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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** |  | 110:10 Coffee Club-1st fl11:00 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 fl10:30 You Be The JUDGE 1st fl11:00 Catholic Rosary Prayer11:15 Catholic Communion2:00 Imax Movie Mission to MIR Theatre Room 2:00 Ecumenical Service with Bob Caines and Organist Deb3:00 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 floor10:30 Chair Exercises 3rd f11:00 Chair Exercises 3rd fl10:30 Catholic Rosary-chapel**11:15 EZ Does It-3rd fl** *1:15 Sightseeing Bus Outing* 2:00 Bingo2:00 Imax Movie “Hail Columbia ” Theatre Room3:00 Ice Cream 3:00 Tea at Three-2nd Fl3:30-4:30 Tony’s Café Bar Open | 4***9:00 Manicures/ Yazmin***9:30 Mary Cook Stories by Fran- Chapel 10:00 Balance Class- 3rd10:10 Coffee Club -1st fl10:30 Brain Games-3rd fl 11:15 Wellness Class-3rd **11:15 EZ Does It-3rd fl** 1:30 Canasta with Peggy- 2nd fl3:00 Tea at Three-2nd Floor **4:00 Rev Hartman’s Hymn Sing -3rd fl**3:30 Shuffleboard-1st fl3:30-4:30 Tony’s Café Bar Open  | 5*9:00 Shopping at Billings Bridge*9:00 Chair Exercises9:30 Chair Exercises 3rd f10:10 Coffee Club-1st fl10:30 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 “ “”** | 69:00 Reminiscence -Bdrm10:00 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 floor3:00 Tea at Three-2nd Floor 3:00 Bridge 2nd fl3:30-4:30 Tony’s Café Bar Open **2:30 Staff Meeting-3rd floor**  | 79:00 Manotick Shopping 9:00 Chair Exercises9:30 Chair Exercises 3rd f10:10 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- Library3:30-4:30 Tony’s Café Bar Open **6:30 Valentine’s Movie- Sweethearts- Theatre Room**  | 8**9:15 Cribbage Library**10:10 Coffee Club—1st fl11:00 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  |
| 910:10 Coffee Club -1st floor10:30 Giant Crossword-1st fl 11:00 Catholic Rosary Prayer11:15 Catholic Communion 2:00 Imax Movie Fires of Kuwait Theatre Room 2:00 Ecumenical Service with Rev Gratton and Organist Deb3:00 Tea at Three-2nd Floor  | 10**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-chapel**11:15 EZ Does It-3rd fl** *1:15 Rideau Carleton Slots* 2:00 BINGO-1st fl2:00 Imax Movie “ Mark Twain’s America ” Theatre Room3:00 Ice Cream 3:00 Tea at Three-2nd Fl3:30-4:30 Tony’s Café Bar Open  | 1110:00 Balance Class10:10 Coffee Club -1st floor10:30 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 Suites3:00 Tea at Three-2nd Floor 3:30 Shuffleboard-1st f3:30-4:30 Tony’s Café Bar Open **6:30 Beavers Visit –CH Bar Bingo**  | 12 *9:00 Shopping at Barrhaven*9:00 Chair Exercises9:30 Chair Exercises 3rd f10:10 Coffee Club-1st fl10:30 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 -Bdrm10:00 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-1st2**:00 Dominoes –Boardroom**2:00 Art Group 1st floor3:00 Bridge 2nd fl3:00 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 f10:10 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 Floor3:15 Euchre- Library3:30-4:30 Tony’s Café Bar Open **6:30 “New” Benji Netflix Movie-3rd floor**  | *15*10:10 Coffee Club-1st fl11:00 Tai Chi-3rd fl 2:00 Imax Movie ”China 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** Meen |
| 1610:10 Coffee Club -1st floor10:30 Giant Crossword-2nd fl11:00 Catholic Rosary Prayer11:15 Catholic Communion 2:00 Imax Movie- The Secret Life on Earth2:00 Ecumenical Service with Rev Gratton and Organist Deb3:00 Tea at Three-2nd Floor d | 17 **Family Day!!** 10:10 Coffee Club -1st floor10:30 Catholic Rosary-chapel2:00 Imax Movie ” Blue Planet Theatre Room3:00 Ice Cream Cart-1st 3:00 Tea at Three-2nd Floor  | 18 **9:00 Manicures/ Yazmin**10:00 Balance Class10:10 Coffee Club -1st floor10:30 Brain Games-3rd fl 11:15 Wellness Class**11:15 EZ Does It-3rd fl** 1:30 Canasta with Peggy- 2nd fl3:00 Tea at Three-2nd Floor 3:30-4:30 Tony’s Café Bar Open 3:30 Shuffleboard-1st fl3:30-4:30 Tony’s Café Bar Open | 19 *9:00 Shopping at Kemptville*9:00 Chair Exercises9:30 Chair Exercises 3rd f10:10 Coffee Club-1st fl10:30 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  | 209:00 Reminiscence -Bdrm9:30 Anna’s Travelling Gifts-1st fl10:00 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-3rd2**:00 Dominoes –Boardroom** 2:00 Bingo-1st**2-4 Computer Assistance with John**2:00 Art Group 1st floor3:00 Bridge 2nd fl3:00 Tea at Three-2nd Floor **3:15 Generation Gap Tricia- 1st floor** 3:30-4:30 Tony’s Café Bar Open  | 219:00 Chair Exercises9:30 Chair Exercises 3rd f10:10 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 Floor3:15 Euchre- Library3:30-4:30 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 fl11:00 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 floor10:30 Giant Crossword Puzzle-2st 11:00 Catholic Rosary Prayer11:15 Catholic Communion2:00 IMaxMovie The Hidden Dimension Theatre Room 2:00 Ecu Service Rev Gratton and Organist Deb3:00 Tea at Three-2nd Floor3:15 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 floor10:30 Catholic Rosary-chapel10:30 Chair Exercises 3rd fl11:00 Chair Exercises 3rd fl**11:15 EZ Does It-3rd fl** 2:00 BINGO-1st fl2:30 Imax Movie The Dream is Alive” Theatre Room3:00 Ice Cream Cart-1st 3:00 Tea at Three-2nd Fl3:30-4:30 Tony’s Café Bar Open  | 259:30 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 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 Exercises9:30 Chair Exercises 3rd f10:10 Coffee Club-1st fl10:30 1st Floor Activities**11:15 EZ Does It-3rd fl** 2:00 Bingo-1st fl3:00 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 -Bdrm10:00 Balance Class-3rd 10:10 Coffee Club-1st fl**11:15 EZ Does It-3rd fl** 11:15 Wellness Class-3rd2:00 Bingo-1st2**:00 Dominoes –Boardroom** 2:00 Art Group 1st floor3:00 Bridge 2nd fl3:00 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 f10:10 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 Floor3:15 Euchre- Library3:30-4:30 Tony’s Café Bar Open **6:30 “New” The Natural Netflix Movie-3rd floor**  | 2910:10 Coffee Club-1st fl11:00 Tai Chi-3rd fl 2:00 Imax Movie First City in Space ” Theatre Room2:15 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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