

Kate's Corner

As summer comes to an end, we prepare for the winter season (an unavoidable predicament). We encourage all residents and staff to get flu shots. We will be hosting education sessions for residents and staff in early October. The Nursing department will be coordinating the flu vaccination process. Stay tuned for details. Falls are also higher in the winter so make sure you have sturdy soled boots, spikes on canes and any other additional safety devices that will lessen the likelihood of a slip or fall. We'll do our part with salting and shovelling but unfortunately due to our Canadian winters – clear pavement is not a realistic expectation!

We have a Country Harvest Celebration and Open House on September 24th, Julie and Michael will be providing everyone with more details. I hope your friends and family can attend. Our parties are always the best of the best!

Rebecca, our Director of Care has taken a Parental Leave of Absence. We wish her all the best with the new addition to her family. Lisa Doering is taking over the Nursing Department in Rebecca's absence. I know we are in the best of hands. Please do not hesitate to see Lisa if you have any nursing related questions or concerns.

As we approach full occupancy, we are stabilizing all department routines and staffing. I thank you for your patience in our first year as we had several growing pains. Our staff are amazing and I give special thanks to all of them for their patience and understanding as we flew by the seat of our pants at times. The first year of operation is challenging but in my experience, also one of the best times as we bond and learn together.

As always, my door is always open and I invite you to pop in.

Kate

New Activities Starting in September

Fine Music Mondays - Enjoy some time listening to classical music.. Maybe chat with others

Open Art with Audrey - Audrey Proulx will be hosting an art session, residents interested in colouring and painting are welcome to come

News and Views - Enjoy worldly discussions or news from our own backyard come discuss or get informed

Intergenerational Program - Enjoy spending time with young children, come and enjoy the young faces at play

See the Weekly Highlights for dates

Floor Shuffleboard - Enjoy a game of shuffleboard and maybe beat Joe out of his element!

School Box in Support of the Rotary Club

September is upon us and the kids will be going back to school. Many children will not have the supplies needed to be prepared for school. Let's come together and pack a bag for a child in need.

There will be a backpack at the front desk for us to fill with notebooks, pencils, colouring pencils and more!



Any donations are greatly appreciated.



September 2017 Activities Calendar



Orchard View by the Mississippi Activities for September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Thanks You!</p> <p>All of us at Orchard View would like to thank the Hub for their generosity in helping our Bingo program on the 4th floor. Their donations are well received by the residents on our Memory Liv-</p>	 <p>The Mills Events and Outings are now listed in our calendar. Should you wish to partake please contact Jan at 613-256-1031</p> <p>Mills Community Support (MCS)</p>	<p><u>Legend</u> Atrium (A) Library (L) Multi Purpose Room (MPR) Bistro (B) Second Floor (2nd FL) Third Floor (3rd FLL) Kitchen (K) 4th Floor (4th FL) Patio (P)</p>	<p>Second Floor Lounge (2nd FLL) Dining Room (DR) Salon (SL) Spa (S) Theatre (TH) Chapel (CH) Outing (O) Wellness Centre (WC) Mills Community Support Activity (MCS)</p>		<p>1 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:00 Coffee & Tea Social (3rd FLL) 2:00 Chat with Pat (MPR) 3:00 Happy Hour Social and Entertainment with Roxy Swan (A) 4:00 Chair Yoga (TH) 7:00 Movie Night (TH)</p>	<p>2 11:00 Morning Game of Shuffleboard (MPR) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Game of Euchre (MPR) 7:00 Movie Night (TH)</p>
<p>3 9:45 Catholic Communion (CH) 11:00 Morning Social (B) 11:00 Grace Anglican Church Service (CH) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Scrabble (2nd FLL) 3:00 Game of Cards—Resident's Choice (MPR) 7:00 Shuffle Board Game (MPR)</p>	<p>4 11:00 Shuffleboard (MPR) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Game of Euchre (MPR) 4:00 Chair Yoga (TH) 7:00 Movie Night (T)</p> <p><i>Holiday Monday!</i></p>	<p>5 Rideau Carleton Raceway and Buffet Supper 10:00 Fitness Class (WC) 10:45 Mystery Drive (O) 1:00 Wood Carving (WC) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Game of Bridge (2nd FLL) 3:00 Smoothie Social (A) 4:00 A Trip to France with Michael (TH) 7:00 Evening Game of Pool (MPR)</p>	<p>6 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:00 Minds in Motion (MPR) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Almonte Hookers & Knitters (2nd FLL) 4:00 Chair Yoga 7:00 Game of Euchre (MPR) 7:00 Movie Night (TH)</p>	<p>7 10:00-11:30 Blood Pressure and Weight Clinic (3rd FL NS) 10:00 Fitness Class (WC) 10:15 Seniors Expo (O) 11:00 News and Views (MPR) 11:00 Open Art with Audrey (2nd FLL) 2:00 Coffee & Tea Social (3rd FLL) 3:00 Afternoon Movie (TH) 7:00 Bingo with Joanna (MPR) 7:00 Euchre (2ndFL)</p>	<p>8 Fit as a Fiddle Senior's Exercise 9:45 Shopping Trip to Walmart in Carleton Place (O) 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 2:00 Coffee & Tea Social (3rd FLL) 2:00 Chat with Pat (MPR) 3:00 Happy Hour Social (A) 4:00 Chair Yoga (TH) 7:00 Movie Night (TH)</p>	<p>9 River Run in Support of the Almonte General Hospital 9:00 Cheering Squad for the Mississippi Mills River Run 11:00 Morning Game of Shuffleboard (MPR) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Game of Euchre (MPR) 4:00 Toronto Blue Jays Game (TH) 7:00 Movie Night (TH)</p>
<p>10 9:45 Catholic Communion (CH) 11:00 Morning Social (B) 11:00 Grace Anglican Church Service (CH) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Scrabble (2nd FLL) 3:00 Game of Cards—Resident's Choice (MPR) 7:00 Shuffle Board Game (MPR)</p>	<p>11 Tour of the Bank of Canada Strength and Balance 10:00 Fitness Class (WC) 11:00 Orchard View Chorus Practice (3rd FLL) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Game of Euchre (MPR) 3:00 Fine Music Monday (TH) 4:00 Chair Yoga (TH) 7:00 Movie Night (T)</p>	<p>12 10:00 Fitness Class (WC) 10:45 Mystery Drive (O) 1:00 Wood Carving (WC) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Game of Bridge (2nd FLL) 3:00 Smoothie Social (A) 7:00 Evening Game of Pool (MPR)</p>	<p>13 Strength and Balance 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:00 Minds in Motion (MPR) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Almonte Hookers & Knitters (2nd FLL) 4:00 Chair Yoga 4:00 Floor Shuffleboard (WC) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)</p>	<p>14 Trip to Billings Estate 10:00 Fitness Class (WC) 11:00 News and Views (MPR) 11:00 Open Art with Audrey (2nd FLL) 2:00 Coffee & Tea Social (3rd FLL) 3:00 Afternoon Movie (TH) 3:00 Orchard View Fair (A) 7:00 Bingo with Joanna (MPR) 7:00 Euchre (2ndFL)</p>	<p>15 9:45 Shopping Trip to Carlingwood (O) 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 11:00 Catholic Mass (CH) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Chat with Pat (MPR) 3:00 Happy Hour and Entertainment with Twilight Two (A) 4:00 Chair Yoga (TH) 7:00 Movie Night (TH)</p>	<p>16 11:00 Morning Game of Shuffleboard (MPR) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Game of Euchre (MPR) 7:00 Movie Night (TH)</p>
<p>17 9:45 Catholic Communion (CH) 11:00 Morning Social (B) 11:00 Grace Anglican Church Service (CH) 1:45 Annual Apple Pie Fest (O) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Scrabble (2nd FLL) 3:00 Game of Cards—Resident's Choice (MPR) 7:00 Shuffle Board Game (MPR)</p>	<p>18 Strength and Balance Visit to Valleyview Little Animal Farm 9:30—11:00 Intergenerational Play Date (3rd FLL) 10:00 Fitness Class (WC) 11:00 Orchard View Chorus Practice (3rd FLL) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Game of Euchre (MPR) 3:00 Fine Music Monday (TH) 4:00 Chair Yoga (TH) 7:00 Movie Night (TH)</p>	<p>19 Music and Memories Lunch 10:00 Fitness Class (WC) 9:45 Care and Share Support Group (O) 10:45 Mystery Drive (O) 1:00 Wood Carving (WC) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Game of Bridge (2nd FLL) 3:00 Smoothie Social (A) 7:00 Evening Game of Pool (MPR)</p>	<p>20 Strength and Balance 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:00 Minds in Motion (MPR) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Almonte Hookers & Knitters (2nd FLL) 3:00 Audiology Clinic (Spa) 4:00 Chair Yoga 7:00 Game of Euchre (MPR) 7:00 Movie Night (TH)</p>	<p>21 10:00 Fitness Class (WC) 11:00 News and Views (MPR) 11:00 Open Art with Audrey (2nd FLL) 2:00 Coffee & Tea Social (3rd FLL) 2:30 Open Art (2nd FLL) 3:00 Presentation from Dr. Deschenes (TH) 7:00 Bingo with Joanna (MPR) 7:00 Euchre (2ndFL)</p>	<p>22 Fit as a Fiddle Senior's Exercise 10:00 Trip to the Carp Fair (O) 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 2:00 Coffee & Tea Social (3rd FLL) 2:00 Chat with Pat (MPR) 3:00 Happy Hour Social (A) 4:00 Chair Yoga (TH) 7:00 Movie Night (TH)</p>	<p>23 11:00 Morning Game of Shuffleboard (MPR) 1:00 Toronto Blue Jays Game (TH) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Game of Euchre (MPR) 6:45 Country Dance in Perth (O) 7:00 Movie Night (TH)</p>
<p>24 Country Harvest - Open House 9:45 Catholic Communion (CH) 11:00 Morning Social (B) 11:00 Grace Anglican Church Service (CH) 1-4:00Country Harvest (A) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Scrabble (2nd FLL) 3:00 Game of Cards—Resident's Choice (MPR) 7:00 Shuffle Board Game (MPR)</p>	<p>25 Strength and Balance Parkinson's Support Group 10:00 Fitness Class (WC) 11:00 Open Art with Audrey (2nd FLL) 11:00 Orchard View Chorus Practice (3rd FLL) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Game of Euchre (MPR) 3:00 Fine Music Monday (TH) 4:00 Chair Yoga (TH) 7:30 Movie Night (TH)</p>	<p>26 10:00 Fitness Class (WC) 10:45 Mystery Drive (O) 1:00 Wood Carving (WC) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Game of Bridge (2nd FLL) 3:00 New Resident Meet & Greet (B) 7:00 Evening Game of Pool (MPR)</p>	<p>27 Strength and Balance Retired Not Expired Walking Group 10:00 Fitness Class (MPR) 10:00 Tuck Shop Open 10:00 Minds in Motion (MPR) 11:00 Entertainment with Joe Princiotta (A) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Almonte Hookers & Knitters (2nd FLL) 4:00 Chair Yoga 4:00 Floor Shuffleboard (WC) 7:00 Game of Euchre (MPR) 7:00 Movie Night (TH)</p>	<p>28 10:00 Fitness Class (WC) 11:00 Town Hall Meeting (MPR) 1:00 Visit to Mosaic Canada 150 (O) 2:00 Coffee & Tea Social (3rd FLL) 3:00 Afternoon Movie (TH) 7:00 Bingo with Joanna (MPR) 7:00 Euchre (2ndFL)</p>	<p>29 9:45 Shopping Trip to Giant Tiger (O) 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 2:00 Coffee & Tea Social (3rd FLL) 2:00 Chat with Pat (MPR) 3:00 Happy Hour Social and Entertainment with Mainly Strings (A) 4:00 Chair Yoga (TH) 7:00 Movie Night (TH)</p>	<p>30 11:00 Morning Game of Shuffleboard (MPR) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Game of Euchre (MPR) 7:00 Movie Night (TH)</p> <p>Lost and Found on display all Weekend</p>