

A cup of Joe



Spring is definitely in the air. Its been a long winter and the warmer temperatures are definitely teasing us for what is just around the corner. Sunday, March 11, 2018, **we turn our clocks forward as the days and the sunlight will get longer.**

Congratulations to Kelly Carlyle 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, helpful, cheerful and a good friend and worker to all of her Orchard View colleagues. Thank you for all you do Kelly, keep up the good work.

Please continue to be diligent in hand washing as flu season is still surrounding us. If you feel ill, please inform Nursing immediately and avoid contact with other residents. If we work hard at it together we will get through it in no time at all.

We are very excited to be hosting our second annual St Patrick’s Day Party on Sunday March 11th. This will be for Residents and their family members, we will also be inviting the community in to see your home and show them all how proud we are to have you here with us. Live entertainment, dancing, snacks and beverages and if you’re lucky a leprechaun or two and maybe a pot of gold!!!!

We strive to exceed your expectations, and your feedback is always welcome. Please stop in and say hi, my door is always open.

I hope your March is as rich as gold and as bright as a rainbow.

Joe Price

Mardi Gras Party!

Thursday March 8th at 3:00pm

Come for some games, kings cake, mask parade and more!

We are going to celebrate our southern ways the best we know!

Anyone wanting to make a mask come to the Multi-Purpose Room

On March 5th at 3:30pm



Shuffleboard Joe VS Conor

Joe is ready to take on Conor and any Residents wishing to try and take on the Champion.

Joe and Conor will be playing Thursday March 8th and 22nd at 11:00am

Cook off Joe VS Conor

Conor has challenged Joe to a cook off. We need the residents to be our taste bud judges to see who will be voted # 1. Will it be our previous Dietary Director or our new Head Chef!?

Come and taste March 12th at 3:00pm



March 2018

Activities Calendar

MAY YOUR DAY
be touched with a bit of
Irish Luck
brightened by a song
in your heart
AND WARMED WITH SMILES
by the people you
LOVE

Orchard View by the Mississippi Activities for March 2018

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</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) 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>	<p>March 1 <i>10:00-11:30 Blood Pressure and Weight Clinic (3rd Floor Nurses Station)</i> 9:00-11:30 Open Art with Audrey (2nd FLL) 10:00 Fitness Class (WC) 1:00-3:00 Alzheimer Society Learning Series: Community Resources (TH) 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)</p>	<p>March 2 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 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) 7:00 Game of Euchre (MPR)</p>	<p>March 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)</p>
<p>March 4 10:00 Catholic Communion (CH) 11: 00 Grace Anglican Church Service (CH) 3:00 4:30 Sit and Be Fit (TH) 7:00 Shuffle Board Game (MPR)</p>	<p>Match 5 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) <i>3:30 Making Mardi Gras Masks (MPR)</i> 4:00 Chair Yoga (TH) 7:00 Movie Night (T)</p>	<p>March 6 10:00 Fitness Class (WC) 1:00 Wood Carving (WC) 2:00 Game of Bridge (2nd FLL) 3:00 Thirsty Tuesday (B) <i>4:00 French Conversation with Helen G. (MPR)</i> 7:00 Evening Game of Pool (MPR)</p>	<p>March 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)</p>	<p>March 8 Mardi Gras 9:00-11:30 Open Art with Audrey (2nd FLL) 10:00 Fitness Class (WC) 11:00 Shuffleboard with Joe and Conor (MPR) 1:00-3:00 Alzheimer Society Learning Series: Safety at Home (TH) 2:00-4:00 Kitchen Open for Residents to Bake/Cook (3rd FL K) 2:00 Coffee & Tea Social (3rd FLL) <i>3:00 Mardi Gras Party (A)</i> 3:00 Afternoon Movie (TH) 7:00 Bingo with Joanna (WC)</p>	<p>March 9 10:00 Fitness Class (WC) 10:00 Tuck Shop Open <i>10:00Shopping Trip: Independent/ Shoppers (O)</i> 2:00 Chat with Pat (MPR) 3:00 Happy Hour Social with Peter Brown A) 4:00 Chair Yoga (TH) 4:45 Tai Chi (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)</p>	<p>March 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)</p>
<p>March 11 Open House Day Light Savings Begins Change your clock forward 1 hour</p> <p>10:00 Catholic Communion (CH) 11: 00 Grace Anglican Church Service (CH) <i>2:00-4:00 St. Patty's Day Open House</i> 4:30 Sit and Be Fit (TH) 7:00 Shuffle Board Game (MPR)</p>	<p>March 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) 3:00 Cook off Joe VS Conor Taste Testing (B) 4:00 Chair Yoga (TH) 7:00 Movie Night (T)</p>	<p>March 13 10:00 Fitness Class (WC) 1:00 Wood Carving (WC) 2:00 Game of Bridge (2nd FLL) 3:00 Thirsty Tuesday (B) <i>4:00 French Conversation with Helen G. (MPR)</i> 7:00 Evening Game of Pool (MPR) 7:00 Grief Care Program (CH)</p>	<p>March 14 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 Movie Night (TH) 7:00 Game of Euchre (MPR)</p>	<p>March 15 9:00-11:30 Open Art with Audrey (2nd FLL) 10:00 Fitness Class (WC) 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)</p>	<p>March 16 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 11:00 Catholic Mass (CH) 2:00 Chat with Pat (MPR) <i>1:00-3:00 Mobile Shoe Store (WC)</i> <i>3:00 Happy Hour (A)</i> 4:00 Chair Yoga (TH) 4:45 Tai Chi (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)</p>	<p>March 17 St. Patty's Day 10:30 Morning Billiards (MPR) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Game of Euchre (MPR) 2:30 Orchard View Chorus Irish Cheer (A) 3:00 St. Patty's Day with Al Monagle (A) 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)</p>
<p>March 18 10:00 Catholic Communion (CH) 11: 00 Grace Anglican Church Service (CH) 4:30 Sit and Be Fit (TH) 7:00 Shuffle Board Game (MPR)</p>	<p>March 19 9:30-11:00 Intergeneration Play Group (3rd FLL) 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)</p>	<p>March 20 10:00 Fitness Class (WC) 1:00 Wood Carving (WC) 2:00 Game of Bridge (2nd FLL) 2:30-3:30 Canadian National Institute for the Blind Presentation (TH) 3:00 Thirsty Tuesday (B) <i>4:00 French Conversation with Helen G. (MPR)</i> 7:00 Evening Game of Pool (MPR) 7:00 Grief Care Program (CH)</p>	<p>March 21 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:30 Chair Badminton (3rd FLL) 2:00 Almonte Hookers & Knitters (2nd FLL) <i>3:00 Audiology Clinic (Spa)</i> 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)</p>	<p>March 22 10:00 Fitness Class (WC) 11:00 (MPR) 11:00 Shuffleboard with Joe and Conor (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) 7:00 Canadian National Institute of the Blind Presentation (TH)</p>	<p>March 23 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 2:00 Chat with Pat (MPR) <i>3:00 Happy Hour with Doug Smith (A)</i> 4:00 Chair Yoga (TH) 4:45 Tai Chi (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)</p>	<p>March 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)</p>
<p>March 25 10:00 Catholic Communion (CH) 11: 00 Grace Anglican Church Service (CH) 4:30 Sit and Be Fit (TH) 7:00 Shuffle Board Game (MPR)</p>	<p>March 26 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)</p>	<p>March 27 10:00 Fitness Class (WC) 1:00 Wood Carving (WC) 2:00 Game of Bridge (2nd FLL) 3:00 Thirsty Tuesday (B) 3:00 New Resident Meet & Greet (B) <i>4:00 French Conversation with Helen G. (MPR)</i> 7:00 Evening Game of Pool (MPR) 7:00 Grief Care Program (CH)</p>	<p>March 28 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) 6:30 Six Hand Euchre (WC) 7:00 Game of Euchre (MPR) 7:00 Movie Night (TH)</p>	<p>March 29 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)</p>	<p>March 30 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 2:00 Chat with Pat (MPR) <i>3:00 Happy Hour (A)</i> 4:00 Chair Yoga (TH) 4:45 Tai Chi (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)</p>	<p>March 31 Let's Meet Fun Day 10:00-12:00 Fun and Games with Nicole and Friends (MPR) 10:30 Morning Billiards (MPR) 11:00 Youth Art Exhibit (A) 2:00-3:00 Youth Band Concert (A) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Game of Euchre (MPR) 3:30 Travel Series: Egypt, Jordon, Israel with Nicole (TH) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH)</p>