

November 2018
Activities Calendar




We will Remember

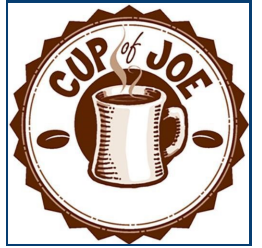
Orchard View by the Mississippi

Sunday	Monday	Tuesday	Wednesday
 <div data-bbox="844 163 1276 506"> <p>Legend 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> </div> <div data-bbox="1279 163 1624 506"> <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)</p> </div>			
<p>November 4 10:00 Catholic Communion (CH) 10:45 Grace Anglican Church Service (CH) 2:00 Ladies Shuffleboard (MPR) 3:00 Country Classic Hour (TH) 4:30 Sit and Be Fit (TH) 7:00 Sherlock on Netflix (TH)</p>	<p>November 5 10:00 Fitness Class (TH) 10:30 Chat with Pat Ladies Outing to Mill Street (O) 2:00 Ladies Euchre (MPR) 2:00 Cribbage (3rd FLL) 2:30 Fine Music Monday (TH) 3:30 Milkshake Mondays: Orange Zest (B) 4:00 Chair Yoga (TH) 4:00 Ukaladies Practice (WC)</p>	<p>November 6 9:30 Walking Club with Dianne (O) 10:00 Fitness Class (WC) 11:00 Presbyterian Service (CH) 2:00 Game of Bridge (2nd FLL) 2:30 Pool for Beginners With Gerry (MPR) 4:00 Trivia Tuesday (TH)</p>	<p>November 7 8:15 Almonte District High School (A) 9:30-11:30 Duplicate Bridge for Beginners (O) 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:30 Coffee Bean Adventure Club Cafe (O) 10:45 Anne's Fitness Class (WC) 11:00 Musical Entertainment with J... 11:30 Fitness Class (3rd FLL)</p>
<p>November 11 10:00 Catholic Communion (CH) 10:45 Grace Anglican Church Service (CH) 2:00 Ladies Shuffleboard (MPR) 2:30 Remembrance Day Ceremony (A) 3:00 Trip Down Memory Lane with Entertainment by Rae Palmer (A) 4:30 Sit and Be Fit (TH) 7:00 Sherlock on Netflix (TH)</p>	<p>November 12 10:00 Fitness Class (WC) 10:30 OVM Chorus Practice (3rd FLL) 10:45 Anne's Fitness Class (WC) 11:30 Fitness Class (3rd FLL) 2:00 Ladies Euchre (MPR) 2:00 Cribbage (3rd FLL) 2:30 Fine Music Monday (TH) 3:30 Milkshake Mondays: Oreo (B) 4:00 Chair Yoga (TH) 4:00 Ukaladies Practice (WC) 7:00 Movie Night (TH)</p>	<p>November 13 9:30 Walking Club with Dianne (O) 10:00 Fitness Class (WC) 1:30 Wood Carving (WC) 2:00 Game of Bridge (2nd FLL) 2:30 Pool for Beginners With Gerry (MPR) 4:00 Trivia Tuesday (TH)</p>	<p>November 14 8:15 Almonte District High School (A) 9:30-11:30 Duplicate Bridge for Beginners (O) 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:30 Coffee Bean Adventure Club Cafe (O) 10:45 Anne's Fitness Class (WC) 11:00 Musical Entertainment with J... 11:30 Fitness Class (3rd FLL) 2:00 Almonte Hookers & Knitters 3:00 Audiology Clinic (Spa) 4:00 Chair Yoga (TH) 6:00 Six Hand Euchre (WC)</p>
<p>November 18 10:00 Catholic Communion (CH) 10:45 Grace Anglican Church Service (CH) 2:00 Ladies Shuffleboard (MPR) 3:00 Country Classic Hour (TH) 4:30 Sit and Be Fit (TH) 7:00 Sherlock on Netflix (TH)</p>	<p>November 19 10:00 Fitness Class (WC) 10:30 OVM Chorus Practice (3rd FLL) 10:45 Anne's Fitness Class (WC) 11:30 Fitness Class (3rd FLL) 2:00 Ladies Euchre (MPR) 2:00 Cribbage (3rd FLL) 2:30 Fine Music Monday (TH) 3:30 Milkshake Mondays: Mint (B) 4:00 Chair Yoga (TH) 4:00 Ukaladies Practice (WC) 6:15 Men's Night OUT: (O) 7:00 Movie Night (TH)</p>	<p>November 20 9:30 Walking Club with Dianne (O) 10:00 Fitness Class (WC) 1:30 Wood Carving (WC) 2:00 Game of Bridge (2nd FLL) 2:30 Pool for Beginners With Gerry (MPR) 4:00 Celebration of Life: Honouring our OVM Residents (P)</p>	<p>November 21 8:15 Almonte District High School (A) 9:30-11:30 Duplicate Bridge for Beginners (O) 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:30 Coffee Bean Adventure Club Cafe Perth (O) 10:45 Anne's Fitness Class (WC) 11:00 Musical Entertainment with J... 11:30 Fitness Class (3rd FLL) 2:00 Almonte Hookers & Knitters 4:00 Chair Yoga (TH)</p>
<p>November 25 10:00 Catholic Communion (CH) 10:45 Grace Anglican Church Service (CH) 2:00 Ladies Shuffleboard (MPR) 3:00 Country Classic Hour (TH) 4:30 Sit and Be Fit (TH) 7:00 Sherlock on Netflix (TH)</p>	<p>November 26 10:00 Fitness Class (WC) 10:30 OVM Chorus Practice (3rd FLL) 10:45 Anne's Fitness Class (WC) 11:30 Fitness Class (3rd FLL) 2:00 Ladies Euchre (MPR) 2:00 Cribbage (3rd FLL) 2:30 Fine Music Monday (TH) 3:30 Milkshake Mondays: Orange Zest (B) 4:00 Chair Yoga (TH) 4:00 Ukaladies Practice (WC) 7:00 Movie Night (TH)</p>	<p>November 27 9:30 Walking Club with Dianne (O) 10:00 Fitness Class (WC) 1:30 Wood Carving (WC) 2:00 Game of Bridge (2nd FLL) 2:30 Pool for Beginners With Gerry (MPR) 4:00 Taste Test Tuesday: Ginger Bread Cookies (B)</p>	<p>November 28 8:15 Almonte District High School (A) 9:30-11:30 Duplicate Bridge for Beginners (O) 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:45 Anne's Fitness Class (WC) 10:30 Coffee Bean Adventure Club Cafe (O) 11:00 Musical Entertainment with J... 11:30 Fitness Class (3rd FLL) 2:00 Almonte Hookers & Knitters 4:00 Chair Yoga (TH) 6:00 Six Hand Euchre (WC) 7:00 Game of Euchre (MPR)</p>

Community Activities for November 2018

Day	Thursday	Friday	Saturday
	<p>November 1</p> <p>9:00 Open Art With Audrey (2nd FLL) 9:30 Walking Club with Dianne (O) 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>November 2</p> <p>10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:00 Shopping Trip to Carleton Place Nursery (O) 11:30 Fitness Class (3rd FLL) 2:00 Chat with Pat (MPR) 3:00 Happy Hour and Entertainment with Lauren Hall (A) 4:00 Chair Yoga (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)</p>	<p>November 3</p> <p>11:00 TED Talks (TH) 2:00 Cribbage (3rd FLL) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)</p>
<p>Students Visit</p> <p>Beginners (MPR)</p> <p>Bob: Balderson</p> <p>Joe (A)</p>	<p>November 8</p> <p>9:00 Open Art With Audrey (2nd FLL) 9:30 Walking Club with Dianne (O) 2:00-4:00 Kitchen Open for Residents to Bake/Cook (3rd FL K) 2:00 Zumba Dancing (WC) 3:00 Christmas Crafts with Marie (2nd FLL) 7:00 Bingo with Joanna (WC) 7:00 School of Support: Pain Management (TH)</p>	<p>November 9</p> <p>10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:45 Mystery Drive (O) 11:00 Catholic Mass (CH) 11:30 Fitness Class (3rd FLL) 1:00 Remembrance Day Celebration with the Almonte Legion (A) 2:00 Chat with Pat (MPR) 3:00 Happy Hour (A)</p>	<p>November 10</p> <p>11:00 TED Talks (TH) 2:00 Cribbage (3rd FLL) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)</p>
<p>Students Visit</p> <p>Beginners (MPR)</p> <p>Bob: Café Whim</p> <p>Joe (A)</p> <p>(2nd FLL)</p>	<p>November 15</p> <p>9:00 Open Art With Audrey (2nd FLL) 9:30 Walking Club with Dianne (O) 10:00 Fitness Class (WC) 2:00-4:00 Kitchen Open for Residents to Bake/Cook (3rd FL K) 2:00 Zumba Dancing (WC) 3:00 Christmas Crafts with Marie (2nd FLL) 7:00 Bingo with Joanna (WC)</p>	<p>November 16</p> <p>10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:00 Trip to Carleton Raceway and Casino with Lunch (O) 11:30 Fitness Class (3rd FLL) 1:30 Intergenerational Play Group with Students from Holy Name of Mary Catholic School (3rd FLL) 2:00 Chat with Pat (MPR) 3:00 <i>Happy Hour Social and Entertainment with Down Memory Lane (A)</i> 4:00 Chair Yoga (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)</p>	<p>November 17</p> <p>11:00 TED Talks (TH) 2:00 Cribbage (3rd FLL) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)</p>
<p>Students Visit</p> <p>Beginners (MPR)</p> <p>Bob: Coutts</p> <p>Joe (A)</p> <p>(2nd FLL)</p>	<p>November 22</p> <p>9:00 Open Art With Audrey (2nd FLL) 9:30 Walking Club with Dianne (O) 10:00 Fitness Class (WC) 2:00-4:00 Kitchen Open for Residents to Bake/Cook (3rd FL K) 2:00 Zumba Dancing (WC) 2:45 Too Fit to Fracture Physio Presentation with Patti Morton (TH) 3:00 Christmas Crafts with Marie (2nd FLL) 7:00 Bingo with Joanna (WC)</p>	<p>November 23</p> <p>10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:00 Shopping Trip to Cedar Hill Tree Farm (O) 11:30 Fitness Class (3rd FLL) 2:00 Chat with Pat (MPR) 3:00 <i>Happy Hour Social (A)</i> 4:00 Chair Yoga (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)</p>	<p>November 24</p> <p>11:00 TED Talks (TH) 2:00 Cribbage (3rd FLL) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)</p>
<p>Students Visit</p> <p>Beginners (MPR)</p> <p>Bob: Aquatopia</p> <p>Joe (A)</p> <p>(2nd FLL)</p>	<p>November 29</p> <p>8:15 Almonte District High School Students Visit (A) 9:00 Open Art With Audrey (2nd FLL) 9:30 Walking Club with Dianne (O) 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 Zumba Dancing (WC) 3:00 Christmas Crafts with Marie (2nd FLL) 7:00 Bingo with Joanna (WC)</p>	<p>November 30</p> <p>10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:45 Mystery Drive (O) 11:30 Fitness Class (3rd FLL) 2:00 Chat with Pat (MPR) 3:00 <i>Happy Hour Social (A)</i> 4:00 Chair Yoga (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)</p>	<p>TRUE NORTH STRONG & FREE</p> 

A cup of Joe



Well it seems to be here. Winter is upon us. It is getting darker earlier and there has been a definite change in the temperature. Michael is working on a full calendar of winter events to keep you busy, engaged, warm and cozy. She is always looking for new ideas for activities. Don't be shy. If you would like to suggest something new just let her know.

November is always a special month at OVM. We have been blessed to have so many veteran's living with us over the years. I always look forward to our Remembrance Day ceremony with the help of the Almonte Legion. A wonderful time to slow down and reflect how fortunate we are to be Canadian and to pay tribute to those who sacrificed so much.

I would like to extend a warm welcome to the newest member of our management team. Graham Nesbitt brings a wealth of knowledge and experience and is very excited to be here at Orchard View in the role of Dietary Director. Thank you Jocelyn for all of your hard work and dedication over the last few months. Jocelyn will be returning to her roll as dining room supervisor.

Just a reminder that we will be receiving our flu vaccinations any day now. I know everyone will participate as it has been proven that the flu shot helps to avoid outbreaks in retirement residences. Lets all work to keep Orchard View flu free this year. Also, please be diligent in using the hand sanitizers that are placed all around the building. Sanitizing on a regular basis will go a long way in preventing an outbreak.

As Executive Director, I want you to know that my door is always open. We strive for excellence every day and our dedicated team of staff and managers will continue to work each and every day so you can all be proud to call us your home.

Remembrance Day Ceremonies



November 9th at 1:00pm in the Atrium

With the Almonte Legion we will have our annual ceremony. Vets are encouraged to dress with the medals etc. All Vets will have assigned seating in the front.

November 11th at 2:30pm in the Atrium

Our residents will have a special moment on Remembrance day before we take a walk down memory lane with music by Rae Palmer at 3:00pm

Special Outings

Coffee Bean Adventure Club has changed to Wednesdays at 10:30am

November 16th Trip to the Raceway and Casino and Lunch

Shopping to: Cedar Hill Tree Farm and

Food Drive for the Lanark Food Bank

Last year we gathered 4 large boxes of non perishable food for our local Food Bank. Let's make it 6 boxes this year!

All month residents, family members, friends and neighbours can drop off book in the designated boxes to help provide holiday meals to those in need in our community!

Celebration of Life: Honouring our OVM Residents November 20th at 4:00pm on the Farm Animal Side Patio

It may have been a year, it may have been a month, we have all lost someone near and dear to us who have called OVM home.

Residents and family members are encouraged to come write a note and light a candle around the remembrance tree. A few words will be spoken as we remember those who are no longer

