



July Horoscopes and Birthdays

In astrology, those born July 1–22 are the Crabs of Cancer. Guided by their hearts, Crabs are emotional and nurturing. They create deep bonds with friends and comfortable homes that are warm and welcoming. Those born from July 23–31 are Leo’s Lions. Leos are creative and charismatic. These natural-born leaders march to the beat of their own drum and aren’t afraid to take initiative.

- Cecilia Gorman – July 2nd
- Anita Kertzer – July 10th
- Bonnie Chevrier – July 14th
- Mahmood Haerian – Ardakani – July 16th
- Keith Peverley – July 18th
- Marina Kouri – July 31st

Days to remember...

Hair Dresser – Every Wednesday – Please call Anisa at 613.558.1697 to book an appointment

TLC Clinic – Thursday, July 6th – Come see Robert in the Chapel for any minor fix on your walker or wheelchair

Anna’s Travelling Shop – Friday, July 28th – We welcome back Anna as her shop will be set up from 10:00AM – 2:00PM in the Café Lounge on the 2nd Floor.

Bus Update...

Please note that for the month of July the bus will not be available due to maintenance updates being done.

Were sorry for the inconvenience and we look forward to resuming bus trips with you!



Notable Quotable

“In order to write about life, first you must live it.”

~ Ernest Hemingway, novelist

July

July 2023

Orchard Walk Retirement Residence |
1491 Manotick Station Road |
613.821.2233 |



Celebrating July

Family Reunion Month

Park and Recreation Month

Canada Day July 1

Independence Day (U.S.) July 4

Bastille Day (France) July 14

Muharram (Islamic New Year) Begins at sundown on July 18

World Nature Conservation Day July 28

July Birthday Party July 26

Welcome July

We are looking forward to a fun and exciting July with you!

We are looking to start a bridge and euchre club at Orchard Walk! If you play either of these games please sign up at the front desk as we need 4 players for each game!

Hardscrabble Life

From July 15–19, Las Vegas, Nevada, will host one of the most consequential and cutthroat competitions in the world: the 2023 Scrabble Players Championship. Anyone who has played Scrabble with a serious player knows how frustrating it can be. After all, many words are allowed in the game that we don’t use in common language. This is where the *Official Scrabble Players Dictionary*

comes in. This dictionary is loaded with words players can use during play, even little-known words like *atemoya*, a “Central and South American fruit,” and *sthenia*, “a condition of abnormal strength or vitality.” For years, it was even legal to play terms that are offensive, such as racial slurs and profanity. Finally, in 2021, a list of banned words was released.