

## A cup of Joe



What a wonderful holiday season it was at Orchard View. Thanks to Michael Rowland for her fabulous 25 days of Christmas celebration. Hope you all enjoyed it as much as I did.

Well winter has come upon us with a vengeance. Cold and crisp is an understatement!!!! Jason and his team are busy every day salting, shovelling and brushing off cars. Just a friendly reminder, please start your cars every couple of days to ensure you car is still in running condition, batteries don't do very well in these temperatures. Falls are also higher in the winter months, 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 will do our best to keep the pavement dry and clean, but in our Canadian winter it is pretty hard to keep them bare.

Chef, Connor Pinder, and Michael our Director of Recreation have put together some wonderful theme nights and dinners to warm your souls and your bellies in the new year. Robbie Burns supper in January, a wonderful Valentine's dinner in February and monthly specials for the whole year. Stay tuned and watch for the newsletter for more exciting information.

Well my first 30 days as Executive Director have come and gone quickly. I am so proud of our home and am striving every day to help the staff and managers to improve, and to exceed your expectations. I welcome your comments, suggestions and will be diligent in making you proud of your home today and in the future.

Feel free to pop in and chat at any time, my door is always open.

### *"Our Lives in Pictures"*

Look back on pictures of days gone by, share your stories and listen to others tell theirs.

Every Sunday at 3:00pm in the Multi-Purpose Room.

This is a great way to spend a cold winter, stay in and enjoy time with your extended family at Orchard View.

Please bring a few pictures each week, or come to listen to others.

This month we will focus on the topic of: **"Snowy Winters"**

Week of Happiness ~ January 14-20th 2018

**1. Three Good Things:** At the end of each day, write down three good things that happened that day, including why those things were good

**2. Kindness Day:** On one day this week, do as many extra acts of kindness for others as possible

(try to do at least 5)

**3. Calm Your Mind:** Try some deep breathing, light stretches or even the chair yoga to help clear your mind.

**4. Move Your Body:** Do something physically active (and enjoyable!) for at least 10 minutes each day

Each day set a goal or a challenge, tell your tablemates or even include them in your plans. At the end of each day reflect on what you have done. By the end of the week by improving the lives of others, you will feel more fulfilled as well. We are very fortunate to be amongst so many individuals and it doesn't take much to improve the lives of others.

If you see someone sitting alone, invite them to sit with you. If you notice someone looks great compliment them, offer someone a snack. If you are planning on going to an activity see if others would like to go as well. This week focus on the good, make a difference in someone's life. All it takes is one step at a time.



## January 2018

# Activities Calendar





*Let's come together and make 2018 amazing for one and for all!*

*This year we as a group at Orchard View will be focusing on making our lives and the lives of others better.*

See the back for more details

# Orchard View by the Mississippi Activities for January 2018

| Sunday  | Monday   | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday   |
|---|--|---|---|--|--|--|
|   | <b>January 1</b><br>10:00 Fitness Class (TH)<br>11:30 New Years Brunch (DR)<br>2:00 Game of Euchre (MPR)<br>2:30 Fine Music Monday (TH)<br>4:00 Chair Yoga (TH)<br>7:00 Movie Night (T)  | <b>January 2</b><br>10:00 Fitness Class (WC)<br>10:30 Learning to play Bridge with Joan (2FLL)<br>3:00 Smoothie Social (B)<br>2:00 Game of Bridge (2nd FLL)<br>7:00 Evening Game of Pool (MPR)  | <b>January 3</b><br>10:00 Fitness Class (WC)<br>10:00 Tuck Shop Open<br>2:00 Almonte Hookers & Knitters (2nd FLL)<br>4:00 Chair Yoga<br>6:30 Six Hand Euchre (WC)<br>7:00 Game of Euchre (MPR)<br>7:00 Movie Night (TH)   | <b>January 4</b><br>10:00 Fitness Class (WC)<br>11:00 Open Art with Audrey (2nd FLL)<br>11:00 Town Hall Meeting (MPR)<br>2:00-4:00 Kitchen Open for Residents to Bake/Cook (3rd FL K)<br>2:00 Coffee & Tea Social (3rd FLL)<br>3:00 Afternoon Movie (TH)<br>7:00 Bingo with Joanna (MPR)                               | <b>January 5</b><br>10:00 Shopping Trip to Hazeldean Mall (O)<br>10:00 Fitness Class (WC)<br>10:00 Tuck Shop Open<br>10:30 Wii Bowling (TH)<br>2:00 Chat with Pat (MPR)<br>3:00 Happy Hour Social (A)<br>4:00 Chair Yoga (TH)<br>7:00 Movie Night (TH)   | <b>January 6</b><br>10:30 Morning Billiards (MPR)<br>2:00 Coffee & Tea Social (3rd FLL)<br>2:00 Game of Euchre (MPR)<br>3:30 Moments of Love, Life and Loss (CH)<br>4:30 Sit and Be Fit (TH)<br>7:00 Movie Night (TH)<br>7:00 Game of Euchre (MPR)                                   |
| <b>January 7</b><br>9:45 Catholic Communion (CH)<br>11:00 Grace Anglican Church Service (CH)<br>4:30 Sit and Be Fit (TH)<br>7:00 Shuffle Board Game (MPR)   | <b>January 8</b><br>10:00 Fitness Class (WC)<br>11:00 Orchard View Chorus Practice (3rd FLL)<br>2:00 Game of Euchre (MPR)<br>2:30 Fine Music Monday (TH)<br>4:00 Chair Yoga (TH)<br><br>No Movie Tonight   | <b>January 9</b><br>10:00 Fitness Class (WC)<br>10:30 Learning to play Bridge with Joan (2FLL)<br>1:00 Wood Carving (WC)<br>2:00 Game of Bridge (2nd FLL)<br>3:00 Smoothie Social (B)<br>4:00 French Conversations with Helen G. (MPR)<br>7:00 Evening Game of Pool (MPR)   | <b>January 10</b><br>10:00 Fitness Class (WC)<br>10:00 Tuck Shop Open<br>2:00 Almonte Hookers & Knitters (2nd FLL)<br>4:00 Chair Yoga<br>6:30 Six Hand Euchre (WC)<br>7:00 Game of Euchre (MPR)<br>7:00 Movie Night (TH)  | <b>January 11</b><br>Trip to Canadian Museum of History (MCC)<br>10:00 Fitness Class (WC)<br>11:00 Open Art with Audrey (2nd FLL)<br>2:00-4:00 Kitchen Open for Residents to Bake/Cook (3rd FL K)<br>2:00 Coffee & Tea Social (3rd FLL)<br>3:00 Afternoon Movie (TH)<br>7:00 Bingo with Joanna (WC)                    | <b>January 12</b><br>10:00 Fitness Class (WC)<br>10:00 Tuck Shop Open<br>10:00 Shopping Trip to Independent/ Shoppers (O)<br>10:30 Wii Bowling (TH)<br>2:00 Chat with Pat (MPR)<br>3:00 Happy Hour Social with Music by Lauren Hall (A)<br>4:00 Chair Yoga (TH)<br>7:00 Movie Night (TH)   | <b>January 13</b><br>10:30 Morning Billiards (MPR)<br>2:00 Coffee & Tea Social (3rd FLL)<br>2:00 Game of Euchre (MPR)<br>3:30 Moments of Love, Life and Loss (CH)<br>4:30 Sit and Be Fit (TH)<br>7:00 Movie Night (TH)<br>7:00 Game of Euchre (MPR)                                  |
| <b>January 14</b><br>9:45 Catholic Communion (CH)<br>11:00 Grace Anglican Church Service (CH)<br>3:00 Our Lives in Pictures (MPR)<br>4:30 Sit and Be Fit (TH)<br>7:00 Shuffle Board Game (MPR)<br><br>Happiness Dedication Week | <b>January 15</b><br>10:00 Fitness Class (WC)<br>11:00 Orchard View Chorus Practice (3rd FLL)<br>2:00 Game of Euchre (MPR)<br>2:30 Fine Music Monday (TH)<br>4:00 Chair Yoga (TH)<br>7:00 Movie Night (T)<br><br>Happiness Dedication Week                     | <b>January 16</b><br>10:00 Fitness Class (WC)<br>10:30 Learning to play Bridge with Joan (2FLL)<br>1:00 Wood Carving (WC)<br>2:00 Game of Bridge (2nd FLL)<br>3:00 Smoothie Social (B)<br>4:00 French Conversations with Helen G. (MPR)<br>7:00 Evening Game of Pool (MPR)<br><br>Happiness Dedication Week                         | <b>January 17</b><br>10:00 Fitness Class (WC)<br>10:00 Tuck Shop Open<br>2:00 Almonte Hookers & Knitters (2nd FLL)<br>4:00 Chair Yoga<br>6:30 Six Hand Euchre (WC)<br>7:00 Movie Night (TH)<br>7:00 Game of Euchre (MPR)<br><br>Happiness Dedication Week                                       | <b>January 18</b><br>10:00 Fitness Class (WC)<br>11:00 News and Views (MPR)<br>11:00 Open Art with Audrey (2nd FLL)<br>2:00-4:00 Kitchen Open for Residents to Bake/Cook (3rd FL K)<br>2:00 Coffee & Tea Social (3rd FLL)<br>3:00 Afternoon Movie (TH)<br>7:00 Bingo with Joanna (WC)<br><br>Happiness Dedication Week | <b>January 19</b><br>9:45 Shopping Trip to Carlingwood(O)<br>10:00 Fitness Class (WC)<br>10:00 Tuck Shop Open<br>10:30-11:30 Coffee Break (B)<br>10:30 Wii Bowling (TH)<br>11:00 Catholic Mass (CH)<br>2:00 Chat with Pat (MPR)<br>3:00 Happy Hour (A)<br>4:00 Chair Yoga (TH)<br>7:00 Movie Night (TH)<br><br>Happiness Dedication Week | <b>January 20</b><br>10:30 Morning Billiards (MPR)<br>2:00 Coffee & Tea Social (3rd FLL)<br>2:00 Game of Euchre (MPR)<br>3:30 Moments of Love, Life and Loss (CH)<br>4:30 Sit and Be Fit (TH)<br>7:00 Movie Night (TH)<br>7:00 Game of Euchre (MPR)<br><br>Happiness Dedication Week |
| <b>January 21</b><br>9:45 Catholic Communion (CH)<br>11:00 Grace Anglican Church Service (CH)<br>3:00 Our Lives in Pictures (MPR)<br>4:30 Sit and Be Fit (TH)<br>7:00 Shuffle Board Game (MPR)                                  | <b>January 22</b><br>9:30—11:00 Intergenerational Play Date (3rd FLL)<br>10:00 Fitness Class (WC)<br>11:00 Orchard View Chorus Practice (3rd FLL)<br>2:00 Game of Euchre (MPR)<br>2:30 Fine Music Monday (TH)<br>4:00 Chair Yoga (TH)<br>7:00 Movie Night (TH) | <b>January 23</b><br>Lunch outing Wong's Chinese Buffet (MCC)<br>10:00 Fitness Class (WC)<br>10:30 Learning to play Bridge with Joan (2FLL)<br>1:00 Wood Carving (WC)<br>2:00 Game of Bridge (2nd FLL)<br>3:00 Robbie Burns Day Celebration (A)<br>4:00 French Conversations with Helen G. (MPR)<br>7:00 Evening Game of Pool (MPR) | <b>January 24</b><br>10:00 Fitness Class (WC)<br>10:00 Tuck Shop Open<br>10:30 Chair Badminton (3rd FLL)<br>2:00 Almonte Hookers & Knitters (2nd FLL)<br>3:00 Audiology Clinic (Spa)<br>4:00 Chair Yoga (TH)<br>6:30 Six Hand Euchre (WC)<br>7:00 Game of Euchre (MPR)<br>7:00 Movie Night (TH) | <b>January 25</b><br>10:00 Fitness Class (WC)<br>11:00 Town Hall Meeting (MPR)<br>2:00-4:00 Kitchen Open for Residents to Bake/Cook (3rd FL K)<br>2:00 Coffee & Tea Social (3rd FLL)<br>3:00 Afternoon Movie (TH)<br>7:00 Bingo with Joanna (WC)   | <b>January 26</b><br>10:00 Fitness Class (WC)<br>10:00 Tuck Shop Open<br>10:30 Wii Bowling (TH)<br>10:45 Mystery Drive (O)<br>2:00 Chat with Pat (MPR)<br>3:00 Happy Hour with the Vintage Fiddlers (A)<br>4:00 Chair Yoga (TH)<br>7:00 Movie Night (TH)   | <b>January 27</b><br>10:30 Morning Billiards (MPR)<br>2:00 Coffee & Tea Social (3rd FLL)<br>2:00 Game of Euchre (MPR)<br>3:30 Moments of Love, Life and Loss (CH)<br>4:30 Sit and Be Fit (TH)<br>7:00 Movie Night (TH)<br>7:00 Game of Euchre (MPR)<br><br>Lost and Found Weekend    |
| <b>January 28</b><br>9:45 Catholic Communion (CH)<br>11:00 Grace Anglican Church Service (CH)<br>3:00 Our Lives in Pictures (MPR)<br>4:30 Sit and Be Fit (TH)<br>7:00 Shuffle Board Game (MPR)<br><br>Lost and Found Weekend    | <b>January 29</b><br>Shopping trip to Orleans Shopping Mall (MCC)<br>10:00 Fitness Class (WC)<br>11:00 Orchard View Chorus Practice (3rd FLL)<br>2:00 Game of Euchre (MPR)<br>2:30 Fine Music Monday (TH)<br>4:00 Chair Yoga (TH)<br>7:30 Movie Night (TH)     | <b>January 30</b><br>10:00 Fitness Class (TH)<br>10:30 Learning to play Bridge with Joan (2FLL)<br>1:00 Wood Carving (WC)<br>2:00 Game of Bridge (2nd FLL)<br>3:00 New Resident Meet & Greet (B)<br>4:00 French Conversations with Helen G. (MPR)<br>7:00 Evening Game of Pool (MPR)  | <b>January 31</b><br>10:00 Fitness Class (WC)<br>10:00 Tuck Shop Open<br>10:30 Chair Badminton (3rd FLL)<br>2:00 Almonte Hookers & Knitters (2nd FLL)<br>4:00 Chair Yoga<br>6:30 Six Hand Euchre (WC)<br>7:00 Game of Euchre (MPR)<br>7:00 Movie Night (TH)                                     | <br>The Mills Events and Outings are now listed in our calendar. Should you wish to partake please contact Jan at 613-256-1031<br><b>Mills Community Support (MCS)</b>  | <b>Legend</b><br>Atrium (A)<br>Library (L)<br>Multi Purpose Room (MPR)<br>Bistro (B)<br>Second Floor (2nd FL)<br>Third Floor (3rd FLL)<br>Kitchen (K)<br>4th Floor (4th FL)<br>Patio (P)<br>3rd Floor Nurses Station (3rd FL NS)   | Second Floor Lounge (2nd FLL)<br>Dining Room (DR)<br>Salon (SL)<br>Spa (S)<br>Theatre (TH)<br>Chapel (CH)<br>Outing (O)<br>Wellness Centre (WC)<br><b>Mills Community Support Activity (MCS)</b>   |