

Kate's Corner

The fall is passing and we prepare for another winter. As a Canadian, I have enjoyed the snow and clean, crisp air of our winter months but I must admit, it becomes more difficult to appreciate every year. I find myself thinking of hibernation!

The flu season is looming and I encourage everyone to get their flu shots and practice good hand washing. Anyone feeling ill in any way should report to the nursing department immediately. Please help us maintain an outbreak free status. Lisa will be posting the details of the influenza vaccination clinic shortly.

The pending winter season brings an increased risk of falls for seniors. We will be hosting a "Fall Prevention" educational session in early December that will be very informative and hopefully help us learn some tricks to avoid an unwanted fall. We will do our best to keep our parking lot and pathways maintained but please be cautious as it is often impossible to keep up with snowfalls and freezing rain.

I have always had enormous respect for the men and women of our country who fought, and those who continue to fight for our freedom and independence. Remembrance Day is a day to honour and pay tribute to our veterans, currently serving military personnel and all those who lost their lives in the line of duty. Please join us Friday, November 10th at 1:00pm to honour our veterans.

LEST WE FORGET.

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

Remembrance Day



In honour of Remembrance Day Orchard View will be displaying resident pictures, memorabilia, metals etc. Should you have anything you wish to have on display please see Michael.

For all Veterans we will be having a meeting November 9th at 10:45am in the Wellness Centre to go over the Remembrance Day Ceremony with the Legion.

Tan Jay - Fashion Show

Anyone wanting to model in our December 5th Fashion Show please see Michael

Models will be going November 28th at 3:00pm to pick their outfits at Hazeldean Mall Tan Jay

Operation Christmas Child Christmas Shoe Boxes

If you are interested in filling a shoe box to be sent to children in Third World Countries
Please pick up your box from the Wellness Centre



November 2017

Activities Calendar



ORCHARD VIEW THANKS OUR VETERANS

JOANNA ANDREWS-GILLIES

DAVE CUMMINGS

FREDA DEWITT

SAM ELLENS

GLEN JOHNSTON

MAURICE LEPAGE

MEL LEVERGNE

KEN THORNEYCROFT

BERYL MORTIMER

GORDON McNABB

RAY GRANT

REG RICHARDSON

JIM SCRIMGEOUR

RALPH STRATFORD

PAT STRATFORD



DON STEWART

JAMES WALKER

IRWIN SMITH



Orchard View by the Mississippi Activities for November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		 <p>The Mills Events and Outings are now listed in our calendar. Should you wish to partake please contact Jan at 613-256-1031 Mills Community Support (MCS)</p>	<p>1 Strength and Balance (MCS) 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 11:00 Musical Performance by Joe Princiotta (Atrium) 2:00 Almonte Hookers & Knitters (2nd FLL) 4:00 Chair Yoga 6:30 Six Hand Euchre (WC) 7:00 Game of Euchre (MPR) 7:00 Movie Night (TH)</p>	<p>2 10:00-11:30 Blood Pressure and Weight Clinic (3rd FL NS) 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) 2:00 Christmas Decorations with Marie (MPR) 3:00 Afternoon Movie (TH) 7:00 Bingo with Joanna (MPR) 7:00 Euchre (2ndFL)</p>	<p>3 Fit as a Fiddle Senior's Exercise (MCS) 10:00 Shopping Trip to Independent/ Shoppers (O) 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 2:00 Chat with Pat (MPR) 3:00 Happy Hour Social and Entertainment with Twilight Two (A) 4:00 Chair Yoga (TH) 7:00 Movie Night (TH)</p>	<p>4 11:00 Morning Game of Shuffleboard (MPR) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Game of Euchre (MPR) 3:00 Bible Study (CH) 7:00 Movie Night (TH)</p>
<p>5 9:45 Catholic Communion (CH) 11:00 Morning Social (B) 11:00 Grace Anglican Church Service (CH) 2:00 Scrabble (2nd FLL) 3:00 Game of Cards—Resident's Choice (MPR) 7:00 Shuffle Board Game (MPR)</p>	<p>6 Strength and Balance (MCS) 10:00 Fitness Class (WC) 10:30 Shuffleboard with Joe Price (MPR) 11:00 Orchard View Chorus Practice (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>7 10:00 Fitness Class (WC) 10:30 Learning to play Bridge with Joan (2FLL) 1:00 Wood Carving (WC) 1:00-3:00 Alzheimer's Learning Series (TH) 2:00 Game of Bridge (2nd FLL) 3:00 Smoothie Social (A) 7:00 Evening Game of Pool (MPR)</p>	<p>8 Strength and Balance (MCS) 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 11:00 Musical Performance by Joe Princiotta (Atrium) 2:00 Almonte Hookers & Knitters (2nd FLL) 4:00 Chair Yoga 6:30 Six Hand Euchre (WC) 7:00 Game of Euchre (MPR) 7:00 Movie Night (TH)</p>	<p>9 Trip to Ron Maslin Theatre "Shatter" (MCS) 10:00 Fitness Class (WC) 10:45 Meeting with Veterans for Remembrance Day (WC) 11:00 News and Views (MPR) 11:00 Open Art with Audrey (2nd FLL) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Christmas Decorations with Marie (MPR) 3:00 Afternoon Movie (TH) 7:00 Bingo with Joanna (MPR) 7:00 Euchre (2ndFL)</p>	<p>10 Fit as a Fiddle Senior's Exercise (MCS) 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:45 Mystery Drive (O) 1:00 Remembrance Day Service (MPR) 2:00 Chat with Pat (MPR) 3:00 Happy Hour Social (A) 4:00 Chair Yoga (TH) 7:00 Movie Night (TH)</p>	<p>11 Remembrance Day 10:30 Remembrance Day Ceremony from Parliament Hill (TH) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Game of Euchre (MPR) 2:30 Remembrance Day Choir Performance and Music with Rae Palmer (A) 3:00 Bible Study (CH) 7:00 Movie Night (TH)</p>
<p>12 9:45 Catholic Communion (CH) 11:00 Morning Social (B) 11:00 Grace Anglican Church Service (CH) 2:00 Scrabble (2nd FLL) 3:00 Game of Cards—Resident's Choice (MPR) 7:00 Shuffle Board Game (MPR)</p>	<p>13 Strength and Balance (MCS) 10:00 Fitness Class (WC) 11:00 Orchard View Chorus Practice (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>14 Tour of the Diefenbunker (MCS) 10:00 Fitness Class (WC) 10:30 Learning to play Bridge with Joan (2FLL) 1:00 Wood Carving (WC) 1:00-3:00 Alzheimer's Learning Series (TH) 2:00 Game of Bridge (2nd FLL) 3:00 Smoothie Social (A) 7:00 Evening Game of Pool (MPR)</p>	<p>15 Strength and Balance (MCS) 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 11:00 Musical Performance by Joe Princiotta (Atrium) 2:00 Almonte Hookers & Knitters (2nd FLL) 4:00 Chair Yoga 6:30 Six Hand Euchre (WC) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)</p>	<p>16 10:00 Fitness Class (WC) 10:30 Shuffleboard Match Joe Price VS Conor Pinder (MPR) 11:00 News and Views (MPR) 11:00 Open Art with Audrey (2nd FLL) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Christmas Decorations with Marie (MPR) 3:00 Afternoon Movie (TH) 7:00 Bingo with Joanna (MPR) 7:00 Euchre (2ndFL)</p>	<p>17 Fit as a Fiddle Senior's Exercise (MCS) 9:45 Shopping Trip to Carlingwood (O) 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 11:00 Catholic Mass (CH) 2:00 Chat with Pat (MPR) 2:00 Christmas Cards for Sale or to Make with Maggie (WC) 3:00 Happy Hour and Entertainment with Vintage Fiddlers (A) 4:00 Chair Yoga (TH) 7:00 Movie Night (TH)</p>	<p>18 11:00 Morning Game of Shuffleboard (MPR) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Game of Euchre (MPR) 3:00 Bible Study (CH) 7:00 Movie Night (TH)</p>
<p>19 9:45 Catholic Communion (CH) 11:00 Morning Social (B) 11:00 Grace Anglican Church Service (CH) 2:00 Scrabble (2nd FLL) 3:00 Game of Cards—Resident's Choice (MPR) 7:00 Shuffle Board Game (MPR)</p>	<p>20 Strength and Balance (MCS) 9:30—11:00 Intergenerational Play Date (3rd FLL) 10:00 Fitness Class (WC) 11:00 Orchard View Chorus Practice (3rd FLL) 2:00 Game of Euchre (MPR) 3:00 Fine Music Monday: Chopin (TH) 4:00 Chair Yoga (TH) 7:00 Movie Night (TH)</p>	<p>21 10:00 Fitness Class (WC) 10:30 Learning to play Bridge with Joan (2FLL) 1:00 Wood Carving (WC) 1-3:00 Alzheimer Society Learning Series (TH) 2:00 Game of Bridge (2nd FLL) 3:00 Smoothie Social (A) 7:00 Evening Game of Pool (MPR)</p>	<p>22 Strength and Balance (MCS) 10:30-1:00 Purdys Chocolates for Sale (A) 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 11:00 Musical Performance by Joe Princiotta (Atrium) 2:00 Almonte Hookers & Knitters (2nd FLL) 3:00 Audiology Clinic (Spa) 4:00 Chair Yoga (TH) 6:30 Six Hand Euchre (WC) 7:00 Game of Euchre (MPR) 7:00 Movie Night (TH)</p>	<p>23 Lunch at Atrium Truck Stop (MCS) 10:00 Fitness Class (WC) 11:00 News and Views (MPR) 11:00 Open Art with Audrey (2nd FLL) 1:00-2:30 Jewelry Sale with Sandra R. (WC) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Christmas Decorations with Marie (MPR) 7:00 Bingo with Joanna (MPR) 7:00 Euchre (2ndFL)</p>	<p>24 Fit as a Fiddle Senior's Exercise (MCS) 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:45 Mystery Drive (O) 2:00 Chat with Pat (MPR) 3:00 Happy Hour Social (A) 4:00 Chair Yoga (TH) 7:00 Movie Night (TH)</p>	<p>25 11:00 Morning Game of Shuffleboard (MPR) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Game of Euchre (MPR) 3:00 Bible Study (CH) 7:00 Movie Night (TH)</p> <p style="text-align: center;">Lost and Found out on display all weekend</p>
<p>26 9:45 Catholic Communion (CH) 11:00 Morning Social (B) 11:00 Grace Anglican Church Service (CH) 2:00 Scrabble (2nd FLL) 3:00 Game of Cards—Resident's Choice (MPR) 7:00 Shuffle Board Game (MPR)</p>	<p>27 Strength and Balance (MCS) Parkinson's Support Group (MCS) 10:00 Fitness Class (WC) 10:30 Shuffleboard with Joe Price (MPR) 11:00 Open Art with Audrey (2nd FLL) 11:00 Orchard View Chorus Practice (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>28 10:00 Fitness Class (WC) 10:30 Learning to play Bridge with Joan (2FLL) 1:00 Wood Carving (WC) 1-3:00 Alzheimer Society Learning Series (TH) 2:00 Game of Bridge (2nd FLL) 3:00 New Resident Meet & Greet (B) 3:00 Shopping at Tan Jay for the Fashion Show Models (O) 7:00 Evening Game of Pool (MPR)</p>	<p>29 Strength and Balance (MCS) 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 11:00 Musical Performance by Joe Princiotta (Atrium) 2:00 Almonte Hookers & Knitters (2nd FLL) 4:00 Chair Yoga 6:30 Six Hand Euchre (WC) 7:00 Game of Euchre (MPR) 7:00 Movie Night (TH)</p>	<p>30 Shopping at Carlingwood Mall (MCS) 10:00 Fitness Class (WC) 11:00 Town Hall Meeting (MPR) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Christmas Decorations with Marie (MPR) 7:00 Bingo with Joanna (MPR) 7:00 Euchre (2ndFL)</p>	<p>Legend 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) 3rd Floor Nurses Station (3rd FL NS)</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>