

## A cup of Joe

My favourite time of the year! The evenings are beginning to get cooler, back to school sales are abundant and there is corn for sale on every street corner. It won't be long now till the trees start turning which always makes for a beautiful mystery drive on our Orchard View Bus

Jocelyn our Dietary Director is working towards a new fall menu rotation with all of her chefs. Any food ideas suggestions call extension 457. Stay tuned for more information on our upcoming food club. Sharing recipes, cooking classes, demonstrations and competitions will all be a part of it.



Our employee of the month is Karen Roy one of our wonderful cook/bakers! Congratulations, Karen, on working through the ups and downs. Her will power and adaptability make Karen a strong person all around, but it's her calm and gentle nature that we know and love the most. Karen, beyond being an excellent baker can cook up a storm. She is wonderful with the residents and even better with fellow staff members. We would like to thank Karen for her endless supply of kindness and encourage her to continue just as she is, WONDERFUL!

As you are well aware our Town Homes are looking great and we are looking forward to welcoming our new neighbours in October. We will be hosting a reveal party for them in September. September will also be chock full of activities and parties. One not to be missed will be our open house Vendemmia September 16<sup>th</sup>. To include grape stomping, Italian foods and entertainment for you your families and of course friends are welcome.

As your Executive Director, I am always listening for ways we can improve. It is my pleasure working with our staff and managers every day to make you all proud to call Orchard View your home. Feel free to share any comments you may have and we will do our best to make them a reality.

Please pop in and say Hi any time. My door is always open for a chat. Your morning greetings always brighten my day.

### OUTINGS!!

We have a few new outings planned. Should you have an idea for a special or regular outing please see Michael. For all outings please sign up at Reception.

**Every Second Monday: Men's Night OUT**

**Thursday: Coffee Bean Adventure Club**

**Every Second Friday: Mystery Drive**

### Vendemmia Open House

Sunday September 16th from 1:00-4:00pm

Join us for an afternoon of:

~ Grape Stomping

~ Live Entertainment from Duo Oz

~ Wine Games

~ Food & Wine Pairing



### Michael and Pat's Wedding

#### YOU'RE INVITED!

Saturday September 29th in White Lake

The bus will leave OVM around 2:00pm so guests can arrive for 2:30pm. Ceremony will be at 3:00pm Residents are invited to the ceremony and cocktail hour.

The terrain will be a grassy field and gravel roads.

Please wear the appropriate footwear.

**Please sign up at reception as seating is limited!**

### Michael will be Away

End of September through Mid October

As most know Michael, our Recreation Director, is getting married at the end of September. Michael will be away for the wedding and honeymoon.

Don't worry; everything will continue as usual while she is away. Kaitland, Michael's Assistant, will be filling in for events and Activities.

Should you have any questions please see Kaitland or call ext 454. Michael will be back October 15th



# September 2018 Activities Calendar




### Special Events in September:

**There is a lot happening this month that will keep everyone on their toes with excitement!**

Hospital Run/Walk  
Grandparents Day  
Movie in the Park

Vendemmia Open House  
Michael and Pat's Wedding

# Orchard View by the Mississippi Activities for September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>September 30</p> <p>10:00 Catholic Communion (CH) 10:45 Grace Anglican Church Service (CH) 2:00 Ladies Shuffleboard (MPR) 2:30 2nd Anniversary Party Ice Cream Bar (B) 4:30 Sit and Be Fit (TH) 7:00 The Crown on Netflix (TH)</p>	<p><b>Returning and New Activities</b></p> <p><b>Men's Night OUT!</b> <b>Coffee Bean Adventure Club</b> <b>Mystery Drives</b></p> <p><b>OVM Chorus Practice</b> <b>Wood Carving</b> <b>Open Art with Audrey</b></p> <p><b>What's on Your Plate General Meeting</b></p>	<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><b>Mills Community Support (MCS)</b></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) 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) Board Room (BR) <b>Mills Community Support Activity (MCS)</b></p>	<p>September 1</p> <p>11:00 TED Talks (TH) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)</p>	
<p>September 2</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>September 3</p> <p>10:00 Fitness Class (TH) 2:00 Ladies Euchre (MPR) 2:00 Cribbage (3rd FLL) 2:30 Fine Music Monday (TH) 3:30 Milkshake Mondays: Orange Pine-apple (P) 4:00 Chair Yoga (TH) 7:00 Movie Night (TH) 6:15 Men's Night OUT: Barley Mow (O)</p>	<p>September 4</p> <p>10:00 Fitness Class (WC) 11:00 United Church Service (CH) 2:00 Game of Bridge (2nd FLL)</p> <p>Tea Time Tuesday will be starting in October. We will be having tea, scones and the best fine china we have! Those who wish can wear their fascinators!</p>	<p>September 5</p> <p><b>Strength and Balance Program (MCS)</b> 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:15 Chair Badminton (3rd FLL) 11:00 Musical Entertainment with Joe (A) 2:00 Almonte Hookers &amp; Knitters (2nd FLL) 4:00 Chair Yoga (TH) 7:00 Game of Euchre (MPR) 7:00 Movie Night (TH)</p>	<p>September 6</p> <p>9:00 Open Art With Audrey (2nd FLL) 10:00 Walking Club (O) 10:30 Coffee Bean Adventure Club: Equator Almonte (O) 11:00 Cribbage (3rd FLL) 2:00-4:00 Kitchen Open for Residents to Bake/ Cook (3rd FL K) 2:00 Zumba Dancing (WC) 7:00 Bingo with Joanna (WC)</p>	<p>September 7</p> <p>10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:00 Textile Museum: Noreen Young: A Puppet Retrospective (O) 2:00 Chat with Pat (MPR) 3:00 Happy Hour and entertainment with Mainly Strings (A) 4:00 Chair Yoga (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)</p>	<p>September 8</p> <p>Mississippi River Run</p> <p>11:00 TED Talks (TH) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)</p>
<p>September 9</p> <p>10:00 Catholic Communion (CH) 10:00 Grandparents Day Celebration (B) 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>September 10</p> <p>10:00 Fitness Class (WC) 11:00 OVM Chorus Practice (3rd FLL) 2:00 Ladies Euchre (MPR) 2:00 Cribbage (3rd FLL) 2:30 Fine Music Monday (TH) 3:30 Milkshake Mondays: Mint (P) 4:00 Chair Yoga (TH) 7:00 Movie Night (TH)</p>	<p>September 11</p> <p>10:00 Fitness Class (WC) 11:00 Presbyterian Service (CH) 1:30 Wood Carving (WC) 2:00 Game of Bridge (2nd FLL)</p> <p>Trivia Tuesdays will be starting in October. Anyone wishing to volunteer as host please see Michael.</p>	<p>September 12</p> <p><b>Strength and Balance Program (MCS)</b> 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:15 Chair Badminton (3rd FLL) 11:00 Musical Entertainment with Joe (A) 2:00 Almonte Hookers &amp; Knitters (2nd FLL) 4:00 Chair Yoga (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)</p>	<p>September 13</p> <p>9:00 Open Art With Audrey (2nd FLL) 10:00 Walking Club (O) 10:30 Coffee Bean Adventure Club: La Baguette Café Pakenham (O) 11:00 Cribbage (3rd FLL) 2:00-4:00 Kitchen Open for Residents to Bake/ Cook (3rd FL K) 2:00 Zumba Dancing (WC) 7:00 Bingo with Joanna (WC)</p> <p><b>Movie in the Park (P)</b></p>	<p>September 14</p> <p>10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:45 Mystery Drive (O) 2:00 Chat with Pat (MPR) 3:00 <i>Happy Hour Social (P)</i> 4:00 Chair Yoga (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)</p>	<p>September 15</p> <p>11:00 TED Talks (TH) 1:30-3:30 Mary Kay Cosmetics Shop (WC) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)</p>
<p>September 16</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>September 17</p> <p>10:00 Fitness Class (WC) 11:00 OVM Chorus Practice (3rd FLL) 2:00 Ladies Euchre (MPR) 2:00 Cribbage (3rd FLL) 2:30 Fine Music Monday (TH) 3:30 Milkshake Mondays: Raspberry (P) 4:00 Chair Yoga (TH) 7:00 Movie Night (TH) 6:15 Men's Night OUT: Naismith Pub (O)</p>	<p>September 18</p> <p>10:00 Fitness Class (WC) 1:30 Wood Carving (WC) 2:00 Game of Bridge (2nd FLL) 3:30 Taste Test Tuesday: Cheese Edition (B)</p>	<p>September 19</p> <p>9:45 Trip to Mosaic Gatineau (O) 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:15 Chair Badminton (3rd FLL) 11:00 Musical Entertainment with Joe (A) 2:00 Almonte Hookers &amp; Knitters (2nd FLL) 2:30 Wine Pairing Wednesday (B) 4:00 Chair Yoga (TH) 7:00 Game of Euchre (MPR) 7:00 Movie Night (TH)</p>	<p>September 20</p> <p>9:00 Open Art With Audrey (2nd FLL) 10:00 Walking Club (O) 10:30 Coffee Bean Adventure Club: Tim Hortons Almonte (O) 11:00 Cribbage (3rd FLL) 11:00 What's on Your Plate General Meeting (BR) 2:00-4:00 Kitchen Open for Residents to Bake/ Cook (3rd FL K) 2:00 Zumba Dancing (WC) 3:00 Clothing Care Fashion Show (A) 7:00 School of Support: Arthritis Society (TH) 7:00 Bingo with Joanna (WC)</p>	<p>September 21</p> <p>10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:30 Shopping Trip to Independent &amp; Canadian Tire &amp; Giant Tiger (O) 11:00 Catholic Mass (CH) 2:00 Chat with Pat (MPR) 3:00 <i>Happy Hour Social and Entertainment with Arlene Quinn (A)</i> 4:00 Chair Yoga (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)</p>	<p>September 22</p> <p>11:00 TED Talks (TH) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)</p>
<p>September 23</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 Sherlock on Netflix (TH)</p>	<p>September 24</p> <p>10:00 Fitness Class (WC) 11:00 OVM Chorus Practice (3rd FLL) 2:00 Ladies Euchre (MPR) 2:00 Cribbage (3rd FLL) 2:30 Fine Music Monday (TH) 3:30 Milkshake Mondays: Honey (P) 4:00 Chair Yoga (TH) 7:00 Movie Night (TH)</p>	<p>September 25</p> <p>10:00 Fitness Class (WC) 1:30 Wood Carving (WC) 2:00 Game of Bridge (2nd FLL)</p> <p>Michael's last day before the wedding. Be sure to get anything from her before 4:00pm Michael will be back October 15th!</p>	<p>September 26</p> <p>10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:15 Chair Badminton (3rd FLL) 11:00 Musical Entertainment with Joe (A) 2:00 Almonte Hookers &amp; Knitters (2nd FLL) 4:00 Chair Yoga (TH) 7:00 Game of Euchre (MPR) 7:00 Movie Night (TH)</p>	<p>September 27</p> <p>9:00 Open Art With Audrey (2nd FLL) 10:00 Walking Club (O) 11:00 Town Hall Meeting (WC) 2:00-4:00 Kitchen Open for Residents to Bake/ Cook (3rd FL K) 2:00 Zumba Dancing (WC) 7:00 Bingo with Joanna (WC)</p>	<p>September 28</p> <p>10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:45 Mystery Drive (O) 2:00 Chat with Pat (MPR) 3:00 <i>Happy Hour Social (P)</i> 4:00 Chair Yoga (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)</p>	<p>September 29</p> <p>11:00 TED Talks (TH) 2:00 Michael and Pat's Wedding Ceremony (O) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)</p>