



Are you interested in  
Volunteering??  
Looking for volunteers at  
Orchard Walk Call Activities  
at 613-821-2233-ext #415/417

### In House Services

Hearing Aid Clinic  
Sign up at Reception  
Foot Care Nurse  
In twice a month  
Laundry Service  
5 days a week  
Eye Clinic Available  
Multi-gen Dental  
Clinic

Whirl Pool Bath  
7 days a week  
Jackie's Hair Salon  
Books on Tape &  
Large Print Books  
Available  
Aesthetician & Massage  
Therapy

Looking for more information about  
Orchard Walk Retirement Community &  
Garden View Senior Apartments?  
Join us for lunch and a tour !  
Please contact—Amie  
at 613 821-2233 ext. 472

Resident Council Meeting  
Orchard Walk Retirement  
Tuesday, June 12th 2018 at 2:30 p.m.  
Garden View  
Tuesday, June 19th  
at 3:00 p.m.  
Minutes for the Residents Council  
Meetings are available at the Front Desk



# The Messenger



A Warm  
Welcome to our  
New Residents...  
Beryl Budzinski  
Jean Bernard Lemay  
Helgi Tiisler

*Everyone Welcome!*  
*Fathers Day BBQ at*  
*Orchard Walk*  
*Retirement*  
*Sunday, June 17th*  
*at Noon to 2:00 p.m.*  
*Please call Reception to*  
*Reserve 613-821-2233*

**FUN**  
**BRAVE**  
**PATIENT**  
**HERO**  
**WISE**  
**CARING**

# What's Happening Next Month.....



Canada Day Celebration  
BBQ Supper &  
Entertainment by Bob & Don  
Sunday, July 1st at 5:00 p.m.  
Patio

# O.W. Musical Entertainment

Sing along with Margie, Bruce ,  
Al & Friends  
Fri. June 1st at 2:00 p.m.

Sing along with Shannon  
Mon. June 4th at 3:30 p.m.

Rev. Hartman 's Hymn Sing  
Tues. June 5th at 4:00 p.m.

Entertainment by Papa & Friends  
Fri. June 8th at 2:00 p.m.

Entertainment by Simon Clarke  
Fri. June 15th at 2:00 p.m.

George Ritchie plays Piano  
Wed. June 20th at 2:00 p.m.

Entertainment by Musical Memories  
Fri. June 22nd at 2:00 p.m.

Entertainment by Sylvester  
& Birthday Bash  
Fri. June 29th at 2:00 p.m.



# Out & About...



## Bus Outings and Shopping trips:

Manotick Shopping  
Morning  
Fridays at 9:15 a.m.

Billings Bridge Mall  
Wed. June 6th  
at 9:15 a.m.

Barrhaven (Walmart)  
Wed. June 13th  
at 9:15 a.m.

Kars Summer  
Luncheon  
Thurs. June 14th  
at 11:15 a.m.

Value Village  
Wed. June 20th  
at 9:15 a.m.

Sightseeing Bus Trip  
Thurs. June 21st  
at 1:30 p.m.

Bus To NOWHERE??  
Thurs. June 25th  
at 1:30 p.m

Carlingwood Mall &  
Lunch out  
Wed. June 27th  
at 9:15 a.m.



Open House to the public...  
Everyone Welcome!!!

Highway 43 Car  
Club  
Fri. June 8th  
at 10:30 a.m.

Dinner & Dance  
with Bob & Don  
Thurs. June 14th  
at 6:30-7:30 p.m.

Pie BINGO  
Bonanza  
Wed. June 20th  
At 6:00 p.m.

Strawberry Social  
Entertainment by  
Spencer Scharf  
Tues. June 26th  
At 2:30 p.m.

# Resident of the Month.....

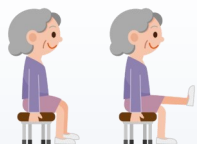


Mary Corbett



Ann Docherty

# Open to the Public Services.....



## Chair Yoga with Georgia

Tuesday, June 5th & 19th at 9:45 a.m.

## Aging Backwards with Amanda

Tuesday, June 12th & 26th  
at 9:45 a.m.



# Religious Services



## Ecumenical Services

with Bob Caines, Rev. Ed Gratton

& Kathryn Holman on Sundays at 2:00 p.m.

Ecumenical Service with Rev Philip Kim

Thursday, June 28th at 10:00 a.m.

Roman Catholic Mass with Father Titus

Thursday , June 7th & 21st at 10:45 a.m.

Roman Catholic Communion Sundays at 11:15 a.m.

Roman Catholic Rosary Prayer

Sundays at 11:00 a.m.

Tuesdays at 11:15 a.m.



## Chair Exercise Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30	10:00	9:30	10:00	9:30	11:00
	Chair Exercises	Balance Class	Chair Exercises	Balance Class	Chair Exercises	Tai Chi
	10:00	10:45	10:00	10:45	10:00	
	Chair Exercises	Wellness Class	Chair Exercises	Wellness Class	Chair Exercises	



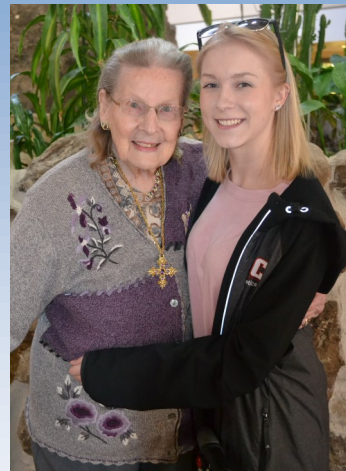
## Chair Exercise Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2:00	1st & 3rd	10:45	2:00	10:45	
	Balance Class	9:45	Chair Exercise	Balance Class	Chair Exercise	
	With Jake	Chair Yoga	With Rozsa	With Jake	With Rozsa	
		2nd & 4th				
		Aging back-wards with Amanda				





# Memories.....



# Memories.....

