3:00 Tea at Three-2nd Floor 3:30-4:30 Tony’s Café Bar Open 3:30 Shuffleboard-1st fl**6:30 “Greenbelt Grass” Sings for you-1st fl**7:00 Evening Tea-3rd fl | 20*6:00 Euchre with Liz**9:00 Shopping at Kemptville*9:00 Chair Exercises9:30 Chair Exercises 3rd f10:10 Coffee Club-1st fl10:30 1st Floor Activities2:00 Ottawa Therapy Dog Rufus Visits-3rd floor **2:00 Hot Chocolate Cart**3:00 Tea at Three-2nd Floor**3:00 George on Piano-3rd floor**3:30-4:30 Tony’s Café Bar Open **6:30 “New” Netflix Movie-3rd floor** Ethel and Ernest”7:00 Evening Tea-3rd fl | 219:00 Reminiscence -Bdrm10:00 Balance Class-3rd 10:10 Coffee Club-1st fl**10:00 Sunshine Gifts Vendor-1st fl** **10:45 Catholic Mass with Father Plant**11:15 Wellness Class-3rd*1:15 Sightseeing Bus Outing* 2:00 Bingo-1s***2:00 Unforgettable Escapes Travel Company presents at Garden View***2:00 Art Group 1st floor3:00 Tea at Three-2nd Floor 3:00 Bridge 2nd fl**3:15 NEW Chair Ballet for Seniors-3rd fl**3:30-4:30 Tony’s Café Bar Open **7:00 Russell Community Concert Band Christmas Music-1st floor**7:00 Evening Tea-3rd fl | 22*9:00 Manotick Shopping*9:00 Chair Exercises9:30 Chair Exercises 3rd f**9:30 Aquafit- ROSSS** 10:10 Coffee Club-1st fl**2:00 Entertainment with Katherine Addleman plays** **Joseph Hayden’ compositions** **on Piano**3:00 Tea at Three-2nd Floor3:15 Euchre- Library3:30-4:30 Tony’s Café Bar Open **6:30 “New” Netflix Movie-3rd floor** The Leisure Seeker7:00 Evening Tea-3rd fl | *23*10:10 Coffee Club-1st fl11:00 Tai Chi-3rd fl 2:00 Movie” Apollo” Theatre Room2:15 Bingo 1st floor3:00 Tea at Three-2nd Floor 3:30-4:30 Tony’s Café Bar Open **4:00 Jordan Plays Piano-1st fl**7:00 Evening Tea-3rd flA |
| **24**10:10 Coffee Club -1st floor10:30 Giant Crossword Puzzle-2st 11:00 Catholic Rosary Prayer11:15 Catholic Communion***1:15 IRT Play The Importance of Being Ernest Cost $17*** 2:00 Movie “ Shall WE Dance” Theatre Room 2:00 Ecu Service Rev Gratton and Organist Deb3:00 Tea at Three-2nd Floor**3:30 Izzy and Bianca on Piano-1st floor** 3:30-4:30 Tony’s Café Bar Open 7:00 Evening Tea-3rd fl | **25****9:30 Garage Sale for Needy** **Family at Christmas -1st** **9:30 Aquafit- ROSSS**10:10 Coffee Club -1st floor10:30 Catholic Rosary-chapel10:30 Chair Exercises 3rd fl11:00 Chair Exercises 3rd fl2:00 BINGO-1st fl2:30 Movie “ Austrailia” Theatre Room3:00 Ice Cream Cart-1st 3:00 Tea at Three-2nd Floo**-3rd fl**3:30-4:30 Tony’s Café Bar Open 7:00 Evening Tea-3rd fl | 26 ***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 ***11:00 Pounds Pulse and Pressure/Chapel***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 fl7:00 Evening Tea-3rd fl | **27** *9:00 Shopping at Barrhaven*9:00 Chair Exercises9:30 Chair Exercises 3rd f10:10 Coffee Club-1st fl10:30 1st Floor Activities2:00 Ottawa Therapy Dog Rufus Visits-3rd floor **2:00 Hot Chocolate Cart****2:30 Shannon ‘s Singalong -3rd fl**3:00 Tea at Three-2nd Floor3:30-4:30 Tony’s Café Bar Open **6:30 “New” Netflix Movie-3rd floor “ Sunset Song”**7:00 Evening Tea-3rd fl | 289:00 Reminiscence -Bdrm10:00 Balance Class-3rd 10:10 Coffee Club-1st fl11:15 Wellness Class-3rd***1:30 Rideau Carleton Slots***2:00 Bingo2:00 Art Group 1st floor3:00 Tea at Three-2nd Floor 3:00 Bridge 2nd fl**3:15 Chair Ballet for Seniors-3rd fl**3:30-4:30 Tony’s Café Bar Open 7:00 Evening Tea-3rd fl2:30-4 Staff Town Hall Meeting  | 29*9:00 Manotick Shopping*9:00 Chair Exercises9:30 Chair Exercises 3rd f**9:30 Aquafit- Taxi** 10:10 Coffee Club-1st fl10:30 Giant Crossword-2nd **2:00 Entertainment and Birthday bash and Social Hour /with Kings Creek Band**3:00 Tea at Three-2nd Floor3:15 Euchre- Library3:30-4:30 Tony’s Café Bar Open **6:30 “New” Netflix Movie-3rd floor “Nostalgia”**7:00 Evening Tea-3rd fl | *30*10:10 Coffee Club-1st fl11:00 Tai Chi-3rd fl 2:00 Movie “Amour” Theatre Room2:15 Bingo 1st floor3:00 Tea at Three-2nd Floor 3:30-4:30 Tony’s Café Bar Open 7:00 Evening Tea-3rd fl |
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