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| **Sunday** | **Monday** | February 2020 Orchard Walk  **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Jan 27th**  **/ 2019**  **Saturday** |
|  | C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\804IBLXG\floating-hearts-background[1].jpg |  | C:\Program Files (x86)\Microsoft Office\MEDIA\CAGCAT10\j0230876.wmf | **February**  **is Heart**  **Health Month** |  | 1  10:10 Coffee Club-1st fl  11:00 Tai Chi-3rd fl  2:00 Imax Movie Space Station ”Theatre Room  2:15 Bingo-1st fl  3:00 Tea at Three-2nd Floor  **4:00 Jordan Plays Piano-1st fl**  Barb |
| 2  10:10 Coffee Club –1st fl  10:30 You Be The JUDGE 1st fl  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Imax Movie Mission to MIR Theatre Room  2:00 Ecumenical Service with Bob Caines and Organist Deb  3:00 Tea at Three-2nd Floor | **3** 9:15 Jeopardy-1st fl  **9:30 Aquafit ROSSS**  **10-11 OMS Walker Clinic-1st fl**  10:10 Coffee Club -1st floor  10:30 Chair Exercises 3rd f  11:00 Chair Exercises 3rd fl  10:30 Catholic Rosary-chapel  **11:15 EZ Does It-3rd fl**  *1:15 Sightseeing Bus Outing*  2:00 Bingo  2:00 Imax Movie “Hail Columbia ” Theatre Room  3:00 Ice Cream  3:00 Tea at Three-2nd Fl  3:30-4:30 Tony’s Café Bar Open | 4  ***9:00 Manicures/ Yazmin***  9:30 Mary Cook Stories by Fran- Chapel  10:00 Balance Class- 3rd  10:10 Coffee Club -1st fl  10:30 Brain Games-3rd fl  11:15 Wellness Class-3rd  **11:15 EZ Does It-3rd fl**  1:30 Canasta with Peggy- 2nd fl  3:00 Tea at Three-2nd Floor  **4:00 Rev Hartman’s Hymn Sing -3rd fl**  3:30 Shuffleboard-1st fl  3:30-4:30 Tony’s Café Bar Open | 5  *9:00 Shopping at Billings Bridge*  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club-1st fl  10:30 1st Floor Activities  **11:15 EZ Does It-3rd fl**  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  **6:30 “New” Mary Poppins Returns Netflix Movie-3r “ “”** | 6  9:00 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:10 Coffee Club-1st fl  **10:45 Catholic Mas Father Plant**  **11:15 EZ Does It-3rd fl**  11:15 Wellness Class-3r  **2:00 Fashion Show with Jonick Clothing**  2**:00 Dominoes –Boardroom**  2:00 Art Group 1st floor  3:00 Tea at Three-2nd Floor  3:00 Bridge 2nd fl  3:30-4:30 Tony’s Café Bar Open  **2:30 Staff Meeting-3rd floor** | 7  9:00 Manotick Shopping  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club—1st fl  **10:30 Giant Crossword-1st fl**  **11:15 EZ Does It-3rd fl**  **2:00 Social Hour and Entertainment with Margie and Bruce**  3:00 Tea at Three-2nd Floor  3:15 Euchre- Library  3:30-4:30 Tony’s Café Bar Open  **6:30 Valentine’s Movie- Sweethearts- Theatre Room** | 8  **9:15 Cribbage Library**  10:10 Coffee Club—1st fl  11:00 Tai Chi-3rd fl  2:00 IMAX Movie ”Destiny in Space Theatre Room  2:15 Bingo-1st fl  3:00 Tea at Three-2nd Floor  Maintenance |
| 9  10:10 Coffee Club -1st floor  10:30 Giant Crossword-1st fl  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Imax Movie Fires of Kuwait Theatre Room  2:00 Ecumenical Service with Rev Gratton and Organist Deb  3:00 Tea at Three-2nd Floor | 10  **Footcare Nurse In**  **9:15 Knitting Group**  **9:30 Aquafit ROSSS**  10:10 Coffee Club -1st floor  10:30 Chair Exercises 3rd f  11:00 Chair Exercises 3rd fl  10:30 Catholic Rosary-chapel  **11:15 EZ Does It-3rd fl**  *1:15 Rideau Carleton Slots*  2:00 BINGO-1st fl  2:00 Imax Movie “ Mark Twain’s America ” Theatre Room  3:00 Ice Cream  3:00 Tea at Three-2nd Fl  3:30-4:30 Tony’s Café Bar Open | 11  10:00 Balance Class  10:10 Coffee Club -1st floor  10:30 Brain Games-3rd fl  11:15 Wellness Class  **11:15 EZ Does It-3rd fl**  1:30 Canasta with Peggy- 2nd fl  **2:30 Residents Council Meeting-3rd fl**  3:00 Res Council Suites  3:00 Tea at Three-2nd Floor  3:30 Shuffleboard-1st f  3:30-4:30 Tony’s Café Bar Open  **6:30 Beavers Visit –CH Bar Bingo** | 12  *9:00 Shopping at Barrhaven*  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club-1st fl  10:30 1st Floor Activities  **11:15 EZ Does It-3rd fl**  **1:30 Ageless Players at GV**  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  **6:30 “New” Kramer Vs Kramer Netflix Movie-3rd floor**  7:00 Evening Meditation with Evvi  in the Chapel | 13 9:00 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:10 Coffee Club-1st fl  **11:15 EZ Does It-3rd fl**  11:15 Wellness Class-3rd  **1:30 Dollarama and Foodland Greely**  2:00 Bingo-1st  2**:00 Dominoes –Boardroom**  2:00 Art Group 1st floor  3:00 Bridge 2nd fl  3:00 Tea at Three-2nd Floor  **3:15 NEW Brain GYM – Boardroom** 3:30-4:30 Tony’s Café Bar Open | 14 **Valentine’s Day**  *9:00 Manotick Shopping*  9:00 Chair Exercises  **9:30 Aquafit ROSSS**  9:30 Chair Exercises 3rd f  10:10 Coffee Club-1st fl  **10:30 Valentines Craft 1st fl**  **11:15 EZ Does It-3rd fl**  **2:00 Valentines Party and High Tea with Bob and Don Duo – Dining ROOM**  **2:30 Raffle Draw**  3:00 Tea at Three-2nd Floor  3:15 Euchre- Library  3:30-4:30 Tony’s Café Bar Open  **6:30 “New” Benji Netflix Movie-3rd floor** | *15*  10:10 Coffee Club-1st fl  11:00 Tai Chi-3rd fl  2:00 Imax Movie ”China Theatre Room  2:15 Bingo 1st floor  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  **4:00 Jordan Plays Piano-1st fl**  Meen |
| 16  10:10 Coffee Club -1st floor  10:30 Giant Crossword-2nd fl  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Imax Movie- The Secret Life on Earth  2:00 Ecumenical Service with Rev Gratton and Organist Deb  3:00 Tea at Three-2nd Floor  d | 17 **Family Day!!**  10:10 Coffee Club -1st floor  10:30 Catholic Rosary-chapel  2:00 Imax Movie ” Blue Planet Theatre Room  3:00 Ice Cream Cart-1st  3:00 Tea at Three-2nd Floor | 18  **9:00 Manicures/ Yazmin**  10:00 Balance Class  10:10 Coffee Club -1st floor  10:30 Brain Games-3rd fl  11:15 Wellness Class  **11:15 EZ Does It-3rd fl**  1:30 Canasta with Peggy- 2nd fl  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  3:30 Shuffleboard-1st fl  3:30-4:30 Tony’s Café Bar Open | 19  *9:00 Shopping at Kemptville*  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club-1st fl  10:30 1st Floor Activities  **11:15 EZ Does It-3rd fl**  2:00 NEW Dominoes-Library  **2:00 ? Heart and Stroke Guest Speaker**  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” Fried Green Tomatoes Netflix Movie-3rd floor**  7:00 Evening Meditation with Evvi  in the Chapel | 20  9:00 Reminiscence -Bdrm  9:30 Anna’s Travelling Gifts-1st fl  10:00 Balance Class-3rd  10:10 Coffee Club-1st f  **10:45 Catholic Mas Father Plant**  **11:15 EZ Does It-3rd fl**  11:15 Wellness Class-3rd  2**:00 Dominoes –Boardroom**  2:00 Bingo-1st  **2-4 Computer Assistance with John**  2:00 Art Group 1st floor  3:00 Bridge 2nd fl  3:00 Tea at Three-2nd Floor  **3:15 Generation Gap Tricia- 1st floor**  3:30-4:30 Tony’s Café Bar Open | 21  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club-1st fl  **10:30 Ted Talk -1st fl**  **11:15 EZ Does It-3rd fl**  **2:00 Entertainment with Bella Borealis**  3:00 Tea at Three-2nd Floor  3:15 Euchre- Library  3:30-4:30 Tony’s Café Bar Open  **6:30 “New” A River Runs Through It Netflix Movie-3rd floor** | *22*  *9:00 Manotick Shopping*  10:10 Coffee Club-1st fl  11:00 Tai Chi-3rd fl  **2:00 Entertainment with Paul Kelly on Piano-1st fl**  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  Kri |
| **23**  10:10 Coffee Club -1st floor  10:30 Giant Crossword Puzzle-2st  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 IMaxMovie The Hidden Dimension Theatre Room  2:00 Ecu Service Rev Gratton and Organist Deb  3:00 Tea at Three-2nd Floor  3:15 Singer Savanah sings for you -1st fl  3:30-4:30 Tony’s Café Bar Open | **24**  **Footcare Nurse In**  **9:15 Knitting Group**  **9:30 Aquafit ROSSS**  10:10 Coffee Club -1st floor  10:30 Catholic Rosary-chapel  10:30 Chair Exercises 3rd fl  11:00 Chair Exercises 3rd fl  **11:15 EZ Does It-3rd fl**  2:00 BINGO-1st fl  2:30 Imax Movie The Dream is Alive” Theatre Room  3:00 Ice Cream Cart-1st  3:00 Tea at Three-2nd Fl  3:30-4:30 Tony’s Café Bar Open | 25  9:30 Walking Club- meet at Patio  10:00 Balance Class  10:10 Coffee Club -1st floor  10:30 Brain Games-3rd fl  ***11:00 Pounds Pulse and Pressure/Chapel***  11:15 Wellness Class  1:30 Canasta with Peggy- 2nd fl  **2:00 Grenville Gremlins Square Dancers**  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open | 26  *9:00 Shopping at Carlingwood and Lunch*  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club-1st fl  10:30 1st Floor Activities  **11:15 EZ Does It-3rd fl**  2:00 Bingo-1st fl  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  **6:30 “New” Willy Wonka and The Chocolate Factory Netflix Movie-3rd floor**  7:00 Evening Meditation with Evvi  in the Chapel | 27  9:00 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:10 Coffee Club-1st fl  **11:15 EZ Does It-3rd fl**  11:15 Wellness Class-3rd  2:00 Bingo-1st  2**:00 Dominoes –Boardroom**  2:00 Art Group 1st floor  3:00 Bridge 2nd fl  3:00 Tea at Three-2nd Floor  **3:15 NEW Brain GYM – Boardroom** 3:30-4:30 Tony’s Café Bar Open  **6:30 Chinese Cultural Demonstration-1st floor** | 28  *9:00 Manotick Shopping*  9:00 Chair Exercises  **9:30 Aquafit ROSSS**  9:30 Chair Exercises 3rd f  10:10 Coffee Club-1st fl  **10:30 Apples to Apples Board Game - boardroom**  **11:15 EZ Does It-3rd fl**  **2:00 Entertainment with Arlene Quinn and Birthday Bash**  3:00 Tea at Three-2nd Floor  3:15 Euchre- Library  3:30-4:30 Tony’s Café Bar Open  **6:30 “New” The Natural Netflix Movie-3rd floor** | 29  10:10 Coffee Club-1st fl  11:00 Tai Chi-3rd fl  2:00 Imax Movie First City in Space ” Theatre Room  2:15 Bingo-1st fl  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  **4:00 Jordan Plays Piano-1st fl**  Greta |
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