

## A cup of Joe



Time is flying. It seems that we just finished with the holidays and now we are anxiously awaiting the arrival of spring. Lets just hope that it comes early this year so our thoughts can turn to gardening and sitting outside and feeling the warm spring sunshine.

Congratulations to Kelly Huppert who was awarded our “Employee of the Month” last month. Kelly is a perfect example of dedication to the residents of Orchard View by the Mississippi. Always smiling and helpful. Great job Kelly– keep up the good work.

We are in high flu season and we are aware that several retirement and long term care homes in the area are in an outbreak status. We are working diligently to make sure that it does not visit us here at OVM. Please be aware of, and diligent in hand washing and if you feel ill, report it immediately and avoid contact with other residents. If you observe an ill resident in common areas, we will assess that resident to see if further precautions are necessary.

I am thrilled to announce that we are now 98 per cent full, and will no doubt be full in the coming months. We just had our RHRA inspection and we passed with flying colours. This inspection was our governing bodies report as to safe standards and operations in retirement living. We welcomed many new residents over the last few months who have become part of our family, and we will continuously seek out new ways to make our residence a place you are proud to call home. Thank you from the bottom of my heart to our wonderful leadership team and the staff and front line workers who strive every day to make your home as wonderful as it is.

As always I welcome your feedback and my door is always open. Pop in any time for a chat.

Joe

### ***Euchre Tournament in support of the Heart and Stroke Foundation***

Enjoy an afternoon playing euchre with residents and community members all for a great cause.

Tuesday February 20th lunch at 12:30 and games starting at 1:30

Residents can eat in the dining room or with the Euchre Group.

Please RSVP with Julie

*Game fee is \$10*

### ***Valentine-o-gram***

Would you like to send a friend or loved one here at Orchard View a Valentines day note?

You can send either anonymous or with your name on it.

You can purchase you Valentine—o-gram at reception for \$2

This will come with a special card and a chocolate



## February 2018

## Activities Calendar



### ***Fill our Hearts with Love***

Think of a moment you loved something so much you wanted to share it with everyone! Should that be your first kiss, first concert, having a baby, getting your dream car, dream job etc.

A moment a thought a saying

There will be a giant heart to fill with all our hearts at the Reception area.

Take a heart and let us know what fills your heart.



# Orchard View by the Mississippi Activities for February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				February 1 9:30-11:00 Blood Pressure and Weight Clinic (3rd Floor Nurses Station) 10:00 Fitness Class (WC) 11:00 Open Art with Audrey (2nd FLL) 2:00-4:00 Kitchen Open for Residents to Bake/Cook (3rd FL K) 2:00 Coffee & Tea Social (3rd FLL) 3:00 Afternoon Movie (TH) 7:00 Bingo with Joanna (MPR)	February 2 10:00 Shopping Trip to Walmart & Giant Tiger (O) 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:30 Wii Bowling (TH) 2:00 Chat with Pat (MPR) 3:00 Happy Hour Social (A) 4:00 Chair Yoga (TH) 4:45 Tai Chi (TH) 7:00 Movie Night (TH)	February 3 10:30 Morning Billiards (MPR) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Game of Euchre (MPR) 3:30 Good Thoughts, God Thoughts (CH) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)
February 4 9:45 Catholic Communion (CH) 11: 00 Grace Anglican Church Service (CH) 3:00 Our Lives in Pictures (MPR) 4:30 Sit and Be Fit (TH) 6:30 Super Bowl Eagles VS Patriots (TH) 7:00 Shuffle Board Game (MPR)	February 5 Shopping trip to Carleton Place (MCS) 10:00 Fitness Class (WC) 10:45 Advanced Seniors Fitness Class (WC) 11:00 Orchard View Chorus Practice (3rd FLL) 2:00 Game of Euchre (MPR) 2:30 Fine Music Monday (TH) 4:00 Chair Yoga (TH) 7:00 Movie Night (T)	February 6 10:00 Fitness Class (WC) 10:30 Learning to play Bridge with Joan (2FLL) 1:00 Wood Carving (WC) 2:00 Game of Bridge (2nd FLL) 3:00 Mystery Cocktails (B) 4:00 French Conversations with Helen G. (MPR) 7:00 Evening Game of Pool (MPR)	February 7 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:30 Chair Badminton (3rd FLL) 2:00 Almonte Hookers & Knitters (2nd FLL) 4:00 Chair Yoga (TH) 4:45 Tai Chi (TH) 6:30 Six Hand Euchre (WC) 7:00 Game of Euchre (MPR) 7:00 Movie Night (TH)	February 8 Ron Maslin Theatre "Sleuth" (MCS) 10:00 Fitness Class (WC) 11:00 Open Art with Audrey (2nd FLL) 2:00-4:00 Kitchen Open for Residents to Bake/Cook (3rd FL K) 2:00 Coffee & Tea Social (3rd FLL) 3:00 Afternoon Movie (TH) 7:00 Bingo with Joanna (WC)	February 9 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:00 Shopping Trip to Independent/Shoppers (O) 10:30 Wii Bowling (TH) 2:00 Chat with Pat (MPR) 3:00 Happy Hour Social with Dai B.(A) 4:00 Chair Yoga (TH) 4:45 Tai Chi (TH) 7:00 Movie Night (TH)	February 10 10:30 Morning Billiards (MPR) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Game of Euchre (MPR) 3:30 Good Thoughts, God Thoughts (CH) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)
February 11 9:45 Catholic Communion (CH) 11: 00 Grace Anglican Church Service (CH) 3:00 Our Lives in Pictures (MPR) 4:30 Sit and Be Fit (TH) 7:00 Shuffle Board Game (MPR)	February 12 10:00 Fitness Class (WC) 10:45 Advanced Seniors Fitness Class (WC) 11:00 Orchard View Chorus Practice (3rd FLL) 2:00 Game of Euchre (MPR) 2:30 Fine Music Monday (TH) 4:00 Chair Yoga (TH) 7:00 Movie Night (T)	February 13 Tour of the Ice Sculptures in Ottawa (MCS) 10:00 Fitness Class (WC) 10:30 Learning to play Bridge with Joan (2FLL) 1:00 Wood Carving (WC) 2:00 Game of Bridge (2nd FLL) 3:00 Mystery Cocktails (B) 4:00 French Conversations with Helen G. (MPR) 7:00 Evening Game of Pool (MPR)	February 14 Valentine's Day 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:30 Chair Badminton (3rd FLL) 11:00 Lots of Love with Orchard View Chorus (Atrium) 2:00 Almonte Hookers & Knitters (2nd FLL) 2:00 Love, it Takes Two (A) 4:00 Chair Yoga (TH) 4:45 Tai Chi (TH) 6:30 Six Hand Euchre (WC) 7:00 Movie Night (TH)	February 15 10:00 Fitness Class (WC) 11:00 Open Art with Audrey (2nd FLL) 2:00-4:00 Kitchen Open for Residents to Bake/Cook (3rd FL K) 2:00 Coffee & Tea Social (3rd FLL) 3:00 Afternoon Movie (TH) 7:00 Bingo with Joanna (WC)	February 16 Chinese New Year - Special Dinner 9:45 Shopping Trip to Carlingwood (O) 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:30 Wii Bowling (TH) 11:00 Catholic Mass (CH ) 2:00 Chat with Pat (MPR) 3:00 Happy Hour (A) 4:00 Chair Yoga (TH) 4:45 Tai Chi (TH) 7:00 Movie Night (TH)	February 17 10:30 Morning Billiards (MPR) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Game of Euchre (MPR) 3:30 Good Thoughts, God Thoughts (CH) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)
February 18 9:45 Catholic Communion (CH) 11: 00 Grace Anglican Church Service (CH) 3:00 Our Lives in Pictures (MPR) 4:30 Sit and Be Fit (TH) 7:00 Shuffle Board Game (MPR)	February 19 Family Day 10:00 Fitness Class (WC) 10:45 Advanced Seniors Fitness Class (WC) 11:00 Orchard View Chorus Practice (3rd FLL) 2:00 Game of Euchre (MPR) 2:30 Fine Music Monday (TH) 4:00 Chair Yoga (TH) 7:00 Movie Night (TH)	February 20 10:00 Fitness Class (WC) 10:30 Learning to play Bridge with Joan (2FLL) 1:00 Wood Carving (WC) 1:30 Euchre Tournament (3rd FLL) 2:00 Game of Bridge (2nd FLL) 3:00 Mystery Cocktails (B) 4:00 French Conversations with Helen G. (MPR) 7:00 Evening Game of Pool (MPR)	February 21 Rideau Carleton Raceway Buffet (MCS) 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:30 Chair Badminton (3rd FLL) 2:00 Almonte Hookers & Knitters (2nd FLL) 3:00 Audiology Clinic (Spa) 4:00 Chair Yoga (TH) 4:45 Tai Chi (TH) 6:30 Six Hand Euchre (WC) 7:00 Game of Euchre (MPR) 7:00 Movie Night (TH)	February 22 10:00 Fitness Class (WC) 11:00 Town Hall Meeting (MPR) 2:00-4:00 Kitchen Open for Residents to Bake/Cook (3rd FL K) 2:00 Coffee & Tea Social (3rd FLL) 3:00 Afternoon Movie (TH) 7:00 Bingo with Joanna (WC)	February 23 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:30 Wii Bowling (TH) 2:00 Chat with Pat (MPR) 3:00 Happy Hour with the Barrhaven Fiddlers (A) 4:00 Chair Yoga (TH) 4:45 Tai Chi (TH) 7:00 Movie Night (TH)	February 24 10:30 Morning Billiards (MPR) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Game of Euchre (MPR) 3:30 Good Thoughts, God Thoughts (CH) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)
February 25 9:45 Catholic Communion (CH) 11: 00 Grace Anglican Church Service (CH) 3:00 Our Lives in Pictures (MPR) 4:30 Sit and Be Fit (TH) 7:00 Shuffle Board Game (MPR)  Lost and Found Weekend	February 26 10:00 Fitness Class (WC) 10:45 Advanced Seniors Fitness Class (WC) 11:00 Orchard View Chorus Practice (3rd FLL) 2:00 Game of Euchre (MPR) 2:30 Fine Music Monday (TH) 4:00 Chair Yoga (TH) 7:00 Movie Night (TH)	February 27 10:00 Fitness Class (TH) 10:30 Learning to play Bridge with Joan (2FLL) 1:00 Wood Carving (WC) 2:00 Game of Bridge (2nd FLL) 3:00 Mystery Cocktails (B) 3:00 New Resident Meet & Greet (B) 4:00 French Conversations with Helen G. (MPR) 7:00 Evening Game of Pool (MPR)	February 28 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:30 Chair Badminton (3rd FLL) 2:00 Almonte Hookers & Knitters (2nd FLL) 2:30 Hula Party (Atrium/Bistro) 4:00 Chair Yoga (TH) 6:30 Six Hand Euchre (WC) 7:00 Game of Euchre (MPR) 7:00 Movie Night (TH)	 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)	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)	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)