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| **Sunday** | **Monday** | August 2019  **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| Image result for celebrating 20 years | July 26 th | **Pool Open 1-3**  **Weather permitting** |  | 1  9:00 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:10 Coffee Club-1st fl  11:15 Wellness Class-3r  2:00 BINGO-1st fl  3:00 Tea at Three-2nd Floor  3:00 Bridge 2nd fl  **3:00 Generation Gap Trivia-3rd floor**  3:30-4:30 Tony’s Café Bar Open | 2  9:00 Manotick Shopping  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club—1st fl  **2:00 Social Hour with Brian on Guitar**  3:00 Tea at Three-2nd Floor  3:15 Euchre- Library  3:30-4:30 Tony’s Café Bar Open | 3  10:10 Coffee Club-1st fl  10:15 Bingo 1st floor  11:00 Tai Chi-3rd fl  2:00 Classic Movie Bridges of Madison County ”Theatre Room  **2:00 Saturday Sundaes-1st floor**  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  Fem |
| 4  9:30 Chair Yoga For Seniors-3rd  10:10 Coffee Club –1st fl  10:30 Giant Crossword-2nd t fl  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  **2:00 Entertainment with K Towne Trio -3rd fl**  3:00 Tea at Three-2nd Floor  **3:15 Bugs the Bunny Visits-1st floor**  3:30-4:30 Tony’s Café Bar Open  Fem | **5**  **CIVIC STAT HOLIDAY**  10:10 Coffee Club1st d fl  10:30 Catholic Rosary-chapel  2:00 Movie “West Side Story ” Theatre Room  3:15- Ice Cream  3:00 Tea at Three-2nd Floor | 6 *11:15 Men’s Luncheon Outing*  10:00 Balance Class- 3rd  10:10 Coffee Club -1st fl  10:30 Brain Games-3rd fl  11:15 Wellness Class-3rd  1:30 Canasta with Peggy- 2nd fl  2:00 Bingo-1st fl  3:00 Tea at Three-2nd Floor  3:30 Shuffleboard-1st fl  3:30-4:30 Tony’s Café Bar Open  4:00 St John Ambulance Dog “Tesla”-1st floor | 7*9:00 Shopping at Billings*  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club-1st fl  10:30 3rd Floor Activities  **2:00 Music on the Patio with Arlene Quinn /campfire**  2:00 Art Group 1st floor  **2:30 Travelling Root Beer Floats**  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open | 8  9:00 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:10 Coffee Club-1st fl  **10:45 Catholic Mass with Father Plant**  11:15 Wellness Class-3r  2:00 BINGO-1st fl  3:00 Tea at Three-2nd Floor  3:00 Bridge 2nd fl  3:30-4:30 Tony’s Café Bar Open | 9  9:00 Manotick Shopping  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club—1st fl  10:30 Giant Crossword-2nd fl  **2:00 Social Hour and Entertainment with Musical Memories**  3:00 Tea at Three-2nd Floor  3:15 Euchre- Library  3:30-4:30 Tony’s Café Bar Open | 10  10:10 Coffee Club—1st fl  10:15 Bingo 1st floor  11:00 Tai Chi-3rd fl  2:00 Classic Movie” Lassie Come Home Theatre Room  3:00 Tea at Three-2nd Floor  J |
| 11  10:10 Coffee Club -1st floor  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Movie Son of Lassie “Theatre Room  2:00 Ecumenical Service with Rev Gratton and Organist Deb  3:00 Tea at Three-2nd Floor | 12 **Footcare Nurse In**  *9:00 Foodland /DollaramaGreely*  9:15 Jeopardy-1st fl  9:15 Cribbage-library  10:10 Coffee Club -1st floor  10:30 Chair Exercises 3rd f  11:00 Chair Exercises 3rd fl  10:30 Catholic Rosary-chapel  **11-2 Home Sweet Home Vendor-1st**  **1-1:30 Water Exercises- pool**  *1:30 Rideau Carleton Slots*  2:00 Bingo  2:00 Movie “Courage of Lassie ” Theatre Room  3:00 Ice Cream  3:00 Tea at Three-2nd Fl  3:30-4:30 Tony’s Café Bar Open | 13  9:30 Walking Club- meet at Patio  10:00 Balance Class  10:10 Coffee Club -1st floor  10:30 Brain Games-3rd fl  11:15 Wellness Class  1:30 Canasta with Peggy- 2nd fl  2:00 Mystery Wine Tasting with Smokie Ridge -2nd floor  3:00 Tea at Three-2nd Floor  3:30 Shuffleboard-1st f  3:30-4:30 Tony’s Café Bar Open  4:00 St John Ambulance Dog “Tesla”-1st floor | 14  *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 3rd Floor Activities  2:00 Art Group 1st fl  2:00 Ottawa Therapy Dog Rufus Visits-3rd floor  **2:30 Travelling Root Beer Floats**  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open | 15  9:00 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:10 Coffee Club-1st fl  **10:45 Catholic Mass with Father Plant**  11:15 Wellness Class-3rd  *1:15 Sightseeing Bus Outing*  2:00 Bingo-1st  3:00 Bridge 2nd fl  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open | 16  *9:00 Manotick Shopping*  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club-1st fl  **10:30 Shannon ‘s Singalong -3rd fl**  **2:00 Entertainment by Papa’s Friends and Social Hour**  3:00 Tea at Three-2nd Floor  3:15 Euchre- Library  3:30-4:30 Tony’s Café Bar Open | *17*  10:10 Coffee Club-1st fl  10:15 Bingo-1st fl  11:00 Tai Chi-3rd fl  2:00 Movie” When Harry met Sally ” Theatre Room  3:00 Tea at Three-2nd Floor  BA |
| 18  10:10 Coffee Club -1st floor  10:30 Giant Crossword-2nd fl  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Ecumenical Service with Rev Gratton and Organist Deb  2:00 Movie The Wizard of Oz Theatre Room  3:00 Tea at Three-2nd Floor | 19  9:15 Jeopardy-1st fl  9:15 Cribbage-library  **10-11 OMS Walker Clinic**  10:10 Coffee Club -1st floor  10:30 Catholic Rosary-chapel  10:30 Chair Exercises 3rd f  11:00 Chair Exercises 3rd fl  **1-1:30 Water Exercises- pool**  2:00 BINGO-1st fl  2:00 Movie “Love’s Enduring Promise ” Theatre Room  3:00 Ice Cream Cart-1st  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open | 20  *9:00 Manicures/ Yazmin*  9:30 Walking Club- meet at Patio  10:00 Balance Class  10:10 Coffee Club -1st floor  10:30 Brain Games-3rd fl  11:15 Wellness Class  *11:30 Fishing Trip with Ron*  1:30 Canasta with Peggy- 2nd fl  2:00 Bingo-1st fl  3:00 Tea at Three-2nd Floor  **3:15 Current Events with Prof Cammy-3rd floor**  3:30-4:30 Tony’s Café Bar Open  3:30 Shuffleboard-1st fl  4:00 St John Ambulance Dog “Tesla”-1st d floor | 21  *6:00 Euchre with Liz*  *9:00 Shopping at Kemptville*  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club-1st fl  10:30 3rd Floor Activities  2:00 Ottawa Therapy Dog Rufus Visits-3rd floor  2:00 Art Group 1st floor  **2:30 Travelling Root Beer Floats**  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open  **3:00 Entertainment with George on Piano-3rd floor**  **5:30 GV Birthday party with George** | 22  9:00 Reminiscence -Bdrm  10:00 Balance Class-3rd  10:10 Coffee Club-1st fl  11:15 Wellness Class-3rd  2:00 Bingo-1s  3:00 Tea at Three-2nd Floor  3:00 Bridge 2nd fl  3:30-4:30 Tony’s Café Bar Open | 23  *9:00 Manotick Shopping*  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club-1st fl  10:30 Giant Crossword-2nd  **2:00 Entertainment with The Rivermen and Social Hour /**  3:00 Tea at Three-2nd Floor  3:15 Euchre- Library  3:30-4:30 Tony’s Café Bar Open | *24*  10:10 Coffee Club-1st fl  10:15 Ron’s Bingo1st d floor  11:00 Tai Chi-3rd fl  2:00 Movie” Gone with the Wind ” Theatre Room  3:00 Tea at Three-2nd Floor  Ron |
| **25**  10:10 Coffee Club -1st floor  11:00 Catholic Rosary Prayer  11:15 Catholic Communion  2:00 Movie Theatre Room  2:00 Ecu Service Rev Gratton and Organist Deb  2:00 Movie Fiddler on the Roof Theatre Room  3:00 Tea at Three-2nd Floor | **26 Footcare Nurse In**  9:15 Jeopardy-1st fl  9:15 Cribbage-library  10:10 Coffee Club -1st floor  10:30 Catholic Rosary-chapel  10:30 Chair Exercises 3rd fl  11:00 Chair Exercises 3rd fl  **1-1:30 Water Exercises- pool**  2:00 BINGO-1st fl  2:00 Movie “Where the Red Fern Grows” Theatre Room  3:00 Ice Cream Cart-1st  3:00 Tea at Three-2nd Floor  **3:15 GWND Band-3rd fl**  3:30-4:30 Tony’s Café Bar Open | **27**  *9:00 Manicures/ Yazmin*  9:30 Walking Club- meet at Patio  10:00 Balance Class  10:10 Coffee Club -1st floor  10:30 Brain Games  *11- 12 Pounds Pulse /Pressure-Chapel*  11:15 Wellness Class  1:30 Canasta with Peggy- 2nd fl  **2:00 Cocktail Demonstration with Tony- 1st floor**  3:00 Tea at Three-2nd Floor  3:30 Shuffleboard-1st f  3:30-4:30 Tony’s Café Bar Open  4:00 St John Ambulance Dog “Tesla”-1st floor | 28  *9:00 Shopping at Barrhaven*  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club-1st fl  10:30 3rd Floor Activities  2:00 Ottawa Therapy Dog Rufus Visits-3rd floor  2:00 Art Group 1st floor  **2:30 Travelling Root Beer Floats**  3:00 Tea at Three-2nd Floor  3:30-4:30 Tony’s Café Bar Open | 29  9:00 Reminiscence -Bdrm  **10:00 “New” Clothing by “Jonick Clothing”Vendor-1st fl**  10:00 Balance Class-3rd  10:10 Coffee Club-1st fl  11:15 Wellness Class-3rd  2:00 Bingo-1s  2:00 Residents Handwashing Demo  3:00 Tea at Three-2nd Floor  3:00 Bridge 2nd fl  3:30-4:30 Tony’s Café Bar Open  Staff Handwashing In service  2:45 p.m. | 30  *9:00 Manotick Shopping*  9:00 Chair Exercises  9:30 Chair Exercises 3rd f  10:10 Coffee Club-1st fl  10:30 Spelling Bee-2nd fl  **2:00 Birthday Party and Entertainment with Alan Ryan and Social Hour** **/**  3:00 Tea at Three-2nd Floor  3:15 Euchre- Library  3:30-4:30 Tony’s Café Bar Open | *31*  10:10 Coffee Club-1st fl  10:15 Bingo-1st floor  11:00 Tai Chi-3rd fl  2:00 Movie” The Sound of Music Theatre Room  3:00 Tea at Three-2nd Floor  Mee |
|  |  |  | Image result for celebrating 20 years |  |  | **July 29th** |