

## A cup of Joe

Spring is just around the corner and I am sure I can speak for all of us, it is long overdue. Is it just me or did it seem like the longest, harshest winter ever? The snow is melting, soon the grass will be getting greener, the trees will be blossoming and it will be time to get at our gardens.

With the nicer weather coming we will be turning our sights to gardening. Please feel free to see Michael if you are interested in getting a garden plot or if you just want to lend a hand. There are many plots to be filled in the next weeks.

I'm also super excited to announce the return of our Orchard View animals for the summer/fall season. Stay tuned as we will have an announcement soon on their return date.

Tom, our Dietary Director, and his team have been working hard on a wonderful Easter Brunch buffet. You'll not want to miss this one. Please reserve early at reception to make sure that we can accommodate you and you families.

I know Michael has lots planned for the spring months so keep your eyes peeled on the newsletter for more activities, parties and outings.

As Executive Director, I am aware that there are always ways to improve and each day it is my goal to help our wonderful employees and our management team to strive for excellence, exceeding your expectations! Our team will continue to work hard each day so each resident is proud to call us home.

Please pop in any time for a chat as my door is always open—Joe P.



### Almonte District HS Student Meet Up

The students will be arriving around 8:20am on the provided dates. Please meet in the atrium either on the main floor or on the floor your room is.

The residents are very excited to meet you all!

### Spring Has Sprung Garden Party

Lets celebrate the new season the best way we know how! We will have spring pots to plant, fruit plates, dancing and more!

Dress in a fun spring outfit or bring your rainboots and raincoats! Let's see what kind of spring we will have!



### Resident Gardens

Even though we are still under snow, it won't be long before we get back into the ground and start to grow the beauty of our gardens. If you would like a garden plot, if you don't want to keep yours from last year or wish to move gardens, please see Michael for more information.

### Maple Festival Weekend

**Weekend of April 12-13th at 2:00pm**

We will have two days to enjoy all the delight in the changing seasons! We will have a couple maple games and the best part of all the maple snacks!

Bring your sweet tooth... and maybe some water too!



## April 2019 Activities Calendar





### Coming Soon:

The Almonte District High School Civics class will be starting to come to meet with residents. Many of the students are interested in being pilots, engineers, nurses, electricians etc These students are one in a million with their interests and ambitions. Should you wish to be a part of the group and be paired with a student or two please speak with Michael.

The program will start in April; look inside for the specific dates!



# Orchard View by the Mississippi Activities for April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Coffee Bean Adventures has moved to Mondays at 10:15am</p> 	<p>April 1</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: Avocado (B) 4:00 Ukaladies Practice (WC) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Men's Floor Shuffleboard (MPR)</p>	<p>April 2</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 (MPR) 3:30 My Cup of Tea Social (B) 7:00 Games Night (MPR)</p>	<p>April 3</p> <p>10:00 Tuck Shop Open 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 Four Hand Euchre with Terry (MPR) 7:00 Six Hand Euchre (WC) 7:00 Humphrey Bogart Movie Night (TH)</p>	<p>April 4</p> <p>9:00 Open Art With Audrey (2nd FLL) 9:30 Walking Club with Dianne (2nd FLL) 11:00 Remember When... (MPR) 10:00 Fitness Class (WC) 10:00-11:30 Weight and Blood Pressure Clinic (3rd FL NS) 2:00-4:00 Kitchen Open for Residents to Bake/Cook (3rd FL K) 2:00 Zumba Dancing (WC) 4:00 Arm Chair Travel: (TH) 7:00 Bingo with Joanna (WC)</p>	<p>April 5</p> <p>10:00 Fitness Class (WC) 10:00 Tuck Shop Open 11:30 Fitness Class (3rd FLL) 2:00 Chat with Pat: Quilt Expose (2nd FLL) 3:00 Happy Hour and Entertainment with Peter Brown (A) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Movie Night (TH)</p>	<p>April 6</p> <p>10:00 Sit and Be Fit (TH) 10:00 Maple Run Bus Tour (O) 11:00 TED Talks (TH) 11:00 Knit Don't Quit with Vania (2nd FLL) 2:00 Cribbage (3rd FLL) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH)</p>
<p>April 7</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 S4:E5 &amp; 6 (TH)</p>	<p>April 8</p> <p>10:00 Fitness Class (WC) 10:15 Coffee Bean Adventures: (O/\$) 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: Banana (B) 4:00 Ukaladies Practice (WC) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Men's Floor Shuffleboard (MPR)</p>	<p>April 9</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 (MPR) 3:30 My Cup of Tea Social (B) 7:00 Games Night (MPR) 7:00 School of Support: Osteo Arthritis (TH)</p>	<p>April 10</p> <p>10:00 Tuck Shop Open 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 Four Hand Euchre with Terry (MPR) 7:00 Six Hand Euchre (WC) 7:00 Humphrey Bogart Movie Night (TH)</p>	<p>April 11</p> <p>9:00 Open Art With Audrey (2nd FLL) 9:30 Walking Club with Dianne (2nd FLL) 11:00 Remember When... (MPR) 10:00 Fitness Class (WC) 2:00-4:00 Kitchen Open for Residents to Bake/Cook (3rd FL K) 2:00 Zumba Dancing (WC) 4:00 Arm Chair Travel: (TH) 7:00 Bingo with Joanna (WC)</p>	<p>April 12</p> <p>10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:30 Lunch at Temples Sugar Bush (O/\$) 11:30 Fitness Class (3rd FLL) 2:00 Chat with Pat (MPR) 3:00 Happy Hour Social with entertainment with Down Memory Lane and Volunteer Appreciation Ceremony (A) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Movie Night (TH)</p>	<p>April 13</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 Maple Festival Weekend (B) 2:00 Cribbage (3rd FLL) 2:00 Ballet Concert: Mid Summer Nights Dream Part One (TH) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH)</p>
<p>April 14</p> <p>10:00 Catholic Communion (CH) 10:45 Grace Anglican Church Service (CH) 2:00 Ladies Shuffleboard (MPR) 2:00 Maple Festival Weekend (B) 3:00 Country Classic Hour (TH) 4:30 Sit and Be Fit (TH) 7:00 Downton Abbey on Netflix S4:E7 &amp; 8 (TH)</p>	<p>April 15</p> <p>10:00 Fitness Class (WC) 11:00-2:00 Parklane Jewelry (A) 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: Mixed Berry (B) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 6:15: Men's Night OUT! The Thirsty Moose Pub in Carleton Place (Outing/\$)</p>	<p>April 16</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 (MPR) 3:30 My Cup of Tea Social (B) 7:00 Games Night (MPR)</p>	<p>April 17</p> <p>8:20 Almonte District Meet Up (A) 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 11:30 Fitness Class (3rd FLL) 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 Four Hand Euchre with Terry (MPR) 7:00 Six Hand Euchre (WC) 7:00 Humphrey Bogart Movie Night (TH)</p>	<p>April 18</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 Remember When... (MPR) 2:00-4:00 Kitchen Open for Residents to Bake/Cook (3rd FL K) 2:00 Zumba Dancing (WC) 3:00 Spring Has Sprung Garden Party (Bistro) 4:00 Arm Chair Travel: Florence: (TH) 7:00 Bingo with Joanna (WC)</p>	<p>April 19 Good Friday</p> <p>10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:00 Mystery Drive (O) 11:30 Fitness Class (3rd FLL) 3:00 Happy Hour Social (A) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Movie Night (TH)</p> <p>No Catholic Mass</p>	<p>April 20</p> <p>10:00 Sit and Be Fit (TH) 11:00 TED Talks (TH) 2:00 Cribbage (3rd FLL) 2:00 Ballet Concert: Mid Summer Nights Dream Part Two (TH) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH)</p>
<p>April 21 Easter Sunday</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 S4:E9 &amp; S5:E1 (TH)</p>	<p>April 22 Easter Monday</p> <p>10:00 Fitness Class (TH) 10:45 Anne's Fitness Class (WC) 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 Men's Floor Shuffleboard (MPR)</p>	<p>April 23</p> <p>8:20 Almonte District Meet Up (A) 9:30 Walking Club with Dianne (2nd FLL) 10:00 Fitness Class (WC) 1:00 Wood Carving (WC) 1:00-3:00 Advanced Care Planning with Lanark Palliative Network (TH) 2:00 Game of Bridge (2nd FLL) 3:00 Pool for Beginners (MPR) 3:30 My Cup of Tea Social (B) 7:00 Games Night (MPR)</p>	<p>April 24</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) 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 Four Hand Euchre with Terry (MPR) 7:00 Six Hand Euchre (WC) 7:00 Humphrey Bogart Movie Night (TH)</p>	<p>April 25</p> <p>9:30 Walking Club with Dianne (2nd FLL) 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) 4:00 Arm Chair Travel: (TH) 7:00 Bingo with Joanna (WC)</p>	<p>April 26</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 and Entertainment with Crature (A) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Movie Night (TH)</p>	<p>April 27</p> <p>10:00 Sit and Be Fit (TH) 11:00 TED Talks (TH) 2:00 Cribbage (3rd FLL) 2:00 Fred Astaire Movie: I'll Be Seeing You (TH) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH)</p>
<p>April 28</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 S5:E2 &amp; 3 (TH)</p>	<p>April 29</p> <p>10:00 Fitness Class (WC) 10:15 Coffee Bean Adventures: (O/\$) 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 Ukaladies Practice (WC) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH)</p>	<p>April 30</p> <p>8:20 Almonte District Meet Up (A) 9:30 Walking Club (2nd FLL) 10:00 Fitness Class (TH) 12:30-4:00 Bridge Tournament (2nd FLL) 1:00 Wood Carving (WC) 3:00 Pool for Beginners (MPR) 3:30 Taste Test Tuesday: (B) 7:00 Games Night (MPR)</p>	<p>Spring Has Sprung Month</p> <p>Residents are asked to decorate their doors to celebrate the changing seasons. Floral wreathes, pictures of gardens/flowers, spring fling etc..</p> <p>Anything that reminds you of spring please place it on your door</p>		<p>Legend</p> <p>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>