

The Right Honourable David Johnston

offers Canadians twenty ways to make themselves, their institutions, and their country more worthy of trust.

Sunday June 16th 2019

1:30 - 3:00 pm at Orchard View by the Mississippi

219 Paterson Street Almonte ON

Tickets are available before the event and can be purchased at OVM

Tickets are \$35 (entry & book) or \$10 (entry)

Space is limited, don't delay!

**Brought to you by the Residents of OVM!**



#### Resident Gardens

There are only a couple free garden plots left. If you are still looking for a garden this summer please see Michael. As always we advise not to start planting anything outdoors until after the May long weekend.

#### Year Books

We will have our first edition year book available to view and place an order. The master copy will be available at reception. From there you can place an order for your own reading and enjoyment! Purchase of a yearbook is \$7 and can be paid when you place your order. Please have your request in by May 20th as we will print all copies at once. Should you have any question please see Michael.

#### Michael will be away on a Stay-cation ~ May 20-24th

Erica and Molly will continue the activities as regularly scheduled.

Should you need anything or have any questions please see Michael the week before.

#### May Day

May 1st at 3:00pm in the Atrium

As our tradition continues, the Ukaladies will be here as we dance around the May Pole! The Almonte Sparks will be making an appearance as well. Wear your spring outfit and get ready to enjoy the fresh sounds of warm weather!

#### Mother's Day Brunch

Sunday May 12th RSVP for the  
11:00am or 1:00pm Brunch



Enjoy a delicious home cooked meal without the headache of finding a restaurant. We will be your home restaurant for the day. Invite your family or a friend for brunch. Please RSVP with Reception to ensure we have enough seating to best accommodate!

Pricing is \$31 Adult and \$15.50 Child



May 2019

## Activities Calendar

*It may be possible  
to gild pure gold, but  
who can make his mother  
more beautiful?*

MAHATMA GANDHI



# Orchard View by the Mississippi Activities for May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Legend</b> 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)	Second Floor Lounge (2nd FLL) Dining Room (DR) Salon (SL) Spa (S) Theatre (TH) Chapel (CH) Outing (O) Wellness Centre (WC) Board Room (BR)	May 1 10:00 Tuck Shop Open 11:30 Fitness Class (3rd FLL) 11:00 Joe Princiotta on the Piano (A) 2:00 Almonte Belles of the Ball Knitting (2nd FLL) 3:00 May Day Celebration (A) 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: Virginia City (TH)	May 2 9-11:00 Men's Shed (MPR) 9:30 Walking Club with Dianne (3rd FLL) 10:00 Fitness Class (WC) 10:00-11:30 Weight and Blood Pressure Clinic (3rd FL NS) 11:00 Anything but Euchre Game Hour (MPR) 2:00-4:00 Kitchen Open for Residents to Bake/Cook (3rd FL K) 1:30-2:30 Zumba Dancing (4th FLL) 4:00 Arm Chair Travel: Greece's Peloponnese (TH) 7:00 Bingo with Joanna (WC)	May 3 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 Social and Entertainment with Dave Arthur (A) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Movie Night (TH)	May 4 10:00 Sit and Be Fit (TH) 11:00 TED Talks (TH) 2:00 Cribbage (3rd FLL) 2:00 Shirley Temple Movie: Just Around the Corner (TH) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH)
May 5 10:00 Catholic Communion (CH) 10:45 Grace Anglican Church Service (CH) 2:00 Ladies Shuffleboard (MPR) 2-4:00 Margaret Brunton's 95th Birthday Party (B/WC) 3:00 Country Classic Hour (TH) 4:30 Sit and Be Fit (TH) 7:00 Downton Abbey S5:E2 & 3 (TH)	May 6 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: Chocolate (B) 4:00 Ukaladies Practice (WC) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Movie Night (TH)	May 7 8:20 Almonte District Meet Up (A) 9:30 Walking Club with Dianne (3rd FLL) 10:00 Fitness Class (WC) 11:00 United Church Service (TH) 1:00 Wood Carving (WC) 1:30 Tour of the Kitchen with Tom 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)	May 8 10:00 Tuck Shop Open 11:30 Fitness Class (3rd FLL) 11-2:00 Parklane Jewelry (A) 11:00 Joe Princiotta on the Piano (A) 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: The Amazing Dr. Clitterhouse (TH)	May 9 9:30 Walking Club with Dianne (3rd FLL) 10:00 Fitness Class (WC) 11:00 Anything but Euchre Game Hour (MPR) 2:00-4:00 Kitchen Open for Residents to Bake/Cook (3rd FL K) 1:30-2:30 Zumba Dancing (4th FLL) 4:00 Arm Chair Travel: Greek Islands (TH) 7:00 Bingo with Joanna (WC)	May 10 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 Social (B) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Movie Night (TH)	May 11 10:00 Sit and Be Fit (TH) 10:15 Coffee Bean Adventures: Quitters Coffee House, Stittsville (O/\$) 11:00 Knit Don't Quit with Vania (2nd FLL) 11:00 TED Talks (TH) 2:00 Cribbage (3rd FLL) 2:00 Ballet Concert: (TH) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH)
May 12 Mother's Day 10:00 Catholic Communion (CH) 10:45 Grace Anglican Church Service (CH) 11:00 Mother's Day Brunch (DR) 1:00 Mother's Day Brunch (DR) 2:00 Ladies Shuffleboard (MPR) 3:00 Country Classic Hour (TH) 4:30 Sit and Be Fit (TH) 7:00 Downton Abbey S5:E4 & 5 (TH)	May 13 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: Mint (B) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Movie Night (TH)	May 14 8:20 Almonte District Meet Up (A) 9:30 Walking Club with Dianne (3rd FLL) 10:00 Fitness Class (WC) 11:00 Presbyterian Church Service (CH) 1:30 Tour of the 4th Floor with Julie 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)	May 15 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 11:00 Joe Princiotta on the Piano (A) 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: Invisible Stripes (TH)	May 16 9-11:00 Men's Shed (MPR) 9:30 Walking Club with Dianne (3rd FLL) 10:00 Fitness Class (WC) 11:00 Anything but Euchre Game Hour (MPR) 2:00-4:00 Kitchen Open for Residents to Bake/Cook (3rd FL K) 1:30-2:30 Zumba Dancing (4th FLL) 4:00 Arm Chair Travel: Istanbul (TH) 7:00 Bingo with Joanna (WC)	May 17 10:00 Fitness Class (TH) 10:00 Tuck Shop Open 10:00 Mystery Drive (O) 11:00 Catholic Mass (CH) 3:00 Happy Hour Social and Entertainment with Mainly Strings (A) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Movie Night (TH)	May 18 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) 2:00 Ballet Concert: (TH) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH)
May 19 No Catholic Communion 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 S5:E6 & 7 (TH)	May 20 Victory Day Holiday 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 Movie Night (TH)	May 21 9:30 Walking Club with Dianne (3rd 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)	May 22 8:20 Almonte District Meet Up (A) 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:45 Anne's Fitness Class (WC) 11:00 Joe Princiotta on the Piano (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 Four Hand Euchre with Terry (MPR) 7:00 Six Hand Euchre (WC) 7:00 Humphrey Bogart Movie Night: High Sierra (TH)	May 23 9:30 Walking Club with Dianne (3rd FLL) 10:00 Fitness Class (WC) 11:00 Anything but Euchre Game Hour (MPR) 2:00-4:00 Kitchen Open for Residents to Bake/Cook (3rd FL K) 1:30-2:30 Zumba Dancing (4th FLL) 4:00 Arm Chair Travel: Central Turkey (TH) 7:00 Bingo with Joanna (WC)	May 24 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:30 Shopping Trip to Carlingwood Mall (O) 11:30 Fitness Class (3rd FLL) 1:30 Children's Visit from Holy Name of Mary Catholic School (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)	May 25 10:00 Sit and Be Fit (TH) 10:15 Coffee Bean Adventures: Bonnie Jane's Coffee House, Arnprior (O/\$) 11:00 TED Talks (TH) 11:00 Knit Don't Quit with Vania (2nd FLL) 2:00 Cribbage (3rd FLL) 3:00 Fred Astaire Movie: (TH) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH)
May 26 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 S5:E8 & 9 (TH)	May 27 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 Movie Night (TH)	May 28 9:30 Walking Club (3rd FLL) 1:00 Wood Carving (WC) 1:30 Tour of the Basement with Jason 3:00 Pool for Beginners (MPR) 3:30 Taste Test Tuesday: (B) 7:00 Games Night (MPR)	May 29 8:20 Almonte District Meet Up (A) 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:45 Anne's Fitness Class (WC) 11:00 Joe Princiotta on the Piano (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 Four Hand Euchre with Terry (MPR) 7:00 Six Hand Euchre (WC) 7:00 Humphrey Bogart Movie Night: They Drive By Night (TH)	May 30 9:30 Walking Club with Dianne (3rd 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) 1:30-2:30 Zumba Dancing (4th FLL) 4:00 Arm Chair Travel: West Turkey (TH) 7:00 Bingo with Joanna (WC)	May 31 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 Social and Entertainment with Peter Brown (A) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Movie Night (TH)	