

A cup of Joe

Talk about a crazy January. We need to look way back in time to remember weather like that. Record cold, record snow falls brrrrr.... February can only get better!!!!!!

Our employee of the month is Kaitland Comerford. Kaitland has been at OVM since opening and has worked in many different departments and is now our activities assistant. She is so wonderful with all of our residents but is especially appreciated by the folks on the fourth floor. You will often see Kaitland saying a warm hello and leading the way in helping Michael with many of our great activities. Thank you Kaitland for all you do!

Being half way through this cold winter I am pleased to say that we have not encountered any flu like symptoms at OVM. We have been very lucky over the years and have not had an outbreak. Please let's all do our part in being extra careful, use the hand sanitizers that are around the building and if your not feeling well, please call nursing right away to arrange a visit. Let's keep OVM safe and flu free, we are in the home stretch.

I know Michael has lots planned for the upcoming months, so keep your eyes peeled on the newsletter for more activities and parties! Valentine's Day and St. Paddy's Day are always resident favourites.

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.

As always, my door is always open and I love my daily chats with all of you.

Please pop in and say hi anytime—Joe



February 2019 Activities Calendar



Fly Away

Michael will be away from February 27th - March 7th
She will be down in Dominican Republic for a wedding.

Kaitland will be here and available should residents have any questions or comments.

My Cup of Tea Social

We have such nice fine china that its time we start to use and appreciate it! Tuesdays at 3:30pm in the Bistro we will have a tea time social with our finest. Wear your fascinators or fancy hat and enjoy a cup of tea.

If you have a special tea cup feel free to bring yours.

Valentine's Day Thursday February 14th

We are shaking things up this year! The past two years we have had beautiful vow renewals, we thank everyone who has been involved in that special moment.

This year we are focusing on things the residents LOVE!

We will have Karaoke for family members, residents, staff and community members! We will also be having the sweetest waffle bar you have ever tasted. Valentine's Bingo will close out the night.

Hope to see everyone come out for these activities!

Memory Fitness


Michael will begin training for a new program. Memory Fitness is helps seniors rejuvenate their brain. As more Canadians are living longer, the **Memory Fitness® program** was created with the goal of helping older adults rejuvenate their brain and slow the **memory** loss or cognitive decline associated with aging, using a recreational and fun approach. Michael will be trained by the owner of the company and will be starting to teach her own classes. Stay tuned for more info.

Join in ever second Wednesdays at 1:30 pm in the Wellness Centre.

Things we Love!

Each week in February we will have a special activity based on what our residents love the most! Michael asked, and we have the answers! Look in the calendar and highlights for more information and dates. We will be having fun fun all month long with some of the things our residents love the most! Come and partake or just watch, everyone is encouraged to spread the love!

Orchard View by the Mississippi Activities for February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>	<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>				<p style="text-align: center;">February 1</p> <p>10:00 Fitness Class (WC) 10:00 Tuck Shop Open 11:30 Fitness Class (3rd FLL) 2:00 Chat with Pat (MPR) 3:00 Happy Hour and Entertainment with Crature (A) 4:00 Chair Yoga (TH) 4:30 Sit to Stand (TH) 7:00 Game of Euchre (MPR) 7:00 Movie Night (TH)</p>	<p style="text-align: center;">February 2</p> <p>10:00 Sit and Be Fit (TH) 11:00 TED Talks (TH) 2:00 Cribbage (3rd FLL) 6:00 Musical Movie Marathon (TH) 7:00 Game of Euchre (MPR)</p>
<p style="text-align: center;">February 3</p> <p>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 Downton Abbey on Netflix S1:E6 & 7 (TH)</p>	<p style="text-align: center;">February 4</p> <p>10:00 Fitness Class (TH) 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) 4:30 Sit to Stand Yoga (TH) 7:00 Movie Night (TH)</p>	<p style="text-align: center;">February 5</p> <p style="color: red;">Chinese New Year - Year of the Pig</p> <p>9:30 Walking Club with Dianne (2nd FLL) 10:00 Fitness Class (WC) 11:00 United Church Service (CH) 1:00 Wood Carving (WC) 2:00 Game of Bridge (2nd FLL) 3:00 Pool for Beginners With Gerry (MPR) 3:30 Chinese New Year Celebration (B) 7:00 Chinese Dance Drama Performance (TH)</p>	<p style="text-align: center;">February 6</p> <p>9-11:00 Men's Shed (MPR) 10:00 Tuck Shop Open 10:15 Coffee Bean Adventure Club: Under Pressure Coffee House, Carleton Place (O/\$) 10:45 Anne's Fitness Class (WC) 11:00 Musical Entertainment with Joe (A) 11:30 Fitness Class (3rd FLL) 1:30 Memory Fitness (WC) 2:00 Almonte Belles of the Ball Knitting (2nd FLL) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Six Hand Euchre (WC)</p>	<p style="text-align: center;">February 7</p> <p>9:00 Open Art With Audrey (2nd FLL) 9:30 Walking Club with Dianne (2nd FLL) 10:00 Fitness Class (WC) 10:00-11:30 Weight and Blood Pressure Clinic (3rd FL NS) 1:30-3:30 Minds in Motion with the Alzheimer Society (MPR/TH) 2:00-4:00 Kitchen Open for Residents to Bake/Cook (3rd FL K) 2:00 Zumba Dancing (WC) 4:00 Arm Chair Travel: Cinque Terre: Siena and Assisi: Italy's Grand Hill Towns (TH) 7:00 Bingo with Joanna (WC)</p>	<p style="text-align: center;">February 8</p> <p>10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:30 Shopping Trip to Carlingwood Mall (O) 11:30 Fitness Class (3rd FLL) 2:00 Chat with Pat (MPR) 3:00 Happy Hour Social (A) 4:00 Chair Yoga (TH) 4:30 Sit to Stand (TH) 7:00 Game of Euchre (MPR) 7:00 Movie Night (TH)</p>	<p style="text-align: center;">February 9</p> <p>10:00 Sit and Be Fit (TH) 11:00 Knit Don't Quit with Vania (2nd FLL) 11:00 TED Talks (TH) 2:00 Cribbage (3rd FLL) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)</p>
<p style="text-align: center;">February 10</p> <p>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 Downton Abbey on Netflix S2:E8 & 9 (TH)</p>	<p style="text-align: center;">February 11</p> <p>10:00 Fitness Class (WC) 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: Strawberry (B) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 6:15: Men's Night OUT! Ashton Pub (Outing/\$) 7:00 Movie Night (TH)</p>	<p style="text-align: center;">February 12</p> <p>9:30 Walking Club with Dianne (2nd FLL) 10:00 Fitness Class (WC) 11:00 Presbyterian Church Service (CH) 1:00 Wood Carving (WC) 2:00 Game of Bridge (2nd FLL) 3:00 Pool for Beginners With Gerry (MPR) 3:30 My Cup of Tea Social (B) 7:00 Games Night (MPR)</p>	<p style="text-align: center;">February 13</p> <p>10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:45 Anne's Fitness Class (WC) 11:00 Musical Entertainment with Joe (A) 11:30 Fitness Class (3rd FLL) 2:00 Almonte Belles of the Ball Knitting (2nd FLL) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Six Hand Euchre (WC)</p>	<p style="text-align: center;">February 14</p> <p>9:00 Open Art With Audrey (2nd FLL) 9:30 Walking Club with Dianne (2nd FLL) 10:00 Fitness Class (WC) 11:00 Staff and Resident Karaoke: Love Songs (TH) 1:30-3:30 Minds in Motion with the Alzheimer Society (MPR/TH) 2:00-4:00 Kitchen Open for Residents to Bake/Cook (3rd FL K) 3:00 Love Something Sweet: Waffle Bar (B) 2:00 Zumba Dancing (WC) 4:00 Arm Chair Travel: Florence: Heart of the Renaissance (TH) 7:00 Special Valentine's Day Bingo with Joanna (WC)</p>	<p style="text-align: center;">February 15</p> <p>10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:00 Mystery Drive (O) 11:30 Fitness Class (3rd FLL) 2:00 Chat with Pat (MPR) 3:00 Happy Hour Social and Entertainment with Dai B. (A) 4:00 Chair Yoga (TH) 4:30 Sit to Stand (TH) 7:00 Game of Euchre (MPR) 7:00 Movie Night (TH)</p>	<p style="text-align: center;">February 16</p> <p>10:00 Sit and Be Fit (TH) 11:00 TED Talks (TH) 2:00 Cribbage (3rd FLL) 4:00 Ballet Concert: Cinderella (TH) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)</p>
<p style="text-align: center;">February 17</p> <p>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 Downton Abbey on Netflix S2:E 10 & S3: E1 (TH)</p> <p style="text-align: center; color: red;">Puzzle Challenge Begins</p>	<p style="text-align: center;">February 18 Family Day</p> <p>10:00 Fitness Class (TH) 2:00 Ladies Euchre (MPR) 2:00 Cribbage (3rd FLL) 2:30 Fine Music Monday (TH) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Movie Night (TH)</p> <p style="text-align: center; color: red;">Happy Family Day 50% off any meal today only for family and friends!</p>	<p style="text-align: center;">February 19</p> <p>9:30 Walking Club with Dianne (2nd FLL) 10:00 Fitness Class (WC) 1:00 Wood Carving (WC) 2:00 Game of Bridge (2nd FLL) 3:00 Pool for Beginners With Gerry (MPR) 3:30 My Cup of Tea Social (B) 4:00 Through the Eyes of a Lens with Rick: Egypt (TH) 7:00 pm School of Support: Red Dot Alert System (TH)</p>	<p style="text-align: center;">February 20</p> <p>10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:15 Coffee Bean Adventure Club: Tea & Cake in DT Almonte (O/\$) 10:45 Anne's Fitness Class (WC) 11:00 Musical Entertainment with Joe (A) 11:30 Fitness Class (3rd FLL) 1:30 Memory Fitness (WC) 2:00 Almonte Belles of the Ball Knitting (2nd FLL) 3:00 Capital Audiology Hearing Clinic (WC) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Six Hand Euchre (WC) 7:00 Movie Night (TH)</p>	<p style="text-align: center;">February 21</p> <p>9:30 Walking Club with Dianne (2nd FLL) 10:00 Fitness Class (WC) 1:30-3:30 Minds in Motion with the Alzheimer Society (MPR/TH) 1:30 Intergenerational Play Group with Students from Holy Name of Mary Catholic School (3rd FLL) 2:00-4:00 Kitchen Open for Residents to Bake/Cook (3rd FL K) 2:00 Zumba Dancing (WC) 4:00 Arm Chair Travel: Italy's Great Hill Towns (TH) 7:00 Bingo with Joanna (WC)</p>	<p style="text-align: center;">February 22</p> <p>10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:30 Shopping Trip to Giant Tiger/Walmart/Independent in Carleton Place (O) 11:00 Catholic Mass (CH) 11:30 Fitness Class (3rd FLL) 2:00 Chat with Pat (MPR) 3:00 Happy Hour Social (A) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Game of Euchre (MPR) 7:00 Movie Night (TH)</p>	<p style="text-align: center;">February 23</p> <p>10:00 Sit and Be Fit (TH) 11:00 TED Talks (TH) 11:00 Knit don't Quit with Vania (2nd FLL) 2:00 Cribbage (3rd FLL) 7:00 Movie Night (TH) 7:00 Game of Euchre (MPR)</p> <p style="text-align: center; color: red;">Puzzle Challenge Ends</p>
<p style="text-align: center;">February 24</p> <p>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 Downton Abbey on Netflix S3:E2 & 3 (TH)</p>	<p style="text-align: center;">February 25</p> <p>10:00 Fitness Class (WC) 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: Almond (B) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Movie Night (TH)</p>	<p style="text-align: center;">February 26</p> <p>9:30 Walking Club (2nd FLL) 10:00 Fitness Class (TH) 1:00 Wood Carving (WC) 1:15 Euchre Tournament (3rd FLL) 3:00 Pool for Beginners With Gerry (MPR) 3:30 Taste Test Tuesday: Sugar Cookies (B) 4:00 Resident Recommended Book Swop (L) 7:00 Games Night (MPR)</p>	<p style="text-align: center;">February 27</p> <p>10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:45 Anne's Fitness Class (WC) 11:30 Fitness Class (3rd FLL) 2:00 Almonte Belles of the Ball Knitting (2nd FLL) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Six Hand Euchre (WC) 7:00 Movie Night (TH)</p>	<p style="text-align: center;">February 28</p> <p>9:30 Walking Club with Dianne (2nd FLL) 10:00 Fitness Class (WC) 11:00 Town Hall Meeting 1:30-3:30 Minds in Motion with the Alzheimer Society (MPR/TH) 2:00-4:00 Kitchen Open for Residents to Bake/Cook (3rd FL K) 2:00 Zumba Dance (WC) 4:00 Arm Chair Travel: Roma Ancient Glory (TH) 7:00 Bingo with Joanna (WC)</p>		