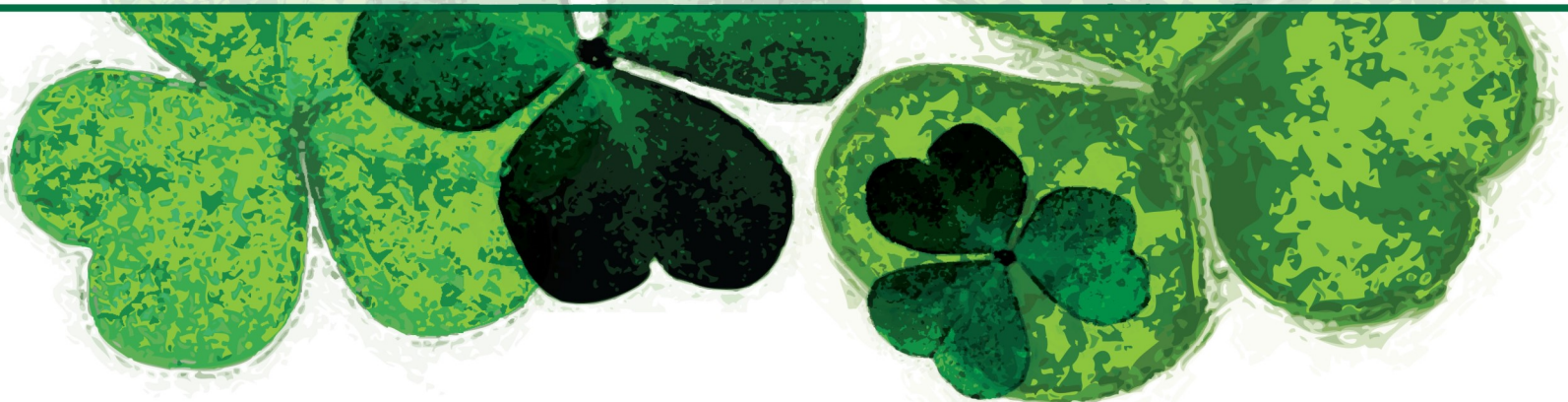


March 2019 Activities Calendar



MARCH



Coming Soon:

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

The program will start end of March/early April dependent on weather.

Orchard View by the Mississipi

Sunday	Monday	Tuesday	Wednesday
<p>March 31</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:E3 & 4 (TH)</p>	<p><u>Legend</u></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>	<p>Joe Princiotta will be away March Unfortunately we will not have to play the piano on Wednesday evenings.</p>
<p>March 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 S3:E4 & 5 (TH)</p>	<p>March 4</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: 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>March 5 Shrove Tuesday</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 Mardi Gras Party (B) 3:00 Pool for Beginners (MPR) 7:00 Games Night (MPR)</p>	<p>March 6 Ash Wednesday</p> <p>10:00 Tuck Shop Open 10:15 Coffee Bean Adventure Club: 11:00 Distribution of Ashes (CH) 11:30 Fitness Class (3rd FLL) 2:00 Almonte Belles of the Ball Knit 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Four Hand Euchre with Terry (M) 7:00 Six Hand Euchre (WC) 7:00 Humphrey Bogart Movie Night</p>
<p>March 10</p> <p>Day Light Savings</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:E6 & 7 (TH)</p> <p><i>Clocks go forward 1 Hour</i></p>	<p>March 11</p> <p>10:00 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! Gastro Pub in Carleton Place (Outing/\$) 7:00 Men's Floor Shuffleboard (MPR)</p>	<p>March 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 (MPR) 3:30 My Cup of Tea Social (B) 7:00 Games Night (MPR)</p>	<p>March 13</p> <p>10:00 Trip to the War Museum: Spectacular Victory 1918—The Last 100 Days (O) 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 11:30 Fitness Class (3rd FLL) 1:30 Memory Fitness (WC) 2:00 Almonte Belles of the Ball Knit 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Four Hand Euchre with Terry (M) 7:00 Six Hand Euchre (WC) 7:00 Humphrey Bogart Movie Night</p>
<p>March 17</p> <p>St. Patty's Day Open House 10:00 Catholic Communion (CH) 10:45 Grace Anglican Church Service (CH) 1:00-3:00 Open House St. Patty's Day Party (Atrium) 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:E8 & 9 (TH)</p>	<p>March 18</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) 3:30 Milkshake Mondays: Raspberry (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>March 19</p> <p>9:30 Walking Club with Dianne (2nd FLL) 10:00 Fitness Class (WC) 11:00 Game of Pool Joe VS Residents (MPR) 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) 4:00 Through the Eye of the Lens with Rick Scholes: Jordan (TH)</p>	<p>March 20</p> <p>10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:15 Coffee Bean Adventure Club: (O/\$) 10:45 Anne's Fitness Class (WC) 11:30 Fitness Class (3rd FLL) 2:00 Almonte Belles of the Ball Knit 3:00 Capital Audiology Hearing Clin 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Four Hand Euchre with Terry (M) 7:00 Six Hand Euchre (WC) 7:00 Humphrey Bogart Movie Night</p>
<p>March 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 S4:E1 & 2 (TH)</p>	<p>March 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: Mint (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>March 26</p> <p>9:30 Walking Club (2nd FLL) 10:00 Fitness Class (TH) 1:00 Wood Carving (WC) 3:00 Pool for Beginners (MPR) 3:30 Taste Test Tuesday: (B) 7:00 Games Night (MPR)</p>	<p>March 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) 1:30 Memory Fitness (WC) 2:00 Almonte Belles of the Ball Knit 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Four Hand Euchre with Terry (M) 7:00 Six Hand Euchre (WC) 7:00 Humphrey Bogart Movie Night</p>

ppi Activities for March 2019

Day	Thursday	Friday	Saturday
the month of ave him here esday morn-	<p>We have some special outings planned this month. The first will be a trip to the War Museum to see the special exhibit focused on the last 100 days of WW1</p> <p>The second is to the Mandarin buffet restaurant in Kanata!</p> <p>Please be sure to sign up at reception.</p>	<p>March 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 Peter Brown (A) 4:00 Chair Yoga (TH) 4:30 Sit to Stand (TH) 7:00 Movie Night (TH)</p>	<p>March 2</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)</p>
day Daily Scoop (O/\$) ting (2nd FLL) MPR) (TH)	<p>March 7</p> <p>9-11:00 Men's Shed (MPR) 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: North Wales: Feisty and Poetic (TH) 7:00 Bingo with Joanna (WC)</p>	<p>March 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 Resident Talk Series: Don Wiles Presents on Etymology of Names (MPR) 3:00 Happy Hour Social (A) 4:00 Chair Yoga (TH) 4:30 Sit to Stand (TH)</p>	<p>March 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) 4:00 Ballet Concert: Giselle Ballet Act One (TH) 7:00 Movie Night (TH)</p>
cial Exhibit: /\$15) ting (2nd FLL) MPR) (TH)	<p>March 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 Remember When... (MPR) 11:00 Lunch at Mandarin Kanata (O) 2:00-4:00 Kitchen Open for Residents to Bake/Cook (3rd FL K) 2:00 Zumba Dancing (WC) 4:00 Arm Chair Travel: Florence: French Riviera—Uniquely Chic (TH) 7:00 Bingo with Joanna (WC)</p>	<p>March 15</p> <p>10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:00 Mystery Drive (O) 10:45 Anne's Fitness Class (WC) 11:00 Catholic Mass (CH) 11:30 Fitness Class (3rd FLL) 2:00 Chat with Pat (MPR) 3:00 Happy Hour Social and Entertainment with Arlene (A) 4:00 Chair Yoga (TH) 4:30 Sit to Stand (TH) 7:00 Movie Night (TH)</p>	<p>March 16</p> <p>10:00 Sit and Be Fit (TH) 11:00 TED Talks (TH) 2:00 Cribbage (3rd FLL) 4:00 Ballet Concert: Giselle Ballet Act Two (TH) 7:00 Movie Night (TH)</p>
Cora's Kanata ting (2nd FLL) ic (WC) MPR) (TH)	<p>March 21</p> <p>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 Beerfest: Local Beers (B) 4:00 Arm Chair Travel: Romania (TH) 7:00 Bingo with Joanna (WC)</p>	<p>March 22</p> <p>10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:30 Shopping Trip to Hazeldean 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 Yoga (TH) 7:00 Movie Night (TH)</p>	<p>March 23</p> <p>10:00 Sit and Be Fit (TH) 11:00 TED Talks (TH) 2:00 Cribbage (3rd FLL) 4:00 Fred Astaire Movie: Dancing Feet (TH) 7:00 Movie Night (TH)</p>
ting (2nd FLL) MPR) (TH)	<p>March 28</p> <p>9:30 Walking Club with Dianne (2nd FLL) 10:00 Fitness Class (WC) 11:00 Town Hall Meeting 2:00-4:00 Kitchen Open for Residents to Bake/Cook (3rd FL K) 2:00 Zumba Dance (WC) 4:00 Arm Chair Travel: Lisbon and the Algarve (TH) 7:00 Bingo with Joanna (WC)</p>	<p>March 29</p> <p>10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:00 Mystery Drive (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 Happy Hour Social with Entertainment by Rick L. (A) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Movie Night (TH)</p>	<p>March 30</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)</p> <p>Lost and Found Items on Display (Bistro)</p>

A cup of Joe

We are almost out of the woods and can put winter behind us. March will be the beginning of our warmer days. I would like to remind residents to be extra cautious as with the melting snow (when it starts) we may have a layer of ice along the pathways. Maintenance will do their absolute best to ensure the paths are cleared from hazards.



Please do continue to be thorough in keeping healthy with lots of hand washing. Stay in your room if you aren't feeling well and be sure to eat healthy. Be sure ensure to take your Vitamin C !

Michael and Julie will be getting ready for our BIG St. Patty's Day Open House/Party on March 17th. Please reach out to friends and family members to come over and enjoy the Green Day.

If there is anything you'd like to share with me, please come and knock on my door anytime.

Remember When...

Our newest Chat Series is in the works and will be Thursdays at 11:00am in the Multi-Purpose Room

This will be a chance for the new and the senior Mississippi Mills residents to come together and gab about times gone by. The stories the families the Mills, the travel, everything and anything. Many residents from out of town love hearing about the stories as this community is rich in its roots. We encourage residents to think of stories and come to reminisce and *"Remember When..."*

Michael will be away until March 7th

Kaitland and Kristine will be here to continue the recreation department.

Should you have any questions or comments please see Kaitland in Michael's office or stop her in the halls.

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.

Mardi Gras / Shrove Tuesday

In honour of Shrove Tuesday we will be having a delicious pancake lunch option in the Dining Room!

In the afternoon come down in your most festive colours and mask. Don't forget to bring as many bead necklaces as you can find for some of the souths best fun and games, music and more!



As tradition we will have a kings cake with a hidden gold coin... the person who finds it will be crowned King/Queen for the day. As a privilege for being in the highest honour, that person will be able to pick a special meal done for them and a table mate for a later date!

St. Patty's Day Open House

Sunday March 17th from 1:00-3:00pm

We are back with the biggest party in Almonte. We turn the walls green for the day and maybe the beer too.

Let's celebrate with Johnny Big Wheels as he takes us to Ireland in spirit.

Invite your family and friends for the party of the year!

As mentioned before our wine from September will not be ready yet. But don't fret; we will have it soon

