



**July 2018**

**Activities Calendar**

**PROUD  
TO BE**



# Orchard View by the Mississ

Sunday	Monday	Tuesday	Wednesday
<p>July 1</p> <p>10:00 Catholic Communion (CH) 10:45 Grace Anglican Church Service (CH) 2:00 Entertainment with Al Monagle (A) 2:00 Ladies Shuffleboard (MPR) 4:30 Sit and Be Fit (TH) 7:00 The Crown on Netflix (TH)</p> <p><b>Happy Canada Day!</b></p>	<p>July 2</p> <p>10:00 Fitness Class (TH) 10:30 What's in the Water Social (B) 2:00 Ladies Euchre (MPR) 2:30 Fine Music Monday (TH) 4:00 Chair Yoga (TH) 3:00 Taffy on the Snow (B) 7:00 Movie Night (T)</p>	<p>July 3</p> <p>10:00 Fitness Class (WC) 10:30 What's in the Water Social (B) 11:00 United Church Service (CH) 2:00 Coffee &amp; Tea Social (3rd FLL) 2:00 Game of Bridge (2nd FLL) 3:00 Baking Butter Tart Bars (B) 7:00 Evening Game of Pool (MPR)</p>	<p>July 4</p> <p><b>Strength and Balance Program (M)</b> 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:30 What's in the Water Social (B) 10:15 Chair Badminton (3rd FLL) 11:00 Musical Entertainment with 2:00 Almonte Hookers &amp; Knitters 3:00 Canada Day Parade (A) 3:30 Timbit Taste Testing (B) 4:00 Chair Yoga (TH) 7:00 Game of Euchre (MPR)</p>
<p>June 8</p> <p>10:00 Catholic Communion (CH) 10:45 Grace Anglican Church Service (CH) 2:00 Ladies Shuffleboard (MPR) 4:30 Sit and Be Fit (TH) 7:00 The Crown on Netflix (TH)</p>	<p>June 9</p> <p>10:00 Fitness Class (WC) 10:30 What's in the Water Social (B) 2:00 Ladies Euchre (MPR) 2:00 Cribbage (3rd FLL) 2:30 Fine Music Monday (TH) 4:00 Chair Yoga (TH) 7:00 Movie Night (T)</p>	<p>June 10</p> <p>10:00 Fitness Class (WC) 10:30 What's in the Water Social (B) 11:00 Presbyterian Service (CH) 2:00 Coffee &amp; Tea Social (3rd FLL) 2:00 Game of Bridge (2nd FLL) 7:00 Evening Game of Pool (MPR)</p>	<p>June 11</p> <p><b>Strength and Balance Program (M)</b> 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:30 What's in the Water Social (B) 10:15 Chair Badminton (3rd FLL) 11:00 Musical Entertainment with 1:00 -3:00 Mobile Shoes and Care (WC) 2:00 Almonte Hookers &amp; Knitters 4:00 Chair Yoga (TH) 7:00 Game of Euchre (MPR) 7:00 Movie Night (TH)</p>
<p>June 15</p> <p>10:00 Catholic Communion (CH) 10:45 Grace Anglican Church Service (CH) 2:00 Ladies Shuffleboard (MPR) 4:30 Sit and Be Fit (TH) 7:00 The Crown on Netflix (TH)</p>	<p>June 16</p> <p>10:00 Fitness Class (WC) 10:30 What's in the Water Social (B) 2:00 Ladies Euchre (MPR) 2:00 Cribbage (3rd FLL) 2:30 Fine Music Monday (TH) 4:00 Chair Yoga (TH) 7:00 Movie Night (T)</p>	<p>June 17</p> <p>10:00 Fitness Class (WC) 10:30 What's in the Water Social (B) 2:00 Game of Bridge (2nd FLL) 2:00 Coffee &amp; Tea Social (3rd FLL) 7:00 Evening Game of Pool (MPR)</p>	<p>June 18</p> <p><b>Strength and Balance Program (M)</b> 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:30 What's in the Water Social (B) 10:15 Chair Badminton (3rd FLL) 11:00 Musical Entertainment with 2:00 Almonte Hookers &amp; Knitters 2:30 Medical Talks with Bassem fr Arts: Asthma (TH) 3:00 Audiology Clinic (Spa) 4:00 Chair Yoga (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)</p>
<p>June 22</p> <p>10:00 Catholic Communion (CH) 10:45 Grace Anglican Church Service (CH) 2:00 Ladies Shuffleboard (MPR) 4:30 Sit and Be Fit (TH) 7:00 The Crown on Netflix (TH)</p>	<p>June 23</p> <p>10:00 Fitness Class (TH) 10:30 What's in the Water Social (B) 2:00 Ladies Euchre (MPR) 2:00 Cribbage (3rd FLL) 2:30 Fine Music Monday (TH) 4:00 Chair Yoga (TH) 7:00 Movie Night (TH)</p>	<p>June 24</p> <p>10:00 Fitness Class (WC) 10:30 What's in the Water Social (B) 2:00 Coffee &amp; Tea Social (3rd FLL) 2:00 Game of Bridge (2nd FLL) 7:00 Evening Game of Pool (MPR)</p>	<p>June 25</p> <p><b>Strength and Balance Program (M)</b> 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:15 Chair Badminton (3rd FLL) 10:30 What's in the Water Social (B) 11:00 Musical Entertainment with 2:00 Almonte Hookers &amp; Knitters 3:00 Strawberry Social (P) 4:00 Chair Yoga (TH) 7:00 Game of Euchre (MPR) 7:00 Movie Night (TH)</p>
<p>June 29</p> <p>10:00 Catholic Communion (CH) 10:45 Grace Anglican Church Service (CH) 2:00 Ladies Shuffleboard (MPR) 4:30 Sit and Be Fit (TH) 7:00 The Crown on Netflix (TH)</p>	<p>June 30</p> <p>10:00 Fitness Class (WC) 10:30 What's in the Water Social (B) 2:00 Ladies Euchre (MPR) 2:00 Cribbage (3rd FLL) 2:30 Fine Music Monday (TH) 4:00 Chair Yoga (TH) 7:00 Movie Night (TH)</p>	<p>June 31</p> <p><b>Trip to Merickville (MCS)</b> 10:00 Fitness Class (WC) 10:30 What's in the Water Social (B) 2:00 Coffee &amp; Tea Social (3rd FLL) 2:00 Game of Bridge (2nd FLL) 7:00 Evening Game of Pool (MPR)</p>	<p><b>Activities that are taking a season: ~ Wood Carvers ~ OVM</b></p> <p><b>New Activities this month: ~Zumba Dancing ~Ladies Shuffleboard ~ Cribbage</b></p>

# Mississippi Activities for July 2018

	Thursday	Friday	Saturday
(CS)  (B)  Joe (A) (2nd FLL)	July 5 10:00 Walking Club (O) 10:30 What's in the Water Social (B) 2:00-4:00 Kitchen Open for Residents to Bake/ Cook (3rd FL K) 2:00 Coffee & Tea Social (3rd FLL) <b>2:00 Zumba Dancing Canada Style (WC)</b> 7:00 Bingo with Joanna (WC)	June 6 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 2:00 Chat with Pat (MPR) <b>1:30 Canada Day Olympics (A)</b> 3:00 Happy Hour Social and Entertainment with Mike Fahey (A) 4:00 Chair Yoga (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)	June 7 10:30 Morning Billiards (MPR) 10:30 Euchre or Cards (MPR) 2:00 Coffee & Tea Social (3rd FLL) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)
(CS)  (B)  Joe (A) Clothing (2nd FLL)	June 12 <b>Shopping at Carlingwood Mall (MCS)</b> 10:00 Walking Club (O) 10:30 What's in the Water Social (B) 2:00-4:00 Kitchen Open for Residents to Bake/ Cook (3rd FL K) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Zumba Dancing (WC) 7:00 Bingo with Joanna (WC)	June 13 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:30 What's in the Water Social (B) <b>10:00 Picnic Lunch in Perth (O)</b> 2:00 Chat with Pat (MPR) 3:00 Happy Hour Social (A) 4:00 Chair Yoga (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)	June 14 10:30 Morning Billiards (MPR) 10:30 Euchre or Cards (MPR) 2:00 Coffee & Tea Social (3rd FLL) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)
(CS)  (B)  Joe (A) (2nd FLL) from Medical	June 19 10:00 Walking Club (O) 10:30 What's in the Water Social (B) 11:00 Shuffleboard with Joe VS Residents (MPR) 2:00-4:00 Kitchen Open for Residents to Bake/ Cook (3rd FL K) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Zumba Dancing (WC) 7:00 Bingo with Joanna (WC)	June 20 <b>Trip to White Lake (MCS)</b> 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:30 What's in the Water Social (B) 11:00 Catholic Mass (CH ) 2:00 Chat with Pat (MPR) <b>3:00 Happy Hour Social and Entertainment            with the Barhaven Fiddlers (A)</b> 4:00 Chair Yoga (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)	June 21 10:30 Morning Billiards (MPR) 10:30 Euchre or Cards (MPR) <b>10:00 Shopping Trip to Carp Farmer's            Market (O)</b> 2:00 Coffee & Tea Social (3rd FLL) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)
(CS)  (B)  Joe (A) (2nd FLL)	June 26 <b>Trip to Kingston 1,000 Islands (MCS)</b> 10:00 Walking Club (O) 10:30 What's in the Water Social (B) 11:00 Town Hall Meeting (WC) 2:00-4:00 Kitchen Open for Residents to Bake/ Cook (3rd FL K) 2:00 Coffee & Tea Social (3rd FLL) 2:00 Zumba Dancing (WC) 7:00 Bingo with Joanna (WC)	June 27 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 2:00 Chat with Pat (MPR) <b>3:00 Happy Hour Social and Entertainment            with Roger and Band (A)</b> 4:00 Chair Yoga (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)	June 28 10:30 Morning Billiards (MPR) 10:30 Euchre or Cards (MPR) 2:00 Coffee & Tea Social (3rd FLL) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)
<b>break this            Chorus            month:            g            ard</b>	The Mills Events and Outings are now listed in our calendar. Should you wish to partake please contact <b>Jan at 613-256-1031</b> <b>Mills Community Support (MCS)</b>  	<b>Legend</b> Atrium (A) Library (L) Multi Purpose Room (MPR) Bistro (B) Second Floor (2nd FL) Third Floor (3rd FLL) Kitchen (K) 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) <b>Mills Community Support Activity (MCS)</b>

# A cup of Joe

Summer has arrived in a big way – hot steamy days, cool summer breeze evenings, and the summer harvest has started. Fresh Ontario strawberries and local produce is abundant for our chefs to create all that the season has to offer

Our employee of the month is Ian Lanouette our Janitor extraordinaire. Ian goes out of his way every day to make sure the building is pristine at all times, and that we hope makes you very proud to call us your home. You will see Ian busy cleaning and organizing every day. Thank you, Ian, for all you do!



With the steamy hot weather here, just a reminder to stay hydrated by drinking lots of water. With temperatures now reaching the mid 30's maybe consider having your walk early in the morning or in the evenings when the temperatures are a little more bearable. Please also remember a hat and sun screen is a must this time of year.

As Executive Director, I know there are always ways to improve and each day it is my job to help staff and managers meet the challenges head on and strive for excellence, exceeding your expectations! Our OVM team will continue to work hard each day so each resident is proud to call us home.

Feel free to pop in and say hi any time; my door is always open



## Crazy Canuck Week

In honour of Canada Day we will be celebrating all week long! There is never too much pride that can be shown to our beautiful country. Any residents wishing to partake in the Canada Day Olympics please sign up at Reception. We will need a minimum of 10 residents with no maximum. We shall make four teams if possible Ontario, Quebec, B.C. and Newfoundland & L. We will have an amazing time competing for gold! Anyone wanting to watch the Olympic games are more than welcome. There will be plenty of chairs for viewing.

All Residents are encouraged to take part in any of the festivities this Crazy Canuck week!



### Red Week

To support our Crazy Canuck week  
Please wear red from July 1st to 6th

### Bunnies

The bunnies will be enjoying the weather too this season. With a new cage, the bunnies will spend most days outside and come back in for the nights.

### Crazy Canuck Parade

Wednesday July 4th at 3:00 pm get ready to show your pride in our very own Canada Day Parade around the Atrium. Anyone wanting to partake can decorate themselves, their walker or wheelchair.

Please sign up at reception. We invite all residents down to watch! We will have after the Parade our Timbit Taste Testing in the Bistro

