


Special Program

 Information session by the
Dementia Society
 "Forget me not"
Monday, July 23rd at 7:00 p.m.
 Please sign up at Front Desk
 at 613-821-0660 or 613 821 2233

Aqua Fit Classes



every Tuesday at 2:30 p.m.
 Weather Permitting



The Messenger



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**

A Warm
 Welcome to our
 New Residents...
 Monique Bertrand
 Pat McGuire
 Don & Rita Power
 Rita McDermid
 Jean Lemay,
 Helgi Tiisler,
 Beryl Budzinski,
 Lydia Tomasek,
 Inge Rosenthal,

Canada Day Celebration BBQ Supper & Entertainment

by Bob & Don
 Sunday, July 1st
 at 5:00 p.m.

Family Welcome

**Canada Day BBQ, we are accepting donations of
 food, or cash to support our local community
 food cupboard.**

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

Follow us on Facebook at Orchard Walk

Retirement Community



Did you know of
 our referral
 program??”

Please ask Amie how you can earn
 \$750.00 either for yourself or your
 favourite charity.



What's Happening Next Month.....

Bingo Bonanza



Open to the public Pie BINGO

Cost \$1.00 per card

Thursday, August 23rd at 6:00 p.m.

O.W. Musical Entertainment

Sing along with Shannon
Mon. July 2nd at 3:30 p.m.

Sing along with Margie, Bruce ,
Al & Friends
Fri. July 6th at 2:00 p.m.

Entertainment by Stanley Frank
Fri. July 13th at 2:00 p.m.

George Ritchie plays Piano
Wed. July 18th at 2:00 p.m.

Entertainment by Grateful we are
Not Dead Band
Wed. July 25th at 2:00 p.m.

Entertainment by Alan Ryan on piano
& Birthday Bash
Fri. July 27th at 2:00 p.m.

Entertainment with The Barrhaven
Fiddleheads & Krissy & Kevin's
Wedding Vows renewed
Monday, July 30th at 2 p.m.



Out & About....



Bus Outings and Shopping trips:

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

Barrhaven (Walmart)
Wed. July 11th
at 9:15 a.m.

Carlingwood Mall &
Lunch out
Wed. July 25th
at 9:15 a.m.

Billings Bridge Mall
Wed. July 4th
at 9:15 a.m.

Kemptville (Walmart)
Wed. July 18th
at 9:15 a.m.

Bus To NOWHERE??
Wed. July 4th
at 1:30 p.m.

Sightseeing Bus Trip
Thurs. July 26th
at 1:30 p.m.



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

Summer Dinner & Dance
With Entertainment by
The Swampwater Jazz Band
Saturday, July 28th at 3:30-5:00 p.m.

Guest Speaker from the
Dementia Society
Monday, July 23rd at 7:00 p.m.
Garden View

Resident of the Month.....



Jean Wilde



Bea Beaudry

Open to the Public Services.....



Chair Yoga with Georgia

Tuesday, July 3rd & 17th at 9:45 a.m.

Aging Backwards with Amanda

Tuesday, July 10th, 24th & 31st

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 Bob Caines

Thursday, July 26th at 10:00 a.m.

Roman Catholic Mass with Father Titus

Thursday, July 5th & 19th 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 Paul	Chair Yoga	With Rozsa	With Paul	With Rozsa	
		2nd & 4th				
		Aging backwards with Amanda				



Memories.....



Memories.....

