

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!



June 2019 Activities Calendar

Community Yard Sale



Do you have anything you would like to sell... Get the family together and join the community yard sale!

Saturday June 15th from 8am-1pm

See Michael for more details and for a table for the sale.

Outings This Summer

~ June we will go on a few Ice Cream & Chip Wagon stops

~ July and August we will have our picnic lunch outings

~ September we will have a fall leaves drive to Gatineau Hills

Shopping trips will be reduced to enjoy the glory of the summer! We will have one shopping trip a month and back to two come the fall.

June is Seniors Appreciation Month

At OVM we have the most amazing residents! Let's celebrate you!

June 6th Entertainment with Dinner

June 13th Fishing Derby in our very own pond in the Atrium

June 20th Pop Up Shop with various stores and vendors

June 27th Teddy Bear Picnic



Please RSVP at Reception for

Sunday June 16th at 11:00am

JUNE IS
Seniors'
Month

Orchard View by the Mississippi Activities for June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 30 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 S6:E7 & 8 (TH)	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)	Second Floor Lounge (2nd FLL) Dining Room (DR) Salon (SL) Spa (S) Theatre (TH) Chapel (CH) Outing (O) Wellness Centre (WC) Board Room (BR)	Reminder that outdoor games (croquet and bocce ball) are available at Reception	Joe Princiotta will now be playing the piano on Thursdays at 11:00am!	Any residents who do not have a garden plot name sign please let Reception or Michael know and one will be provided.	June 1 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 Shirley Temple Movie: Bright Eyes (TH) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH)
June 2 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:E9 (TH)	June 3 10:00 Fitness Class (WC) 10:45 Anne's Fitness Class (WC) 11:30 Fitness Class (3rd FLL) 2:00 Ladies Euchre (MPR) 2:30 Fine Music Monday (TH) 3:30 Milkshake Mondays: Chocolate (P) 4:00 Ukaladies Practice (WC) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Movie Night (TH)	June 4 9:30 Walking Club with Dianne (O) 10:00 Fitness Class (WC) 11:00 United Church Service (TH) 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)	June 5 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 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 Maltese Falcon (TH)	June 6 8:20 Almonte District Meet Up (A) 9:30 Walking Club with Dianne (O) 10:00 Fitness Class (WC) 11:00 Joe Princiotta on the Piano (A) 2:00-4:00 Kitchen Open for Residents to Bake/Cook (3rd FL K) 1:30-2:30 Zumba Dancing (4th FLL) 5-6:00 Pierre on Cello (MDR) 5-6:00 Art on Piano (3rdDR) 4:00 Arm Chair Travel: Ireland (TH) 7:00 Bingo with Joanna and Friends (WC)	June 7 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:45 Lunch Trip to Red Lobster (O/\$) 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)	June 8 10:00 Sit and Be Fit (TH) 10:15 Coffee Bean Adventures: Crossroads Perth (O/\$) 11:00 TED Talks (TH) 2:00 Cribbage (3rd FLL) 2:00 Ballet Concert: The Fountain of Bakhtchisarai: Part One (TH) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH)
June 9 10:00 Catholic Communion (CH) 10:45 Grace Anglican Church Service (CH) 11:00 Father's Day BBQ (P) 2:00 Ladies Shuffleboard (MPR) 3:00 Country Classic Hour (TH) 4:30 Sit and Be Fit (TH) 7:00 Downton Abbey S6:E1 & 2 (TH)	June 10 10:00 Fitness Class (WC) 11:30 Fitness Class (3rd FLL) 2:00 Ladies Euchre (MPR) 2:30 Fine Music Monday (TH) 3:30 Milkshake Mondays: Banana (P) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Movie Night (TH)	June 11 9:30 Walking Club with Dianne (O) 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)	June 12 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) 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: Across the Pacific (TH)	June 13 8:20 Almonte District Meet Up (A) 9-11:00 Men's Shed (MPR) 9:30 Walking Club with Dianne (O) 10:00 Fitness Class (WC) 11:00 Joe Princiotta on the Piano (A) 2:00-4:00 Kitchen Open for Residents to Bake/Cook (3rd FL K) 1:30-2:30 Zumba Dancing (4th FLL) 2:00 Fishing Derby (A) 4:00 Arm Chair Travel: Hidden Secrets of Easter Island (TH) 7:00 Bingo with Joanna and Friends (WC)	June 14 10:00 Fitness Class (TH) 10:00 Tuck Shop Open 10:30 Shopping Trip to Carlingwood (O/\$) 3:00 Happy Hour Social and Entertainment with Bob S. (A) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Movie Night (TH) 7:00 Andrea's Youth Piano Recital (A)	June 15 8:00-1:00 OVM Community Garage Sale (Outdoor Patios) 10:00 Sit and Be Fit (TH) 11:00 TED Talks (TH) 2:00 Cribbage (3rd FLL) 2:00 Ballet Concert: The Fountain of Bakhtchisarai: Part Two (TH) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH)
June 16 Father's Day 10:00 Catholic Communion (CH) 10:45 Grace Anglican Church Service (CH) 11:00 Father's Day BBQ Brunch (DR) 1:30-3:00 The Right Honourable David Johnston (DR) 2:00 Ladies Shuffleboard (MPR) 3:00 Country Classic Hour (TH) 4:30 Sit and Be Fit (TH) 7:00 Downton Abbey S6:E3 & 4 (TH)	June 17 10:00 Fitness Class (TH) 10:45 Anne's Fitness Class (WC) 2:00 Ladies Euchre (MPR) 2:30 Fine Music Monday (TH) 3:30 Milkshake Mondays: Strawberry (P) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Movie Night (TH)	June 18 8:20 Almonte District LAST Meet Up (A) 9:30 Walking Club with Dianne (O) 10:00 Fitness Class (WC) 1:00 Last Wood Carving for the Season (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 S: Peru-Trek to Manchu Picchu (TH) 7:00 Games Night (MPR)	June 19 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) 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: All Through the Night (TH)	June 20 Pop Up Shop in the Atrium look in Highlights for more details closer to this date 9:30 Walking Club with Dianne (O) 10:00 Fitness Class (WC) 11:00 Joe Princiotta on the Piano (A) 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: Brazil (TH) 7:00 Bingo with Joanna and Friends (WC)	June 21 10:00 Fitness Class (WC) 10:00 Tuck Shop Open 10:45 Ice Cream Drive to Pakenham (O/\$) 11:00 Catholic Mass (CH) 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)	June 22 10:00 Sit and Be Fit (TH) 10:15 Coffee Bean Adventures: Tea and Cake Almonte (O/\$) 11:00 TED Talks (TH) 11:00 Knit Don't Quit with Vania (2nd FLL) 2:00 Cribbage (3rd FLL) 2:00 Fred Astaire Movie: Second Chorus (TH) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH)
June 23 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 S6:E5 & 6 (TH)	June 24 10:00 Fitness Class (WC) 10:45 Anne's Fitness Class (WC) 11:30 Fitness Class (3rd FLL) 2:00 Ladies Euchre (MPR) 2:30 Fine Music Monday (TH) 3:30 Milkshake Mondays: Vanilla (P) 4:00 Ukaladies Practice (WC) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Movie Night (TH)	June 25 9:30 Walking Club with Dianne (O) 2:30 Falls Prevention with Patti Morton (TH) 3:00 Pool for Beginners (MPR) 3:30 Taste Test Tuesday: Apple Treats (B) 7:00 Games Night (MPR)	June 26 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 Four Hand Euchre with Terry (MPR) 7:00 Six Hand Euchre (WC) 7:00 Humphrey Bogart Movie Night: Brother Orchid (TH)	June 27 9:30 Walking Club with Dianne (O) 10:00 Fitness Class (WC) 11:00 Town Hall Meeting (MPR) 11:00 Joe Princiotta on the Piano (A) 2:00-4:00 Kitchen Open for Residents to Bake/Cook (3rd FL K) 1:30-2:30 Zumba Dancing (4th FLL) 2:30 Teddy Bear Picnic (A/P) 4:00 Arm Chair Travel: The Maya: The Lost Civilization (TH) 7:00 Bingo with Joanna and Friends (WC)	June 28 10:00 Fitness Class (TH) 10:00 Tuck Shop Open 10:45 Fish and Chip Truck Stop Carp (O/\$) 3:00 Happy Hour Social and Entertainment with Dai B. (A) 4:00 Chair Yoga (TH) 4:30 Sit to Stand Yoga (TH) 7:00 Movie Night (TH)	June 29 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) 4:30 Sit and Be Fit (TH) 7:00 Movie Night (TH)