### Open to the Public Services......

#### Chair Yoga with Georgia

Tuesday, September 11th & 25th at 1:30 p.m.

Orchard Walk 3rd floor

#### In House Services



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









# The Messenger



"NEW"

Pub Night!!

Wednesday, Sept 5th

1st Wednesday of the month

Billiards/ Air Hockey/Shuffleboard

Wine and Beer available

At 6:30 p.m.

Orchard Walk

A Warm

Welcome to our

New Residents...

Bob Moir O.W.

Elizabeth Schumann O.W.

Jocelyne Lachance G.V.

Elizabeth Pederson O.W.

Russ Stapleton O.W.

Victor and Madeline Smith O.W.

Gwen McGee O.W.

Linda Beauchamp O.W.

Joe Heenan O.W.

Afternoon Tea

Every Day

at 3:00 p.m.

2nd floor

Orchard Walk

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



Please bring any small house hold items



& clothing to Activities

Monday, October 29<sup>th</sup> at 9:30 a.m.

Orchard Walk

All money collected goes to a senior in need this Christmas

#### O.W. Musical Entertainment

Hymn Sing with Rev. Hartman Tues. Sept. 4th at 4:00 p.m.

Entertainment with Double Standard And LIVING WISH for John Le May-Fri. Sept. 7th at 2:30 p.m.

Entertainment with Arlene Quinn Fri. Sept. 14th at 2:00 p.m.

Entertainment with
Grateful We Are Not Dead Band
Monday, Sept. 17th at 3 p.m.

George Ritchie plays Piano Wed. Sept. 19th at 2:00 p.m.

Entertainment with Stanley Frank

Fri. Sept. 21st at 2:00 p.m.

Sing along with Shannon Mon. Sept. 24th at 3:30 p.m.

Sing along with Margie, Bruce, Al & Friends
Wed. Sept. 26th at 2:00 p.m.

Entertainment and Birthday Bash with Elvis Impersonator Paul Warren

Friday, Sept. 28th 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. Sept. 5th at 9:15 a.m.

Kemptville (Walmart) Wed. Sept. 12th

Ved. Sept. 12th **B**a at 9:15 a.m.

#### Gatineau Hills Tour

Thurs. Sept. 13th at 1:30 p.m.

Lunch at Pearl House Chinese Restaurant Mon. Sept. 17th at 11:45 a.m.

Barrhaven (Walmart) Wed. Sept. 19th at 9:15 a.m.

#### Rideau Carleton Slots

Mon. Sept 24th at 2:00 p.m.

#### Sightseeing Bus Trip

Thurs. Sept. 27th at 1:30 p.m.

## Carlingwood Mall & Lunch out

Wed. Sept. 26th at 9:15 a.m.



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

Harvest Festival & Entertainment by Duo Oz Sun. Sept. 23rd from 2-4 p.m. Orchard Walk

Entertainment with
Spencer Scharf
Sun. Sept. 23rd
from 2-4 p.m.
Garden View

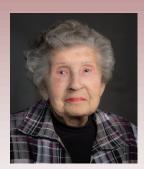
#### Resident of the Month......





Collette Christmas





Nan Buchanan

#### **Professional Referral Program**

Call Amie for more information 613-821-2233

Garden View



# You could receive \$750

If the person(s) you have referred decides to move in into Orchard Walk or Garden View, we will be pleased to reward you with a cheque for \$750 as a token of our appreciation following the move-in and after resident has resided at the residents for 30 days. ORCHARD WALK

Some conditions may apply\*

This referral bonus can be donated to a charity of your choice, given back to the resident, or used towards a staff appreciation event.





# Religious Services



#### **Ecumenical Services**

with Bob Caines and Rev. Ed Gratton on Sundays at 2:00 p.m.

Ecumenical Service with Rev. Philip Kim

Thursday, September 27th at 10:00 a.m.

#### Roman Catholic Mass with Father Titus

Thursday, September 6th & 20th at 10:45 a.m.

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

#### Roman Catholic Rosary Prayer

Sundays at 11:00 a.m. Mondays at 10:30 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	
		"New" 1:30				
		Chair Yoga				



#### Chair Exercise Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2:00		10:45	2:00	10:45	
	Balance Class		Chair Exercise	Balance Class	Chair Exercise	
	With Paul		With Rozsa	With Paul	With Rozsa	



# Memories.....





# Memories.....



























