

## 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

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



September  
2018

# The Messenger



"NEW"

Pub Night!!

Wednesday, Sept 5<sup>th</sup>

1<sup>st</sup> 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 Stanley Frank  
Fri. Sept. 21st at 2:00 p.m.

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

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

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

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

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

Entertainment and Birthday Bash with  
Elvis Impersonator Paul Warren  
Friday, Sept. 28th at 2:00 p.m.

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

# Out & About....



## Bus Outings and Shopping trips:

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

Gatineau Hills Tour  
Thurs. Sept. 13th  
at 1:30 p.m.

Rideau Carleton Slots  
Mon. Sept 24th  
at 2:00 p.m.

Billings Bridge Mall  
Wed. Sept. 5th  
at 9:15 a.m.

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

Sightseeing Bus Trip  
Thurs. Sept. 27th  
at 1:30 p.m.

Kemptville (Walmart)  
Wed. Sept. 12th  
at 9:15 a.m.

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



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.



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 Chair Exercises	10:00 Balance Class	9:30 Chair Exercises	10:00 Balance Class	9:30 Chair Exercises	11:00 Tai Chi
	10:00 Chair Exercises	10:45 Wellness Class "New" 1:30 Chair Yoga	10:00 Chair Exercises	10:45 Wellness Class	10:00 Chair Exercises	



## Chair Exercise Classes

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





# Memories.....



# Memories.....

